

JESUS ZONE: A TRIBUTE TO OUR BROTHER, PAT O'BRIEN

**"As in water face reflects face, so a man's heart reveals the man."
Proverbs 27:19**

**Written by STRONG LIFE Treasurer
Bill Beekley**

Our sport lost a lifting legend and a great man on Friday July 26, 2013, when Pat O'Brien went to train with our Lord!

Pat's lifting accomplishments are far too numerous to list in this letter but there are two that stick out in my mind. One would be an 800 pound deadlift at a bodyweight of 220 pounds. This was in the 1980's before deadlift suits or bars. The other would be a 365 pound deadlift at a bodyweight of 165 pounds at the 2013 Beau Moore Classic. A

normal 65 year old would be proud of this accomplishment but Pat was down to 165 bodyweight because he had been unable to eat solid food for nearly a year. Radiation treatments on his tumor had destroyed his salivary glands which left him unable to eat solid food for nearly a year; but Pat kept on training and competing. Still challenging his cancer, radiation, and chemo-ridden body, Pat was the embodiment of incredible will and drive!



Pat (right) with Ed Gillie back in the 1980s

This ferocious competitor had a flip side that was equally amazing as his lifting career. Anyone who was fortunate enough to know Pat off of the platform would immediately recognize that he was a genuine, kind, caring, and principled individual. After attending college and maturing into an outstanding collegiate wrestler, Pat spent 38

years as a middle school physical education teacher. And though he will be remembered as a compassionate educator, his greatest asset was his ability and passion in teaching our sport – an endeavor he continued until his final days. He was responsible for getting the legendary Beau Moore to begin his lifting career in the early 1990's, and was a big help

to me in coaching youth and the now famous deadlifting grannies! His kindness and

compassion were his most useful tools in this arena.



Pat inspired us all at the 2013 Beau Moore Classic

Not only our sport, but the world, is a little bit of a lesser place without Pat O'Brien. Our Lord has him now, and he is at peace and without pain. For that, I am happy.

John Wooden once said "nothing is stronger than kindness!" That IS Pat O'Brien. John Wooden also said "it is amazing what can be accomplished when no one cares who gets the credit for it!" Pat embodied these traits. Rest peacefully, my friend!



Bill Beekley serves as the Treasurer of STRONG LIFE as is the Head Coach of Bulldog Powerlifting and the Deadlifting Grannies