IN MEMORIAM:
DR. TERRY TODD (1938–2018)

PIONEERING POWERLIFTER, WRITER, SPORT PROMOTER, AND HISTORIAN WHO CHANGED THE CULTURAL PARADIGM FOR STRENGTH

By Jason Shurley, University of Wisconsin-Whitewater

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"Don't Weaken." Pencils adorned with the phrase are found in small holders throughout the H.J. Lutcher Stark Center for Physical Culture and Sports at The University of Texas at Austin (UT). The phrase is actually shorthand for a favorite saying of Dr. Terry Todd, one of the Center's directors, the fuller version of which is "It's a good life if you don't weaken." Indeed, the Stark Center itself is a physical representation of Dr. Todd's commitment to that axiom. What began in the late 1950s as his relatively small collection of magazines and books related to strength training and physical culture, evolved into a library unlike any other in the world by 2009. Along with his wife, Dr. Jan Todd, Terry Todd established the Stark Center as a library and research center dedicated to the history of strength and physical culture. Occupying more than 27,500 square feet in the north end zone of UT's football stadium, and home to more than 30,000 volumes, the Stark Center is the largest facility of its kind, regularly visited by scholars from around the world.[1]

Dr. Terry Todd passed away on July 7, 2018 due to complications from a heart attack.[2] As he was, the Stark Center is larger than life and full of amazing stories about strength. While it is tempting to point to such a unique mecca of muscle as Dr. Todd's legacy, indeed he called it his most significant accomplishment, that would sell him far short. His full impact is found among the hundreds he coached, the thousands he taught, and the untold numbers who read his books, magazine, and journal articles, and watched his films. Dr. Todd was a physical and figurative giant in the world of strength, and his will be an enduring legacy in the world of physical culture.

Terry, at about 12 months of age, in the arms of his mother, Ima Todd. Terry always claimed that his size and strength came from his mother's side of the family, as her father—Marvin "Papa" Williams—was famous for his strength. Terry's father, Branch Colquitt Todd, known as "B.C." owned one of the first radio stations in Texas, but sold it in the 1940s and moved his family back to Austin. B.C. taught Terry to play baseball and tennis but, for himself, preferred golf to all other forms of exercise. He played at least once a week.

Boyhood

Terry Todd was born in Beaumont, Texas, on 1 January 1938, to B.C. Todd and Ima Williams Todd. Eight years later, in 1946, the family

moved to Austin where Terry attended public schools and participated in a wide variety of athletic contests. As a boy, he was a standout in youth baseball, a three-time winner of the city-wide Cheerio-Top yo-yo competition, and winner of several city table tennis championships in high school.[3] When not on the diamond or yo-yoing, Terry could often be found lying on the couch of his paternal grandparents, reading from a host of novels housed on shelves in their living room. In particular, Terry enjoyed the works of Edgar Rice Burroughs, whose famous characters included Tarzan and the adventurer of Mars, John Carter.[4] More than the primary protagonists, however, Terry was taken by the stories' supporting casts that included immense and physically strong aliens, dogs, elephants and gorillas. The stories provided an early spark for what would become a lifelong fascination with strength. So engrossed was Terry in the stories that his grandparents joked that the only way they could tell if he "had passed out or on," was when he either blinked or turned a page.[5]

Terry's maternal grandfather, Marvin Williams, known for his strong hands, was called "Papa" by the family. In this photo with his wife, Ethel, and Terry's six-year-old sister, Connie, his "mighty mitts" are being used to cover ten-year-old Terry's face. He worked as a rancher and butcher.

In addition to works of fiction, Terry was inspired by the more tangible strength of his maternal grandfather, whom Terry would accompany on hunting trips.[6] Sitting in a river bottom pecan grove, quietly waiting for their quarry, "Papa" leaned over and picked up a hard-shell pecan. Gesturing to Terry, he placed it between his thumb and index finger and cracked the shell. "Very few men can do that," he informed a wide-eyed Terry with a smile, "and no boys."[7] Even at the height of his strength almost a decade-and-a-half later, and with four inches and nearly 100 pounds on Papa, Terry recalled that he was never able to perform the feat his grandfather had with such ease.

On the tennis court, however, Terry did perform with relative ease. His father taught him the game on the public courts of South Austin's parks and, by high school, Terry was a standout. He lettered in tennis at Travis High School and earned a scholarship offer to play tennis at UT.

In the summer of 1956, before he enrolled at the university, Terry took up weight training, not to improve his tennis game, but to increase the size of his left arm. Due to his years of tennis training, Terry joked that he looked like a crawfish whose claw had been broken off and only half grown back.[8] To bring his undersized left arm back in line with his dominant right, he began a program of curls, presses, and other barbell exercises. When he began school that fall, Terry tipped the scales at 195 pounds. His coach, Wilmer Allison, noticed his increased size with disapproval. Allison, like many coaches of his day, believed that weight training would result in a muscle-bound athlete who was slow and inflexible due to the added bulk. As a result of this misplaced concern, Allison gruffly informed Todd that he would have to abandon his weight training.

From experience, however, Todd knew better. Though he had added 30 pounds by his freshman year, he was quicker than before he took up barbells and played better tennis. So, despite his coach's admonishment, Todd continued lifting. Fortuitously, he met Roy "Mac" McLean, an instructor and former wrestling and cross-country coach who oversaw the physical training classes at UT.[9] In addition, McLean had a significant collection of physical culture magazines and books, which Todd read in the afternoons in his study. It was in that study that Todd says his love of strength truly blossomed as he read stories of legendary strongmen and contemporary weightlifters in the pages of *Strength & Health*, *Iron Man*, and *Muscle Power*.[10] As he became increasingly enamored of weight training, Todd registered for competitions though, to avoid detection by Allison, always under an assumed name. His favorites were "Paul Hepburn" and "Doug Anderson" transpositions of Paul Anderson and Doug Hepburn the top two super-heavyweight lifters of the day.[11]

By his junior year Todd's physique was far from the skinny, lanky build of a typical tennis player, and his

This photograph, dated March 1961, shows Terry at age 23, winning first place in a weightlifting competition. In his training diary, Terry indicates that he began experimenting with isometric contraction in January of 1961 and recorded his measurements at the start as: weight: 253 pounds, height: 6'2", chest: 50 inches, neck: 19 inches, biceps: 19 inches, and thighs: 29.5 inches. His experiment with isometric contraction did not last more than a year or so. He told me years later he gave it up when his back began bothering him.

coach issued an ultimatum: give up the weights or give up tennis.[12] Having already lettered, Todd forfeited his scholarship to concentrate on lifting. The decision and resultant lack of funds meant Todd had to move back in with his family, but he was so infatuated with weight training that it did not matter.[13] By the time he quit the tennis team, Todd tipped the scales at a muscular 240 pounds, making him larger than any man on the football team except one, who weighed 245.[14] By 1961, he had grown to more than 270 pounds when he was summoned by not-yet legendary Texas football coach Darrell Royal for an "off the record" meeting. Royal had seen Todd play tennis and was aware of his athleticism, as well as his strength training habits, through talks with some of the football players. Coming off a disappointing 1960 season, Royal wanted to know whether the type of training Todd performed could help his players improve.[15]

Versed in the testimonials of athletes in the pages of muscle magazines, as well as his own training experience, Todd argued that heavy weight training would be a wise addition to the football program.[16] As evidence, he pointed to shot putter Parry O'Brien, Red Sox outfielder Jackie Jensen, Chicago Bears offensive lineman Stan Jones, and Houston Oilers running back Billy Cannon, who had won the Heisman trophy two years prior at Louisiana State University. All were "barbell men," featured in *Strength & Health*, and Todd noted that he could even jump higher weighing 270 than he could before he started training and weighed 195. While Royal was eager to implement heavy weight training with his Longhorn team, he was hesitant to anger the team's long-time athletic trainer, Frank Medina, who adamantly believed that heavy training would decrease the quickness of football players. Based on an early 1950s film about the training employed by Northwestern University during their most successful seasons, which promoted light weights and high repetitions, Medina asserted, "a pair of 20 or 25 pound dumbbells is enough for anybody, no matter how big or strong he is."[17] Such was Medina's political influence that it would be several more seasons before Royal was able to

While the execution of the Arnold Strongman Classic was made possible by the insight and assistance of David Webster and Bill Kazmaier in its early years, what truly elevated the contest in its first decade was Lithuanian Zydrunas Savickas' six consecutive ASC victories between 2003 and 2008. Terry regarded the astonishingly powerful Savickas as the strongest man in history, and he took real pleasure in seeing the regal champion win two more Louis Cyr trophies in 2014 and 2016.

implement heavy training for the Longhorns, and when he did, Todd himself chronicled the program in the pages of *Strength & Health*.[18]

Later in the spring of 1961, Todd completed his Bachelor of Arts degree in English at UT, though he stayed in Austin to begin working on his Doctor of Philosophy (Ph.D.) degree in the interdisciplinary "History and Philosophy of Education" program. In addition to his studies and serving as a teaching assistant in physical training, Todd progressed in his own lifting career. Weighing just short of 300 pounds the "ponderous" Terry Todd captured his first major title in 1963, winning the Amateur Athletic Union (AAU) junior national weightlifting championship.[19] The same meet also featured a physique competition following the weightlifting, as well as an emerging type of strength contest: powerlifting. With particularly large biceps and forearms, Todd had some difficulty catching the "clean" when performing the "clean and jerk" Olympic lift and knew that his ability to succeed in the sport would be constrained. As a result he transitioned to the new sport of powerlifting, winning the first men's national championships in the event in 1964. He followed by winning the first Senior Nationals in 1965. As a powerlifter, Todd held 15 records at one time or another and was the first man to squat 700 pounds, as well as the first to total 1600, 1700, 1800, and 1900 pounds. His best official lifts included a 720-pound squat, 515-pound bench press, and 742-pound deadlift.[20]

While working on his doctorate, Todd moved to York, Pennsylvania, in the fall of 1964 to take over as managing editor for *Strength & Health* magazine. Along with his editorial duties and writing for the magazine, he was tasked with coordinating research projects for the Bob Hoffman Foundation.[21] His most important impact at the magazine, however, was helping to define the new sport of powerlifting in its formative years.[22] In addition to writing about powerlifting in both *Strength & Health* and *Muscular Development*, the massive 340-pound Todd himself was often the subject of articles and photos and featured lifting massive weights. The articles captured the imagination of many and inspired readers to take up the emerging sport. With championships in both powerlifting and Olympic weightlifting, a 1966 *Muscular Development* article noted that Todd had the highest combined total of any lifter, making him the best of the "Supermen of the Iron Game."[23]

In 1969, Terry began teaching at Mercer University in Macon, Georgia, as he was drawn to the university's committment to civil rights and educational experimentation. One of Terry's first acts at Mercer was to convince the school to create a program in African American Studies and he also began inviting Black speakers to campus. A personal thrill for him was hosting tennis player and civil rights advocate Arthur Ashe in 1970. Ashe was then at the top of the world of tennis, having won both the French and the Australian Open that year.

Early Academic Career

Also in 1966, Todd completed his Ph.D. His dissertation, titled, "The History of Resistance Exercise and Its Role in United States Education" was a landmark in the field as one of the first academic treatments on the history of resistance training.[24] Beginning with the ancient Egyptians and continuing through the mid-twentieth century, the manuscript explored the history of resistance exercise, numerous training methods, famous strongmen, the interaction between strength training and athletics, and the use of resistance training in physical education. After its completion, Todd accepted a position in the College of Education at Auburn University. The new position marked the end of his tenure as a magazine editor and the end of his competitive powerlifting career. Though he continued to lift for the rest of his life, by the time he was preparing to enter this new phase of his career, Todd decided that he had "fulfilled [his] curiosity about becoming big and strong" and de-

In January of 1979, Terry and I were featured in *People* magazine following my lifting at an invitational meet in St. Louis, Missouri, where I set new world records in the squat, bench, deadlift, and total in the 181-pound class. This photo ran as a full page in *People*, with an accompanying article titled, "That's Not a Heavy Date but the 280-Pound Husband of Jan Todd, World's Strongest Woman." When the article came out, Terry took some ribbing about how it felt to have his wife "supporting him" but, in truth, he supported me all the time.

voted himself to his academic work.[25]

While ultimately known for his contributions to the world of strength sports and their history, Todd's focus in his earliest academic positions was the improvement of American schools. After three years at Auburn, Todd accepted a position at Mercer University in Macon, Georgia. There he served as an assistant (and then associate) professor of education, physical education and sociology. Despite having slimmed down to 250-pounds since his competitive days, Todd stood out on campus not only for his exceptional size, but also for his commitment to activist causes and civil rights, playing a leading role in founding the university's African American Studies program in 1969. He also ran a series of summer seminars on educational reform, convincing luminary educational theorists John Holt, James Herndon, and Edgar Friedenberg, considered by some to be the most important public intellectual on school reform of the era, to come and speak.[26] Decades later, Mercer students still recalled the first time they formally met Todd in a freshman seminar. The title of the talk was "The Educational Benefits of Hucking Around," a consideration of Twain's *Adventures of Huckleberry Finn* and adolescent development. At a small Baptist college in that era, the title proved both risqué and unforgettable.

At Mercer, Terry Todd met Jan Suffolk. As one of the many students sitting in the seminar, Jan knew of Todd, but it was at an end-of-season intramural softball party that she truly made an impression on him. Todd played host for the party and as the athletes sat and chatted atop stacks of logs he had recently cut following an unseasonal ice storm, the talk turned to contests of strength; specifically, to caber tossing.[27] Most of the party-goers were unfamiliar with this mainstay of the Scottish Highland Games in which an athlete stands a log upright, walks a few steps and then tosses the log end-over-end for distance, but they were eager to pit themselves against one of the logs. After a reasonably heavy log was pulled from the stack, faculty and students alike tried their hand at giving it flight. Notably, however, all of the participants were male. After a member of the philosophy faculty failed repeatedly to flip the log, Jan, then a junior philosophy and English major, stepped forward to attempt the feat. She made short work of the timber, flipping it on her first try. "As near as I can tell," Todd would later write, "that was the day I began to love her."[28]

Cabers played a role in Terry's life and his imagination. Here he's competing in the caber toss at a Highland Games event in Antigonish, Nova Scotia.

In spite of his official retirement from competitive lifting and his academic work which was, at best,

tangentially related, Terry still felt called to be involved with the "Iron Game." After a brief interlude in the late 1960s, he began once again to write articles on powerlifting in 1971 for *Muscular Development* and *Iron Man* magazines.[29] In those pages, Todd wrote instructional articles but, more importantly, he covered major powerlifting contests. Moonlighting as a sportswriter, Todd's articles were different from typical meet recaps; his told a story. Drawing on his own experience as a champion lifter, Todd crafted dramas through his retelling of the meet's events and included personal vignettes of many of the lifters involved. "When he shows up to an event," legendary powerlifter Larry Pacifico wrote, "that event becomes more important because lifters know that what they do with him watching will live on through his accurate, honest words."[30] Such was Todd's presence, that Pacifico claimed it inspired lifters to heft more pounds than they thought possible just because they wanted to see how he would write about them.

One lifter about whom he would write voluminously was Jan after their marriage in 1973. After they began dating, Jan started to accompany Terry to the weight room for his weekly workouts. It was partly out of curiosity, as lifting weights was Terry's form of recreation and Jan was interested to learn more. Initially, she lifted light weights for high repetitions, fearful of adding bulk and attempting to correct her posture. During winter break of that year, Jan accompanied Terry back to Austin to visit with his family for Christmas. While they were there, they visited one of his old haunts, the Texas Athletic Club, where Jan watched as a petite woman who weighed no more than 125-pounds deadlift 225 pounds. The woman was a competitive powerlifter and Jan struck up a conversation with her and, before she left, had pulled 225 herself.[31] On the way home, she quizzed Terry about weight training and he was only too eager to share.

In the winter of 1980-1981 Bill Kazmaier and I trained together at Auburn University with Terry as our coach. We decided to compete in a meet at Georgia College in Columbus, Georgia, where there would be IPF judges who could sanction world records for us—if we made them. On 31 January 1981, Bill and I both set new all-time world total records. I made a career high squat of 545.5 lbs./247.4 kg., and my heaviest competition deadlift with 481.5 lbs./218.5 kg. for a 1229.7 lbs./558.2 kg. total. Kazmaier set a new men's all-time total record by squatting a world record 925.9 lbs./420 kg., benching a world record 661.4 lbs./300 kg., and deadlifting 837.8 lbs./380 kg. The biggest moment in the contest is captured in this photo as Kaz became the first man to officially bench 300 kilos and he did it in just a T-shirt. Terry had every right to feel proud of himself as a coach at the end of that day, and Kaz and I knew how lucky we were to have him.

He told Jan of the great Sandwina, a legendary strongwoman who performed in circuses and whose signature feats included lifting a 600-pound cannon to her shoulder and juggling her husband. Once at home, Terry showed her stories in muscle magazines and old books about some of the rare women who trained with heavy weights. They came across a page in the *Guinness Book of World Records* that listed the heaviest deadlift ever performed by a woman, a Mlle Jane de Vesley of France in 1926, at 392 pounds. Though the record had stood for nearly half a century, Jan stared at the page momentarily before pronouncing excitedly, "I think I can beat that."[32] With that declaration, Terry Todd, lifting champion, academic, and writer, took on a new role he would continue to perform for more than twenty years: coach.

When they returned to Georgia, they crafted a plan to get Jan to her goal. After sixteen months of training with Terry at a gym in downtown Macon, the two traveled to Chattanooga, Tennessee, for Jan's first powerlifting meet in May of 1975. After a heavy warm-up for her first attempt, Jan broke de Vesley's record with her second, pulling 394.5 pounds and rewriting the *Guinness Book*.[33] As they were preparing for the meet, Terry had been offered a new academic post as an Associate Professor of Educational Sociol-

Terry met Colin Duerden in the fall of 1975 in the weightroom at Dalhousie University in Halifax, Nova Scotia. Colin, then working on his Ph.D., served as the model for the photos in Terry's first book—*Fitness for Athletes*—and he and his wife, Karen, became our close friends. We shared many feasts and adventures with them over the years—like this lobster dinner at our summer home on Ironbound Island in 2001. Colin was master of ceremonies at Terry's memorial service.

ogy at Dalhousie University in Halifax, Nova Scotia, Canada. In the fall of 1975, they packed their belongings and moved to Canada where they had purchased a 185-acre farm. In addition to their academic careers—Jan was also now teaching high school English—and their coaching, the couple also worked their land, raising cattle, hay, and vegetables.[34] Terry continued his writing in a chicken house that he converted into a makeshift office.[35] At a desk below a suspended bag of seed, stored safely from hungry rodents, Terry wrote two books: *Fitness for Athletes*, and the influential *Inside Powerlifting*.[36] The latter of the two was the first book written about the nascent strength sport. In that work, his masterful storytelling is in full evidence as he detailed the history of the competition, described the events, detailed training routines, and profiled nine elite lifters, including Jan.

In addition to his academic duties at Dalhousie and his writing Terry, along with Jan, coached the Canadian women's national powerlifting team from 1976-1979 and helped organize the first U.S. national women's powerlifting meet in 1977.[37] Naturally, Terry continued to coach Jan, along with the other lifters, and helped organize her training. At a meet in Newfoundland, in June 1977, Jan totaled a then world-record 1,041 pounds in the three competitive powerlifts.[38] Not only was it a world record but it shattered the previous mark by nearly 100 pounds. The accomplishment led to a feature article in *Sports Illustrated* in which Jan was dubbed the strongest woman in the world.[39] In addition to the write-up, the couple was invited to New York City for a series of television appearances, including on *The Tonight Show* with Johnny Carson, and a visit to the *Sports Illustrated* offices. After chatting with the magazine's editors, Terry was invited to write an article on arm wrestling champion Al Turner.[40] More assignments followed and Terry wrote voluminously for the magazine in the late 1970s and early 1980s.

Among those articles was a profile of powerlifter Lamar Gant a lifter in the 123- and 132-pound weight classes with the rare distinctions of having won more than nine world titles and performed a deadlift of more than five times his own bodyweight.[41] In addition to covering Gant in *Muscular Development* and *Sports Illustrated*, Todd coached Gant after he and Jan moved back to Auburn University in 1979. After four years in Canada, the Todds were drawn back to the United States by the prospect of starting the National Strength Re-

Another Dalhousie graduate student—who became our main training partner in Canada—was Newfoundlander Terry Young. "Little Terry' as we called him, would go on to win nine Canadian National Powerlifting Championships in the open division and was also 1995 World Masters Champion. In recent years, he has also served as a judge at the Arnold Strongman Classic.

Terry and his good friend, *Sports Illustrated* photographer Stephen Green-Armytage, are dwarfed by pro wrestler Andre Roussimoff, even though they both stand 6'2" tall. Terry's *SI* article about Andre's life (for which Stephen took the photos) had a major impact on the public's understanding of professional wrestling as entertainment. It was made possible only because Vince McMahon, Sr. was advised by Milo Steinborn that Terry could be trusted to not expose pro wrestling as fake. Terry and Andre became good friends and we saw him often in the 1980s. When Andre died in 1993, Terry was one of the speakers at his funeral.

search Center at Auburn. Along with exercise scientists at the Center like Mike Stone, the Todds organized research and coached athletes. Those athletes ranged from elite powerlifters like Gant and Bill Kazmaier to intercollegiate lifters, Auburn varsity female athletes, and more. With his growing reputation as an expert on strength, and a melodic baritone voice that once prompted an attendee at an academic conference to declare that she would gladly listen to him read the phone book, Todd was invited to serve as a consultant on strength sports for CBS. Through that affiliation he appeared as a color commentator on the earliest broadcasts of the "World's Strongest Man" contests and for the World Powerlifting Championships.[42] Between 1980 and 1982, he organized a similar event, "The Strongest Man in Football."[43]

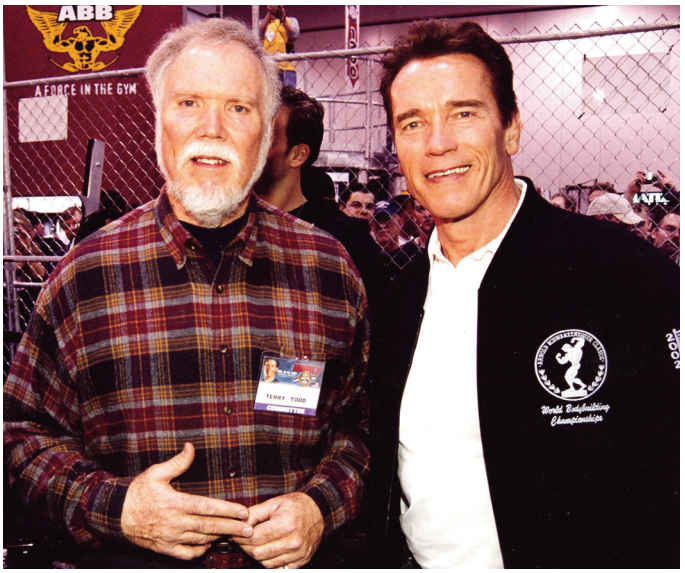
Gone to Texas (Late Academic Career)

After four years at Auburn Terry took a position as a lecturer at his alma mater, The University of Texas, in 1983. Though an untenured position, Terry was enticed by the possibility to move back home, that the position would give him the flexibility to continue to pursue his broadcast career and popular press writings, and the potential to turn what had become an extensive collection of more than 300 boxes of books and magazines into a full-fledged library. He continued to write for *Sports Illustrated*, profiling football players and their training habits,

Terry and I almost always lived in the country and kept animals during our long marriage. In Texas, before the Stark Center opened, we lived in this 1850s house on 310 acres along the San Marcos River. We raised beef cattle, but also had a giant draft horse, miniature donkeys, emus, peacocks and more large dogs. Below, Terry is in the pasture feeding two young Charolais bulls.

including Herschel Walker, Bob Young, and Dave Rimington.[44] He wrote about weightlifters too, like the "vest-pocket Hercules" Naim Suleimanov, but it was his writing about wrestler Andre Roussimoff, better known as "Andre the Giant," that became one of his most talked-about pieces.[45] One of his most influential articles, however, was not a profile but a discussion of the growing prevalence of anabolic steroids in elite sports.[46] Todd outlined the emergent "steroid predicament," examining the history of the drugs, their use in a variety of sports, their effects, and the lengths to which athletes are willing to go to win. The article was met with applause from readers in the following issues and came to be considered one of the most important on doping in the 1980s.[47]

Todd also brought his discussion of anabolic steroids into academic circles, calling them "the Gremlins of sport," and detailing their development and proliferation in the *Journal of Sport History*.[48] He co-authored two more books in the mid-1980s, both related to training methods.[49] The first detailed the training techniques of Herschel Walker while the second, was based on research he helped perform while at Auburn. Co-authored with Jan, *Lift Your Way to Youthful Fitness* was based on studies done with sedentary, middle-aged men and women. In light of the success of the training interventions, readers were instructed about the importance of maintaining strength to stave off age-related declines. In addition to writing about the utility of weight training for adults, he wrote about weight training for athletes in the *NSCA Journal* (renamed *Strength and Conditioning Journal*).



Terry stands next to a grateful Arnold Schwarzenegger at the end of the 2002 Arnold Strength Summit. Although the show was far from perfect that first year, Arnold and Jim Lorimer asked us to continue and THE ARNOLD—as it is known in Strongman circles—is now regarded as the most prestigious Strongman contest in the world.

When we began publishing *Iron Game History* in 1990, Joe Weider was among our first subscribers and he would often phone and talk with Terry about what he'd read and liked. Had it not been for Betty and Joe, the Stark Center would probably never have existed, as Joe's decision to donate $1M to us in 2004 allowed us to begin the fundraising campaign to build the Stark Center. In 2008, the Weiders donated a second million and that gift created the Joe and Betty Weider Museum of Physical Culture which formally opened in 2011. They're looking at the first magazine Joe ever published—Volume One, Number One of *Your Physique*—Joe no longer had a copy.

Having experienced first-hand the prejudice and fears about weight training for athletes in the mid-twentieth century, he made sure strength coaches were aware of the field's evolution in "The myth of the muscle-bound lifter."[50] In addition to fearing weights more generally, some coaches were specifically reticent about the squat exercise fearing, based on research dating back to the 1960s, that it was harmful for an athlete's knee ligaments. Todd provided historical context for the idea, discussing the original research and helping to give strength coaches background on that "myth" as well, should they encounter a coach apprehensive having their athletes squat.[51] Through that work, he and Jan came to the realization that there was a need for an outlet on the history of physical culture.[52] Until the mid-1980s, magazines like *Strength & Health* and *Iron Man* had included historical features but the former folded in 1986 and the latter had phased them out. Academic journals, like those of the NSCA and the *Journal of Sport History*, would publish work on the his-

tory of physical culture, but it was relatively atypical. Seeking to create an academic journal dedicated to the history of physical culture, Terry and Jan assembled and editorial board and began publishing *Iron Game History: The Journal of Physical Culture* in 1990. With that, they added "editor" to their long list of responsibilities, one which continues to this day as *Iron Game History* nears 30 years of publication.

As he had at Auburn, Todd coached the powerlifting team along with Jan, continuing in that role for ten years and leading the Longhorn team to multiple national championships.[53] In the middle of that run at the Texas high school state powerlifting championships, the Todds met a young man of unparalleled strength.[54] At eighteen, Mark Henry was a three-time state champion in powerlifting who could squat and deadlift over 800, while bench pressing more than 500. Terry thought, given Henry's flexibility, that he would make an equally outstanding Olympic weightlifter and convinced him to move to Austin to train and attend college. Within two years, Henry was an Olympian, competing at both the Barcelona Games in 1992 and Atlanta Games in 1996. Five years later, in 2001, Terry was asked by Arnold Schwarzenegger and Jim Lorimer to create a professional strongman contest for the "Arnold Classic."[55]

Entering its twelfth year, "the Arnold" had expanded from a bodybuilding competition into a multisport "Festival." To create the initial contest in 2002, Terry drew upon the history of strongman contests, choosing events that mimicked famous performances. One was lifting an implement modeled on a train axle purportedly lifted by the French strongman "Apollon" in the late 1890s. Another, part of a post-contest exhibition, was rooted in Terry's interest in grip strength, dating back to those pecans in the river bottom. The event required competitors to lift a replica of the dumbbell used by British strongman Thomas Inch, weighing in at 172-pounds and whose handle diameter was nearly 2.5 inches. As he had in 1990, Terry talked Mark Henry into transitioning strength sports, and coached him to victory with Henry claiming the first "Arnold Strongman Classic" title. The professional strongman contest was a source of great pride and joy for Terry, who continued to direct the annual event through 2018.

As an academic, Terry turned his focus back to the myth of musclebinding and early pioneers who helped explore the effects of strength training on sport performance. Terry and Jan investigated how strength training came to

Terry referred to Joe Weider in a memorial tribute written after his death as the Stark Center's "patron saint," because of his support of our efforts. But the Stark Center has also had Archangels, who stand here alongside Joe and Betty Weider in 2011. Tad McKee, on the left, is the current CEO of the Nelda C. and H.J. Lutcher Stark Foundation in Orange, Texas; Walter Riedel III, on the right, was CEO of the Stark Foundation when we began our project and continues to serve on its board now that he is retired. The Stark Center would not exist if not for the support and generosity of these two men and the Stark Foundation they administer. The Foundation has now donated $7M to the construction and development of the Stark Center. They are angels indeed.

be entrenched in the routines of twenty-first century athletes. Specifically, they examined the evolution from coaches threatening to kick athletes off of the team if they lifted weights, to coaches threatening to kick off athletes who *did not*. To tell that story in the *Journal of Strength and Conditioning Research* he and Jan discussed the careers of scientists like Peter Karpovich, Richard Berger, Herbert deVries, and Pat O'Shea who helped prove that strength training could enhance performance, and how it could best be done.[56] In an award-winning article, he and Jan wrote about physician Thomas DeLorme who provided medical validation for intense strength training.[57] They covered the important role of the NSCA in generating and disseminating research related to strength training and ath-

Terry took great pleasure in watching Icelandic strongman Hafthor Bjornsson go from finishing last in the Arnold Strongman Classic in 2012 to becoming ASC champion in 2018. (Hafthor also won in 2019 and 2020.) At 6'9" and more than 400 pounds, Bjornsson towers over Terry as he's congratulating him on his new 2018 Rogue Record in the weight throw for height in March of that year. I was deeply honored when Thor made the trip from Iceland to Austin to attend Terry's memorial service in July, and then moved again, in 2019, when Thor added a new tatoo to his leg to honor Terry.

letic performance.[58] Terry also told the story of Al Roy, a man he dubbed "the first modern strength coach," and explained the origins of the modern profession.[59]

In *Iron Game History*, Terry wrote extensively about the history of strength training for athletes, strongmen, weightlifters, bodybuilders and other legends of days past.[60] Most of that writing was done in the basement of the old women's gymnasium at The University of Texas. After decades of fundraising to find a home for the now 3,000 boxes of magazines and books related to physical culture, Terry and Jan were able to reach an agreement with the university to house their collection in a more fitting location.[61] In 2009, they moved those materials, along with an assortment of antique barbells, dumbbells, and various other exercise implements, to a state of the art facility in the newly-constructed north end zone of the football stadium. Since then, Terry has served as a co-director, along with Jan, of the H.J. Lutcher Stark Center for Physical Culture and Sports. Designated one of only three Olympic Studies Centers in the United States, the facility is truly world-class and one of which Terry was duly proud.

Conclusion

"Properly done," Terry wrote, "weights can work magic. I know." Through his work, so do we. At final tally, he authored or co-authored more than 500 articles in popular magazines and academic journals, and 5 books. He was inducted into numerous halls of fame, including the International Sports Hall of Fame, and the halls of both men's and women's powerlifting. He received the National Strength and Conditioning Association's highest honor—the Al Roy Award—in 2017; was honored as a "Legend" by the Collegiate Strength and Conditioning Coaches Association in 2009, and, in 2013, received the Honor Award of the North American Society for Sport History for his contributions to that academic field.[62] He was a champion of two different strength sports, setting 15 records along the way. He was a coach of some of the most elite lifters in the world, as well as many who just wanted to learn how to get a little bit stronger. He created and directed strongman contests, was a commentator on national television broadcasts, wrote reams of popular press and academic articles, and also taught undergraduate kinesiology and introductory weight training courses for decades. Through decades of collecting, acquiring, and fundraising, he and Jan turned an assortment of books and magazines on physical culture into an archive like no other.

The reason he was truly a legend and a pioneer, however, is that he made strength approachable. Terry told the story of strength training's evolution from a curiosity in the early twentieth century to a pillar of health, fitness and sport programs in the twenty-first. He explored Americans' simultaneous fascination with strength and hesitation to take up the implements that produced it. Through his intelligence and welcoming personality, he led by ex-

Terry, filmmaker/director Todd Sansom (center), and cameraman Tim Irwin, discuss the next scene during the filming of *Stoneland*, the Rogue documentary we helped produce on the strength traditions of Scotland. Travelling and working on our various Rogue films with Todd, Tim, and our other crew member, J.P. Kaukonen, was undoubtedly the most fun Terry and I ever had "doing history."

ample in bringing weight training out of the dark ages. He was able to demonstrate through his own experience that weights did not hurt athletic performance and he told others at every opportunity. Through his wit and charisma, he disabused many of the notion that weight trainers were unintelligent eccentrics. Through his writing and broadcasting, he brought his awe of strength into living rooms across the country. He had a deep admiration for physical power and a respect for those who possessed it, which enabled him to show the human side of strength in a way few others could. That wonder made it more palatable and interesting for a lay audience who would not otherwise be engaged by the strength aspect of sports. Even academics were swayed, as he helped bring research on strength training into academic respectability by providing historical context.

True to the aphorism, Terry did not weaken and was still hard at work this summer. He had already begun preparation for the 2019 Arnold Strongman Classic. In addition, he recently added "producer" to his lengthy curriculum vitae, serving in that capacity for a series of documentaries sponsored by the equipment manufacturer, Rogue Fitness. Those films include *Levantadores*, about stone lifting in Spain; *Stoneland*, covering strength traditions in Scotland; and a similar film on Iceland due out this summer [*Fullsterkur*], as well as profiles of Eugen Sandow and Louis Uni.[63] His final book, *Strength Coaching in America: A History of the Most Important Sport Innovation of the Twentieth Century*, on which he is a co-author along with Jason Shurley and Jan Todd, is due out in 2019. As a long-time friend observed when they learned of his passing, "It may seem that our world is a bit weaker today but actually we are all immeasurably and eternally stronger for having known him."[64]

In the Reading Room of the Stark Center, Terry is surrounded by symbols of the world of strength that so enraptured him. From the statues of ancient Greece to the custom made plates Bill Henniger designed for the Arnold Strongman Classic, Terry understood that it mattered; it ALL mattered. He dedicated himself to making sure there would be a place where this important aspect of culture—physical culture—was honored and preserved for future generations of fans and scholars. The creation of the H.J. Lutcher Stark Center was his true *raison d'etre.*

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