



AMERICAN DRUG FREE POWERLIFTING ASSOCIATION, INC.

*Mens Sana In Corpore Sano
A Sound Mind In A Sound Body*

June 29, 1987

Mike Hall
P.O. Box 201 Scaford
Scaford, DE 19973

Dear Mike,

Firstoff, I trust that this letter finds you in good health. I heard you had opened a gym. I think that is great. A man like yourself can be a good influence on the young people who will train at your gym. I also want to congratulate you upon winning the worlds.

You are probably wondering, " Why is Brother Bennet writing to me? " Well, this afternoon while haveing coffeē with the Brothers there was a magazine called GUIDEPOSTS on the table. One of the Brothers was reading it and said, " Do you know this weightlifter? " When I looked, I said, " That looks like Mike Hall...one of our ADFPA National Champions." The other Brother said, " Yes, it is Mike Hall." So I read the article and enjoyed it very much. Congratulations! Your Daddy must be quite a man. It is encouraging to read about a man who teaches his children to love Jesus. With God as your Coach you are automatically a winner.

Well, that's all I have to say. Keep up your good work with the young people and good luck with the new gym.

God bless you.

Brother Bennet

Brother Bennet
ADFPA President

P.S. The ADFPA is bigger than it has ever been and with God's help we will continue to grow and offer people the healthy alternative.