

2/24  
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# Armed for Ontario title

*Bol - Biog (collector)*  
**Basil Brown  
goes for gold  
in Hamilton**

By Paul Svoboda

The Intelligencer

When Basil Brown flexes his biceps during one of his daily workouts at a Belleville health club, people notice.

When Brown flexes his biceps during the Ontario Amateur Bodybuilding Championships in Hamilton on Saturday, he hopes judges notice.

Brown, 27, known to his pals as "Baz," is entering his fifth bodybuilding competition but his first

as a light heavyweight (190 pounds). In his previous four appearances, as a middleweight (170), he finished first every time.

With nothing much left to prove in the middleweight division, Brown bulked up over the winter and is eager to test his new category.

Eating six meals a day and spending two intense hours a day in the gym performing heavy squats, bench presses, curls and other exercises, Brown eventually tipped the scales at 215 pounds.

"I improved a lot," says the soft-spoken athlete. "I ate a lot of pasta and a lot of chicken and steak. I was consuming about 5,000 calories a day, about 70 per cent carbohydrates and about 30 per cent protein. Only about 10 per cent fat,

for energy."

Aside from his hefty food bill, Brown spent about \$200 a month on dietary supplements like vitamins, amino acids and protein drinks.

Blessed with a fast metabolism, Brown began cutting down his weight about four weeks ago as the provincial competition approached. That's a time period when bodybuilders try to trim body fat without sacrificing muscle.

The process requires extreme self-discipline. For example, for the past few days, Brown has been eating nothing but baked potatoes. Hold the butter.

"I like doing this," he says. "It's a lot of fun. If I do well I'll try the Canadian championships

next year. It's something I've always liked doing."

Brown has been a serious barbell devotee for about eight years. He moved to Trenton from Jamaica when he was 14 and played rugby, football and wrestled at Trenton High.

He started lifting weights to gain size and strength for those sports.

"I wasn't very big at the time," he says. "I trained mostly in the winter and then I would play sports in the summer and fall. Eventually, I figured I had to give something up to try this (bodybuilding) and see how far I can go."

Brown trains at X-treme Health and Fitness in Belleville.

Brown, Basil.

p. 1.  
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