



**3rd Expeditionary Sustainment Command  
16<sup>th</sup> Sustainment Brigade  
Public Affairs Office**

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CONTINGENCY OPERATING BASE Q-WEST, Iraq — Sgt. Shawn Casey muscled his love of powerlifting and competition into a base-wide 1000-pound weightlifting competition here at the Morale, Welfare and Recreation base complex Feb. 15.

“I thought that a power lifting competition would help to promote strength-training and conditioning among the Soldiers on the COB, as well as building morale and cohesion among the units,” Casey said.

The power lifting competition, the Q-West Power Lifting Quest 1000, consisted of three events: the squat, bench press, and dead lift.

Soldiers, Airmen, Department of Defense civilians, and civilian contractors vied to be the base’s strongest man.

Each competitor was given three attempts at each event with an additional “pound-for-pound” determination. The pound-for-pound ratio calculates a competitor’s body weight to the amount of weight lifted.

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The total of all three events were then combined for an overall total. There were two categories to compete in based off of the competitors' body weight: light and heavy. A winner was chosen from each weight category.

The overall lightweight category winner was Spc. Benjamin Rodriguez, 2<sup>nd</sup> Battalion, 146<sup>th</sup> Field Artillery, who lifted a total of 1,115 pounds. The overall heavyweight category winner was Pfc. Joseph Zimmerman, 16<sup>th</sup> Special Troops Battalion, 16<sup>th</sup> Sust. Bde.

Casey, a native of Modesto, Calif., has been powerlifting for several years. He began organizing the competition and looking for sponsors in October 2008. Some of the organizations that he finally found to support the event were General Nutrition Centers, Inc., Xyience, Inc., Benchmade Knife Company, Inc., Columbia River Knife & Tool, and Anza Knives.

Casey made the event official through Redeemed Among the World United (R.A.W. United), a Christian-based powerlifting federation that holds sanctioned competitions. Participants received a free membership in R.A.W. United, a "Valiant Warriors" shirt, and a plaque.

Both strongmen won competition certificates, knives from Anza or Benchmade and free supplement packages from GNC and Xyience.



Pfc. Joseph Zimmerman, 16<sup>th</sup> Special Troops Battalion, 16<sup>th</sup> Sustainment Brigade, deadlifts more than 500 pounds during the Q-West Power Lifting Quest 1000, a powerlifting competition held at Contingency Operating Base Q-West Feb. 15. Zimmerman won the heavyweight division, with a total lift of 1,115 pounds in three events. (courtesy photo)