



## FOR IMMEDIATE RELEASE

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# A Smooth Rise to the Top: 65-Year-Old Masters Weightlifter Brings Home the Gold

**NEW ORLEANS [August 14, 2006]** – At 61 years young, New Orleans resident Glenn Harris began training in competitive weightlifting. His objective was clear: become the leading weightlifter in the U.S. within his age and weight class. Just four years later, he has even bigger goals on the horizon.

Harris recently earned first place for his age and weight class at the 2006 Pan American Masters competition in Québec, Canada. This competition sets the stage for the World Masters competition in September, where Harris plans to break the current U.S. records.

By day, Harris is the director of architectural design and construction for Smoothie King, a national, franchised chain of nutritional lifestyle centers and smoothie bars. After hours, Harris trains with former Olympic coaches Walter Imahara and Gayle Hatch and has quickly become a top competitor in masters weightlifting, the Olympic sport of weightlifting for men and women 35 years and older.

At five feet, four inches and weighing 135 pounds, Harris' size has little bearing on his athletic ability. At the Pan American Masters, Harris lifted 53 and 70 kilograms (116.6 and 154 lbs.) in the snatch and clean-and-jerk events, respectively. Both lifts were just under the national records of 55 and 71 kilograms. However, Harris has beaten these weights in practice, and he believes he will set a new national record at the World Masters competition in France.

"I am driven by competition," says Harris, who also participates in flag football and basketball with an over-40 social athletic club in New Orleans. "I have always loved sports, and masters weightlifting is just another outlet for me. I plan to keep going at it as long as my body will allow."



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Offering functional smoothies, energy bars, healthy snacks, supplements and other nutritional products aimed at helping people achieve a healthier lifestyle, Smoothie King is more than Harris' employer. It is a critical partner in his training.

"We are thrilled to support Glenn as he climbs the ranks in masters weightlifting," says Cindy Kuhnau, Smoothie King co-founder & vice president of nutrition and retail. "Our mission is to relentlessly influence and help more and more people achieve a healthier lifestyle, and Glenn is a shining example of that mission."

Smoothie King's products are a significant part of Harris' training regimen. Like many, Harris often drinks a smoothie as a meal replacement, especially as he works to maintain or adjust his weight. He is particularly fond of the protein-rich products and supplements such as The Gladiator and as he travels to competitions around the world, Harris never leaves home without his Gladiator Powder.

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**About Smoothie King Franchises, Inc.**

*Smoothie King is a privately held, New Orleans-area-based franchise company and the premier Smoothie Bar and Nutritional Lifestyle Center in the industry. Smoothie King centers offer guests the industry's first, original nutritional fruit- and function-based, fresh-blended smoothies. Each "Lifestyle Center" also offers healthy retail product solutions, including: sports beverages, energy bars, healthy snacks, vitamin supplements, herbs, minerals, and other sports nutrition products. Smoothie King opened its first store in 1973 and started as the first franchised smoothie bar/health food store business in the United States in 1989. Smoothie King currently has more than 400 units operating in 34 states, including 14 international locations in Seoul, Korea. For more information, visit [www.smoothieking.com](http://www.smoothieking.com).*