

Fultz back in competition in 2007 and the trophies are piling up

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 the coveted Most Inspirational award three consecutive times. The long season of intense contest training and special body fat reduction dieting paid off at the final event, on October 13, in Canyonville, for the Northern Pacific States regional. At this, the biggest show of the year, competitors came from California, Nevada, Idaho, Colorado, Washington and Oregon. The 1st place Over 60 trophy was once again Fultz's. Then, he took on the Over 40 and Over 50 classes, and this time the split decision went his way and he won the top Overall trophy. Previously, no over 60 competitor has ever won the Overall award at this event.

The Northern Pacific States event allows competitors to enter in more than one category, so Fultz found himself on stage with some of the best open men's middle weight competitors in the Northwest. These competitors are generally in the 24 to 30 year range. Fultz, at 60 years of age, hoped to make the top five in this round and receive an award. Instead, Fultz took home the Second Place trophy and received a standing ovation from the crowd.

About the season, Fultz said, "My conditioning, my diet and my contest training preparation was 'spot on', many of my fans told me that I have never looked better in my entire career. I think that Second

Place in the Open Mens' (out there with competitors younger than my son, Kelly) meant more to me than winning the Overall in the Master's Division. It was a good year!"

"I would like to thank all the wonderful folks at Gwin Logging for their kindness and tolerance during my absences on contest Friday travel days and the wonderful support and enthusiasm all the Gwins have extended towards my competitive career all these years (since 2002) by providing a flexible work schedule which enables me to run the gym and care for Gail after her brain tumor. I would also like to thank Ken Westlake for his dedication in being my training partner, as

contest training can be very demanding. Ken has remained my faithful training partner for more than five years. And, thanks also to the entire membership at Terry's Gym, as well as all the great folks here in Vernonia who have supported me over the last six years of competition. Thanks to you all," continued Fultz.

In 2006, Fultz also wrote two books, *Friday Night Fries*, a weight loss plan, and *Supplemental Symphony*, which explains the value of dietary nutritional supplements. Copies are available at the website www.fridaynightfries.com or call the gym at 503-429-0501 to order a copy.



Play it safe this fall.

Fall is the best time of year to get outside and play, whether you're with your team, your friends or your family. It's also a really important time to brush up on some key safety plays.

- wear layers so you can stay warm or cool down easily
- drink water to stay hydrated, even when it's cool outside
- wear the right equipment for the game or activity: helmets, pads, vests, shin guards, and shoes or cleats
- be aware of more people, cars and bicycles out near schools, fields and parks

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Terry Fultz, bodybuilder and owner/operator of Terry's Gym in Vernonia, assumes one of his competitive poses.



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