

The Journal News

Sports

RECREATION NOTEBOOK

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Powerlifting: Jim Massaro, owner and personal trainer at Advanced Body Health and Fitness Center in Nyack, finished first in the Masters 242-pound Raw Division, benching 400 pounds at the World Natural Powerlifting Federation (WNPF) world qualifier meet.

Massaro, 48, has been competing for 16 years and has won numerous national and state world powerlifting competitions.

John Perotta, a 27-year-old Nyack resident, competed and placed second in the 242-pound open powerlifting division with a combined bench press of 400 pounds, a dead lift of 550 pounds and a 600-pound squat.

Eddie Evans, a 24-year-old Nyack resident took first in the Novice Bench Press with a lift of 345 pounds and first place in the Novice Deadlift Division with a lift of 650 pounds.