



By Jan Schultz

The Imperial Republican

Former resident and Chase County High School graduate Dave Ridlen Jr., continues to make his mark in the world of professional weightlifting.

Now living in St. Joseph, Mo., Ridlen, broke a number of bench press records again last weekend at the National Athletic Strength Association (NASA) power lifting competition in Oklahoma City.

Ridlen bench-pressed in the 275-pound unequipped class, setting a world record with a 507.6-pound lift.

He also broke three other world bench press records in the pure, open and submasters-pure divisions, and set two national all-American records in the pure and open divisions for his weight division, along with six new Oklahoma state records, all in the bench press.

Also at the Jan. 23-24 competition, Ridlen and his team of three other lifters took second place among five teams, even though they competed short of two team members. Six can lift together in the team competition.

Prior to last week's competition, Ridlen was ranked 130th in the 275 lb. weight class for the bench press among all powerlifting federations.

Following his records last weekend, he expects to move up in the top 50.

In April, Ridlen plans to travel to Des Moines, Iowa for more NASA individual and team competitions, and will also return to Oklahoma City in October for another major NASA event where there will be \$40,000 awarded to winners in cash and prizes.

Ridlen is currently involved in sales. He was a 1993 graduate of CCHS, and was quite active in weightlifting while in high school here.

He attended McCook Community College for a time after high school. He competed in a lot of minor weightlifting competitions after his studies, he said, and first began professional lifting in 2008.

He and his wife, Cheryl and stepsons, and his parents, Dave and Pam Ridlen of Enders, traveled with him to Oklahoma City last weekend for the competition.