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"I'd love to be on the Olympia stage one day," laughs Rudy. "Me first and Rodney second – although I'm sure he'd like it the other way around!" Follow these men's careers at www.rudyrichards.com and www.rodneystcloud.com.



POWERFUL KATE

After almost a decade out of the gym Kate Baird has returned to the iron with a vengeance. This real estate broker from Rehoboth Beach, Delaware, competes in both bodybuilding and powerlifting competitions. Trained by Broderick Chavez, Kate took the 2004 Delaware State women's overall bodybuilding title and benched 255 raw in a meet.

"I was going to compete in a national-level contest again in 2006," she says, "but I had a heart-to-head talk with myself regarding my goals, and have decided to hang up the posing suit for the rest of this year in lieu of my quest for a raw total of 1200 by the end of 2006. The goal is already within a fingertip's reach. My total on April 29 was 1080, and it was raw. I did this on a day that I was actually helping to run the meet as a co-promoter. It was very energy sapping and not very conducive to pushing your best numbers. With only a year and a half of powerlifting training you can see I have some natural strength, and I want to see where I can take it. I will be back on the posing dais again next year, and I will be even better."

Fans can follow Kate's career(s) at www.KateBaird.com. ♦♦



Kate took the 2004 Delaware State women's overall bodybuilding title and benched 255 raw in a meet.



This gal is on the way to a whopping 1200-pound total.



SHORT SETS

Jimmy Mentis has a three-book deal with St. Martin's Press. Congrats to this ambassador of the sport!

Just in time for Halloween: Check out Denise Masino in the erotic horror flick *Blood and Kisses*, and Tatianna Butler in *Dead Riot*. Move over, Kevin Levrone!

Gregg Valentino recently finished filming his segments for Michael Moore's upcoming documentary, *Bigger, Faster, Stronger*.