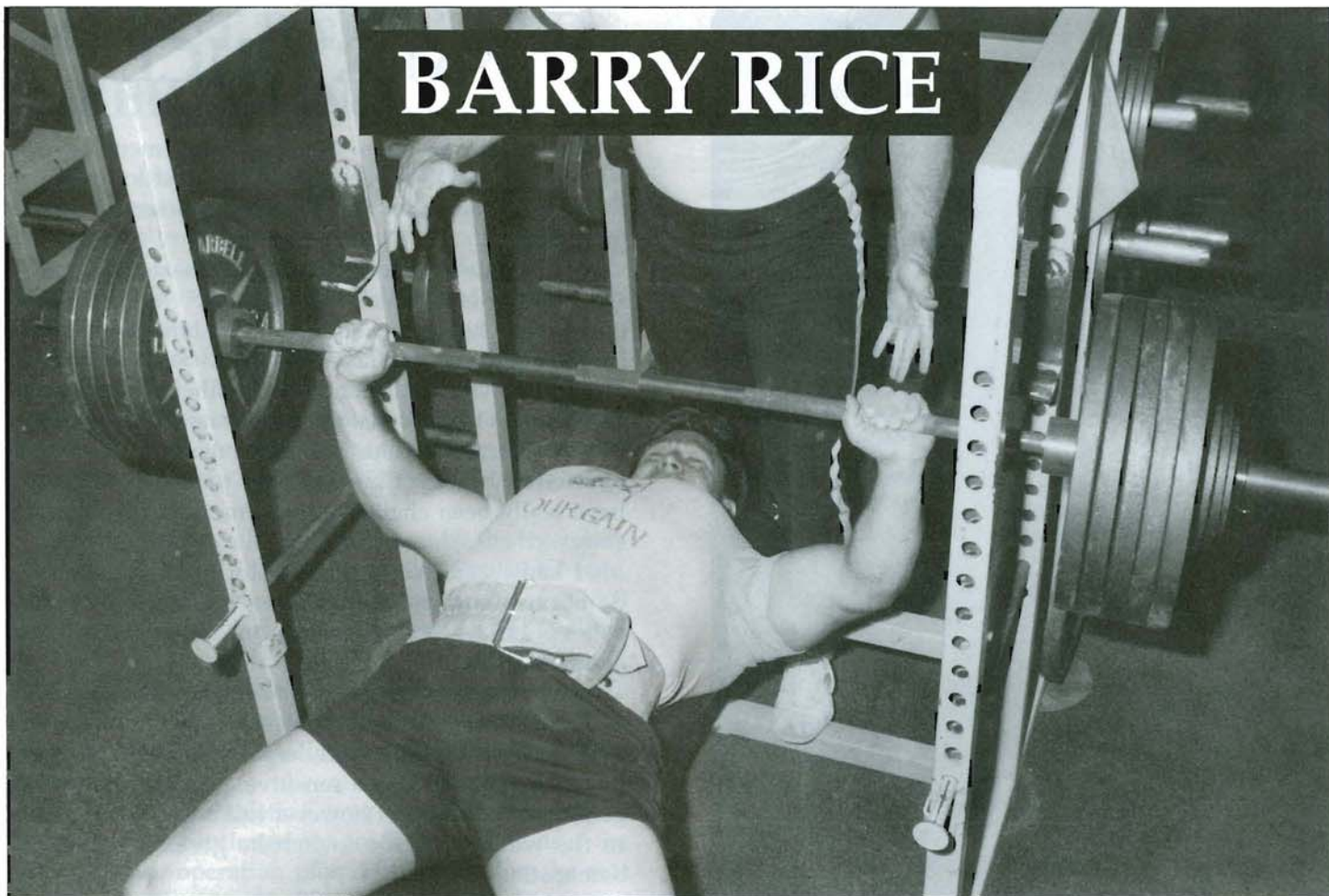


BARRY RICE



LIBERTY UNIVERSITY STRONGMAN BARRY RICE BENCHING 530 POUNDS!

EDITOR'S NOTE: The following is a letter from Dave Williams, Strength Coach at Liberty University Since 1984. Before that, Coach Williams was the Head Strength Coach at Texas A&M for three years and an Assistant Strength Coach at Alabama.

Dear Coach Shepard,

I have been receiving your BFS magazine for several years and I enjoy reading each issue and sharing information and inspirational stories with our athletes and coaches here at Liberty University. I've worked with a lot of quality athletes but none more qualified to be included in your Upper Limit stories than Barry Rice.

Barry was a BFS All-American in high school and came here as a pretty strong freshman, however he was not physically prepared for college football his body fat was well over 20% (senior year 12%), he was a great bench presser but couldn't do more than one chin up and really didn't know anything about technique in the olympic lifts. He was slow and couldn't move his feet well at all.

Barry's freshman year he injured both knees - later he sprained an ankle badly and his junior season he broke a bone in his ankle.

Barry's legs are naturally knock kneed and slightly hyper extended (an accident waiting to happen). Most of his lower body training was rehabilitation and trying to

build a strength base without squats. You know how impossible that is.

He trained extremely hard and by the off-season before his senior year he began to do parallel squats. It was a week by week thing adding weight when the knees felt good. By summer we put him on an 8 week training cycle and at the end of this time (total - 4 months of squatting) he squatted 600 lbs. Amazing considering the condition of his knees and ankles only months before. He cleaned 385 lbs, jerked 400 lbs behind the neck, clean and jerked 365 lbs, and bench pressed 535 lbs.

This spring Barry has competed in two different collegiate national powerlifting championships (ADFPA - American Drug Free Powerlifting Association - held at Virginia Tech and the USPF - United States Powerlifting Federation held at the Naval Academy). He won both contests, lifting in the 275 lb class. (both contests were drug tested).

Besides overcoming injuries and maintaining his starting position at left offensive guard Barry has used his talents and abilities to share his faith in Jesus Christ. He has been the student leader for the LU Fellowship of Christian Athletes. Since football season he has given strength demonstrations and spoken to high school groups, church youth groups, Fellowship of Christian Athletes huddle groups, and local youth detention

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center. He now has more speaking engagements than he has time for. He will work at a Christian camp in Missouri this summer and plans to go to seminary after graduation.

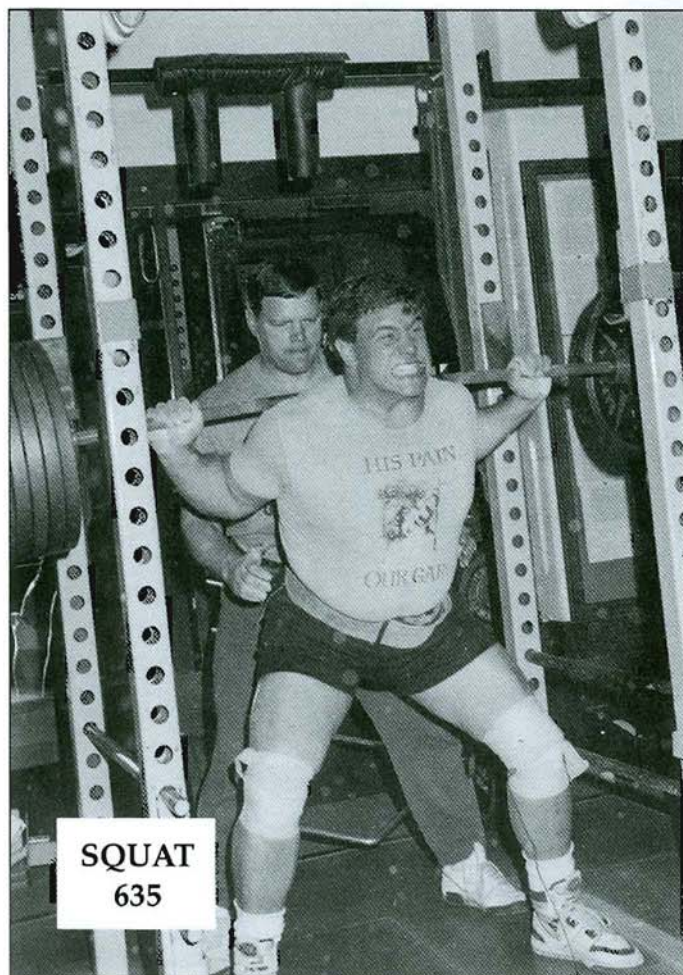
Barry puts on a very exciting, intense demonstration - easily and explosively he clean and jerks 325 lbs - blows up a hot water bottle until it bursts - breaks a baseball bat - rips phone books apart - bends spikes and has a tug-a-war contest against 10 other athletes. After this he gives his personal testimony and shares his Faith. The Lord has blessed his efforts and many young people have come to trust Christ as their personal savior and have really been challenged and motivated by Barry's story.

I know you like to present stories on athletes who do not use steroids. Barry has never used steroids and believes and teaches others the same thing we teach here at Liberty.

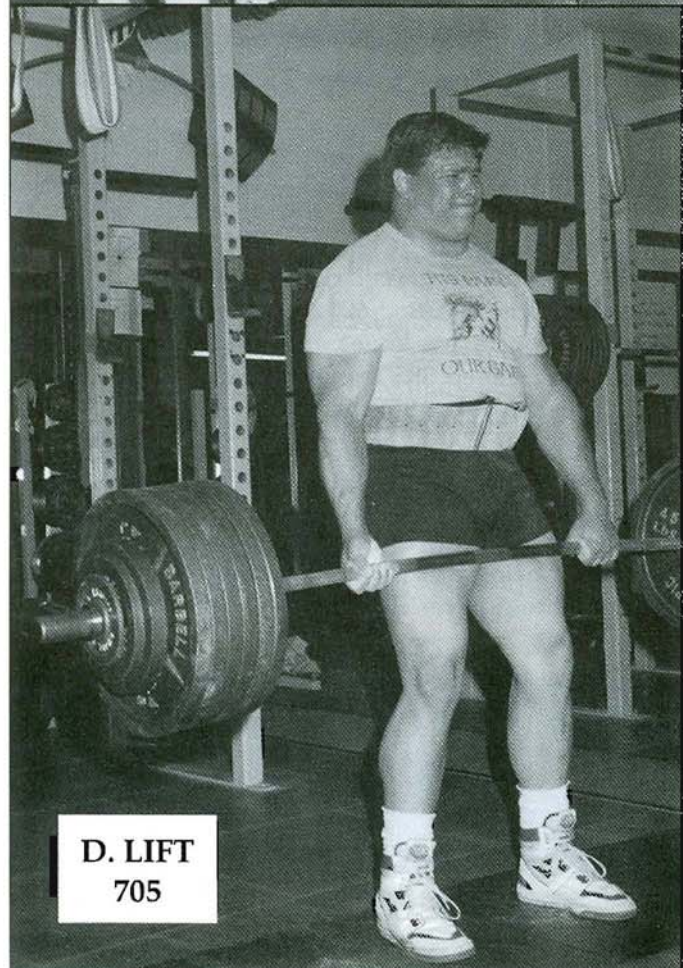
Barry is the most intense football player on the field and in the weight room that I have ever known. He was a little rude and crude when he first came to Liberty but he has developed into a sensitive, articulate, Christian gentleman. He has not however lost any of his intensity in the weight room or when he gives his strength demonstrations.

BARRY RICE PROGRESS CHART

	FR	SO	JR	SR
HT	5-11	6-0	6-0	6-0
WT	270	263	280	273
%FAT	27.7	25.6	16.1	11.9
BP	400	455	475	530
SQ	X	X	550	635
CL	X	335	360	385
JK	X	X	365	400
VJ	22	25	23	26
40	5.09	5.53	5.1	5.09



SQUAT
635



D. LIFT
705

ABOUT BARRY AND LIBERTY UNIVERSITY

Liberty University is located in Lynchburg, Virginia, one of the prettiest parts of the world. Liberty football coach Sam Rutigliano commented, "I can't think of a better place to see a game in the fall because you're nestled between the scenic Blue Ridge Mountains and Liberty Mountain."

The game plan at Liberty University is and has been to race to excellence as both an academic and athletic institution. A new stadium now holds 12,000 but future phases will enable a 36,000 seat facility which will propel the Liberty Flames to Division I-A status in football.

This race for excellence was begun by the legendary Dr. Jerry Falwell in 1971 as Lynchburg Baptist College. In only four short years, enrollment reached to over 1500 and the name was changed to Liberty Baptist College. By 1985, the name was finally changed to Liberty University as accreditation was granted with over 75 undergraduate degrees available. Now, more than 1200 students graduate annually on a sprawling 5300 acre Campus.

The Hancock Athletic Center was dedicated in 1986 as part of this continued up-grade plan. It houses the entire football operation plus other sports but the real showpiece is the spacious 8500 square foot weight room.

Barry was told that he was too short to play major college ball but chose Liberty University because of a chance to start as a freshman. Barry also noted the fantastic weight room which had just been completed and the opportunity to play for a Christian School.

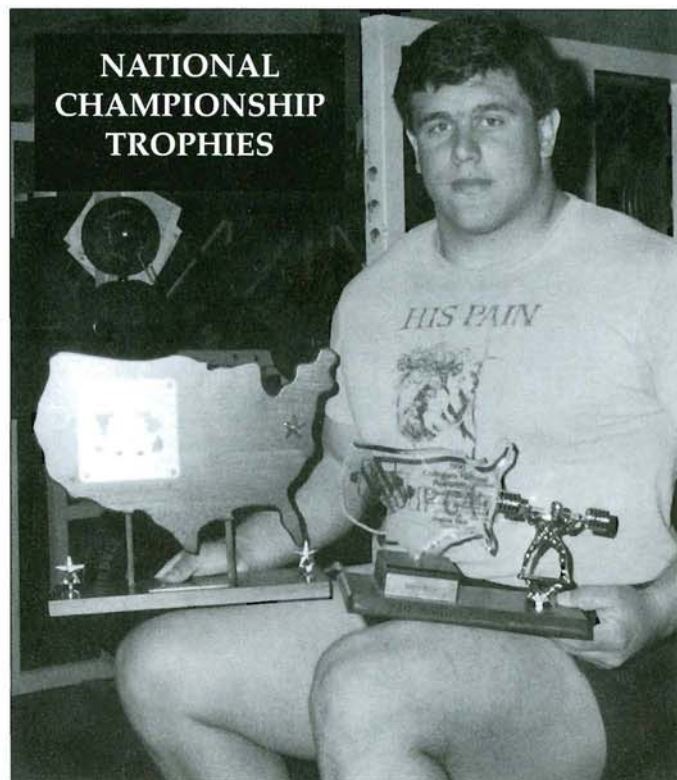
Barry played for Coach Steve Sheridan at Fluvanna High School (enrollment 800 students). Barry started as a sophomore and at the end of that year attended a BFS clinic. It was then Coach Sheridan began the program. "The clinic opened my mind," remembered Barry. "I came down and did 405 on the Box Squat for 12 reps. It helped me realize how much weights could help me as an athlete. I believed there were no limits."

As a senior in high school, Barry stood barely 6-0 tall but weighed 261 pounds as he led his team to a 9-3 record. He was a First Team All-District, All Region and All-State Offensive Tackle while also garnering top honors at his monster position on defense. "The big thing I had to do in College was replace my weight with muscle," Barry analyzed.

Barry also stated, "Coach Rutigliano is incredible. Liberty University is moving up to make it big time. We know he knows what he's doing. Dr. Falwell takes a personal interest in every individual. He knows every starter very well."

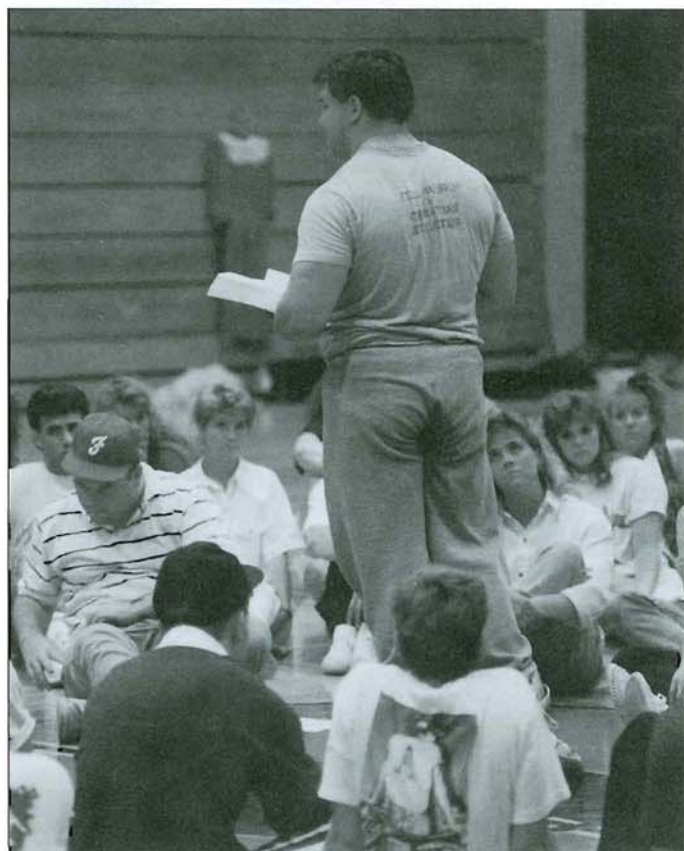
"My strength coach Dave Williams is more than a coach. He is a close friend and a father figure. Coach

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Football and lifting are important to Barry Rice but.....



What is more important is teaching and sharing Christian Principles.

Williams has taught me that hard work and intensity are the ingredients of success. I workout with Bill Gillespie. It's important to find someone with the same goals as a training partner. A great partner won't let you down. He will push and won't let you wimp out. He will hold you accountable. He does that for me and I do the same for him."

Barry will graduate next December and is now a Graduate Assistant for the Flames. His major is Business Management where he maintains a 2.8 GPA. After graduation, Barry plans on entering a Masters Program for the seminary. He wants to work with kids in a camp atmosphere or juvenile home.

My curiosity was piqued since Barry was a business management major and there is no money as a social type worker. So I asked, "Isn't money important?" Barry's answer, "No Sir. All I need is enough to get by. What I want to do is help kids with life and help them make it. I want to share the gospel of Jesus Christ."

Barry has strong feelings on drugs, alcohol and peer pressure. "Have a reason for doing things. Honor the Lord. Don't accept anything less than the best from yourself. I wanted to be a great athlete in high school more than to submit to peer pressure. I knew drugs and alcohol would stand in my way. The way I figure peer pressure is that it's a loser trying to get someone else to be a loser."

It's hard not to get caught up in the enthusiasm of Liberty University with the special people involved in their program. Coach Rutigliano stated, "Liberty gave me the opportunity to do all things I did when I got out of coaching and more, and then to get back into something that energized me." Because of the specialness of Liberty University, they have attracted an NFL Coach-of-the-Year in Coach Rutigliano. They have an intensely committed administrative head in Dr. Falwell and Upper Limit people like Barry Rice and Dave Williams. Look for the Flames flame to burn brighter every day.

Editor's Note

The assistant strength coach at Liberty University is Bill Gillespie who is Barry's faithful training partner. He has had a big influence on Barry especially in powerlifting competition and strongman demonstrations. Bill also does clinics and exhibitions for schools and youth groups. He was also the 1988 ADFPA National Champion in the 275 lb. class. Bill has Squatted 855 in training and Dead Lifted 755 for 3 reps and Bench Pressed 510 pounds. Coach Williams emphasized that Bill has never used steroids.