

I'm sure most of you know that Dolores Clark died on Tuesday, May 14. Though many of you did not know her, I can assure you that she was a valuable member of the gym – and the weightlifting world - for the past 65 years.

When I became involved in lifting in 1959, we had been married four years and had already started a family. She made many of the meets during the first 40 years of my lifting involvement and allowed far too many dollars to be funneled from family needs to the lifting world and for the past 36 years to a gym that has yet to pay for itself in dollars and cents but has long been a leader in every aspect of the strength world.

She served the gym as the go-to person at the Show-Me State Games for over 30 years – until the pandemic stopped the Games for a year – for all matters not involving lifting a weight – but all the other problems that occur when you have a gym full of families, kids, etc.

The Show-Me Games folks have honored both Dolores and our daughter Kerry for their long involvement with the power meet.

It was she and John Carter who, in 1989, moved the gym from its original home on Range Line to its current location. Just the two of them. Ol' Clark was involved in pre-draft baseball meetings and not available.

I heard about that move for decades to come and rightfully so. But she made sure we got the gym moved – and the doors open for the next 35 years.

Dolores was a strong woman, physically, as well as mentally. No matter how much I tried to get her to lift in competition, the answer was always “No!!”

To honor the person who allowed Clark's Gym, the IAWA, and the USAWA to grow, Clark's Gym will present a Dolores Clark Award annually to a female member of the USAWA who has, like Dolores Clark, been a force in the history of the organization – and the lifting world, in general.

The first award will be presented at the 2024 USAWA championships.