



The Kansas State Natural Athlete Strength Association (NASA) held its state weightlifting competition in Salina, Kan., on April 18.

Dave Ridlen of St. Joseph, Mo., competed in his first event after two years of recuperating from West Nile and spinal meningitis.

He broke four state records and set one record in the all-American division for bench press in his weight and age division with a press of 485.2 pounds.

Ridlen set new state records in the pure division (steroid-free), open division, novice division and submasters division, and set a national title in the all-American pure division.

His team also won first in the team division. Teammate Josiah O'Brien, who Ridlen has been coaching for 2 1/2 years, broke two state records in his division with a bench press of 330 lbs.

Both men qualified for the regional competition to be held in Salina in November.

NASA is a drug-free association and has been in operation for over 30 years.

To view Ridlen's national record-setting effort, go to youtube.com and search Dave Ridlen.

Ridlen, the son of Dave and Pam Ridlen of Enders, was a 1993 graduate of Chase County High School.