

Dear Members of USA Powerlifting Minnesota,

As many of you know, we are running for election as co-chairs for USA Powerlifting Minnesota. This comes after many years of Minnesota being under the guidance of State Chair Joe Warpeha. Joe is leaving some big shoes to fill! Our main goal, as co-chairs, is to continue the hard work put in over the last 10 years to promote and grow USA Powerlifting within our state and nationally.

Shannon was introduced to powerlifting in 2011 after finishing law school and lifted in her first competition 2013. After an injury prevented Shannon from competing temporarily, meet directing became a great way to continue to stay involved in the sport.

Ken started his lifting career to gain strength for football and wrestling. He competed in his first powerlifting competition in high school. He has now been a competitor and coach for the better part of 3 decades. He was actually a member of the MN ADFPA/USAPL since 1983! Ken also founded American Strength Training Center in 2014, shortly after, he began hosting powerlifting competitions and it naturally progressed towards directing meets.

Throughout the last few years, we have worked to increase the number of meets in Minnesota by becoming very active meet directors. In 2018, we were the meet directors for two events in Minnesota and in 2019 we directed five events, including the Central Regional Championship. In 2020, we are already expecting to host six meets. In addition to hosting our events, we focus on being mentors for new meet directors. You will usually find one or both of us at each meet in MN to help ensure all the lifters needs are met.

The mentality that we have when putting on events in Minnesota is the same mentality we plan to take as co-chairs. We drive to set the highest standards in the state and continue our belief in and support for the drug-free foundation of USA Powerlifting. We believe that our team dynamic makes us a great fit for this next chapter in Minnesota.

We thank you all for your consideration and continued support of USAPL Minnesota.

Shannon and Ken