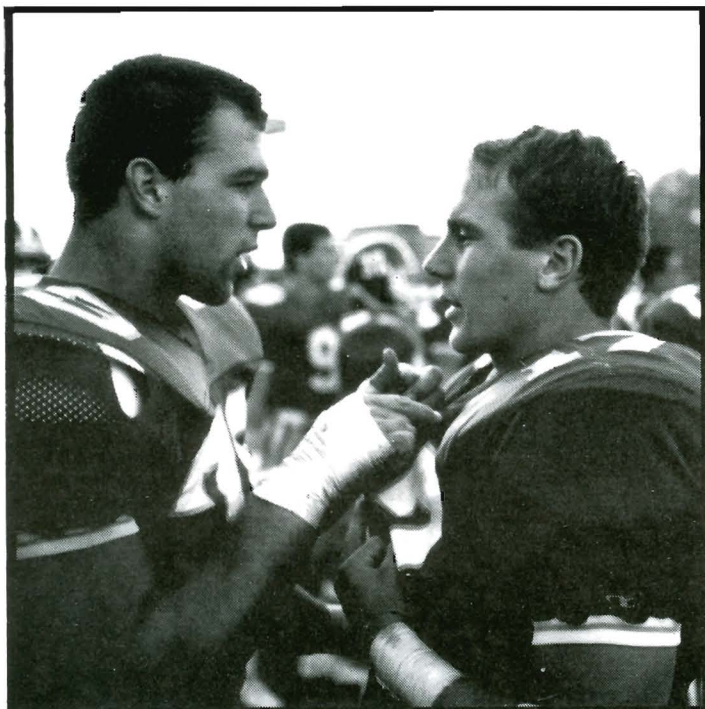


GORDON LOCKBAUM

HEISMAN CANDIDATE



"Gordon (left) is an outstanding individual who has an extreme sensitivity to all about him and especially his teammates," says Mark Duffner, Head Football Coach-Holy Cross.

Gordon is a tremendously well conditioned athlete. One test we do is the mile run. He's won it the last two years. Gordon ran the mile for our football test in 4:41. That's why he can play both ways and can play 143 snaps like when we played Army. In that game, Gordon made 22 tackles and was the leading rusher and receiver.

Gordon always does what we ask and then more. He's the type of guy when he's not in the game is always tuggin' at the head coach to get back in the game. He doesn't like to take a blow or rest at anytime.

I can tell you that Gordon does a lot of work in his hometown at high school and does a lot of speaking in the public relations area. Gordon is also intense in the weight room. He's driven. He prides himself in perfection and technique. Gordon is the first one there and the last one gone. He only weighs about 195 pounds and benches 340 and militarys 240 pounds.

As the exposure for the Heisman has become greater, Gordon has worked harder than ever. He realizes his responsibility. The Heisman may be a long shot but Gordie is doing everything he can do to make it a reality. Gordon always compliments his coaches and teammates. He shares the credit.

Kevin Coyle: Holy Cross Defensive Back and Strength Coach

Gordon Lockbaum caught the vision at age twelve. He was 5-3 and weighed 95 pounds. Dr. Leonard Surfaste took Gordon to Glassboro State College to lift where he began to weight train with only the bar. Emphasis was placed on technique even though Gordon did max out on the bench with his bodyweight.

In high school in Glassboro, New Jersey, Gordon was a 3 sport athlete participating in football, wrestling and baseball. As a 10th Grader, Gordon was 5-9, 145, ran a 5.0 forty and benched 170 pounds. Not exactly what you'd call overwhelming statistics. But, Gordon just kept at it and believed. As a senior, he grew to be 5-11, 165 and cut his 40 time down to 4.8 and benched 210 pounds. He played running back and defensive back under Coach John Aveni. Glassboro had an enrollment of only 500 students in Division I classification. They won the Southern New Jersey Championship with a sparkling 11-0 record. Gordon also received All-State recognition.

The VISION was continued at Holy Cross. Gordon works on his flexibility daily. He runs 2 to 5 times per week and does plyometrics twice per week. "In the weight room you prepare," states Gordon. "I think of my opponents. You compete with your teammates, your partners and yourself. I keep track of all my lifts. It's very important."

Second year Head Coach Mark Duffner of Holy Cross says, "Gordon has the best instincts of anybody I've been around. He makes his body do the right thing. We think the world of him. Gordon's done a number of things with younger kids. He's active in the lives of his younger brothers. Gordon always goes to youth related activities."

Coach Duffner and Lockbaum led the Crusaders of Holy Cross to a most impressive 10-1 record and won the Colonial League Championship last season. So far this year, they are ranked nationally in the Division I-AA poll with an upset victory over Division I Temple. Last year Holy Cross' only loss was to national power Boston College. Gordon played in 113 plays as he ran the ball 3 times for 22 yards, caught 10 passes for 104 yards, scored two TD's, caused a fumble and downed a punt on the B.C.'s one yard line. However, against Army last year, he was in an unbelievable 143 plays. Gordon had 40 yards rushing on 11 carries and caught four passes for 73 yards. He made 22 tackles and returned 3 kickoffs for 41 yards.

Coach Duffner loves Holy Cross, "It's a great place to coach. Holy Cross is a first class academic institution. We've got a 14 to 1 student-faculty ratio and last year every senior graduated on time. In the last 7 years all but four have graduated on time and those four graduated in the summer. Of course, Gordon has made it even more special."

I asked Gordon about drugs and alcohol. "Coach

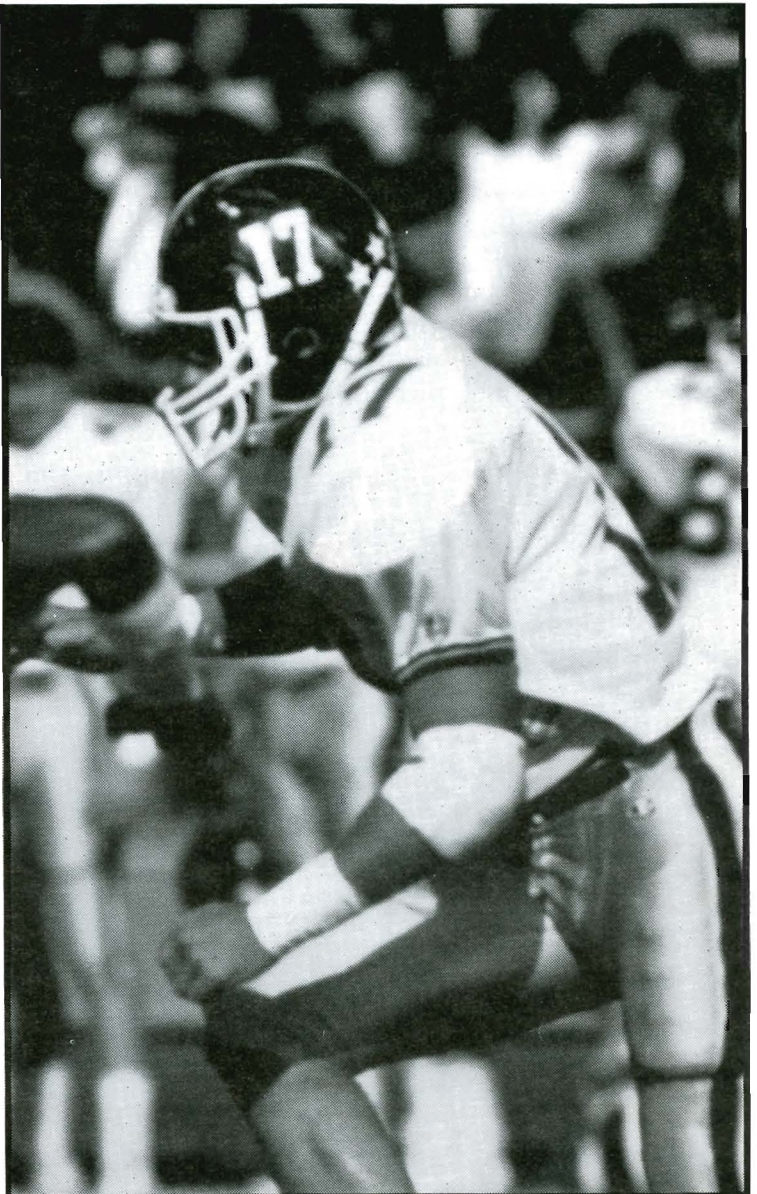


Gordon going out for a pass. He runs, passes and quick kicks. Last year he led Division I-AA schools in scoring with 22 touchdowns and 132 points.

Shepard," he said, "I have strong feelings. I'm very much against them. It's been proven wrong over and over again. You just throw your life away when you get mixed up with drugs and alcohol abuse. Believe it or not, I just say 'NO'. I've never been hassled. I've never stayed in there at a drug party long enough. I just walk away."

"Do you have any advice for doing well in school?" I next asked. Gordon stated, "Turn in all your assignments. If you don't, you're in trouble. It's the same as on the football field. Be attentive and ask questions. It's important to have academic as well as athletic goals."

How is it at Holy Cross? Did you make the right choice? "Absolutely," Gordon answered with a positive tone, "I'm lucky to have good coaches and Holy Cross is a Jesuit School. I'm Catholic so it's worked out well. I take religion classes and have formed friendships with the priests. Having a good relationship with God makes it better in all areas."

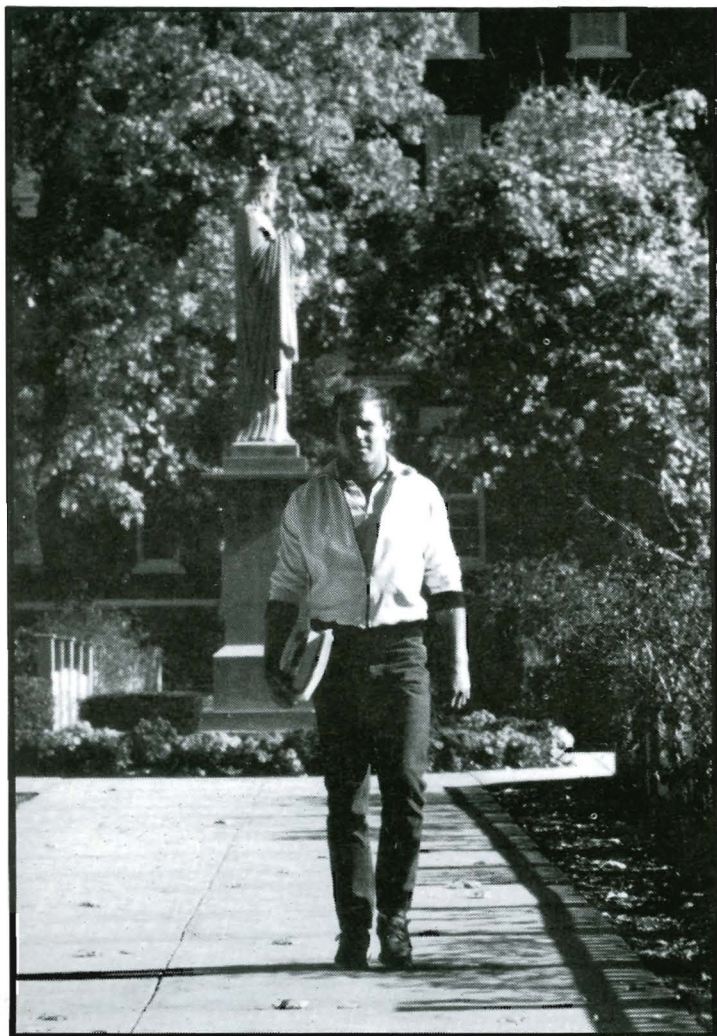


#17 Lockbaum also starts on Defense. Normally, he plays in over 100 plays per game. He also returns kicks and covers on punts.

Tell me about your family. "You can't beat a strong family," responded Gordon. "It helps you get through the rough times. Now, my dad didn't play and my mother isn't very athletic. I'm the second oldest in the family and have 3 brothers and 3 sisters."

Finally, I asked Gordon about the Heisman and how he felt about his strength and stamina for going both ways. With great aplomb he said, "I like the Heisman position. If we have a good season, then any recognition will be super. My strength is up. I weigh 197 pounds now and can bench 320 and squat 425. I've got my 40 down to 4.65 seconds. As far as stamina, I feel good about it. I run all summer. I don't have a car so I run to my girl's house. I always time myself. I compete against the clock all summer. I ride my bike to my friend's house and time that. It's actually my sister's bike. It's an old thing. I wouldn't want a perfect bike. It would make pedaling too easy."

GORDON LOCKBAUM:
HOLY CROSS HEISMAN CANDIDATE



States Lockbaum, "I chose Holy Cross because of the coaches, academics and general atmosphere." Gordon is a 3.15 student and an economics major.

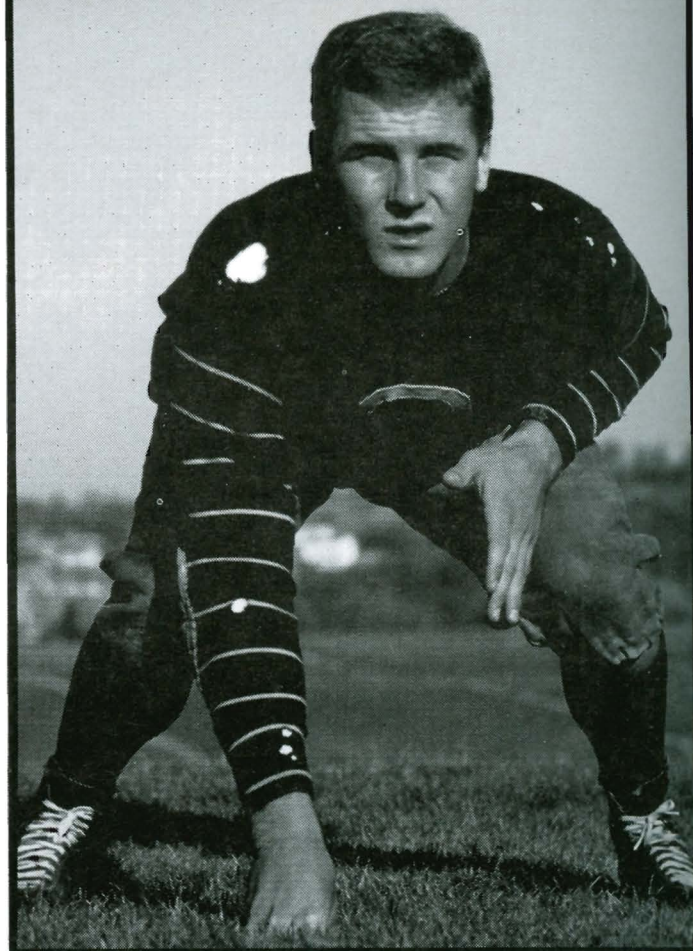
Gordon Lockbaum will graduate next spring and if the opportunity is there, he'll try pro football. When that opportunity is over, he'll be headed for Wall Street. So don't be surprised if one day you see Gordon weaving in and out of traffic in the midst of towering financial institutions on his sister's bike. He's never been worried about the easiest way to get someplace only the best and fastest.

Gordon is a first class individual and very unselfish. He puts the team in front of himself. Gordon's handled this Heisman stuff very well. I like him because of his aggressiveness. Gordon puts it to the defense. It's carried over to our younger players. He knows every situation. Gordon's very aware.

Gordie has a great sense of humor. He cuts up and that loosens everybody up especially the freshmen. He's intense when he needs to be. You correct Gordon one time and he's got it. I just can't say enough good things about him.

Dan Allen: Holy Cross Running Back Coach

"I use a lot of visualization before games: The night before or all week, I think of Big and Great Plays. I've Always Done That. You Can Make The Dreams a Reality."



Holy Cross is rich in all kinds of tradition including football. Founded in 1843 by Jesuits, Holy Cross is a well known co-educational Liberal Arts College.

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