

Building a lean, clean body

■ Madison Township resident to compete in a drug-tested bodybuilding event

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A.J. Chasko hopes to make a strong showing next month in his first bodybuilding competition.

Chasko, 22, of Madison Township, will participate in the 2006 National Physique Committee Natural Northern USA Drug Tested Bodybuilding and Figure Championships. The event is slated for Oct. 7 at Lakewood Civic Auditorium.

"In my opinion, it (bodybuilding) is the most difficult sport," said Chasko, who played football at Madison High School and has lifted weights since age 12. "Bodybuilding is a mentally grueling, hard, stressful sport."

Chasko will be among more than 100 competitors in the Oct. 7 showdown in Lakewood. This event is one of the largest drug-tested competitions of its kind, said Dave Liberman, who is co-promoting the extravaganza along with Todd Pember.

The competition will filter out bodybuilders who use steroids, dietetics and certain prescription drugs as performance enhancers.

"Anything, that would give an unfair advantage," said Liberman, who's also won several national bodybuilding championships.

If Chasko is looking for advantage at the competition, he hopes to gain it strictly through hard work.

Always striving for excellence, Chasko graduated magna cum laude from Baldwin-Wallace College in Berea this past May with a degree in accounting and finance.

He recently returned to Baldwin-Wallace, where he is taking courses in preparation for the certified public accountant exam. Chasko also has accepted a position with Cohen & Co., a Cleveland-based accounting firm where he will begin working this January.

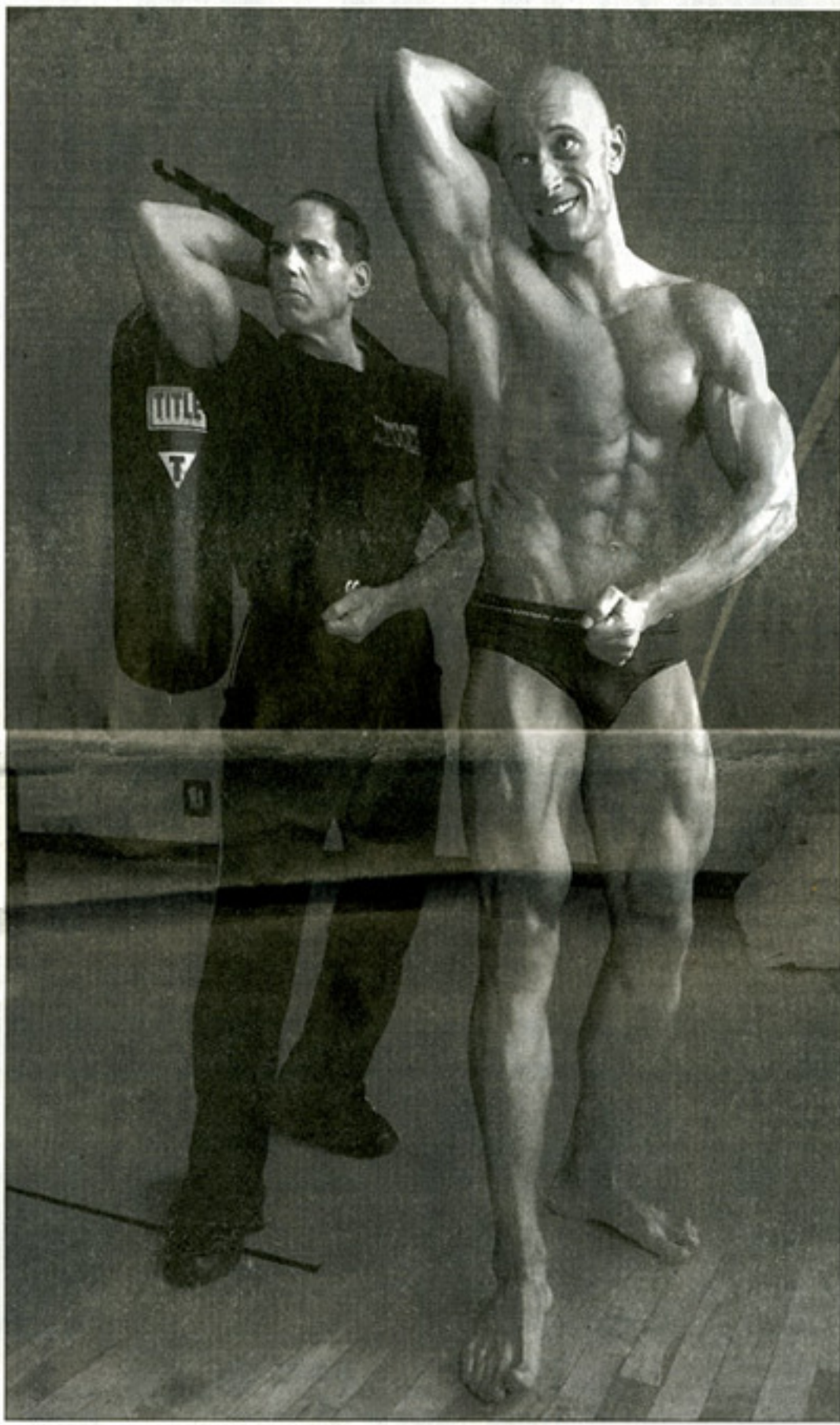
Chasko's quest to enter the Oct. 7 bodybuilding event in Lakewood began earlier this year.

"I saw the semi-annuals last April and thought, I could compete at that level if I worked hard at it, (and) it has been quite a bit of work," he said.

The event categories are based on either age or weight. Often, competitors will enter in only the age category or the weight category, but not necessarily both.

At the NPC Championships next month, Chasko, who is 6 feet tall and will weigh in at about 188 pounds, plans to "cross over," a term he says is used when a contender wants to compete in the age and weight categories.

He plans to enter in the Junior Men competition, a category for ages 23 and under, as well as the Light Heavyweight category, for men in 176-198 pound range. He will compete first in the morning prejudging event, in which contestants will be judged on symmetry, mass and definition,



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A.J. Chasko, right, works on poses with trainer Dave Liberman at Titan's Gym in Mentor.

according to Chasko.

The posing, he says, "is difficult. You (keep your) body flexed for 60 seconds. It's exhausting."

After the prejudging, there is an evening final event, at which time the champion of the competition will be announced.

Developing a winning physique requires a carefully designed training program, Chasko said.

"You build up mass for eight months, then for four months, you define," he explained. "You want your body fat down as much as possible ... You need symmetry, definition and posing techniques, not just mass."

To help Chasko perfect his posing techniques, and to assist him with his diet and supplementation needs, he hired Liberman, who works as a personal trainer through Titan Gym in Mentor.

Liberman, who is not a judge at the upcoming NPC Championships, said he hopes all of Chasko's "athleticism and dedi-

If you go

What: 2006 National Physique Committee Natural Northern USA Drug Tested Bodybuilding and Figure Championships.

Where: Lakewood Civic Auditorium, 14100 Franklin Blvd. in Lakewood.

When: Oct. 7, with competition prejudging starting at 11 a.m. Doors open at 10:30.

Evening finals start at 6 p.m., with doors opening at 5 p.m. (Promoter suggests 5 p.m. arrival

time to ensure reasonable parking).

Tickets: For the 11 a.m. session, tickets are \$12 general admission. Tickets for the evening finals are \$25, reserve seating only. Box office at Lakewood Civic Auditorium is cash only, or tickets can be purchased in advance with credit card through Oct. 4, by calling Titan Gym in Mentor at (440) 953-9753.

cation will pay off there."

"He is very thorough, very dedicated," Liberman said of Chasko. "He does everything I want him to do. His physique reflects that. Nice guy. We wish him the best of luck."

Where did Chasko get all this dedication and commitment? He said his parents, Jerry and Lois Chasko, have inspired him.

"They've been the perfect role models for everything I've ever done," he said. "My mother and father both have been very inspirational. Since I was a child, my parents, they've always

given me good direction. I've learned through their example. They instilled a baseline philosophy — work hard, make sacrifices, and that will always pay off."

To contact the promoters about sponsoring or entering the NPC Championships, call Dave Liberman at (440) 942-5634 or Todd Pember at (440) 984-2762. Or visit Liberman's Web site at www.daveliberman.com.

The promoters will be donating \$3,550 in proceeds from the event to the American Cancer Society.