

Odds & Ends:

Strong Stronger Strongest by Dale Harder (2nd edition)

Who are the strongest men of all time? Strength researcher Dale Harder wrote biographies of 155 weightlifters, powerlifters, Basque stone lifters, "World's Strongest Man™" and Arnold Strongman entrants, wrestlers, arm wrestlers, grip men, shot-putters and Scottish highland games athletes, both past and present. +All-time lists for Olympic lifts, power lifts (IPF, raw and others); most lists are 50 deep.

+Superheavy champs for every world contest in Olympic lifting and IPF powerlifting thru 2010.

+Champions and event descriptions for every "World's Strongest Man™", "Arnold Strongman", "Strongbow" & "Le Defi Mark Ten" contest thru 2009.

+Over 150 photos & drawings + 320 pages of information.

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Strength & Speed by Dale Harder 10th Edition

Fun facts book like a combination of *Guinness World Records* and *Ripley's Believe It Or Not*. It has **world records in all strength or speed events for every age from 5 to 100** for weightlifting, powerlifting, track & field, exercise, strongman, highland games, grip strength, acrobatics, adventure, animal feats, diving, baseball, basketball, football, golf, diving, man vs. beast and more.

Be amazed at the heaviest and lightest performers for each event. Werner Günthor, 6'6, 264lb, 74'7 foot shot-putter also high jumped over 6'6 ³/₄!

Use the tables provided to **compare yourself with others your age** in many different events in weightlifting, powerlifting and track & field. Or compare the various records in different events and even in different sports.

Discover the barrier breakers and record progressions in those three sports above.

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