

# Walter Urban to Appear in Guinness Book of World Records 2014 Edition

NEWS ALERT Hazleton, PA / Guelph, Ontario – 5.7.13:

Two-time Guinness Book of World Records - Weightlifting Record holder Walter Urban announced that last week the Guinness Book of World Records confirmed his placement in the 2014 Edition. Urban noted GBWR will place his photo and list his 2012 and 2011 records in the “Introduction of the 2014 Guinness Book of World Records” which hits newsstands September 2013.

The introduction is a special section located in the first two pages of the 2014 book and reserved for special placement and mention.

The Guinness Book of World Records is digitally downloaded by 400,000 plus people and 3 million plus hard copies are sold each year.....well over 100 million copies of the book have been sold to date!

Urban is finalizing plans to attempt a 3<sup>rd</sup> Guinness World Weightlifting Record in September 2013.

[www.walterurban.com](http://www.walterurban.com)

The effort to break another established Guinness World Weightlifting record is the result of team work over a 24-month period, supported by 16 years of core work. The effort is to bring attention to the fact **“Age is not a Barrier”** and adults can continue to remain healthy and get stronger longer than even before, well into their 50’s and 60’s and to stress the fact that **“steroids are not always necessary”** to reach new heights in athletic performance. The goal is to raise awareness and success of “drug free” performance among young amateur athletes around the US and Canada.

In 2011, Urban broke the then current Guinness Book of World Records, and set the present record for the most amount of weight lifted squatting in one-hour September 15th, 2011 – drug free on **Live with Regis and Kelly**. Walter’s record weight was 127,245 lbs which was accomplished by completing 904 squats in one hour, or 15 squats per minute, at an average weight of 140 lbs for 60 minutes.

Walter in US Citizen and a landed Canadian immigrant living in Ontario. He was once again independently drug tested for all performance enhancing drugs by Evans OCC Health Clinic in Toronto Canada in conjunction with Health Street NYC and tested negative for all tests. For more information contact Marlene Soligo Bruce at Urban Dynamics, Inc. [marlene@urbandynamics.net](mailto:marlene@urbandynamics.net)