



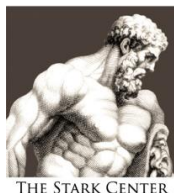
THE STARK CENTER

The H.J. Latcher Stark Center for Physical Culture and Sports
The University of Texas at Austin

Donald Keith Montgomery collection
1969-2019, undated
Bulk 1980-1983

Abstract

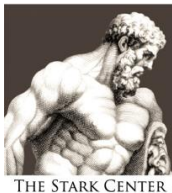
The Donald Keith Montgomery collection documents the bodybuilding and weightlifting career of Montgomery, primarily from 1980 to 1983. Materials provide insight into the intensity of training for bodybuilding competitions.



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SUMMARY INFORMATION

Size of Collection:	2 boxes (0.83 linear feet)
Creator:	Montgomery, Donald Keith
Acquisition Info:	Gift of Donald Keith Montgomery, 2024.
Accruals:	No accruals are expected.
Language(s):	English
Processed By:	Caroline De La Cerda, June 2025.
Conservation Notes:	No conservation treatment was performed.



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RIGHTS AND ACCESS

Access Restrictions

Collection is open for research, but the Stark Center retains the right to limit the use of the Donald Keith Montgomery collection under certain conditions. For any questions about the collection, you can contact the Stark Center by email at info@starkcenter.org or call (512) 471-4890.

Privacy Restrictions

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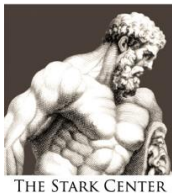
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INFORMATION FOR RESEARCHERS

Preferred Citation

Donald Keith Montgomery collection, The H.J. Lucher Stark Center for Physical Culture and Sports, The University of Texas at Austin.



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Separated Material

No materials have been separated from the collection.

Location of Originals

Original trophies are in the possession of the donor. The Stark Center retains images of these trophies for reference purposes.

BIOGRAPHICAL INFORMATION

Donald Keith Montgomery is a psychotherapist, artist, and former competitive bodybuilder and powerlifter in Austin, Texas.

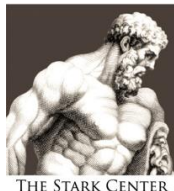
He first came to Austin in 1967 and began weightlifting as a sophomore at The University of Texas at Austin around 1974. He trained with Billy Martin, Ken Dobbs, and Bill McConnico, a former UT football player. He competed in body building competitions from 1980 to 1983. In 1980, Montgomery entered his first body building competition, Mr. Central Texas, and placed tenth. That same year, he won second place in the 165-pound class at the Hill Country Powerlifting meet (which later became the Texas Cup Powerlifting Competition). In 1981, Montgomery won second place in the 165-pound class at the Texas State Power Championships as well as third place in the novice class at the Southwest America Bodybuilding Competition. The following year he and partner D.K. White won second place in the couples category at the Texas Cup. In 1983, Montgomery won first place in the Men's Open Division of the Coastal States Bodybuilding Championships.

In addition to his bodybuilding achievements, Montgomery spent eighteen years in the film and video production business before traveling and becoming a painter and a psychotherapist. He returned to Austin in 2004 and earned a Master of Science in Social Work from The University of Texas at Austin in 2014. He currently specializes in counseling and therapy for adults.

Sources, in addition to the records themselves:

Montgomery, Donald Keith. "About." Lifewave Counseling. Brighter Vision. Accessed June 20, 2025. <https://lifewavecounseling.com/about/>.

Montgomery, Donald Keith. "About the Artist." Donald Keith Montgomery Fine Art. FASO. Accessed June 20, 2025. <https://donaldkeithmontgomery.com/about>.



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SCOPE AND CONTENT NOTE

The Donald Keith Montgomery collection is organized into two series: **Documents** (1977-2019, undated) and **Images** (1969-1983, undated). The collection contains training and nutrition logs, clippings, paperwork, photographs, slides, negatives, and contact sheets concerning powerlifting and bodybuilding competitions Montgomery was involved in. The bulk of the collection dates 1980 to 1983. Training and nutrition logs are very detailed and include personal reflections, work out routines, and daily diet. Other notable materials include a signed copy of *Arnold: The Education of a Bodybuilder* by Arnold Schwarzenegger and photographs of Montgomery meeting Arnold and Jack LaLanne at an event in San Antonio, Texas.

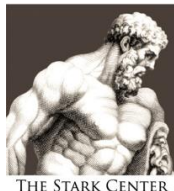
COLLECTION INVENTORY

Series 1: Documents, 1977-2019, undated

Folder Title	Box Number	Folder Number
Publications, 1977, 2019	1	1
Competition binder, 1980-1982	1	2
Training partners, 1980, undated	1	3
Training logs, 1980-1982	1	4 thru 5
Loose materials from training logs, 1980-1982	1	6
Nutrition logs, 1981-1982	1	7

Series 2: Images, 1969-1983, undated

Folder Title	Box Number	Folder Number
Bodybuilding and Powerlifting photo album, 1969-1982	1	8
Bodybuilding and Powerlifting photo album, 1969-1982	2	1
Mr. Central Texas negatives, 1980	2	2
Weightlifting images, 1981, undated	2	3



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Bodybuilding images, 1981-1982, undated	2	4
Texas Cup Bodybuilding Championships, 1982-1983	2	5
Coastal States Bodybuilding Championships images, 1983	2	6
Miscellaneous negatives, undated	2	7

SUBJECT HEADINGS

Events

Coastal States Bodybuilding Championships

Hill Country Powerlifting

Mr. Central Texas Competition

Southwest America Bodybuilding Competition

Texas Cup Powerlifting Championships

Texas State Power Championships

Organizations

Amateur Athletic Union of the United States

People

Dobbs, Ken

LaLanne, Jack, 1914-2011

Martin, Billy

McConnico, Bill

Montgomery, Donald Keith

Schwarzenegger, Arnold

White, D.K.

Places

Austin (Tex.)

Houston (Tex.)

San Antonio (Tex.)

Subjects

Bodybuilding

Powerlifting

Weightlifting