

# Local bodybuilder Karl Davis wins 1st-place trophy

Winnsboro chiropractor Dr. Karl Davis captured first place in the Men's Lightweight Open Class at the International Natural Bodybuilding Federation 2001 Summer Classic. Greensboro, NC, on Aug. 4.

It was Davis' first bodybuilding show, although he has trained other award-winning bodybuilders.

"I was very nervous about entering this competition, because it was a last-moment thing in which I only had 2 1/2 weeks to diet down for the show in order to make the weight class," Davis said. "I had my wife and other people who convinced me to enter the contest, saying that I had a good symmetrical physique to win."

Davis trained five days per week at the Family Fitness Center owned by Pam and Johnny Ray Gainey. Pam Gainey, a first-place middleweight winner in a previous bodybuilding competition, was assisted in her training and diet by Davis.

Davis said that the most difficult part about preparing for the contest was the dieting. He is strongly opposed to the use of steroids, prescription diuretics, hormones, and androgens in bodybuilding contests. To him, they are unnecessary and dangerous.

"It feels good to know that I won this contest all natural and drug-free," he said.

Davis and his wife, Dr. Oneyke Davis, have two chiropractic offices, in Chester and Winnsboro.

Davis would like to thank the Family Fitness Center for allowing him to train in their facility. He would



**Dr. Karl Davis**

also like to thank Express Tan for helping him to get the best tan possible in order for him to present himself onstage better. Davis is preparing for his next bodybuilding contest in Marietta, GA.