

Proclamation of the Mayor of the City of Lemoore

In Recognition of:

Robert Mathew Oberst

World Class Strength Athlete

Whereas, Robert Oberst, a former Professional Arena Football League Sabercat, age 28, 6'8" and weighing in at 400 pounds holds multiple lift records, dead lifting more than 900 pounds; and,

Whereas, Robert Oberst broke the American Amateur record for the Log Press the very first day he attempted Strength Athletics, and now holds the overall American Record of lifting 455 pounds; and,

Whereas, Robert Oberst in just four months attained his professional status in August of 2012, thereafter obtaining 9th place at the World's Strongest Man, 2nd place at America's Strongest Man and 3rd place at China's Strongest Man competitions; and,

Whereas, Robert Oberst has spent countless hours training, challenging his upper body and legs with weights and dead lifts, keeping to a strict high protein diet of 3.5 pounds of lean meat, rice, vegetables and pastas daily; and,

Whereas, Robert Oberst is a man with strong family values, being one of 10 siblings with more than 20 nieces and nephews, caring for a sibling with cerebral palsy and supporting his mother at competitions by wearing pink for breast cancer awareness; and

Whereas, Robert Oberst has made CrossFit Lemoore his central work-out center, finding the perfect space to execute his unique and intense style of training.

Now, Therefore, Be It Resolved, that the City Council of the City of Lemoore recognizes the outstanding accomplishments of Robert Mathew Oberst and does hereby congratulate him on his recent success.

In Witness Whereof, I, William M. Siegel, Jr., Mayor of the City of Lemoore, have set my hand and caused the Seal of the City to be affixed this 5th day of November, 2013.

William M. Siegel, Jr., Mayor