

STEVE DURDAN

Story By
Greg Shepard

**AMERICA'S
GREATNESS LIES
IN IT'S
PEOPLE!
THAT SPIRIT
OF FIERCE
DETERMINATION
TO MAKE
DREAMS HAPPEN
SPRUNG FORTH
IN AMERICA'S
HEARTLAND.
THAT SAME
SPIRIT HAS
BLOSSOMED
ON A FARM
IN ILLINOIS.
IT IS
FOUND AT
DURDAN'S
GYM**

Story continued on next page



The Durdan farm consists of 500 acres of corn and beans with some livestock. It is 15 miles from Ottawa High School, so Steve and his older brother, Greg made a gym out of their Grain Storage facility. In the winter, the grain is stored and the weights are moved to the family's basement. Sometimes in the summer it gets well over 100 degrees in the storage bin. "It doesn't make any difference," says Greg, "It would be just an excuse not to succeed. We've Squatted 600 pounds in two inches of water. Our philosophy. JUST GET IT DONE!"



Steve Squatting 400 pounds at age fifteen.



Age 16 and Steve is now Squatting 540 pounds.



Age 17 with 590 pounds on the bar.



Still 17, Midwest High School Champ with a 625 pound Squat!

STEVE'S PROGRESS CHART

	9th	10th	11th	12th
HT.	5-9	5-11	6-1	6-2
WT.	190	218	233	243
40	5.4	5.25	5.04	4.91
Bench	170	225	290	325
Squat	330	415	550	625
D. Lift	380	450	530	600

After interviewing Steve Durdan, I left with a good feeling. A warm feeling. He is a genuine person with an unpretentious way about him that leaves people happy. I first learned about Steve through his brother, Greg.

Greg wrote, "Steve started to train with weights in 1982 after attending a clinic by Coach Shepard in Dwight, Illinois. He was 11 years old at the time. Steve attended another BFS clinic put on by Stefan Fernholm five years later in Rockford, Illinois."

Greg is tremendously proud of Steve and his accomplishments. There is an obvious strong bond of love between them. Greg explained about the great accomplishments attained by his brother; the championships won in powerlifting and his 3.833 Grade Point average. Greg even sent me Steve's report card. He had classes like Chemistry and Trigonometry. Every teacher wrote additional comments such as outstanding attitude and performance.

Greg bubbled with pride, "Last summer, Steve had the greatest lifting day of his life at the Midwest High School Powerlifting Championships." He further added, "Steve comes from a very small farming community and with the drought destroying our crops, his lifting was an inspiration to everybody. Thank you for the Bigger Faster Stronger Program."

Greg even sent me a video to show me Steve's meet. I saw his lifts. They were all legal. He was intense. Then, I got an added treat. I saw Steve on his farm working hard on agilities and sprinting. Steve propels his 6-2, 240 pound frame to a 4.85 forty time. Steve was an athlete who used Powerlifting contests also as a means of reaching his goals. Steve stated, "Those meets were a lot of fun. To me, the fun starts when you have a contest. I look forward to contests. I set my goals around those meets. In that last meet, I hit all my goals with a 625 Squat, 315 Bench, and a 600 Dead Lift."

Steve's brother has helped him with the weights for the first five years. Since the high school is 15 miles from Durdan farm, he and Greg decided to build their own weight room. They've trained together ever since. The Durdan family is big. Greg 29, weighs 225 and Squats over 600 himself. Steve's dad is also a big man being 6-2 and 230 pounds. Steve admitted, "I can't take my Dad yet."

Steve's family goes to a small Catholic Church which is only a quarter of a mile away on a regular basis. They are a close family. They do something extremely unusual in this

day and age— They eat breakfast together every morning at 6:30 A.M. Steve stated proudly, "We're a country family. My Mom fixes breakfast and typically we have eggs, pancakes and sausage. We have our own livestock, so we have our own meat at the table."

Steve has had to learn to organize and balance his schedule. "I helped my Dad during harvest. I got home after football practice at about 6:30 and then worked in the fields for about three hours. I asked Steve about his homework. He remarked, "Sometimes I get up in the middle of the night like two or three and study. I'm just too tired at ten. After studying at those wee hours, I just go back to bed and get up at 6:00 A.M. It seems to work out Okay."

Steve wants to go into accounting and become a C.P.A. At this writing, he may go to the University of Louisville and play football while getting his degree. Steve pondered about his experience with sports and weight trianing, "It's helped me with my intensity and made me understand the importance of consistency, not missing, and being on time."

Steve believes that it takes a lot of hard work to be successful in school. He affirmed, "I just don't skip. You've got to study and always turn your assignments in on time. You can't be late because it'll just pile up." I asked Steve if he'd ever skipped a class or been late. In his own warm humble way he said, "No, I've never skipped or been late. You get detention if you're late."

My next inquiry was on Steroids and Steve responded, "I've never seen anybody take Steroids. Some people think I do because of my lifts, but it's a short cut I won't take. It takes a while to get strong. People need to be more patient. You can't do it overnight."

Realizing that drug and alcohol abuse is a severe problem in our nation's high school, I asked Steve about his thoughts, "There's a lot of kids around that get involved especially alcohol. I never do."

"Wait a minute! You mean never?"

"Honest Coach," Steve answered, "I've never drank even one beer. As far as drugs, I haven't even had an opportunity. No one's even ask me to take drugs. All of my friends never do any of that stuff."

"Steve, what are the three most important things in life?"

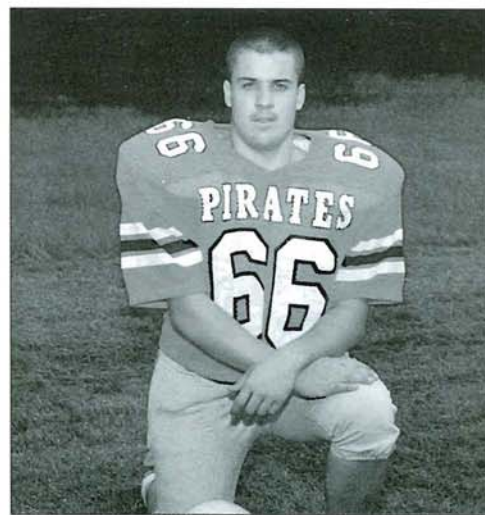
Steve paused and then said, "Family, my family is important. My brother Greg and my parents are what's important. The second thing would be my church." Then, a long pause came and Steve stammered, "Coach, I don't know after that."

He seemed somewhat embarrassed that he couldn't think of a third most important thing in life. I assured Steve that if you do right with your family and you've got your spiritual values in the proper perspective, then everything else has a habit of falling into place. Steve had given the perfect answer.

Obviously, Steve is an Upper-Limit person and we thank him for living an exemplary life. We thank Greg Durdan for his contributions for making this article possible. We wish them both much success.



Steve Dead Lifting 600 Pounds completing a Record Breaking 1540 Total.



Steve completed a joyous senior year of football The Ottawa Pirates made it to the Illinois State Playoffs for the first time ever. Ottawa High School made it to the second round.

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VIDEOS:

BFS PROGRAM CASSETTES

THE BFS CORE PROGRAM

NEW VIDEO: All of the BFS core lifts are explained thoroughly and completely: the parallel squat, the box squat, the power clean, the dead lift, the bench press, the towel bench press and the straight leg dead lift. Why we do it, how it is done, what benefits are derived and specific spotting techniques are fully explained. This cassette is for ALL sports. Proper lifting and coaching techniques are emphasized! Live action of Stefan Fernholm and other athletes demonstrate the BFS core lifts. (80 min.)



Stefan Squatting: A Key BFS Core Lift.

AUXILIARY LIFTS —SETS & REPS

NEW VIDEO: This cassette brings you every auxiliary exercise recommended for football, basketball, baseball, volleyball, and many other sports. The BFS philosophy is fully explained. Stefan Fernholm, NBA Shot Block Champ Mark Eaton, and other athletes demonstrate. We also bring you an exciting live action of the BFS Set-Rep System. You'll understand fully the meaning of intensity and its tremendous motivational value. We guarantee you'll break 8 personal records per week and 400 per year. This video will make everyone a believer! You'll also fully understand how to record your records in the BFS Set-Rep Log Book. (55 min.)



Straight Leg Dead Lift: Auxiliary lift develops speed

FLEXIBILITY —NUTRITION

NEW VIDEO: Bob Rowbotham, our flexibility expert who stretches our Utah Jazz of the NBA, is featured along with Stefan Fernholm. The new 1-2-3-4 BFS flexibility program is fully explained. Your athletes will be motivated to work hard on flexibility everyday. Coach Shepard describes the now famous 30-point BFS Nutrition System. It's easy to understand. We explain, in easy terms, the importance of carbohydrates versus protein in an athlete's diet. (50 min.)



Stefan's Hip Flexor Stretch for increased stride.

SPEED —PLYOMETRICS

NEW VIDEO: Stefan Fernholm demonstrates upper-limit speed and plyometric techniques. We illustrate the BFS 7-point speed technique system. Various athletes have their speed, vertical jump, and standing long jump form analyzed, which demonstrates exactly how to perform at your utmost optimum level. This video is of great importance to the high school athlete and yet sophisticated and advanced enough for the best professional athletes. (50 min.)



Stefan Sprinting and Jumping