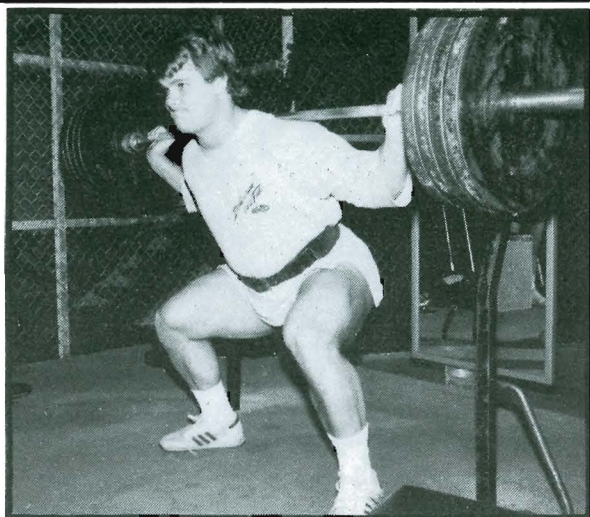


STEFAN FERNHOLM:

WORLD'S FASTEST BIG MAN

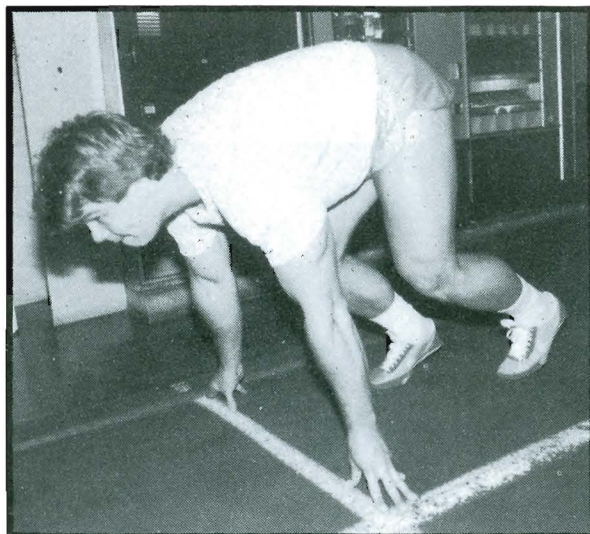
By Greg Shepard
(Partial Reprint)



Stefan's 750 squat developed...



These powerful 31" thighs which...



Produce a 4.3 Forty!!!

It was noon and I was talking with BYU's head football Coach Lavell Edwards in December 1983. Just then Clarence Robinson, BYU's long time track coach, comes by and excitedly states "You got a minute, I want you to see Stefan run a 40-yard sprint." Coach Edwards said "Sure, I'll get a stop watch and we'll let Greg time him." So out we went to the indoor track facility and there was Stefan Fernholm ready and waiting.

Stefan is about 6-1 and looks like he weighs 220 or less so when he said he weighed 270 I was amazed. That is amazed until he took off his sweats and two massive bulging thighs emerged. Stefan is lean yet very very dense. Years of proper training have developed him into a very unique physical specimen.

Coach Robinson and Stefan went to the starting line while Coach Edwards and I were at the finish line. I sensed this was going to be something special so I geared myself to be especially alert to time Stefan correctly. The split second Stefan began to move I started that watch. I felt I did my part perfectly at the start. But something happened. Coach Robinson was waving his arms. He wanted Stefan to stop because of a horrible start. However, Stefan was roaring towards us. I'll guarantee you one thing, Coach Edwards nor I were about to get in Stefan's way and tell him to start over. We didn't even have time to say "Good Gracious he is fast." Stefan was like a tornado. I've never seen anything like it. When he crossed the finish line, he was actually picking up speed and getting faster. Most big men will get slower at about 30 yards. I stopped the watch perfectly. I didn't dare look at the watch just yet but looked at Stefan wind down to a stop. It was then I noticed Coach Edwards. He just stood there dazed with his mouth wide open. He didn't move. Now that I think about it, it was pretty funny.

Coach Robinson caught us at the finish line and exclaimed "He got a bad start, I tried to stop him, what's his time." It was then I finally glanced down to look at the time. I can still see those numbers: 4.41!! I can still see Coach Edwards, still not moving mutter, "That's faster than anyone we have." Stefan apologetically stammered "That's too bad, sorry coaches, usually I get a 4.3 time."

Stefan is from Norrkoping, Sweden and attends BYU as a track athlete. Last spring he won both the discus and shot championship in the Western Athletic Conference. He's been in the United States since 1980 and has been married for almost two years. Stefan represented Sweden in the '84 Los Angeles Olympics in the discus and finished sixth.

Stefan is also a novelty in the discus ring as he is a left handed thrower. This could prove to be a serious disadvantage. Stefan feels steroids can help you get a

max faster in the weight room but he is not sure it helps the discus. In Sweden steroid use is considered about the same as we in the United States would consider heroin use.

I asked Stefan about Nautilus: "I don't like it. Maybe for rehabilitation. Nautilus can't take you very far, I could never get 200 feet. Besides you don't get the same satisfaction."

Stefan would also not do one set of 12 reps for a workout. "It would ruin me" exclaims Stefan. Stefan believes very strongly in keeping records. He's kept a diary since age 16 and feels if you're really serious you must have one.

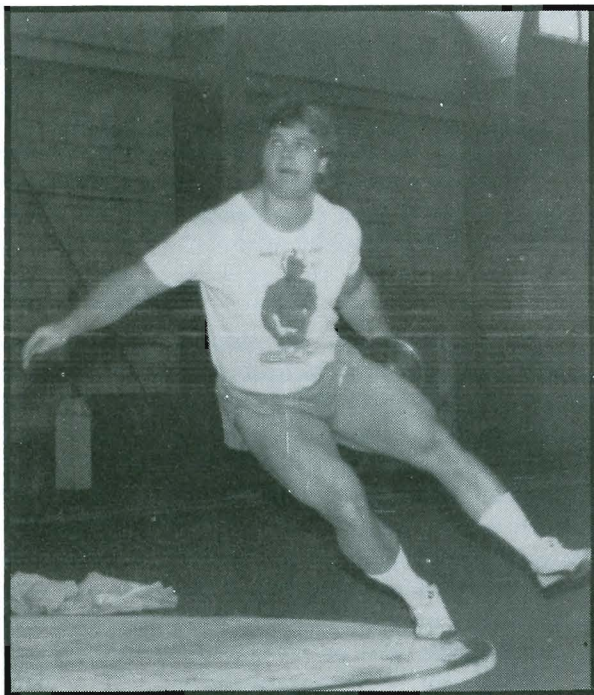
Stefan injured his wrist severely two years ago and because of this, he can't throw the shot, do cleans or power snatches. To keep competing in track, Stefan took up the discus and never throws the shot in practice. He will, however, throw once or twice in a big meet. Coach Robinson is also planning to enter Stefan in the 60 meter sprint this year in indoor track since he is faster than the sprinters.

During our interview, Stefan threw the discus, went through a weight workout, dunked the basketball twenty times, did a standing long jump of nearly

11 feet and now was going to run a forty for time on our BFS Electronic Precision Timer. However, Coach Robinson appeared and said "No, Stefan you are too tired and I don't want to take a chance on pulling a hamstring" However, Stefan was given permission to go "half speed" and just glide through working on form running. So Stefan went down and did just that. He looked totally different. No wind. No huffing and puffing. He did a form run forty. He did not look fast at all. It just was not the same as when he did it for Coach Edwards a week earlier. I told Stefan thanks for the interview and casually went over to look at the automatic electronic time not expecting anything. I stood there frozen as I looked at that time. I turned to Stefan and grinned saying "4.5 ain't too bad."

You are probably wondering why doesn't Stefan play football? He might, after the Olympics. He could play for BYU next fall as a senior but football is a different sport totally and it would be very difficult. However, couldn't you just see Stefan roaring down on a kick off or blocking a kick?: Anyway, I rest my case for Stefan Fernholm. He is the "World's Fastest Big Man."

Weight	Age	Speed	Shot	Discus	Bench	Squat	D. Lift	Power Snatch
275	24	4.3 Forty	X	216	480	750	X	X
270	23		Injured	X	440	730	710	X
265	22	7.1 60 meter	65' 7"	X	440	X	670	325
250	21	X	62'	188	440	660	X	265
240	20	X	57'	X	380	500	X	245
235	19	X	56'	X	350	460	X	220
230	18	X	61' 12 lb.	X	315	400	X	200
220	17	X	56	X	265	360	X	176
200	16	8.1 60 meter	57 8 lb.	X	220	280	X	132
132	15	9.1 60 meter	40 8 lb.	X	110	X	X	X



Stefan has the farthest throw in the world for a left hander.



A Slam Dunk!!!