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## Jefferson Man To Participate In 2007 Arnold Classic

Jefferson native, Travis Mash will be participating in this year's Arnold Classic, an annual bodybuilding competition, named after Arnold Schwarzenegger and is considered the most lucrative competition in bodybuilding, and offers a number of large prizes. Travis has been lifting for over 22 years and is the All Time World Record Holder in the 220 LBS Weight Class in power lifting and a member of Team EFS (Elite Fitness Systems). He plans on competing for the 2008 Olympic lifting team along with training for a spot on the United States bobsled team.

"The 2007 Arnold Classic looks to be one of the greatest in history and we are extremely excited to have Travis competing with Team EFS against the best of the best," says Dave Tate, president, Elite Fitness Systems.

The Arnold Classic includes three competitions for women: Ms. International, Fitness International, and Figure International. It has also been expanded to feature gymnastics, cheerleading, dance, fencing, table tennis, yoga, martial arts, strongman competitions, archery, wrestling, and many other sports. Most notably, first prize consists of \$100,000 cash, a Hummer vehicle, and a Rolex watch.

The Arnold Expo is held in the Greater Columbus Convention Center, Veterans Memorial Auditorium and Nationwide Arena March 2-4.

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