



FOCUS ATHLETE: **BUDDY MCKEE**

I started training in 1969, for football, and fell in love with the weights. After football, I continued as a bodybuilder after seeing the movie "Pumping Iron". My first competition was the 1979 AAU Mr. Alabama; I placed 3rd and I was hooked! I went on to compete in 52 competitions while teaching and coaching with the Gadsden City School System in 1989 and raising a family of 5 daughters.

I've been fortunate to have accomplished so much in my lifetime. I was the 1st promoter of the NPC Mr City of Champions and Mr Gadsden from 1982-1985. In 2001, I started powerlifting after what I thought was my last bodybuilding show and had a very successful career that culminated in winning 14 master world championships, 32 American records and 28 world records. I still hold the All Time Record in the squat at over 55 with an 830lb lift, 2012; I was 56 years young. From 2005-2013, I was the APF Alabama State Chairman for Powerlifting; retiring when diagnosed with kidney cancer. Besides losing my right kidney in 2012 to cancer, I had a clark's level 4 melanoma cancer removed with lymph nodes in late 2019. The lymph nodes were clear Thank God!

Prior to these setbacks, I had my left shoulder replaced in 2010 returning to powerlifting competition and back to a 600+ bench press and in 2014, I had my right shoulder replaced. After an unsuccessful knee surgery, I had my left knee replaced just 18 months ago and now I'm back 19 years since my last bodybuilding show and my first love. I call this my retirement comeback and I am so grateful that bodybuilding is again a part of my lifestyle. Will I compete again? Knowing me... probably! These past almost twenty years have given me much to reflect on. In 2019, I was inducted into the Alabama Powerlifting Hall of Fame. My 1st inspiration in the sport of bodybuilding was of course Arnold, of late Dorian Yates and Mike Mentzer; in powerlifting, Ed Coan and Garry Frank; for this show, my wife Pam for putting up with me the last 10 months of prep!

✉ mastermunster1956@gmail.com

“I call this my retirement comeback and I am so grateful that bodybuilding is again a part of my lifestyle. Will I compete again? Knowing me... probably!”