

The Review of Don Macvicar

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Don Mavicar was born in 1985 in the small rural community of Donkin, Nova Scotia. He later moved to Hamilton, Ontario where after watching some friends working out he too became inspired to enter in competitive power lifting. So in 1978 he began weight lifting at the Steel City Power Lifters, where he soon found success at the provincial, national, and international stages. He was known among his friends and fans as a “Human Forklift” and “work horse”. This hard work paid off with by receiving titles such as, four time Canadian Champion, and two time North American Champion. He was a firm believer that how someone performed in their sport would also determine what kind of character you were outside your field of sport. He felt that the discipline it took for him to train rigorously helped him in the real world in the everyday task he had to perform. Don also used his abilities to stand up for what he believed in, by often holding fundraisers for the local churches in Hamilton. The dedication he learned through weight lifting he later applied to his love for the community, where he received such awards as YMCA Peace Medal, and Governor General Caring Canadian Award. He was also inducted into multiple sport hall of fames which include Cape Breton, Nova Scotia, and our beloved city of Hamilton. (sports nova scotia)

Don was an amazing athlete in the weight lifting sport. This sport comes with great dedication to be able to train daily and eat healthy as well. His diet consisted on fish, salad and eggs to get the right amount of protein and omega threes, this diet made him able to work out eight hours a day and three hours a night. This was crucial in his success. For Don to only be four eleven this helped his progression into lifting heavy amounts of weight due to the fact that he only had to move the weight not that far from his body compared to a weightlifter who is five nine. Don went into the featherweight class weighting in at 114 pounds. Shortly after went into competitions where he flourished and excelled lifting three hundred and fifteen pounds (in the bench press category) in his first competition which was not far from the Canadian record at the time. This was a remarkable achievement for Don, not to only get close to beating the Canadian record for bench press but also lifting almost three times the amount he weighed in at. (Ontario Power lifting Association)

In 1979 he went into his first International Power Lifting Federation competition in Ohio State where he benched 259 pounds, dead lifted 396 pounds and squatted 424 pounds to come into fourth place. In 1980 he went into his second IPF competition in Texas State and came in sixth with a bench press of 260 pounds, 418 pound squat, and a 380 dead lift. In 1981 The Ontario Power lifting Association (The OPA) hosted an Ontario men's senior competition where Don entered and won the 115lbs class. Don put up remarkable numbers in the three categories that they competed in. In the squat category, Don squatted 429 pounds. In the Bench press category, he benched 281 pounds and in the dead lift category he dead lifted 407 pounds. Don put up such amazing numbers in the competition that he even beat some lifters in the 148 pound category. After such success in the men's senior competition, Don went onto the 1st

World Games in Santa Clara which is located in the United States of America. This competition took place July twenty fourth 1981 to August second 1981. Don was placed in the fifty second kilogram division where he was only beaten by Hideaki Inabe from Japan. This was a great accomplishment, not only for Don but for his community. In 1981 he went to Calcutta, India for an IPF competition where he benched two hundred and seventy pounds, squatted four hundred and fifty one pounds, and dead lifted three hundred and eighty pounds, which resulted in him receiving fifth place in his division. In 1983, he competed in his last IPF championship in Goteborg, Sweden where he did his best putting up four hundred and twenty four pounds in squatting, two hundred and seventy five pounds in bench press and dead lifting three hundred and eight five pounds, which gave him a bronze medal. Don Macvicar was a four time Canadian Champion and a two time North American Champion. Don was also the first Canadian officially Drug tested in the sport of weight lifting. Through all of these results you realize that he was a very hard worker from the gains he made throughout the years of competition. (International Powerlifting Association)

On Monday, March 23, 1981 the Toronto Star reported that Don Macvicar was ranked fourth in the world in 1979, and in the Ontario Power lifting Championships he broke three records and was named most outstanding weight lifter in the competition. The four records he broke in this competition were squat lift, bench press which he set at 281 pounds, and his total weight throughout the whole competition was one thousand one hundred and nineteen pounds. This was one of Don's biggest accomplishments in his career.

After such success in weight lifting during his twenties, Don took the determination and assets he developed during those times and applied them to the community. (J. Duarte) In the Hamilton Spectator they wrote about how Don and his wife, Carole, converted an inner city school into a community center for the North Hamilton families. This community center gave opportunities to the youth in the neighbourhood role models to look up to in their lives. It also gave the youth an alternative to drugs, crime or boredom. This act from Don was recognized when he won the following awards: Hamilton's Distinguished Citizen award, a Governor General Caring Canadian Award and a Canada YMCA Peace medal. (D. Nolan)

