

GET TO KNOW...

BRIAN SIDERS

Brian Siders is a world-champion powerlifter and regular participant in the Arnold Strongman Classic. He began participating in powerlifting meets in 1998 and has set several powerlifting world records, including a world-record total of 2,452 lbs. at the 2004 USAPL Senior National Championships and 2,529 lbs. at the 2004 IPF World Championships. He currently has the highest single-ply total ever at 2,650 and is one of only three men to total 2,600-plus in single-ply (the other two being Yarymbash and Malanichev).



Photo courtesy of MHP

What superhero power would you most like to possess? Wolverine's ability to heal from any injury within seconds. Batman's car and fortune would be nice, but I could make do without the mask, cape and gloves.

What is your idea of perfect happiness? The moment when you realize that your pre-workout caffeine buzz just kicked in after being stuck in an office all day. Overall, I would say that the moments after completing anything that gives me a sense of accomplishment, and just spending time with my daughter, family and friends. I find that to be truly happy a balance of working, training and time with people I care about has to be maintained, no matter how difficult it may seem to maintain at the time.

What is your greatest fear? Over-focusing on the future or the past and not enjoying the moment. It's great to have goals and learn from your past, obviously, but if you don't focus on the moment, then what you have learned? Your goals are useless. I don't ever want

to be sitting somewhere and wondering where my time has gone.

What is the trait you most deplore in others? I would say an overly high sense of entitlement or when people expect to be something special without paying any dues. Even the genetically gifted have to work very hard if they want to be the best at something for a significant amount of time. Also, the poor attitude that goes with this and the lack of humility.

What is your current state of mind? Afternoon sludge/sleepy.

What do you most value in your friends? Loyalty, understanding, funny, dedicated, positive.

What or who is the greatest love of your life? To me, love happens in different categories that really are not comparable to each other. My biggest love in interests would be powerlifting. For family it would be my daughter and mom, and my biggest love for a companion would be my girlfriend. **PM**