

HALL OF FAME BIOGRAPHY

JOHN MCKEAN - CLASS OF 1999



John was born on December 15th, 1945 and has been competing in weightlifting for over 45 years, starting in 1962. He started as a lifter primarily as a powerlifter, but also has competed in master's olympic lifting, having won two US National titles. However, all-round weightlifting soon captivated his attention and he has devoted all of his efforts toward all-round training and competition since its inception. John is a retired teacher (32 years in Jr. High math), a retired martial arts instructor (American Combatives for individuals and airline crews), and a retired weightlifter. John has won so many National and World Meets that he has lost count!!! One accomplishment that he has done that is hard to top is that he went for over 20 years never losing a meet in his age and weight division! He presently has over 200 USAWA and IAWA records on the books. His earliest all-round weightlifting inspirations came from the great National and World Meets that John Vernacchio promoted, followed by the tremendous atmosphere that Frank Ciavattone created in his National and World Meets. John said, "These guys worked so hard to insure that everyone enjoyed themselves and they provided the

absolute best conditions to do top notch lifting!! Their meets were more like great workouts with good friends than the usual cut and dry weightlifting competitions. Just big parties, really!!!”. John has served as an official at many meets, and served a term as the IAWA international secretary. He has wrote extensively about all-round weightlifting training methods in Hardgainer magazine and MILO.



He has been involved in the promotion of several National Meets which includes being the meet director at two National Championships in Ambridge with Art Montini, and being the co-director at the two National Meets at Jumpstretch Fitness in Youngstown, Ohio. John has received much personal satisfaction from the great time he has had getting his two sons, Sean and Rob, involved in the USAWA along with many of his school students. One of his biggest thrills in lifting was being probably the only teacher to establish an official class for all-round weightlifting in the public school system. For four years he was given the state's mandate (IEP) to take over the complete physical education of a legally blind student by the name of Matt Van Fossan. Matt, under John's coaching, really took to lifting and established several teen National and World Records and even won a National Championship!!! These days John trains at home, still writes a bit, and lives near Pittsburgh with his wife of 40 years, Marilyn. He is still very involved in the lives of his two grown sons, Rob and Sean.