

HALL OF FAME BIOGRAPHY

LAVERNE MYERS – CLASS OF 2019



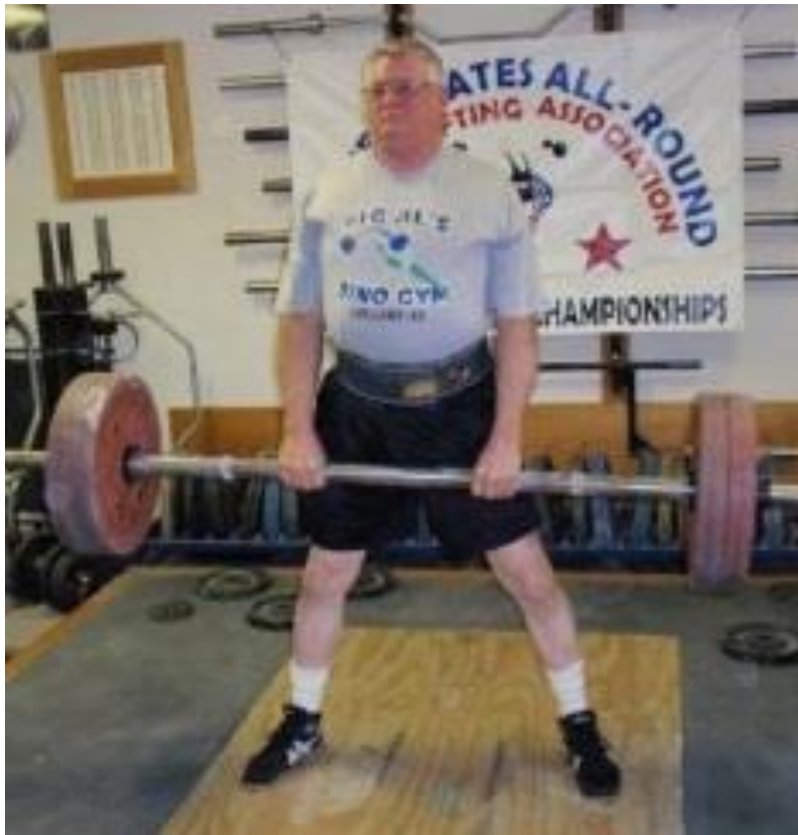
LaVerne was born on May 1st, 1944. He has spent his entire life in the Abilene, Kansas area. During his working years he was a dairy and crop farmer and at one time milked over 100 cows. He is married to Jeanette and has 3 sons – Alan, David, and Brian.

LaVerne became involved with the USAWA in 2002, after he attended the National Championships in Youngstown, Ohio. This inspired him to become much more involved in the All Rounds and began training the lifts. He has attended many big meets, including IAWA Championships overseas. He has competed in England 3 times (2018 Worlds in Eastbourne, 2014 Gold Cup in Burton on Trent, 2018 Gold Cup in Eastbourne) and in Scotland 1 times (2017 Gold Cup in Glasgow). He trains at the Dino Gym in Holland, KS.

Among his many accomplishments:

- Best lifter in the 70+ at the World Championships in Eastbourne, England
- 7th Place overall finish at the 2016 World Championships in Lebanon, PA
- Best Lifter in the 65-69 at the 2012 World Championships in Salina, KS
- 7th Place overall finish at the 2018 USAWA Nationals
- Best Lifter in the 70+ at the 2018 Nationals in Cocoa Beach, Florida
- 9th Place overall finish at the 2017 Nationals in Cleveland, Ohio

- 8th Place overall finish at the 2012 Nationals in Las Vegas, Nevada
- Sportsmanship Award Runner Up 2016 & 2017
- Lifter of the Month 4 times
- USAWA Certified Level 2 Official for over 10 years
- Overall Best Lifter at the USAWA Grip Championships 3 times (2019, 2016, 2015)
- 3rd place overall in the 2016 Postal Series
- Overall Best Lifter at the 2017 Team Championships with Dean Ross
- Runner Up for the Howard Prechtel Award at the 2016 IAWA Gold Cup
- IAWA Commitment Award winner in 2018
- Meet promoter for the 2016 IAWA Gold Cup in Abilene, KS
- Meet promoter for the 2019 IAWA World Championships in Abilene, KS



LaVerne's favorite lifts are any lifts involving grip strength. He has earned the nicknames "La Grip" and "Mr. Vice Grip" among his all-round friends. He is one of the top record holders in the USAWA, with over 200 records. This record mark currently puts him in 11th place overall in total records held in the history of the USAWA. Some of his top records are: 182# in the one arm Fulton Bar Deadlift, 242# Inch Dumbbells Deadlift, 123# in the Dumbbell Walk, 335# in the Pinch Grip Deadlift, 255# in the Reeves Deadlift, 182# in the 2" One Handed Vertical Bar Lift, 330# in the 2 bar 2" Vertical Bar Deadlift, 300# Ciavattone Grip Deadlift with the Fulton Bar, and 6# in the Weaver Sticks. All of these records were set over the age of 65 and many are overall records within his weight class. In his 70's he can still do pullups with a thumbless grip!

One of his lifting highlights included doing a 2 man lift with his son Al at the 2017 IAWA Gold Cup in Glasgow, Scotland. Together they did 441# in the Team One Hand Thumbless Deadlift in front of an international lifting crowd. LaVerne is an IAWA official, and has officiated at many IAWA World Championships and Gold Cups. LaVerne biggest enjoyment in the USAWA has been making many great friends all over the World.