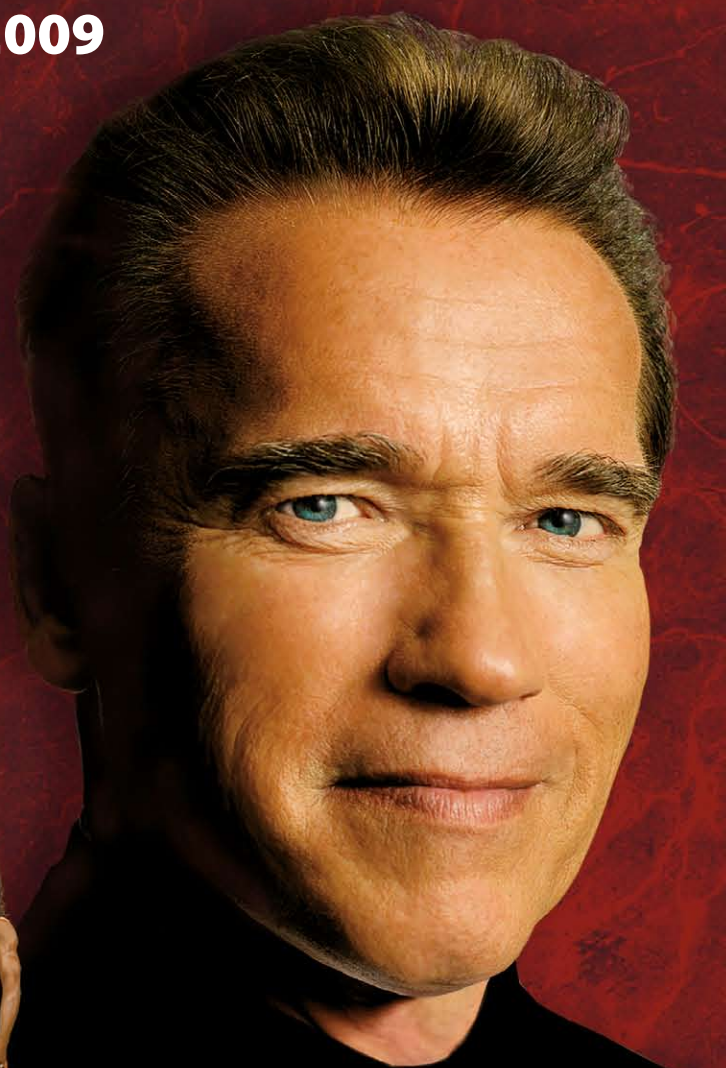
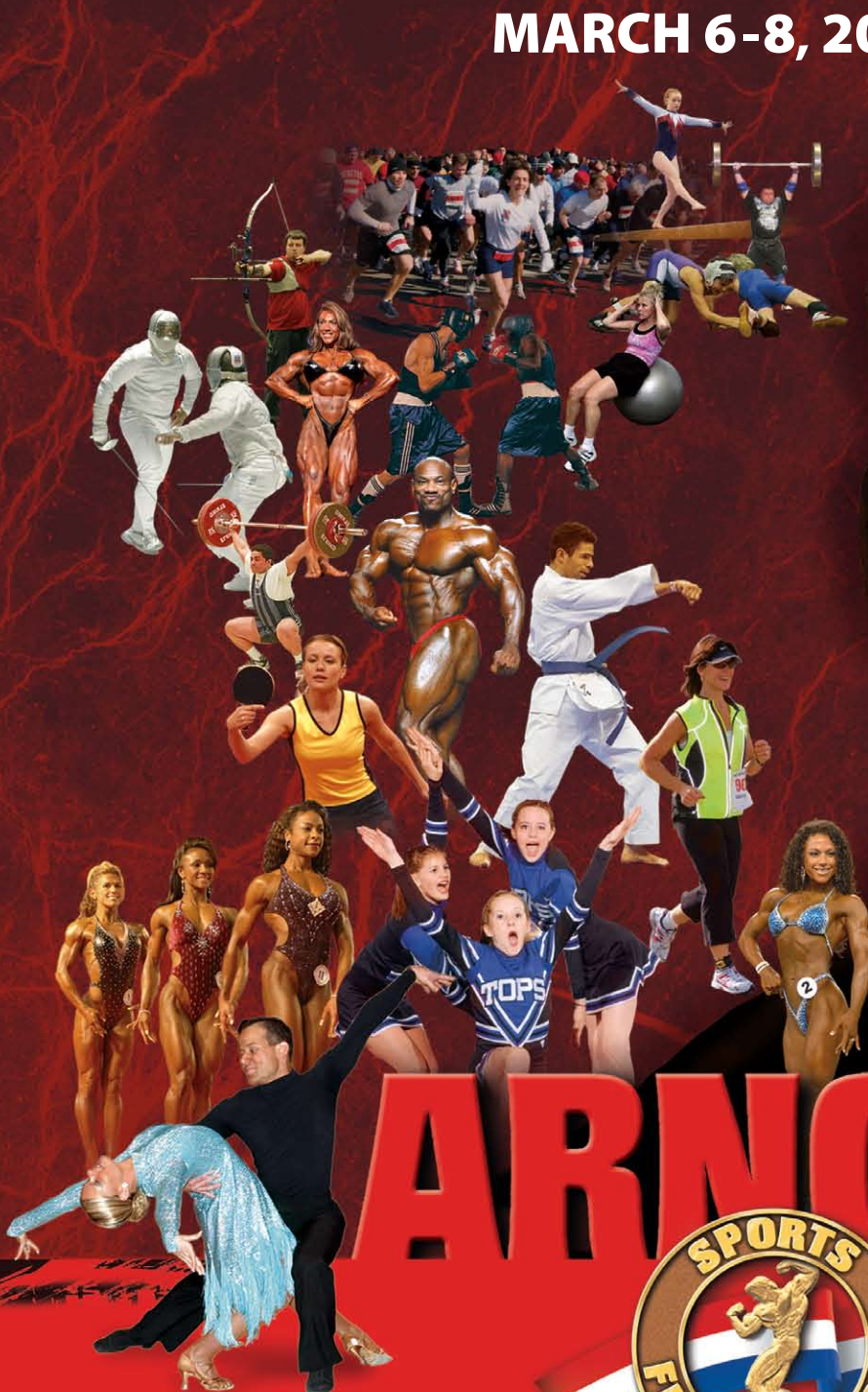


The Sports-Fitness Experience of Your Life!

MARCH 6-8, 2009



ARNOLD



MEDIA KIT

Veterans Memorial ■ Greater Columbus Convention Center ■ Nationwide Arena ■ Ohio Expo Center ■ Lifestyle Communities Pavilion
COLUMBUS, OHIO USA

Welcome Media Representatives to the 2009 Arnold Sports Festival

Be sure to visit our website, www.arnoldsportsfestival.com, for more information.

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Media Registration

Thank you for your interest in covering the Arnold Sports Festival. To qualify for a complimentary media credential for the events, the applicant must cover the sports industry on a regular basis by publishing articles or writing regular reports. Private consultants who are paid by an individual company are not eligible for a media pass, and should request a pass from the sponsoring company.

PRESS CREDENTIAL REQUESTS consists of the following three things:

1. A completed **credential form**.
2. A recent copy of the publication with your article clearly identified.
3. If you are a freelance journalist, a letter of assignment from an approved media outlet on that company's letterhead and signed by the editor is required.

Online news outlets, including web publications and blogs, must be previously established sites that contain original content and industry-related news on a regular basis.

We reserve the right to refuse media credentials, without cause, during pre-registration as well as onsite media registration. Due to high demand, media credentials are limited in number so please return your request at your earliest convenience.

If you plan to videotape any part of the Arnold EXPO, you must first inform the media office to request an escort on the show floor.

Onsite Press Room

The press room is located in room D-131 at the Greater Columbus Convention Center, 400 North High Street, Columbus, Ohio. The nearest entrance is directly across High Street from the Hampton Inn near the intersection of Spruce Street.

Hours:

Friday, March 6, 8:00 am - 4:00 pm

Saturday, March 7, 9:00 am - 4:00 pm

Sunday, March 8, 9:00 am - 4:00 pm

*A small, Media Relations office is located backstage at Veterans Memorial, Dressing Room B. It is staffed only during events on the main stage. It opens one hour before events begin and can be accessed using the backstage door.

Press Room Phone Numbers: (staffed only during dates and times listed above)

(614) 827-2842 Greater Columbus Convention Center

(614) 224-7615 Veterans Memorial

Services:

Internet access is available nearby, phone, fax, copier

Media kits, maps, programs, schedules, athlete profiles, visitor guides

Meeting space for interviews

Knowledgeable media relations staff to help you locate experts, celebrities, and specific booths

Media kits from participating exhibitors



21st Arnold Classic ■ Active Aging Festival ■ Amateur Fitness & Figure ■ Amateur Men's & Women's Bodybuilding ■ Archery ■ Armwrestling ■ Bench Press
Boxing ■ Cheerleading & Dance ■ DanceSport-Youth/Senior ■ EXPO ■ Fencing ■ Figure International ■ Fitness Fashion Show ■ Fitness International
Fitness Training Seminar ■ Grappling/Ju Jitsu ■ Gymnastics ■ Judo ■ Karate ■ Martial Arts Festival ■ Ms. International ■ Powerlifting ■ Pump & Run (5K)
Racewalk (5K) ■ Strength Training Summit ■ Strongman Contest ■ Table Tennis ■ Tae Kwon Do ■ Weightlifting ■ Wrestling

MARCH 6-8, 2009 COLUMBUS, OHIO USA

Media Credential Request Form 2009 Arnold Sports Festival

**Credentials will be approved only for reporters and photographers on assignment.
Print out, complete and submit this form along with a current issue of your publication
and a letter of assignment from your editor on company letterhead to:**

**Matt Lorz
Lorz Communications, Inc.
1331 South High Street
Columbus, OH 43207 USA**

**Phone (614) 443-1877
Fax (614) 443-6646
E-mail mattlorz@rrcol.com**

Media you represent: _____

Name(s) of individual(s) requesting credentials:

Reporters: _____

Photographers: _____

Address: _____

Phone Number: _____

Fax Number: _____

E-mail: _____

Website: _____

List coverage needs or special requests:

CLASSIC PRODUCTIONS, INC.

1245 Worthington Woods Blvd ■ Worthington, Ohio 43085-1715 ■ Phone 614-431-2600 ■ Fax 614-431-3493
www.arnoldsportsfestival.com www.arnoldexpo.com www.arnoldclassic.com www.arnoldmartialarts.com

**ARNOLD SPORTS FESTIVAL
DAY 1 FRIDAY, MARCH 6**

GREATER COLUMBUS CONVENTION CENTER

- 8:00 am – 6:00 pm **Arnold Strength Training Summit**
ALL DAY REGISTRATION
C210-216 (2ND FLOOR)
- 8:00 am – 7:00 pm **USA Powerlifting Championships**
UNEQUIPPED COMPETITION
GRAND BALLROOM
- 8:00 am – 8:00 pm **Boxing Championships/Martial Arts Festival/Arnold Grappling Championships**
MARTIAL ARTS REGISTRATION NOON – 10:00 PM HOLIDAY INN DOWNTON
BOXING REGISTRATION 5:00 – 9:00 PM HOLIDAY INN DOWNTOWN
GRAPPLING REGISTRATION 5:00 – 10:00 PM C-122 CONVENTION CENTER
12:30 – 3:00 RANDY COUTURE/DANA WHITE TRAINING SEMINAR
HALL C
- 8:00 am – 10:00 pm **Gymnastics Challenge**
COMPULSORY and OPTIONAL
HALLS E and F
- 9:00 am – 4:00 pm **Active Aging Festival**
Senior Olympic Table Tennis Finals
HYATT REGENCY BALLROOM (DOORS OPEN AT 8:30 AM)
- 9:00 am - 7:00 pm **Table Tennis Challenge**
TERRACE BALLROOM (2ND FLOOR) and E160's & E170's
- 10:00 am – 8:00 pm **Weightlifting Championships**
ARNOLD'S INTERNATIONAL WEIGHTLIFTING INVITATIONAL
MASTERS (ALL SESSIONS) & OPEN DIVISION (INITIAL SESSIONS)
C110-C115
- 10:30 am – 6:00 pm **Arnold Fitness EXPO****
OPEN TO GENERAL PUBLIC
ENTERTAINMENT/CONTESTS BEGINS AND
CONTINUES THROUGHOUT THE DAY
HALL D EXPO STAGE
Armwrestling Preliminaries
ALL CLASSES 10:30 AM -12:00 NOON
Ms. International, Fitness International, and Figure International
PREJUDGING 12:00 NOON-3:00 PM
Strongman Contest
3:00 PM – 6:00 PM

OHIO EXPO CENTER

- 9:00 am – 9:00 pm **Archery Competition ++**
OHIO NASP STATE TOURNAMENT
OHIO EXPO CENTER-LAUSCHE BUILDING

VETERANS MEMORIAL

- THUR 3/5 AUDITORIUM 7:00 PM Amateur Fitness & Figure Prejudging, Bikini Finals (GENERAL ADMISSION - \$25)*
- 9:00 am – 2:00 pm **Amateur Bodybuilding Men's and Women's Championships**
PREJUDGING
AUDITORIUM
(GENERAL ADMISSION - \$25)*
- 12:00 noon - 7:00 pm **Cheerleading and Dance**
COMPETITOR REGISTRATION NOON- 3:00 PM;
COMPETITION 3:00 PM – 7:00 PM
NORTH HALL
- 7:00 pm **FINALS 2008**
Ms. International, Fitness International
and Figure International
AUDITORIUM (RESERVED SEATING - \$50 and \$75)*

For more information: www.arnoldsportsfestival.com

TICKETS : ** EXPO Tickets. Adults: \$10 per day. 10yrs and under FREE if accompanied by an adult. Admission includes total access to the Arnold Fitness EXPO. For tickets: www.ticketmaster.com/arnold. Also available at Convention Center Fri-Sat-Sun

NO BABY STROLLERS ALLOWED

- * Ticketmaster: 800-745-3000 Also available at Veterans Memorial days of events
- + Tickets also available at Nationwide Arena Box Office (Sunday, March 8TH only)
- ++ Tickets also available at Ohio Expo Center – Lausche Bldg (Friday, March 6th only)

DATES AND TIMES SUBJECT TO CHANGE

2009 TRI-FOLD 01/16/09 DMR

**ARNOLD SPORTS FESTIVAL
DAY 2 SATURDAY, MARCH 7**

GREATER COLUMBUS CONVENTION CENTER

- 7:30 am – 8:00 pm **Weightlifting Championships**
ARNOLD'S CHAMPIONS OF TOMORROW – SCHOOL AGE AND JUNIOR DIVISIONS(INITIAL SESSIONS)
ARNOLD'S INTERNATIONAL WEIGHTLIFTING INVITATIONAL (FINALS)
C110-115
- Boxing Championships/Martial Arts Festival/Arnold Grappling Championships (Adults)**
BOXING AND MARTIAL ARTS REGISTRATION 7:30 AM ROOM C120 COMPETITION 9:00 AM
GRAPPLING REGISTRATION 8:00 AM ROOM C122, RULES MEETING 10:00 AM
HALL C
- 8:00 am – 4:00 pm **USA Powerlifting Championships**
QUEST AMERICAN PRO INVITATIONAL
GRAND BALLROOM
- Arnold Fencing Classic**
REGIONAL YOUTH CIRCUIT – FOIL AND SABRE
FIE SATELLITE WORLD CUP – MEN'S EPEE
9:00 AM "TOURNAMENT-PROPER" ROUNDS
HYATT REGENCY – DELAWARE/FRANKLIN/UNION
- 8:00 am – 6:00 pm **Arnold Strength Training Summit**
MORNING REGISTRATION
C210-216 (2ND FLOOR)
- Youth DanceSport Classic Featuring:**
COMPETITION BETWEEN U.S. AND CANADIAN DANCE COUPLES
HYATT REGENCY BALLROOM
- 8:00 am – 10:00 pm **Gymnastics Challenge**
COMPULSORY and OPTIONAL; INTERNATIONAL
ATHLETE EXHIBITION and OPENING
CELEBRATION 12:00 NOON
HALLS E and F
- 9:00 am – 6:00 pm **Arnold Fitness EXPO****
OPEN TO GENERAL PUBLIC
ENTERTAINMENT/CONTESTS BEGINS AND
CONTINUES THROUGHOUT THE DAY
HALL D EXPO STAGE
- Armwrestling FINALS**
9:00 AM – 10:00 AM
Amateur Men's and Women's Bodybuilding, Fitness & Figure FINALS
10:00 AM – 1:00 PM
German Olympic Weightlifting Team
1:00 PM – 1:30 PM
Strongman Contest
1:30 PM – 4:00 PM
International Pro Deadlift
4:00 PM – 6:00 PM
- 9:00 am – 9:00 pm **Table Tennis Challenge**
TERRACE BALLROOM (2ND FLOOR) and E160's & E170's

VETERANS MEMORIAL

- 8:00 am – 6:00 pm **Cheerleading and Dance**
COMPETITOR REGISTRATION 8:00 AM - 12 NOON;
COMPETITION 8:00 AM – 6:00 PM;
NORTH HALL
- 12:00 noon – 2:00 pm **21st Arnold Classic Prejudging**
AUDITORIUM (RESERVED SEATING - \$50)*
- 7:00 pm – 9:30 pm **21st Arnold Classic FINALS**
AUDITORIUM (RESERVED SEATING \$50 and \$75)*
- 9:30 pm – 10:00 pm **Arnold Strongman Contest FINALS**
AUDITORIUM (following Arnold Classic Finals)

LIFESTYLE COMMUNITIES PAVILION

- 9:00 pm – 2:00 am **Arnold Party With The Pros**
GENERAL ADMISSION (\$25)*

**ARNOLD SPORTS FESTIVAL
DAY 3 SUNDAY, MARCH 8**

GREATER COLUMBUS CONVENTION CENTER

6:30 am – 10:30 am

5K Racewalk
REGISTRATION 6:30 AM – 8:00 AM
TERRACE BALLROOM (2ND FLOOR)

5K Pump & Run
REGISTRATION, ATHLETES WEIGH IN AND BENCH PRESS 7:00 AM – 9:00 AM
HALL F

5K Run
REGISTRATION 7:30 AM – 9:00 AM
HALL F

5K Racewalk begins 8:30 am
5K Run begins 9:30 am (corner of Goodale St and High St)
5K Pump & Run Race begins 10:30 am

7:30 am – 5:00 pm

Gymnastics Challenge
COMPULSORY and OPTIONAL;
MEN'S/WOMEN'S FINALS 2:30 PM
HALLS E and F

Boxing Championships/Martial Arts Festival/Arnold Grappling Championship (Youth)
BOXING AND MARTIAL ARTS REGISTRATION 7:30 AM C-120
GRAPPLING REGISTRATION 8:00 AM C-122, RULES MEETING 10:00 AM
HALL C

8:00 am – 1:00 pm

Arnold Strength Training Summit
C213-216 (2ND FLOOR)

8:00 am – 4:00 pm

Arnold Fencing Classic
REGIONAL YOUTH CIRCUIT – YOUTH EPEE FENCING
HYATT REGENCY – DELAWARE, FRANKLIN, UNION ROOMS
FIE SATELLITE WORLD CUP
8:00 AM OPENING CEREMONY
11:00 AM FINALS
11:30 CLOSING CEREMONY
GRAND BALLROOM

9:00 am – 3:00 pm

Table Tennis Challenge
TERRACE BALLROOM (2ND FLOOR) AND E160's & E170's

10:00 am – 4:00pm

Arnold Fitness EXPO**
OPEN TO GENERAL PUBLIC
ENTERTAINMENT/CONTESTS BEGINS AND CONTINUES THROUGHOUT THE DAY
HALL D EXPO STAGE
International Pro Bench Press
10:00 AM -12:00 NOON
Fitness Fashion Show
12:00 NOON – 1:00 PM
Irish Dance (Richens/Timms Dancers)
1:00 PM – 1:30 PM
Table Tennis
1:30 PM – 2:30 PM
Olympic Fencing Demonstrations
2:30 PM – 3:00 PM
Dance Team Performances
3:00 PM – 4:00 PM

10:00 am – 6:00 pm

Weightlifting
ARNOLD'S CHAMPIONS OF TOMORROW – SCHOOL AGE & JUNIOR DIVISIONS (FINALS)
WERK SAN HIGH SCHOOL NATIONALS TEAM CHALLENGE (FINALS)
C110-115

Youth DanceSport Classic
HYATT-REGENCY BALLROOM

VETERANS MEMORIAL

8:00 am – 6:00 pm

Cheerleading and Dance
COMPETITOR REGISTRATION 8:00 AM – 12:00 NOON
COMPETITION 8:00 AM- 6:00 PM
NORTH HALL

9:00 am – 12:00 noon

Arnold Fitness Training Seminar
AUDITORIUM (GENERAL ADMISSION - \$50)*

NATIONWIDE ARENA

8:00 am – 8:00 pm

Wrestling Challenge
NATIONWIDE ARENA +



21st Arnold Classic ■ Active Aging Festival ■ Amateur Fitness & Figure ■ Amateur Men's & Women's Bodybuilding ■ Archery ■ Armwrestling ■ Bench Press
Boxing ■ Cheerleading & Dance ■ DanceSport-Youth/Senior ■ EXPO ■ Fencing ■ Figure International ■ Fitness Fashion Show ■ Fitness International
Fitness Training Seminar ■ Grappling/Ju Jitsu ■ Gymnastics ■ Judo ■ Karate ■ Martial Arts Festival ■ Ms. International ■ Powerlifting ■ Pump & Run (5K)
Racewalk (5K) ■ Strength Training Summit ■ Strongman Contest ■ Table Tennis ■ Tae Kwon Do ■ Weightlifting ■ Wrestling

MARCH 6-8, 2009 COLUMBUS, OHIO USA

FOR IMMEDIATE RELEASE

January 2009

Arnold Sports Festival 2009:

A Weekend of Sports, a Lifetime of Fitness

COLUMBUS, OHIO – With 37 events including 12 Olympic sports, the 2009 Arnold Sports Festival presents fitness and fun for all ages March 6-8. Since its beginning in 1989 as the Arnold Classic -- a one-day professional men's bodybuilding competition -- the now three-day event has grown into the world's largest multi-sport fitness weekend.

More than 170,000 sports fans are expected to witness 17,000 athletes compete in a wide variety of sports at four premier venues: the Greater Columbus Convention Center, Franklin County Veterans Memorial, Ohio Expo Center and Nationwide Arena. At the heart of the festival is the three-day Arnold Fitness EXPO which features 700 fitness-related booths and ongoing stage entertainment.

Many Arnold Sports Festival participants are youth competing in archery, boxing, cheerleading and dance, dancesport, gymnastics, fencing, martial arts, table tennis, weightlifting and wrestling. Top student athletes have a chance to win one of nine \$2000 college scholarships presented by the Columbus Rotary.

Olympic Sports: The Arnold Sports Festival is a proving ground for many aspiring athletes. Former Olympians and Olympic hopefuls will appear or compete in 12 Olympic sports, including archery, boxing, fencing, gymnastics, judo, karate, race walking, running, table tennis, tae kwon do, weightlifting, and wrestling.

New in 2009:

- The Arnold 5K Racewalk, a Sunday morning event on Columbus downtown streets to test aerobic and speed skills.
- Senior DanceSport, a senior division of this glamorous event will demonstrate grace and athletic endurance at the Active Aging Festival.
- FIE Satellite World Cup-Men's Epee, the first time this fencing event will be held in the U.S.
- Arnold Party With The Pros, a night club-like party at Lifestyle Communities Pavilion.

Also new this year is the AAA Motorcoach tours. Tickets include chartered transportation from four cities across Ohio, three nights stay at the Hampton Inn Easton and tickets to all three days of the Arnold EXPO. Call (614) 866-4420 ext. 50401 for more details.

-more-

CLASSIC PRODUCTIONS, INC.

1245 Worthington Woods Blvd ■ Worthington, Ohio 43085-1715 ■ Phone 614-431-2600 ■ Fax 614-431-3493
www.arnoldsportsfestival.com www.arnoldexpo.com www.arnoldclassic.com www.arnoldmartialarts.com

“For a \$10 daily EXPO ticket you can see more world class sporting events than anywhere else,” Co-producer Jim Lorimer said. “Bring the entire family, there is something for everyone.”

Arnold Sports Festival events include:

- Arnold Fitness EXPO
- 21st Arnold Classic
- Ms. International
- Fitness International
- Figure International
- Amateur IFBB International Bodybuilding, Fitness, Figure and Bikini Championships
- Arnold Martial Arts Festival
- Arnold USA Boxing Invitational Championships
- Arnold Gymnastics Challenge
- Arnold Cheerleading and Dance Team Championships
- Arnold Strongman Contest
- Arnold 5K Pump and Run
- Arnold 5K Racewalk
- Arnold Active Aging Festival
- Arnold Archery Competition
- Arnold Armwrestling Challenge
- Arnold Fencing Classic
- Arnold Fitness Fashion Show
- Arnold Fitness Training Seminar
- Arnold Party With The Pros
- Arnold Strength Training Summit
- Arnold Table Tennis Challenge
- Arnold Weightlifting Championships
- Arnold Wrestling Challenge
- Arnold Youth DanceSport Classic
- USA Powerlifting Championships

Tickets are available through Ticketmaster, www.ticketmaster.com/arnold or 800-745-3000. EXPO tickets are \$10/person/day and are good for all events at the Columbus Convention Center Friday-Sunday, Nationwide Arena Sunday for Wrestling and Ohio Expo Center/Lausche Building Friday for Archery and can be purchased at the doors. Amateur Fitness, Figure and Bikini tickets for Thursday nights competitions are \$25 and the Amateur Bodybuilding ticket for Friday is \$25. Finals are included in the Saturday’s \$10 EXPO ticket. Tickets to Party With The Pros Saturday evening are \$25. The \$350 VIP package includes reserved seating for the professional Men’s and Women’s Finals events for Friday and Saturday evening, Men’s Prejudging Saturday afternoon, three Expo tickets (one for each day), the Arnold Training Seminar, Amateur events on Thursday and Friday, and Party With The Pros.

Arnold Sports Festival National Sponsors: GNC, All American EFX, Amino Vital, Bodybuilding.com, Champion Nutrition, Gaspari Nutrition, German American Technologies, Gold’s Gym, Jan Tana, MHP, MuscleTech, NetJets, Optimum Nutrition, Star Trac, Supro, Twinlab, Universal Nutrition, and Vitamin Shoppe.
Arnold Fitness EXPO Sponsors: Bodybuilding.com, BodyWell, Bulk Nutrition, EP2, ISS, Labrada Nutrition, MET-Rx, MRI, MRM, NxLabs, Prolab, Proto Whey, SAN, and Triarco Industries.
Arnold Sports Festival Local Sponsors: 3 Point, American Dairy Association Mideast (3-A Day), <i>City Scene Magazine</i> , <i>Columbus Dispatch (Alive)</i> , Huntington Banks, Metro Fitness, NetJets, Qfm96, Raisin Rack, Ricart.com, and Time Warner Cable.

For more information see our website: www.arnoldsportsfestival.com.

Media Contacts:	Matt Lorz Lorz Communications, Inc. (614) 443-1877 Phone mattlorz@rcol.com	Suzanne Irwin SEI Media Relations (614) 431-2600 Phone sirwin@arnoldexpo.com	Brent LaLonde LaLonde Communications (614) 562-0940 Phone brent1919@gmail.com
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2009 Arnold Sports Festival Highlights

A Weekend of Sports, a Lifetime of Fitness

Friday, Saturday and Sunday, March 6-8

- 170,000 fans
- 17,000 athletes – more than compete in Olympics
- 13,000 youth athletes
- \$18,000 in scholarships presented by Columbus Rotary and the Arnold Sports Festival
- 5 venues: Greater Columbus Convention Center, Veterans Memorial, Nationwide Arena, Ohio Expo Center (Lausche Building) and the LC Pavilion.
- FREE shuttle buses will run regularly between the four venues and major downtown hotels.

Greater Columbus Convention Center - 22 events Arnold Fitness EXPO – 700 booths	
Arnold Active Aging Festival Arnold Amateur IFBB Figure (finals) Arnold Amateur IFBB Fitness (finals) Arnold Amateur IFBB Men's and Women's Bodybuilding (finals) Arnold Armwrestling Challenge Arnold USA Boxing Championship Arnold Fencing Classic Arnold Fitness Fashion Show Arnold Gymnastics Challenge Arnold Table Tennis Challenge	Arnold Strength Training Summit Arnold Strong Man Classic (5 events) Arnold Weightlifting Championships Arnold 5K Racewalk Arnold 5K Pump and Run USA Powerlifting Championships Arnold Youth DanceSport Classic Arnold Martial Arts Festival / Grappling Figure International (prejudging) Fitness International (prejudging) Ms International (prejudging)
Veterans Memorial - 13 events	
21 st Arnold Classic (prejudging) 21 st Arnold Classic (finals) Fitness International (finals) Figure International (finals) Ms International (finals) Arnold Fitness Training Seminar Arnold Strong Man Classic (final event)	Amateur Men's Bodybuilding (prejudging) Amateur Women's Bodybuilding (prejudging) Amateur Fitness (prejudging) Amateur Figure (prejudging) Amateur Bikini Arnold Cheerleading & Dance Team Championships
Nationwide Arena Arnold Wrestling Challenge (Sunday)	
Ohio Expo Center-Lausche Building Arnold Archery Competition (Friday)	
LC Pavilion Arnold Party With The Pros (Saturday Evening)	

Arnold ACTIVE AGING Festival

- Theme: Fitness creates freedom to do what *you* want to do.
- 3rd year event features Scott Sonnon, “Flow Coach” of the Internet; Deborah Redder, designer of the *SilverSneakers™* program; David Zid, creator of *Delay the Disease: Exercise and Parkinson’s Disease*; and Frank Forencich, author of *The Exuberant Animal* and *Play as if Your Life Depends on It*.
- Other activities include start your engines, yoga to feel better, exercise to move better, stepping out, adult nutrition, growing stronger, playing games (like archery, dancing, fencing, table tennis, race walking, and games using balls, stretch bands, and more), travel when and where you want, economic freedom and wealth retention, safety and security and exhibitor booths.
- Friday, Mar. 6, in Hyatt Regency Ballroom adjacent to Arnold Fitness EXPO

Arnold AMATEUR IFBB BODYBUILDING, FITNESS and FIGURE

- Five contests: men’s and women’s bodybuilding, women’s fitness, figure and bikini (new)
- More than 300 athletes from more than 40 countries expected
- Fitness and figure prejudging and the bikini competition: 7 pm Thursday, March 5 at Veterans Memorial
- Men’s and women’s bodybuilding prejudging at 9 am Friday, March 6 at Veterans Memorial
- All final competitions: 10 am-1 pm Saturday on EXPO Stage, GCCC

Arnold ARCHERY Competition & NASP State Tournament

- 3rd annual Ohio National Archery in Schools Program (NASP) Tournament
- Friday, March 6, 9 am-9 pm, Lausche Building, Ohio Expo Center
- 860 students compete for individual and teams awards
- First place team in each division advance to NASP national championships

Arnold ARMWRESTLING Challenge

- Top male and female world champion armwrestlers expected from Bulgaria, Canada, Rumania, Sweden and US
- Five men and women winners from last year return to defend titles
- Competitors had to place 1st, 2nd or 3rd in a 2008 national or world contest
- Preliminary matches Friday, March 6, 10:30 am, main EXPO stage, GCCC
- Finals Saturday, March 7, 9-10 am, EXPO stage, GCCC
- Requires combination of techniques and strength of hand, wrist, forearm, bicep and shoulder

Arnold USA BOXING Invitational Championships

- 700 amateurs square off during 2 days of bouts at Greater Columbus Convention Center
- Male and female, youth and adult
- Divisions: Bantam: ages 9, and 10, Junior: 11 and 12, Intermediate: 13 and 14, Seniors: 15 and 16, and Open: 17-34, Novice: 17-34, Masters: 35+
- Saturday, March 7 and Sunday, March 8 bouts for all divisions and weights
- Guest appearances: former world heavyweight champion, James ‘Buster’ Douglas, international female boxing sensation Vanessa Jackson, former USA Olympian Jerry Page, Vonzell Johnson, former captain of US national team, renowned local coach Mike Johnson.

Arnold CHEERLEADING and DANCE Nationals

- 4,500 amateur competitors, individuals and teams at Veterans Memorial North Hall
- Divisions: elementary, middle and high schools; studio, rec league, college and all stars
- Friday, March 6, individuals and stunt teams
- Saturday and Sunday, March 7 and 8, team competitions
- Sunday, March 8, afternoon: Top dance teams compete on EXPO stage at GCCC

Arnold FITNESS FASHION SHOW

- Latest trends in sports apparel
- 40 apparel companies, 85 models, many celebrities
- Sunday, March 8, noon-1 pm, EXPO stage, GCCC

Arnold FENCING Classic

- Youth fencers, Olympic medalists and Olympic hopefuls featured
- Olympic sport that requires speed, timing, tactics and lightning fast reflexes
- Foil, epee, and sabre competitions
- Junior Open and Regional Youth Circuit divisions are for fencers age 7-14
- FIE Satellite World Cup for Men's Epee, first time such an event held in US
- Saturday March 7 and Sunday, March 8, GCCC and Hyatt Regency Hotel
- Special guests who will present medals to youth fencers: Mariel Zagunis, Olympic gold medal winner in women's sabre in both 2004 and 2008; Sada Jacobson, winner of two Olympic sabre medals, silver in 2008 and bronze in 2004

Arnold GYMNASTICS Challenge

- The largest mixed (boys and girls) gymnastics competition in United States
- 3,500 male and female gymnasts from clubs across the United States
- Demonstrations by three-time U.S. Olympian and five-time national champion Blaine Wilson, two-time U.S. Olympian, contributed to the teams bronze medal in 2008 Raj Bhavsar, former US Olympic rhythmic gymnast Olga Karmansky and the national power Ohio State University men's gymnastics team, headed by coach Miles Avery
- Compulsory and options competitions to be held March 6-7, with finals set for March 8
- All competitions in Hall E and F at Greater Columbus Convention Center

Arnold TABLE TENNIS Challenge

- Friday, March 6, 11 am-3 pm: Senior Olympics competitions in conjunction with Active Aging Festival; recreational ping pong and open play, noon-5 pm
- Saturday, March 7, 9 am-9 pm, Killerspin World Tour, Terrace Ballroom and USA Table Tennis sanctioned-play, GCCC
- Sunday, March 8, 9 am-3 pm: college team championships

Arnold WRESTLING Challenge

- State Championships for Ohio United Regional Wrestling Association for Youth (OURWAY)
- 5 divisions for youth ages 6 and under to age14
- \$2,000 College Scholarship presented by the Columbus Rotary and Arnold Sports Festival
- All matches are in Nationwide Arena, beginning Sunday, March 8, 8 am-8 pm

Arnold STRENGTH TRAINING Summit

- Scientific and practical forum open to professionals and students, additional ticket required
- Of particular benefit for strength coaches and personal trainers
- Friday, March 6 and Saturday, March 7, 8 am-6 pm; Sunday, March 8, 8 am-1 pm
- Twenty power-packed lectures focus on topics like endurance, strength development, nutrition and supplements, mixed training methods, and more
- Special registration packages for students, professionals, speed power specialists, three days, 1 day, and half days
- CEU's are provided

Arnold STRONGMAN Classic

- Features world's strongest men competing in six events
- Competitors include Phil Pfister of Charleston, W.Va., who won the World's Strongest Man competition in September and is the first American since 1982 to carry title of "World's Strongest Man"
- Events include Timber Lift (also known as Farmer's Carry), Manhood Stones, Apollon's Wheel, Tire Deadlift, The Yoke, and Circus Dumbbell
- March 6, 3 pm-6 pm on the EXPO stage, March 7, 1:30 pm and 4 pm on EXPO stage of the Greater Columbus Convention Center
- March 7, final event during Arnold Classic at Veterans Memorial
- 1st prize \$40,000, a \$20,000 Audemars Piquet watch and Louis Cyr trophy

Arnold WEIGHTLIFTING Championships

- Weightlifting competition for men and women across a range of weight classes and age groups
- Special appearance by 2008 Olympic gold medalist Mathias Steiner of Germany with his teammates, coaches, and 2-time Olympic medalist Marc Huster
- The two classic Olympic lifts are snatch and clean-and-jerk
 - Snatch: lift from floor to overhead in one continuous movement
 - Clean & jerk: two-part lift, from floor to shoulders, then jerked overhead
- Friday, March 6, 10 am-8 pm, GCCC
- Saturday, March 7, 7:30 am-8 pm, GCCC
- Sunday, March 8, 10 am-6 pm, GCCC

Columbus Rotary Annual SCHOLARSHIPS

- Scholarships doubled this year from \$1,000 to \$2,000 each.
- Nine \$2,000 scholarships to deserving youth participants at the 2009 Arnold Sports Festival
- Gov. Schwarzenegger and a Columbus Rotarian jointly present awards to each winner
- The Columbus Rotary and Arnold Sports Festival joint scholarship provides opportunity to further commitment to youth and sports performance excellence

Arnold 5K RACEWALK

- For casual walkers, health-oriented walkers, power walkers and speed walkers
- Sunday, March 8, 8:30 am, starting in front of GCCC
- Nine age divisions for ages 11-70+
- Awards to top three in each division, and top three men and women overall

Arnold 5K PUMP AND RUN

- 750 athletes compete in unique combination of bench press and 5K run at the GCCC
- Largest “pump and run” competition in the United States
- Competitors come from 30 states, Washington, D.C., and Canada competing in 10 age and gender divisions
- Run times are reduced by 30 seconds for each repetition they bench press a pre-determined percentage of their body weight
- Sunday, March 8, 7 am weigh in and bench press competition, GCCC north entrance. The bench press segment is supervised by US Marine Corps drill instructors, and is followed by 5K run set for 10:30 am
- The 5K only run, (no bench press) starts at 9:30 am

Arnold USA POWERLIFTING Championships

- Four World level competitions:
 - USA Powerlifting Raw Challenge
 - Quest American Invitational
 - GNC Pro Performance IPF International Deadlift Championship
 - IPF Titan Pro Bench Bash
- 120 of America’s elite junior and adult lifters
- Lifters compete in bench press, deadlift and squat

Arnold Youth DANCESPORT

- Athletic dance competition including American/Canadian faceoff at GCCC
- Youth perform ballroom dance, dancesport, cha cha, rumba, samba, paso doble, and jive
- Directed by Columbus residents Sam Sodano and Bill Sparks, organizers of Ohio Star Ball
- Saturday, March 7, 8 am-6 pm, and Sunday, March 8, 10 am-6 pm

Arnold MARTIAL ARTS Festival

- Nearly 3,000 martial artists compete in 26 different disciplines, GCCC, Hall C
- Workshops on Friday, March 6 taught by martial art legends UFC’s Dana White, Randy Couture, Shonie Carter, Kevin Kearns, and Jason David Frank.
- Martial arts competitions are Saturday, March 7, 8 am-8 pm and Sunday, March 8, 7:30 am-5 pm, GCCC
- Grappling competitions on Saturday, March 7, Hall C, GCCC

Arnold FITNESS EXPO

- 700 exhibitor booths for professionals and fans featuring the latest in fitness apparel, training equipment, and nutritional supplements
- The centerpiece of 37 Arnold Sports Festival events
- Exhibit hall stage entertainment includes a wide range of sports, strength and fitness events
- Personal appearances by California Gov. Arnold Schwarzenegger, and many international and national champions
- Friday, March 6, 10:30 am-6 pm; Saturday, March 7, 9 am-6 pm; Sunday, March 8, 10 am-4 pm, Hall D, GCCC

Arnold Classic MEN'S BODYBUILDING

- 14 of the world's best male bodybuilders
- Richest and most prestigious crown in bodybuilding: \$130,000 check, a \$20,000 Audemars Piquet watch, a Tony Nowak jacket, and a trophy
- \$10,000 prize for best posing routine
- Most muscular award winner receives a Joska Crystal trophy
- Additional \$200,000 in prize money to 2nd through 14th place finishers
- Prejudging is Saturday, March 7, at noon at the Veterans Memorial Auditorium
- Finals are Saturday, March 7, 7 pm at the Veterans Memorial Auditorium
- The Arnold Classic Lifetime Achievement Award will be presented to Franco Columbu

FITNESS International

- 16 of the world's best fitness competitors vie for \$56,000 in prize money
- 2005 winner Jen Hendershott leads the field and Columbus' own Julie Palmer and Jessica Clay are hot on her heels
- Winner receives \$25,000, a Tony Nowak jacket and a trophy
- Prejudging is Friday, March 6, noon on the EXPO stage, Hall D, GCCC
- Finals are Friday, March 6, 7 pm at Franklin County Veterans Memorial Auditorium

FIGURE International

- 18 of the world's fittest and most shapely female physiques will contend for a share of \$44,000 in prize money
- A \$16,000 check a Tony Nowak jacket and a trophy go to the winner
- Prejudging is Friday, March 6, noon EXPO stage Greater Columbus Convention Center
- Finals are Friday, March 6, 7 pm Franklin County Veterans Memorial Auditorium
- Ohio competitors include Chastity Slone, Latisha Wilder and Brenda Marie Smith

Ms. International WOMEN'S BODYBUILDING

- 14 of the world's best female bodybuilders compete for a share of \$56,000 in prize money
- Four-time winner Yaxeni Oriquen-Garcia and three-time winner Iris Kyle-Floyd lead the field
- A \$25,000 check a Tony Nowak jacket and a trophy go to the overall winner
- Prejudging is Friday, March 6, noon on the EXPO stage GCCC
- Finals are Friday, March 6, 7 pm at Veterans Memorial Auditorium

Arnold Party With The Pros

- 1st Annual event Saturday, March 7, 9 pm, LC Pavilion, the official after hours party
- Weekend champions, renowned fitness, figure and bikini competitors, Las Vegas entertainment, and LA "spinmaster" DJ James "Big Daddy" Moorner and Chicago's Jesse De La Tena
- Live entertainers including the Terminator, Conan, the amazing Bubble Man, High-Jinks Stilt Walkers, Frank Zane & the Dave Bott Band, Divide, and Rob Surette, the World's Fastest Portrait Artist



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MARCH 6-8, 2009 COLUMBUS, OHIO USA

PRIOR IFBB WINNERS

Year	Arnold Classic	Ms. International	Fitness International	Figure International
1989	Rich Gaspari	Jackie Paisley	----	----
1990	Mike Ashley	Laura Creavalle	----	----
1991	Shawn Ray	Tonya Knight	----	----
1992	Vince Taylor	Anja Schreiner	----	----
1993	Flex Wheeler	Kim Chivezsky	----	----
1994	Kevin Levrone	Laura Creavalle	Carol Lynn Semple	----
1995	Michael Francois	Laura Creavalle	Carol Lynn Semple	----
1996	Kevin Levrone	Kim Chivezsky	Alexandra Beres	----
1997	Flex Wheeler	Yolanda Hughes	Carol Semple-Marzetta	----
1998	Flex Wheeler	Yolanda Hughes	Susie Curry	----
1999	Nasser El Sonbaty	Vickie Gates	Susie Curry	----
2000	Flex Wheeler	Vickie Gates	Kelly Ryan	----
2001	Ronnie Coleman	Vickie Gates	Jennie Worth	----
2002	Jay Cutler	Yaxeni Oriquen	Susie Curry	----
2003	Jay Cutler	Yaxeni Oriquen	Susie Curry	Jenny Lynn
2004	Jay Cutler	Iris Kyle	Adela Garcia	Jenny Lynn
2005	Dexter Jackson	Yaxeni Oriquen	Jennifer Hendershott	Jenny Lynn
2006	Dexter Jackson	Iris Kyle	Adela Garcia	Mary Elizabeth Lado
2007	Victor Martinez	Iris Kyle	Kimberly Klein	Mary Elizabeth Lado
2008	Dexter Jackson	Yaxeni Oriquen	Kimberly Klein	Gina Aliotti

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Spectator Ticket Information

The 2009 Arnold Sports Festival events are held at the Greater Columbus Convention Center, Franklin County Veterans Memorial, Ohio Expo Center, Nationwide Arena and Lifestyle Communities Pavilion. Tickets for all events are available from Ticketmaster, 800-745-3000, www.ticketmaster.com/arnold, or at the event venues doors.

Arnold Fitness EXPO March 6-8 \$10 per day ticket includes:

(Children 10 years and under free if accompanied by an adult – No strollers permitted)

<p>Greater Columbus Convention Center</p> <ul style="list-style-type: none"> Arnold Fitness EXPO (700 booths) Prejudging / Ms. International Prejudging / Fitness International Prejudging / Figure International Amateur Men's and Women's Bodybuilding Finals Amateur Fitness, Figure & Bikini Championships Finals Active Aging Festival Arnold Martial Arts Festival/Grappling Arnold USA Boxing Invitational Championships Arnold Classic Armwrestling Challenge Arnold Fencing Classic Arnold Fitness Fashion Show Arnold Gymnastics Challenge Arnold Strongman Classic Arnold 5K Pump and Run 	<ul style="list-style-type: none"> Arnold 5K Racewalk Arnold Youth DanceSport Classic Arnold Table Tennis Challenge USA Weightlifting National Championships USA Powerlifting Championships <p>Nationwide Arena</p> <ul style="list-style-type: none"> Arnold Wrestling Challenge <p>Ohio Expo Center</p> <ul style="list-style-type: none"> Arnold Archery Competition <p>Veterans Memorial</p> <ul style="list-style-type: none"> Arnold Cheerleading & Dance Team Championships
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Additional tickets are required for the following events:

Veterans Memorial

- Ms. International, Fitness & Figure Internationals (Mar. 6)
 Finals / Veterans Memorial – 7pm \$50 & \$75 (reserved seating)
- Arnold Classic (Mar. 7)
 Prejudging / Veterans Memorial - noon \$50 & \$75 (reserved seating)
 Finals / Veterans Memorial – 7pm \$50 & \$75 (reserved seating)
- Arnold Fitness Training Seminar (Mar. 8)
 Veterans Memorial – 9am \$50 (general admission)
- Arnold IFBB International Amateur Fitness, Figure and Bikini Championships (Mar. 5)
 Prejudging Veterans Memorial– 7pm \$25 each day (general and reserved seating)
- Arnold IFBB International Amateur Bodybuilding Championships (Mar. 6)
 Prejudging Veterans Memorial – 9am Men's, 10am Women's \$25 each day (general and reserved seating)

Lifestyle Communities Pavilion

- Arnold Party With The Pros March 7, 9pm \$25

VIP Package

\$350

- Choice reserved seats for Arnold Classic prejudging and finals; Ms. International, Fitness International and Figure International finals.
- Three-day admission to the Arnold Fitness EXPO.
- Tickets to Arnold Party With The Pros following the Saturday night competition
- A training seminar conducted by Arnold and competition winners.

Arnold Strength Training Summit

Greater Columbus Convention Center, Mar. 6-8

Registration: \$199 early bird, \$165 students, \$250 professionals; Combo VIP package and Summit registration: \$450; Speed Power Specialist \$199

The Arnold Sports Festival

A brief history

What started as a one-day bodybuilding competition 30 years ago has grown into four days of spectacular sports competitions and demonstrations. Three dozen events make it the largest sports and fitness weekend in the world.

How did it all begin? At the age of 15, Arnold Schwarzenegger discovered weightlifting in his native Graz, Austria. In just five years, he won the title of Mr. Universe and a bodybuilding legend was born. He went on to win an unprecedented 13 world bodybuilding titles.

Jim Lorimer recognized the talent of the young Schwarzenegger, who was a relative unknown in the United States. When Lorimer invited the Austrian to Columbus, Ohio in 1970 to compete in the Mr. World Contest Arnold won and a friendship began.

Through the years, Schwarzenegger's and Lorimer's passion for fitness has continued. For more than three decades, they have produced bodybuilding competitions in Columbus where the Annual Arnold Schwarzenegger Classic began in 1989 as a one-day event.

Its growth and popularity led to the addition of the Ms. International women's professional bodybuilding contest in 1989; the Fitness EXPO in 1993; the Fitness International, a contest of athleticism and appearance in 1994; a martial arts festival in 1996; cheerleading in 2000; and the Cheerleading and Dance Team National Championships, Gymnastics Challenge and 5K Pump and Run in 2001.

Since then the addition of more events such as strongman, archery, table tennis, fencing and powerlifting have made the Arnold Sports Festival the largest fitness celebration in the world. Every year the event gets bigger. It now features 12 different Olympic sports among its 37 events that attract 17,000 competitors and 170,000 fans to four premier Columbus venues. New amateur bodybuilding, fitness and figure competitions and the Active Aging Festival were added in 2007. The latest additions are the Arnold Racewalk (5K), the Arnold Fencing Classic FIE Satellite World Cup, and Arnold Party With The Pros.

Schwarzenegger has achieved stardom through his varied careers in fitness, film, business, politics and philanthropy. Lorimer has diverse experiences as a sports activist, business and community leader as well as promoter of the Arnold Sports Festival. In March 2009 he will be inducted into the Fitness Hall of Fame.

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

Olympic Gold Medal winners Zagunis, Steiner Top Olympic contingent at Arnold Sports Festival

COLUMBUS, OHIO – U.S. fencer **Mariel Zagunis** and German weightlifter **Matthias Steiner**, who both won gold at the Summer Olympics in Beijing, are among many Olympic athletes who will appear at the 2009 Arnold Sports Festival.

Zagunis, of Beaverton, Ore., won a gold medal in the individual sabre in Beijing after winning a gold medal in the same event at the Summer Olympics in Athens in 2004. Zagunis, who also won a bronze medal in women's team sabre, will be joined at the Arnold Sports Festival by Olympic teammate **Sada Jacobson**, who won silver in individual sabre and also teamed with Zagunis and Rebecca Ward to win bronze in the women's team sabre competition. Zagunis, Jacobson and Ward grabbed the Olympic spotlight when they finished 1-2-3 to sweep the medals in individual sabre.

Steiner, an Austrian native who earned German citizenship in 2008, earned gold in Olympic weightlifting by lifting a combined 1,016.3 pounds in clean and jerk (568.8 pounds) and snatch (447.5 pounds). His dramatic gold-medal winning performance came just over a year after his wife, Susann, died in a car accident. Several of his teammates from the German Olympic weightlifting team are also expected to appear, including **Almir Velagic**, **Juergen Spiess**, their coaches and 2-Time Olympic Medalist **Marc Huster**.

Other Olympic athletes expected to appear at the Arnold Sports Festival – set for March 6-8 at the Greater Columbus Convention Center, Franklin County Veterans Memorial and Nationwide Arena – include fencer **Peter Westbrook** (bronze, 1984 Olympics); boxers **Howard Davis Jr.** (gold, 1979 Olympics) and **Jerry Page** (gold, 1984 Olympics); and weightlifters **Tamio “Tommy” Kono** (gold medal in 1952 and 1956 and silver in 1960) and **Joseph Dube** (bronze, 1968 Summer Olympics); and gymnasts **Blaine Wilson** (three-time Olympian and five-time national champion) **Raj Bhavsar** (two-time U.S. Olympian, contributed to the team's bronze medal in 2008) and rhythmic gymnast **Olga Karmansky** (2004) will also appear. All competed in the Olympics for the United States.

“The Arnold Sports Festival is the annual destination for elite competitors across the world,” said Jim Lorimer, producer of the Arnold Sports Festival. “It is an honor to host so many Olympic champions at the Arnold Sports Festival because their presence alone is inspiring to the more than 13,000 youth competitors who will take part in our festival this year.”

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

Columbus Rotary and Arnold Sports Festival double scholarship awards from \$1,000 to \$2,000

COLUMBUS, OHIO – Columbus Rotary, in partnership with the Arnold Sports Festival, has announced doubling its nine 2009 individual scholarship awards from \$1,000 to \$2,000.

The Arnold Sports Festival, held March 6-8 in Columbus, is the largest multi-sports festival in the nation, welcoming 170,000 visitors and 17,000 competitors annually. Scholarships will be awarded to youth competitors by Governor Arnold Schwarzenegger and a Columbus Rotarian.

"Columbus Rotary is delighted to partner with the Arnold Sports Festival to recognize academic and athletic excellence," said Steve Sundre, scholarship chair for Columbus Rotary. "These young people further the Rotary "Service above Self" goal, are role models for their peers, and deserve recognition."

"Governor Schwarzenegger and I originally saw the Arnold Sports Festival as an opportunity to celebrate excellence through sports performance," said Jim Lorimer, co-producer. "We value our partnership with Columbus Rotary, and our joint commitment to youth through these scholarships."

"As a worldwide service organization, it is natural that Columbus Rotary welcomes Arnold Sports Festival visitors to our community," said Scott Brown, executive director of Columbus Rotary. "We are pleased to be able to recognize outstanding scholar athletes through our scholarship awards."

Columbus Rotary was founded in 1912 as the 38th Rotary International Club. Its 500 members work to effect positive and enduring change in the lives of others through service programs, fostering goodwill and peace around the world, and creating fellowship and friendship opportunities. For more information, call 614-221-3127, or visit scott@columbusrotary.org or www.arnoldsportsfestival.com.

Arnold Sports Festival National Sponsors: GNC, All American EFX, Amino Vital, Bodybuilding.com, Champion Nutrition, Gaspari Nutrition, German American Technologies, Gold's Gym, Jan Tana, MHP, MuscleTech, NetJets, Optimum Nutrition, Star Trac, Supro, Twinlab, Universal Nutrition, and Vitamin Shoppe.

Arnold Fitness EXPO Sponsors: Bodybuilding.com, BodyWell, Bulk Nutrition, EP2, ISS, Labrada Nutrition, MET-Rx, MRI, MRM, NxLabs, Prolab, Proto Whey, SAN, and Triarco Industries.

Arnold Sports Festival Local Sponsors: 3 Point, American Dairy Association MidEast (3-A Day), *City Scene Magazine*, *Columbus Dispatch (Alive)*, Huntington Banks, Metro Fitness, NetJets, Qfm96, Raisin Rack, Ricart.com, and Time Warner Cable.

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

World acclaimed professional boxer Johnny Davis to receive 2009 Outside the Ring Award

COLUMBUS, OHIO – Johnny Davis, one of America's most respected Light Heavy Weight legends, will receive the "Outside the Ring" award at the 2009 Arnold Sports Festival.

"The Outside the Ring award is presented annually to an individual who has devoted their life to the development of the great Olympic sport of boxing," said Terrance "Tokey" Hill, Director of the Fourth Annual Arnold USA Invitational Boxing Championships. "No one is more deserving than Johnny Davis who inspired and now trains generations of hopeful boxers. He had an extraordinary amateur and professional career."

Johnny Davis began training in New York City. He followed older brother and fellow boxer Eddie Davis from their hometown of Rowland, North Carolina to master the ropes under the tutelage of trainer Jo Jo Moore. Their uncle, Bob Stolley was a well known boxer who had fought Ernie Shavers and won.

"On my first trip to New York my brother asked me to get in the ring with him. He hit me so hard it felt like he hit my whole family. I went back to North Carolina and trained, came back to New York and hit him as hard as he hit me. I knew I was ready to fight," said Davis. "I initially tried to fight like my brother, Frasier style. Eventually, I realized I was a dancer, fast on my feet like Ali. He's my champion. In 1972, I started training as a Light Heavyweight. I weighed about 168 lbs. In 1976, it was an Olympic year. I made it through the first round of qualifiers and then lost to Leon Spinks."

Davis's amateur career included several New York Golden Glove championship titles. He went on to a professional career where he earned his reputation as a solid puncher with knock-outs over Roy Ingram, Willie Turner, Rick Jester with a TKO win over Jerry Martin. A 1978, 6 round decision win over future champion Dwight Kwai made history. Davis fought Michael Spinks in a legendary 1982 WBA Light Heavyweight title shot and lost to a TKO. Davis fought and lost to Columbus's Vonzell Johnson in a historic Atlantic City moment. Davis retired in 1989 with a professional record of 16-11, 5 KO's.

Today Johnny Davis is recognized as leading coach for young boxers in Rosalyn, New York. "Kid's like boxing because it's tough and requires self-discipline. We keep kids off the street, help them improve academically and athletically and insist they stay out of gangs. One of my kids went on to Hofstra University," added Davis.

Past Outside the Ring award winners include James "Buster" Douglas, Gerry Page, Vonzell Johnson, and Mike Johnson.

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

FOR IMMEDIATE RELEASE:

January 2009

21st Arnold Classic:

Victor Martinez seeks second win in men's bodybuilding

COLUMBUS, OHIO – Victor Martinez returns to the 2009 Arnold Classic to defend his win two years ago, and to show the world that he has recovered from a knee injury that sidelined him for a year. Martinez and 13 other bodybuilders will compete here March 7 for the richest prize in bodybuilding, a \$130,000 check, a \$20,000 Audemars Piquet watch, a Tony Nowak jacket, a trophy and first place in the 21st Arnold Classic.

Others competing for the title and another \$200,000 in prize money are Gustavo Badell, Moe El Moussawi, Toney Freeman, Kai Green. Ahmad Haidar, Marcus Haley, Johnnie Jackson, Dennis James, Ronny Rockel, Silvio Samuel, Sergey Shelestov and Branch Warren.

“We are extremely pleased that we have another great field of competitors for the 2009 Arnold Classic,” said Jim Lorimer, co-producer of what is now the world’s largest multi-sport fitness weekend. “This is the 21st year of the Arnold Classic. Each year the level of competition gets better.”

Preliminary judging for the Arnold Classic will be at noon March 7 on the stage at Veterans’ Memorial Auditorium, 300 West Broad Street, Columbus, OH. Finals will follow at 7 pm.

Tickets are available at www.ticketmaster.com/arnold, or 800-745-3000. Tickets for Prejudging are \$50 and \$75; tickets for Finals are \$50 and \$75. A VIP ticket package is available for \$350, which includes men’s prejudging and finals, women’s bodybuilding, fitness and figure contests, the new Arnold Party with the Pros, a fitness training seminar with Arnold and the champs, and 3-day admission to the 700-booth Arnold Fitness EXPO.

Arnold Sports Festival National Sponsors: GNC, All American EFX, Amino Vital, Bodybuilding.com, Champion Nutrition, Gaspari Nutrition, German American Technologies, Gold’s Gym, Jan Tana, MHP, MuscleTech, NetJets, Optimum Nutrition, Star Trac, Supro, Twinlab, Universal Nutrition, and Vitamin Shoppe.

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For more information see our website: www.arnoldsportsfestival.com.

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

FOR IMMEDIATE RELEASE:

January 2009

48 Women Compete in Bodybuilding, Fitness and Figure Contests:

**Oriquen and Kyle seek title in Ms. International Contest
Hendershott top contender in Fitness Contest
Figure Contest attracts 18 shapely women**

COLUMBUS, OHIO – Four-time winner Yaxeni Oriquen-Garcia and three-time winner Iris Kyle lead a field of 14 women bodybuilders seeking a share of \$55,500 in prize money in the 21st Ms. International Contest March 7. Oriquen won the event in 2002, 2003, 2005 and 2008. Kyle won in 2004, 2006, and 2007.

Thirty-four other women, including Central Ohio's Jen Hendershott and Julie Palmer, also will vie for \$99,000 in the Fitness International and Figure International contests.

“The match-up between Yaxeni Oriquen and Iris Kyle will be a great one because both are at the top of their game and finish consistently high in international competition,” says Arnold Sports Festival Co-Producer Jim Lorimer.

Preliminary judging rounds for the three women's contests will be at noon, March 6 on the stage of the Arnold Fitness EXPO at the Greater Columbus Convention Center. Finals are at 7 pm in Veterans Memorial Auditorium.

The **Ms. International** competition gives women bodybuilders an opportunity to compete professionally. Nine women have held the title since Schwarzenegger and Lorimer started it in 1989.

Sixteen **Fitness International** competitors will be judged in categories of strength, body tone, shape, flexibility, creativity, choreography, athletic competence and performance, Lorimer said. 2005 winner Jennifer Hendershott leads the field.

During the **Figure International** competition, 18 women with the world's fittest, most shapely female physiques will be judged in two rounds of posing, Lorimer said. The figure contest differs from the fitness event in that it does not judge acrobatic skills and routines.

A \$10 daily ticket to the Arnold Fitness EXPO includes access to the women's events prejudging and many other competitions and events. Tickets for the finals are \$50 and \$75; finals are at Veterans Memorial Auditorium. Tickets are available at the doors or from Ticketmaster, (614) 431-3600, or at www.ticketmaster.com/arnold.

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2009 Ms. International Competitors		
Heather (Policky) Armburst	Debi Laszewski	Brenda Raganot
Dayana Cadeau	Cathy LeFrancois	Isabelle Turell
Iris Floyd Kyle	Mah-Ann Mendoza	Betty Viana-Adkins
Maria Del Carmen Gomez	Yaxeni Oriquen-Garcia	Dena Westerfield
Rosemary Jennings	Betty Pariso	

2009 Fitness International Competitors		
Jessica Clay	Tracey Greenwood	Julie Palmer
Regiane Da Silva	Oksana Grishina	Erin Riley
Nicole Duncan	Jen Hendershott	Trish Warren
Tina Durkin	Tanji Johnson	Nicole Wilkins-Lee
Heidi Fletcher-Sullivan	Shannon Meteraud	
Bethany Gainey	Mindi O'Brien	

2009 Figure Competitors		
Gina Aliotti	Sonia (Adcock) Gonzales	Felicia Romero
Huong Arcinas	Lenay Hernandez	Sherlyn Roy
Monica Brant	Georgina Lona	Chastity Slone
Heather Mae French	Juliana Malacarne	Brenda Marie Smith
Amy Fry	Zivile Raudoniene	Erin Stern
Adela Garcia	Kristal Richardson	Latisha Wilder

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

FOR IMMEDIATE RELEASE

January 2009

Arnold Amateur Bodybuilding, Fitness, Figure and Bikini:

Amateur athletes the world over to compete in Columbus

COLUMBUS, OHIO – The top 300 amateur competitors from around the world and USA will compete in the Arnold Amateur IFBB International Bodybuilding, Fitness, Figure and Bikini Championships at Veterans Memorial Auditorium and the Greater Columbus Convention Center March 5-7 as a part of the Arnold Sports Festival.

“Last year athletes from 40 different countries competed making this one of the biggest international events of its kind” said Bob Lorimer, owner of MetroFitness Gyms and the events co-producer. “We are fortunate to collaborate with such wonderful partners like Rafael Santonja, President of the International Federation of Bodybuilding and Jim Manion, President of the Nation Physique Committee who help us bring together so many talented competitors,” Lorimer added.

The Arnold Amateur Championships have become a spring-board to the professional ranks. “One of our success stories from last year is Maria Del Carmen-Gomez,” says event co-producer Mike Davies of the Fitness Factory. “She won her division in amateur bodybuilding and this year is competing as a professional in the Ms. International Contest.”

New this year is the Bikini division where competitors have a chance to win an Arnold Fitness Weekend jacket and a one year subscription to *Posedown Magazine*. Bodybuilding, Fitness and Figure overall winners will receive two tickets to attend the Arnold Classic and will have their photo taken with Governor Arnold Schwarzenegger.

\$25 General Admission for Fitness and Figure PREJUDGING and Bikini competition 7 pm Thursday, March 5 at Veterans Memorial. \$25 Reserved seating for Men's and Women's Bodybuilding PREJUDGING 9 am Friday, March 6 at Veterans Memorial. FINALS for Amateur Bodybuilding, Fitness and Figure on the EXPO stage at the Greater Columbus Convention Center Saturday 10 am-1 pm \$10 Arnold EXPO ticket required. Tickets are available at the door or through Ticketmaster, www.ticketmaster.com/arnold or call 800-745-3000. For more information visit, www.arnoldamateur.com and www.arnoldsportsfestival.com.

Arnold Sports Festival National Sponsors: GNC, All American EFX, Amino Vital, Bodybuilding.com, Champion Nutrition, Gaspari Nutrition, German American Technologies, Gold's Gym, Jan Tana, MHP, MuscleTech, NetJets, Optimum Nutrition, Star Trac, Supro, Twinlab, Universal Nutrition, and Vitamin Shoppe.

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

FOR IMMEDIATE RELEASE

January 2009

Arnold Fitness EXPO:

Three days of exhibits and sports entertainment

COLUMBUS, OHIO – The 2009 Arnold Fitness EXPO offers an array of sports competition, entertainment, and shopping March 6-8 at the Greater Columbus Convention Center (GCCC). From committed fitness enthusiasts to elite athletes, casual sports fans to those seeking to shed their couch potato status, it's a perfect time to get in out of the cold and get inspired to shape up.

The daily \$10 Arnold Fitness EXPO ticket allows access to the EXPO's 700 international exhibitor booths that tout the biggest names in fitness merchandise -- the latest in fitness apparel, footwear, training tools, and supplements. In addition EXPO visitors experience live on-stage talent and sport competitions in more than 30 events including table tennis, youth dancesport, fencing, martial arts, powerlifting, and gymnastics.

The 2009 Arnold Fitness EXPO is the centerpiece of the Arnold Sports Festival which is expected to attract 170,000 fitness enthusiasts in 2009. EXPO events are held at the GCCC, the Franklin County Veterans Memorial Auditorium, Nationwide Arena and the Lausche Building at the Ohio Expo Center. Frequent free shuttle buses will transport visitors among the four venues. Other Sports Festival events have additional tickets.

Arnold Sports Festival Co-Producer Jim Lorimer said, "Sports entertainment, competition and life-long fitness are the focus of each day. Just \$10-a-day is an entertainment bargain." He said, "The EXPO offers seminars and demonstrations, professional athletes and trainers: inspiration for youngsters in sports such as gymnastics and martial arts, and opportunities galore for everyone to improve their health and strength."

Among EXPO highlights are personal appearances by California Gov. Arnold Schwarzenegger, elite athletes and Olympic contenders. The Arnold Fitness EXPO stage will feature Prejudging for the Ms. International, Fitness International, and Figure International professional competitions. Other highlights include the Arnold Classic Armwrestling Challenge, the Arnold Strongman Contest, and the Arnold Amateur Bodybuilding Finals.

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Arnold Fitness EXPO hours are 10:30am-6pm Friday, 9am-6pm Saturday, and 10am-4pm Sunday. The all-inclusive \$10 EXPO ticket (accompanied children 10 and under are free) may be purchased at the door or through Ticketmaster 800-745-3000 or www.ticketmaster.com/arnold. No strollers are permitted.

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Arnold 5K Pump and Run:

Unique combination event measures strength and endurance

COLUMBUS, OHIO – The 2009 Arnold 5K Pump and Run, which tests overall fitness by measuring both strength and endurance, continues to be the most popular and largest race of its kind in the United States and will attract a record field of 750 for this year's event on Sunday, March 8 at the Greater Columbus Convention Center.

Athletes from 30 states, up from 25 states in 2008, and two other countries will participate in this year's 5K Pump and Run.

Competitors bench press a pre-determined percentage of their body weight. Each lift (up to a max of 30) reduces their 5-kilometer run time by 30 seconds. In 2008, winner Matt Quinlet, of West Virginia, ran a 16:43 time for the 5k after benching his body weight 30 times for a net time, reducing his net run time to 1:43. Michigan's Lisa Veneziano won the women's race for a fourth-straight year with a net time of 3:17 (18:17 5k, 30 reps).

The Arnold 5K Pump and Run has 10 age / gender divisions. Depending on age, men must bench press 60-100 percent of their weight, and women 40-70 percent of their weight. U.S. Marine Corps drill instructors oversee the bench press and inspire lifters to their maximum.

“Combining lifting and running tests overall fitness, gauging speed, endurance, and strength,” said Matt McGowan, event director. “We are looking forward to producing our largest and most exciting event yet.”

Weigh-in and bench press begin at 7am Sunday March 8. The 5K run-only event begins at 9:30 am at the north end of the Greater Columbus Convention Center. The running-portion of the Pump and Run begins at 10:30 am.

Spectators are welcome and the outdoor portion of the event is free. Admission to the “pump” portion of the Arnold 5K Pump and Run is included in the \$10 daily ticket to the Arnold Fitness Expo, set for March 6-8 at the Greater Columbus Convention Center. Tickets are available at the door or from Ticketmaster, 800-745-3000, or at www.ticketmaster.com/arnold

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Registration for the 5K Pump and Run is closed, but applications are still being accepted for a companion 5-kilometer race, and the Arnold 5K Racewalk, also held on March 8, 2009. For more information and to enter the 5k race, visit www.arnoldsportsfestival.com and www.runohio.com. For information about the 5K racewalk, visit www.runwildracing.com.

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Arnold 5K Racewalk:

All walkers welcome in inaugural Arnold 5K racewalk

COLUMBUS, OHIO – Casual walkers, health-oriented walkers, power walkers and speed walkers all are encouraged to participate in the Inaugural Arnold 5K Racewalk, the newest Olympic sport to be added to the 2009 Arnold Sports Festival.

“While in its purest form, racewalking incorporates a specific technique, the Inaugural Arnold 5K Racewalk will not be a judged event. The only rule is ‘no running,’” says event director Dr. Phil Heit, who also heads up the New Albany Walking Classic, the nation’s largest walking-only event.

In the Olympics, racewalkers are required to have contact with the ground at all times, the lead foot must strike the ground with the forward knee in a locked position, and it must remain locked until the vertical plane of the body passes the knee.

The new event features 9 age divisions, from under 11 to 70+. Awards will be given to the top three persons in each age division, and the top three males and females overall. The registration fee is \$30 and \$35 day of the race.

The Arnold 5K Racewalk is produced by Victory Man Racing. Information is available at 614-795-0249, or at www.runwildracing.com. The event begins at 8:30 am, Sunday, March 8 in front of the Greater Columbus Convention Center.

Spectators are welcome, and the outdoor portion of the event is free. Admission to the Arnold Fitness EXPO is \$10 per day. Tickets are available at the door or from Ticketmaster at 800-745-3000, or www.ticketmaster.com/arnold. For more information, visit www.arnoldsportsfestival.com

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

FOR IMMEDIATE RELEASE:

January 2009

Arnold Active Aging Festival:

Fitness creates freedom to do what *you* want to do

COLUMBUS, OHIO – Helping adults to feel better, move better, and be better is the focus of the 3rd Arnold Active Aging Festival March 6, 2009 in the Hyatt Regency Ballroom at the Greater Columbus Convention Center.

“Fitness is not a goal for its own sake, but rather a means to achieve your life goals,” said Jim Lorimer, co-producer of the Arnold Sports Festival. “Fitness enables you to play more golf or tennis, or play more with your grandchildren, or travel,” he added. “Fitness lets you maintain your independence and quality of life.”

“The Active Aging Festival will focus on doing activities, rather than listening to speeches,” said Mike Lorz, event chairman. “Each topic will follow a ‘tell-show-do’ approach, with a brief presentation, followed by a teacher demonstration, and audience participation led by professionals,” he added. “This is a great opportunity to improve #1—you!”

Expert presenters will include Scott Sonnon, “Flow Coach” of the Internet; Deborah Redder, designer of the *SilverSneakers*[™] program; David Zid, creator of *Delay the Disease: Exercise and Parkinson’s Disease*; and Frank Forencich, author of *The Exuberant Animal* and *Play as if Your Life Depends on It*.

Sonnon, who will emcee the program, has been a leader of the wellness revolution for more than 10 years. Chiropractors and medical doctors have evaluated his *Ageless Mobility*[™] program and say his approach helps fight osteoporosis, osteoarthritis, and nerve impingement and tendonitis.

Redder is designer and choreographer of the SilverSneakers® Group Exercise Program, which offers an innovative blend of physical activity, healthy lifestyle and a socially-oriented group exercise program that allows older adults to take greater control of their health. Members receive a free fitness center membership and access to conditioning classes and equipment.

Zid has been an accredited trainer in Columbus for 11 years, and currently leads three weekly exercise classes for 180 individuals with Parkinson’s. He will tailor his presentation to persons with Parkinson’s and other diseases, and their caregivers, and will lead a demonstration with 60 of his regular students.

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Forenrich is creator of *The Exuberant Animal: the Power of Health, Play and Joyful Movement*, and *Play as if Your Life Depends on It: Functional Exercise and Living for Homo Sapiens*. Exuberant Animal is a health philosophy that promotes health, vitality and physical happiness by combining the study of human performance with play-based movement training. Participants will learn how to transform their bodies through a multi-disciplinary approach that is invigorating, liberating and life-changing.

Other ideas and activities featured at the 3rd Arnold Active Aging festival will include Start Your Engines, Yoga to Feel Better, Exercise to Move Better, Stepping Out, Adult Nutrition, Growing Stronger, Playing Games (like archery, dancing, fencing, table tennis, race walking, and games using balls, stretch bands, and more), Travel When and Where You Want, Economic Freedom and Wealth Retention, Safety and Security and Exhibitor booths.

Group Package Benefits include ticket discounts, curbside drop-off at the Hyatt Regency Hotel, and free parking and shuttle service for group drivers. Call (614) 443-3529 for further information.

Admission to the Arnold Active Aging Festival is included in a \$10 daily ticket to the Arnold Fitness EXPO. Tickets are available at the door or from Ticketmaster at 800-745-3000, or www.ticketmaster.com/arnold.

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FOR IMMEDIATE RELEASE

January 2009

Arnold Archery Competition:

860 students take aim in Ohio archery tournament

COLUMBUS, OHIO – More than 860 students from across Ohio will converge at the Arnold Sports Festival on Friday, March 6 for the third annual Ohio National Archery in the Schools Program (NASP) State Tournament being held this year at the Ohio Expo Center's Lausche Building.

The tournament, which will feature 36 teams of 16-24 archers, will serve as a season-ending championship for many competitors who have participated in archery as a part of their school program, during and after school, throughout the year. Students in grades 4-12 will compete for individual and team awards. The first place team in each division advances to the NASP National Championships.

“This will again be a great experience for the schools and students involved,” said Kevin Dixon, coordinator for the Ohio NASP tournament and shooting sports coordinator for the Ohio Department of Natural Resources Division of Wildlife. “The kids are very excited and will enjoy meeting students from other NASP participating schools all over Ohio. They enjoy coming together and competing in a large event like this.”

Dixon started working with the program in 2003 when he attended a NASP archery instructor training in Kentucky. The Ohio Division of Wildlife implemented the program in April 2004. Ohio currently has 307 NASP trained schools. The program is growing nationwide, too, with 48 states boasting more than 5,000 schools now participating in the program.

“Archery is a great sport that almost everyone can participate in – it is a lifelong skill,” Dixon said. “The lessons learned through this program include higher self esteem, improved confidence, social skills, respect, patience, and many more. Kids love NASP because it is an independent sport but at the same time they are an important part of the group.”

For more information, visit www.ohionasp.com and www.arnoldsportsfestival.com.

Admission to the Arnold Archery Competition is included in a \$10 daily ticket to the Arnold Fitness EXPO. Tickets are available at the door or from Ticketmaster at 800-745-3000, or www.ticketmaster.com/arnold.

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FOR IMMEDIATE RELEASE

January 2009

Arnold Armwrestling Challenge:

International champions will pull hard to pin opponents

COLUMBUS, OHIO – The 2009 Arnold Armwrestling Challenge will be the ‘Mecca of Muscle’ as it welcomes the world’s top male and female athletes in arm sports as a part of the Arnold Sports Festival March 6-8.

Each year the titans of arm sports gather inside the Greater Columbus Convention Center on the centerpiece Arnold EXPO stage for two days of armsport action. The preliminary round is Friday, March 6, 10:30am-noon and the thrilling final round is Saturday, March 7, 9-10am.

Denise Wattles, Executive Director of United States Armwrestling commented, “The Arnold is the premiere arm sport event in the world. Athletes will compete from Bulgaria, Romania, Canada, Sweden, and USA including many world champions.”

Returning 2008 Arnold Armwrestling Champions include: RJ Molinere, George Iszakouits, Richard Lupkes, Margie Ciaccio, and Joyce King. They will be joined by the top finishers from nine different international qualifiers that are held in the U.S., Great Britain, Canada and Poland in advance of the event.

Admission to the Arnold Armwrestling Challenge is included in a \$10 daily ticket to the Arnold Fitness EXPO. Tickets are available at the door or from Ticketmaster at 800-745-3000, or www.ticketmaster.com/arnold.

Arnold Sports Festival National Sponsors: GNC, All American EFX, Amino Vital, Bodybuilding.com, Champion Nutrition, Gaspari Nutrition, German American Technologies, Gold’s Gym, Jan Tana, MHP, MuscleTech, NetJets, Optimum Nutrition, Star Trac, Supro, Twinlab, Universal Nutrition, and Vitamin Shoppe.

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For more information see our website: www.arnoldsportsfestival.com.

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

FOR IMMEDIATE RELEASE:

January 2009

Arnold Cheerleading and Dance Nationals:

Spirited athletes with high energy routines excite audiences

COLUMBUS, OHIO – More than 4,500 competitors are expected at the Arnold Cheerleading and Dance Team National Championships as part of the Arnold Sports Festival, March 6-8 at the Veterans Memorial North Hall.

“The spirit, energy and enthusiasm of our competitors is unmatched,” said event chairman Brian Hallam, President of US Spirit. “They are athletic, exuberant, and incredibly entertaining.”

Individual and stunt teams compete on Friday, March 6. On Saturday and Sunday, March 7 and 8, cheerleading teams will compete in high school, junior high, youth, elementary, studio, recreation, college and open divisions. Divisions are divided according to size and level. This is an open competition; no pre-qualifying is necessary. The top dance teams also will perform on the Arnold Fitness EXPO Sunday afternoon at 3 pm.

Teams will compete for prize money, jackets, trophies, medals, grand champion awards and national champion banners. To reward the best individual cheerleader, a \$2000 scholarship will be presented by the Columbus Rotary and Arnold Sports Festival.

Special guest performances by the boy band ‘V Factory’ from Los Angeles will take place Saturday and Sunday during select award ceremonies. The five young males will sing and dance with a combination of edgy urban pop and electrifying hip-hop dance moves.

Admission to Arnold Cheerleading and Dance Team National Championships is included in a \$10 daily ticket to the Arnold Fitness EXPO. Tickets are available at the door or from Ticketmaster at 800-745-3000, or www.ticketmaster.com/arnold. This event is presented by U.S. Spirit. Call 1-800-469-7878 or go to us-spirit.com or www.arnoldsportsfestival.com for more information.

Arnold Sports Festival National Sponsors: GNC, All American EFX, Amino Vital, Bodybuilding.com, Champion Nutrition, Gaspari Nutrition, German American Technologies, Gold's Gym, Jan Tana, MHP, MuscleTech, NetJets, Optimum Nutrition, Star Trac, Supro, Twinlab, Universal Nutrition, and Vitamin Shoppe.

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

FOR IMMEDIATE RELEASE

January 2009

Arnold Fencing Classic:

Youth fencers will learn from Olympic winners and hopefuls

COLUMBUS, OHIO – Beginning youth fencers and their role models, US women fencers who won Olympic gold and silver in Beijing last August, will be among thousands of spectators at a first ever FIE Satellite World Cup men's epee tournament to be held in the US, all at the Arnold Fencing Classic March 7-8 at the Greater Columbus Convention Center and Hyatt Regency Hotel.

New this year will be the FIE Satellite World Cup for Senior Men's Epee. The FIE or Federation Internationale D'Esime is the world's sanctioning organization for the sport of fencing. "This will be the first time in fencing history that such an event will be held in the United States" said Julia Richey, event director. "The best fencers in the world will be here to try to improve their standings in the year round competition that determines the national teams for the Olympics" she added.

The Regional Youth Circuit competition is for fencers' age 7-14 that will compete using the three types of weapons: epee, foil, and sabre. "Fencing is a wonderful sport for people of all ages and abilities," said Richey, who is also a former member of the Russian National Team and owner of the Royal Arts Fencing Academy. The youth participants will also assist with the opening and closing ceremonies of the FIE Satellite World Cup, that is expected to be attended by Gov. Schwarzenegger and other celebrities and VIPs.

To award their efforts, the youth fencer with the best performance and academic credentials will be awarded a \$2000 college scholarship presented by the Columbus Rotary and Arnold Sports Festival.

Presenting awards to the youth competitors of the Arnold Fencing Classic will be the 2008 United States Olympic Medalists Mariel Zagunis and Sada Jacobson. Together with Rebecca Ward the three swept the medals in the women's sabre individual event at the Olympics in Beijing. Zagunis won gold medals in the 2008 and 2004 Olympics. Jacobson won the silver medal in 2008 and the bronze medal in 2004.

A \$10 daily ticket to the Arnold Fitness Expo includes access to fencing. Tickets are available at the door or from Ticketmaster, 800-745-3000, or at www.ticketmaster.com/arnold. For more information visit www.arnoldfencingclassic.com or www.arnoldsportsfestival.com.

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January 2009

Arnold Fitness Fashion Show:

Fitness Fashion Show to feature fashion and fun

COLUMBUS, OHIO – The Arnold Fitness Fashion Show will put the year's hottest fashion, sports and casual wear on display when the annual event once again turns the Arnold EXPO stage into a New York-style runway.

More than 85 male and female models ages 5 to 75, some from as far away as New Zealand, Australia and Canada, will take part in the Arnold Fitness Fashion Show, Sunday, March 8, noon-1pm, at the Greater Columbus Convention Center.

“We will again showcase the hottest and newest stuff in fitness and casual clothes,” said event coordinator Jen Hendershott. “We really try to have fun with this event, and feature many people who otherwise wouldn't be able to take part in the Arnold Sports Festival,” she added.

Many of the models have overcome adversity to take part in the Arnold Fitness Fashion Show, Hendershott said. “One of the things we do is select models that have compelling stories. We have a couple of cancer survivors who are tremendously strong individuals, and we are proud to showcase them in our event,” she said.

Admission to the Fitness Fashion Show is included in a \$10 daily ticket to the Arnold Fitness EXPO. Tickets are available at the door or from Ticketmaster at 800-745-3000, or www.ticketmaster.com/arnold.

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FOR IMMEDIATE RELEASE

January 2009

Arnold Gymnastics Challenge:

3,500 to compete at nation's largest mixed gymnastics meet

COLUMBUS, OHIO – Gymnasts from across the country will gather in Columbus for the 9th Annual Arnold Gymnastics Challenge March 6-8 at the Greater Columbus Convention Center.

The Arnold Gymnastics Challenge is the largest mixed meet (boys & girls) in the United States. The event features more than 3,500 youths as well as demonstrations by three-time U.S. Olympian and five-time national champion Blaine Wilson, two-time U.S. Olympian, contributed to the teams bronze medal in 2008 Raj Bhavsar, former U.S. Olympic rhythmic gymnast Olga Karmansky and the national power Ohio State University men's gymnastics team, headed by coach Miles Avery.

Boys and girls compulsory and optional competitions will be held on Friday, March 6 and Saturday, March 7, with events finals scheduled for Sunday, March 8. The Columbus Rotary and Arnold Sports Festival will present a \$2,000 college scholarship to the top boys and girls competitor.

"The Arnold Gymnastics Challenge allows every youngster an opportunity to perform in front of an enthusiastic audience," said Tim Willson, event director and owner of Cyclone Gymnastics. "It's wonderful that the young gymnasts get to see their heroes perform. Willson added.

Admission to the Arnold Gymnastics Challenge is included in a \$10 daily ticket to the Arnold Fitness EXPO. Tickets are available at the door or from Ticketmaster at 800-745-3000, or www.ticketmaster.com/arnold. For more information visit www.cyclonegymnastics.org and www.arnoldsportsfestival.com.

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January 2009

Arnold Martial Arts Festival:

3,000 men, women and youth compete in 26 disciplines

COLUMBUS, OHIO – For 12 years martial artists from all around have converged on the city of Columbus to test their skills at the Arnold Martial Arts Festival March 6-8 at the Greater Columbus Convention Center.

With more than 3,000 men, women and youth expected to compete in 26 martial arts disciplines the Arnold Martial Arts Festival has become the largest martial arts event in the Midwest.

“The 2009 Arnold Martial Arts Festival will be incredible,” said festival director, Terrence ‘Tokey’ Hill. “This year we’ve improved the festival by listening to what the participants and fans had to say. We’ve added disciplines to include as much of the martial arts community as possible and changed our host hotel so we’re closer to the convention center.” Hill added.

“The Arnold Martial Arts Festival showcases athletes at all levels and abilities, on a world-level stage, in events sanctioned by the National Governing Bodies for Olympic Sports. We annually welcome representatives from USA Tae Kwon Do, USA National Karate Federation, USA Judo, and Chinese styles are also well represented.” said Hill. “Students who train at community centers, schools and dojos will compete in a major event, with an opportunity to learn from some the best martial artists in the world.” Hill added.

Directing the grappling portion of the festival, John Saylor said, “The Arnold World Grappling Championship features the submission arts including ju jitsu, catch wrestling and judo. We’re a NAGA (North American Grappling Association) ranked event with more than 300 gi and no-gi divisions. The No-gi absolute winner will take home \$1000 and a championship belt. On Sunday UFC veteran Jorge Gurgel will conduct a no-gi submission grappling seminar”.

Hill is a six-time national karate champion and is the first American to win a world level gold medal in karate. He was Olympic Coach of the year in 1999. Saylor is a three-time national judo champion, and was coach of the U.S. national judo training squad at the Olympic Training Center for seven years. He was US Judo Association Coach of the Year in 1987.

A highlight of festival has always been the elite martial arts celebrities, including UFC superstars, who come to demonstrate their secrets to success in the Friday workshop and seminars session at the Arnold Martial Arts Festival headquarters hotel, the Holiday Inn Downtown Capital Square.

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This year's seminar and workshop instructors include:

Dana White President of the UFC will be on hand Friday for a Q & A session with special guest, former UFC Heavyweight Champion, Randy Couture.

Shonie Carter will be covering subjects in mixed martial arts that include Thai kickboxing, Greco-Roman wrestling and Judo with elements of catch wrestling as taught to him by Tony Ceccine. He has been featured on Spike TV's The Ultimate Fighter Season 4, and has won many world titles in mixed martial arts, national titles in kickboxing and Olympic pankration and is a former all-American wrestler.

Kevin Kearns will be demonstrating the training techniques used by some of today's top mixed martial artist athletes like Kenny Florian, Stephen Bonnar and Mark Dellgatto. Kearns fitness series is designed to elevate core strength, stamina and show techniques. Two hours of extreme conditioning will give participants an approach they use every day in the gym.

Jason David Frank is a world renowned actor who played Tommy Oliver, the Green Ranger, in the original series The Mighty Morphin Power Rangers. Currently he holds a 6th degree black belt and owns/operates 4 successful martial arts schools that specialize in changing and influencing the lives of kids and adults, in a positive manner, through the martial arts. Frank will be conducting a free seminar on Muay Thai kickboxing. He has earned the title of "Kru" in the art of Muay Thai from Master Toddy, who has trained over 40 world Muay Thai Champions. Fans will also have a chance to receive a free autographed photo that he will be handing out.

Admission to the Arnold Martial Arts Festival is included in a \$10 daily ticket to the Arnold Fitness EXPO. Tickets are available at the door or from Ticketmaster at 800-745-3000, or www.ticketmaster.com/arnold. For more information visit: www.arnoldsportsfestival.com.

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Star power is center stage at Arnold Party with the Pros

Weekend champions, renowned fitness, figure and bikini competitors, Las Vegas entertainment, and LA “spinmaster” DJ James “Big Daddy” Moorer and Chicago’s Jesse De La Tena

COLUMBUS, OHIO – Shake it up, Turn it up, and Mix it up on the Arnold Party with the Pros Red Carpet Saturday night, March 7, 2009 beginning at 9 pm at Columbus’s LC Pavilion. The new official “after hours party” for the 2009 Arnold Sports Festival, will dazzle Columbus with extravagant entertainment, an unparalleled VIP guest list, including LA “spinmaster” Big Daddy Moorer and Chicago’s Jesse De La Tena. Grab your chance to star on the “Must Be Seen” Party with the Pros Cam.

The Arnold Party with the Pros will erupt Saturday evening, March 7, 2009, at the LC Pavilion, 405 Neil Avenue, across from Nationwide Arena in the Arena District. “Fire & Ice” is the central theme of the evening featuring fire eating performers, live music & entertainment, and an awesome array of athletes from 17 sports permeating every room at LC Pavilion and the adjoining House of Crave. In-house screens will rebroadcast the 2009 Arnold Classic, highlight show-stopping star arrivals and live entertainers including the Terminator, Conan, the amazing Bubble Man, High-Jinks Stilt Walkers, Frank Zane & the Dave Bott Band, and *Divide*.

The weekend’s namesake and top weekend personalities will be among VIP attendees.

The countdown to the Arnold Party with the Pros will begin backstage at the Arnold Classic as bodybuilding champions and super size strongmen move through their routines to arrive in time for the mesmerizing 11 pm live performance of Rob Surette, the World’s Fastest Portrait Artist. Free shuttle buses will transport people from the Veterans Memorial venue for the Arnold Classic bodybuilding competition to the LC Pavilion.

Party with the Pros tickets and VIP Ticket Packages are available through Ticketmaster, www.ticketmaster.com/arnold or 800-745-3000. General admission is \$25. Doors open at 9 pm and the event wraps up at 2:30 am.

Further information is available through www.arnoldpartywiththepros.com.

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

FOR IMMEDIATE RELEASE

January 2009

Arnold Strength Training Summit:

Strength and fitness pointers give winning edge

COLUMBUS, OHIO – The Arnold Strength Training Summit provides the latest science in sports nutrition, strength and testing. The summit is part of the Arnold Sports Festival March 6-8.

“It’s where theory and practice come together,” said Dave Sandler, Strength Training Summit chairman and president of StrengthPro Inc. “Although the seminars are for everyone, strength coaches and personal trainers particularly will have an excellent opportunity to expand their skills. We are in a unique position to study and learn from top athletes all gathered in one place. Then we’ll be able to see results in action during 37 weekend events.”

Participants will learn how to achieve maximum fitness and performance goals, Sandler said.

In its sixth year, the Strength Summit will provide workshops grouped around specific “lecture blocks” that will feature topics such as endurance, strength development, nutrition & supplements, mixed training methods, Youth Strength and Conditioning, Emergency Responder, and Endurance.

Several registration options from a one-day package at \$75 to an all access Summit and Weekend VIP package for \$450. Some student rates are available. A separate registration is available for the Speed Power Specialist, Physique & Fitness Certification and Personal Business Training Business course. Ask about available CEUs/CECs.

For more information visit www.StrengthPro.com or call David Sandler at 1-800-255-1017.

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January 2009

Arnold Strongman Classic:

Poundstone, Koklyaev, Pfister seek “strongest” title

COLUMBUS, OHIO – Derek Poundstone of the United States, runner-up in both the 2008 World's Strongest Man and the 2008 Arnold Strongman Classic; Mikhail (“Misha”) Koklyaev of Russia, whose accomplishments in both Weightlifting and Strongman make him perhaps the greatest strength athlete in the world; and former “World's Strongest Man” champion Phil Pfister of the U.S. highlight an international field of elite strength athletes at the 2009 Arnold Strongman Classic.

The 8th annual Arnold Strongman Classic will crown a new champion for the first time in seven years as six-time defending champion Zydrunas Savickas of Lithuania will take a year off from competition before returning to the Arnold Strongman Classic in 2010. Savickas has won every Arnold Strongman competition except for the inaugural event in 2002, which was won by Mark Henry of the United States.

U.S. athletes invited to the Classic include Poundstone (Waterbury, Conn), Pfister (Charleston, W. Va.), Travis Ortmayer (Cypress, Texas), Brian Siders (Charleston, W. Va.) and Dave Ostlund (Edina, Minn.).

International invitees include Koklyaev (Russia), Andrus Merumets (Estonia), Vidas Blekaitis (Lithuania), Ervin Katona (Serbia) and Oleksandr Pehanov (Ukraine). Mariusz Pudzianowski of Poland, who won the “World's Strongest Man” title for a record fifth time in 2008, has been invited to compete as well. The invite will remain open until the competition begins, would result in a rare 11-man field if the three-time Arnold competitor accepts, event director Dr. Terry Todd said.

In 2008, Savickas, of Lithuania, won two events en route to capturing the 7th annual Arnold Strongman Contest for his sixth straight title. Savickas earned a \$40,000 check from Gerard Dente of MHP, a \$25,000 Audemars Piquet watch from Robert Ronan, the Louis Cyr bronze trophy and congratulations from Gov. Arnold Schwarzenegger. The approximately \$75,000 total prize package for the winner of the 2008 Arnold Strongman Classic was the largest ever given in the sport.

The 2009 Arnold Strongman Classic will be held March 6-7 during the Arnold Sports Festival at the Greater Columbus Convention Center. The final event will be held March 7 at Franklin County Veterans Memorial.

The 2009 Arnold Strongman Classic athletes will compete in six brutal strength events for more than \$150,000 in awards, the coveted \$10,000 bronze statue of legendary strongman Louis Cyr and the right to be known as the Strongest Man in the World.

-more-

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Events in the 2009 Arnold Strongman Contest include:

- 1. Timber Carry** – In this event, also known as the Farmer’s Walk, contestants lift 865 lbs. of barn timbers bolted together around them. They have 30 sec. to carry the 865 lb load up a 32 ft. inclined ramp.
- 2. Manhood Stones** – Contestants lift round stones weighing up to 530 pounds over a bar approximately 50 inches high.
- 3. Apollon’s Wheel** –This unique barbell was made famous by turn-of-the-century strongman Louis “Apollon” Uni. The barbell resembles two train wheels welded (weights do not rotate) to a thick bar (1.92 inches in diameter) for a total weight of 366 lbs. Contestants will lift the wheels from the floor to overhead as many times as possible in two minutes.
- 4. Tire Deadlift** – Contestants will lift a specially designed 14 foot long bar weighted with tires and metal plates. Each tire weighs approximately 100 lbs, and the beginning weight will be at least 700 lbs.
- 5. The Heavy Yoke** – Contestants will carry across their shoulders a bar/yoke weighing 1,116 pounds for approximately 36 feet in a timed event.
- 6. Circus Dumbbell** – Contestants will lift a replica of the stage dumbbells used over a hundred years ago by professional strongmen such as Apollon and Cyr. The dumbbell weighs 202 lbs. and has a very thick handle—3 inches in diameter. The men will lift the dumbbell to their shoulders with two hands on each rep but they can only use one hand at a time to lift the dumbbell overhead. The challenge is to lift the bell to arm’s length as many times as possible in 90 seconds.

“The Arnold Strongman Contest has been growing in popularity every year, and we are very excited that the world’s best strongmen will return to compete in the Arnold Strongman Classic again,” said Jim Lorimer, Arnold Sports Festival co-producer. “This is one of the best lineups of Strongman athletes that we’ve had in seven years, and I guarantee that these gentlemen will again astonish the crowds with simply unbelievable feats of strength.”

Admission to the Arnold Strongman Classic is included in the \$10 daily ticket to the Arnold Fitness Expo, set for March 6-8 at the Greater Columbus Convention Center. Admission to the Arnold Strongman Classic finals requires a separate ticket. Tickets are available at the door or from Ticketmaster, (614) 431-3600, or at www.ticketmaster.com/arnold.

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

FOR IMMEDIATE RELEASE

January 2009

Arnold Table Tennis Challenge:

Professionals, collegians highlight table tennis challenge

COLUMBUS, OHIO – The Killerspin Table Tennis World Tour and the College Team Championships will highlight the sixth-annual Arnold Table Tennis Challenge, a three-day table tennis extravaganza at the Arnold Sports Festival.

Killerspin, the leading promoter of table tennis in the United States, will have world-caliber players – including Biba Golic (Serbia), Kang Kang Huan (Singapore), Eric Owners (United States) and Ilija Lupulesku (United States) – on hand for the Killerspin Table Tennis World Tour, set for Saturday, March 7 at the Greater Columbus Convention Center. The event, set for noon to 6 pm, features elite players pitted against each other in fiercely competitive matches. The finals of the competition will be held at 2 pm on Sunday, March 8.

The College Team Championships will be held from 9 am to 3 pm on Sunday, March 8 in a unique event that pits collegiate teams against each other. On Friday, March 6, Senior Olympic Table Tennis Competition will be held from 11 am to 3 pm in conjunction with the Arnold Sports Festival's Active Aging Festival. Opening day will also feature the Recreational Ping Pong Championships for all ages from noon to 5 pm and open play for all from 1 pm to 5 pm.

In addition, other USA Table Tennis-sanctioned play will be held from 9 am to 8 pm on Saturday, March 7 and from 9 am to 3 pm on Sunday, March 8.

Admission to the Arnold Table Tennis Challenge is included in a \$10 daily ticket to the Arnold Fitness EXPO. Tickets are available at the door or from Ticketmaster at 800-745-3000, or www.ticketmaster.com/arnold. For more information visit: www.arnoldsportsfestival.com.

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FOR IMMEDIATE RELEASE

January 2009

Arnold Weightlifting Championships:

Gold medal Olympians to inspire youth and adult weightlifters

COLUMBUS, OHIO – Current and former Olympic gold medal winners will make guest appearances March 6-8 to inspire competitors ranging in age from 8-35+ in the Arnold Weightlifting Championships at the Greater Columbus Convention Center.

This year's competitions are sanctioned by USA Weightlifting and will include:

- The Arnold International Weightlifting Invitational, where the world's best will compete for prize money, Friday and Saturday, March 6-7.
- New this year, Masters Lifting Invitational for lifters 35 years & older on Friday, March 6.
- Arnold's Champions of Tomorrow, for lifters 8-20 years, Saturday and Sunday, March 7-8.
- Also new this year is the WerkSan National High School Team Challenge, where the top High School men's and women's team each win a barbell set, Sunday, March 8.

The competitions will consist of the two classic lifts used in the Olympics, the snatch and the clean & jerk. The snatch is a lift from the floor to overhead in one, continuous movement. The clean & jerk is a two-part lift from the floor to the shoulders and then jerked overhead.

Also in attendance will be many past and present Olympians from the US and abroad including: A contingent from Germany; 2008 Gold Medalist Matthias Steiner, his teammates Almir Velagic, Juergen Spiess, their coaches and 2-Time Olympic Medalist Marc Huster. Weightlifting legends Tommy Kono (2-Time Olympic Medalist, Mr. World & Mr. Universe) and Joe Dube (last US Superheavyweight World Champion) will be honored in a special presentation.

Admission is included in a \$10 daily ticket to the Arnold Fitness EXPO. Tickets are available at the door or from Ticketmaster at 800-745-3000, or www.ticketmaster.com/arnold. For more information visit: www.arnoldsportsfestival.com.

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

FOR IMMEDIATE RELEASE

January 2009

Arnold Wrestling Challenge:

OURWAY wrestling championships highlights 2009 meet

COLUMBUS, OHIO – A youth wrestling state championship tournament will take center stage when the Arnold Wrestling Challenge is held Sunday, March 8 in Nationwide Arena.

The Ohio United Regional Wrestling Association for Youth (OURWAY) will hold its state championships during the Arnold Wrestling Challenge. OURWAY is a statewide youth wrestling organization that strives to build a feeder system for middle school and high school programs by developing youth wrestlers in a competitive environment that stresses fun, sportsmanship and pride.

The event features five age divisions: 6-under, 7-8, 9-10, 11-12 and 13-14. Individual awards will be presented to the top eight finishers in each category. Top finishers also qualify for the NUWAY national competition.

“The Arnold Wrestling Challenge provides thrilling moments of competition for young wrestling athletes who enjoy the exceptional opportunity to compete within one of Columbus's premiere sports destinations - Nationwide Arena,” tournament coordinator Paul Bukky said. “The Arnold Sports Festival will again provide the perfect backdrop for both the OURWAY State Championships.”

Admission is included in a \$10 daily ticket to the Arnold Fitness EXPO. Tickets are available at the door or from Ticketmaster at 800-745-3000, or www.ticketmaster.com/arnold. For more information, visit www.ourwaywrestling.com or www.arnoldsportsfestival.com.

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

FOR IMMEDIATE RELEASE

January 2009

Arnold Youth DanceSport Classic:

A thousand dancers a step away from the prize

COLUMBUS, OHIO – More than a thousand of the nation's elite competitive youth dancesport athletes will compete at the two day Arnold Juvenile, Junior, Youth, and Collegiate Danceport Classic March 7 & 8, 2009 at the Arnold Sports Festival.

“Each year the Arnold Youth Dancesport Classic grows in size and scope. We are especially thrilled to welcome a key contingent of youth dancesport athletes of grade school age who compete here each year,” said Sam Sodano, event chair.

An international competition featuring US dance couples vs. Canadian dance couples will be presented throughout the event inside the Hyatt Regency Ballroom.”

Cash prizes will be awarded to the top 6 Juniors Studios and Colleges. The Juvenile, Junior and Youth will receive dance scholarships.

Admission to the Arnold Youth Dancesport Classic is included in a \$10 daily ticket to the Arnold Fitness EXPO. Tickets are available at the door or from Ticketmaster at 800-745-3000, or www.ticketmaster.com/arnold.

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MARCH 6-8, 2009 COLUMBUS, OHIO USA

FOR IMMEDIATE RELEASE

January 2009

Arnold USA Powerlifting Championships:

World's best lifters to compete and thrill crowds

COLUMBUS, OHIO – USA Powerlifting, America's premier Powerlifting Organization, will present an international powerlifting competition at the Greater Columbus Convention Center, (GCCC), March 6-8 as a part of the Arnold Sports Festival.

USA Powerlifting is the only US member of the International Powerlifting Federation (IPF) which is headquartered in Luxembourg. The IPF's memberships include more than 6,000 men and women who compete with an organizational commitment to drug free performance.

Dr. Larry Maile, President of USA Powerlifting, commented, "USA Powerlifting is thrilled to return to the Arnold Sports Festival for our second year. We will showcase many of the world's elite lifters from twelve different countries as they compete in the bench press, deadlift and squat."

Competitions in the GCCC Grand Ballroom will include the CON-CRET Raw Challenge 8am-4pm Friday, March 6, and the Quest American Invitational 8am-4pm Saturday, March 7. On the EXPO stage will be the GNC Pro Performance IPF Deadlift Championship from 4pm-6pm Saturday, and the IPF Titan Pro Bench Bash will be 10am-noon Saturday, March 7.

Some of the many returning Champions and World Champions competing this year include:

- Mike Bridges, 2009 Hall of Fame Inductee;
- Yukishima Fukishima, at 105 lbs., holds the world record with a bench press of 292 lbs.;
- Siouzx Hartwig Gary, at 369 lbs., holds the overall world record;
- Brad Gillingham, men's deadlift champion lifted 859 lbs.
- Harriet Hall, age 60, 8x world champion, squats 600 lbs, and broke 40 world records;
- Marcus Hirvonen, IPF bench presser of the year, at 275 lbs. lifted 771 lbs.;
- Wade Hooper, at 165 lbs., set world record in squat with a lift of 777 lbs.;
- Diasuke Midote, returning heavyweight overall winner, lifted 777 lbs.;
- Christy Newman, world 165 lb. bench press champion, lifted 352 lbs.;
- Priscilla Ribic, women's deadlift champion and world record holder, lifted 529 lbs.;
- Jennifer Thompson, at 132 lbs., world open bench champion, lifted 324 lbs.;

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Competitors to watch from Ohio include:

- Greg Page, Twinsburg, Ohio, IPF Master World Champion (lifting in the Quest Saturday)
- Dave Ricks, Dayton, Ohio World Champion (lifting in the Pro Deadlift Saturday)
- Jeremy Auerbach, Beachwood, Ohio (lifting in the CON-crete Raw Friday)
- John Hare, Cincinnati, Ohio (lifting in the CON-crete Raw Friday)
- Steve Howard, Toledo, Ohio (lifting in the CON-crete Raw Friday)
- Wade Liken, Girard, Ohio (lifting in the CON-crete Raw Friday)
- Bob Eucker, Avon Lake, Ohio (lifting in the Pro Deadlift Saturday)

Admission to powerlifting is included in a \$10 daily ticket to the Arnold Fitness EXPO. Tickets are available at the door or from Ticketmaster at 800-745-3000, or www.ticketmaster.com/arnold.

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For Immediate Release:

January 16, 2009

**UFC® ANNOUNCES
QUINTON “RAMPAGE” JACKSON vs. “THE DEAN OF MEAN” KEITH
JARDINE**

UFC 96: JACKSON vs. JARDINE



Live from the Nationwide Arena, Saturday March 7, 2009 – Tickets on Sale Now

Las Vegas, NV (USA) – Former UFC® Light Heavyweight Champion Quinton "Rampage" Jackson was at his devastating best last December as he settled his score with Wanderlei Silva via a chilling first round knockout. On Saturday, March 7, Jackson will look to move one step closer to regaining his title when he takes on the man who beat both Chuck Liddell and Forrest Griffin, Keith "The Dean of Mean" Jardine. For the third year in a row, the Ultimate Fighting Championship® is heading back to Columbus, Ohio for **UFC 96: JACKSON vs. JARDINE**, live from the Nationwide Arena on Saturday, March 7, 2009.

Fresh off his stunning knockout victory at UFC 92 over mixed martial arts legend Silva, the charismatic and always exciting Jackson (29-7, fighting out of Irvine, Calif.) is hot on the trail of new light heavyweight champ Rashad Evans. But first he'll have to get by Evans' teammate, Jardine.

"Keith Jardine is the Dean of Mean, but I'm new on the scene," Jackson said. "I'm the new Rampage, and I'm on a quest to get my belt back."

Standing in Jackson's way is Jardine (14-5-1, fighting out of Albuquerque, N.M.). A hard-hitting and imposing fighter in the Octagon™ man who holds wins over former UFC light heavyweight champions Liddell and Griffin, as well as highly-regarded Brandon Vera, the native of Butte, Montana native is excited to be back in the main event at UFC 96.

"I've been fortunate to get big matches like this," Jardine said. "I'm pretty excited and I didn't hesitate to take it. I think it's a great matchup and I expect that we both would want to stand up and throw powerful punches. It's a can't-miss with this fight."

The UFC first arrived in Columbus for one historic night in March 2007 as Randy Couture beat Tim Sylvia and won the heavyweight crown for an unprecedented third time in the main event of UFC 68. The show's gate, which surpassed \$3 million, set a Nationwide Arena record; and the 19,000 fans who saw the fights live helped set a record for the highest North American attendance figure for a mixed martial arts event.

Last March, the UFC returned to Columbus as 15,300 people watched Anderson Silva successfully defend his middleweight title against then PRIDE® champion Dan Henderson. The star-studded matchup grossed a gate of \$2.2 million at Nationwide.

Tickets for UFC 96 are on sale and are priced at \$350, \$250, \$150, \$100, \$60 and \$35. Tickets are available at all Ticketmaster locations, and by telephone at 800-929-1111 or 800-745-3000. Tickets also are available for purchase at ufc.com or www.ticketmaster.com.

UFC 96 will be available live on pay-per-view on iN DEMAND, DIRECTV, DISH Network, TVN, Bell ExpressVu, Shaw Communications and Viewer's Choice Canada for a suggested retail price of \$44.95 for standard definition or high-definition broadcasts (where available).

About The Ultimate Fighting Championship

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