

HONOLULU QUARTERBACK CLUB

"The Preeminent Sports Source in Hawai'i, Recognizing All Sports"

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PRESS RELEASE

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The Honolulu Quarterback Club, celebrating 67 years, is pleased to announce the following Guest Speakers for their luncheon, Monday, May 6th., at the MGR:

+ Vince Costello - Elite Runner - Hawai'i Masters Track Club

+ Chad Ikei - President - Ikei Sports Hawaii - Weightlifting Champion

Vince Costello - Elite Runner in the Pentathlon, Decathlon and Heptathlon - Hawai'i Masters Track Club – Vince recently returned from participating in the 2013 Indoor Heptathlon on the mainland. In 1996, Vince participated in his first Pentathlon. Then in 1998 and 2009, he entered the Decathlon. He competed in his first decathlon when he was 28 years old. During his elementary school years, Vince participated in baseball, basketball and football. He continued playing basketball, football and added golf and track in high school. He says that he was "weirdly ineligible" for track in college. After moving to Hawai'i at age 40, he began to take the Decathlon seriously. Vince graduated from the University of Hawai'i, earning a MPH degree in Environmental Health. He is a 4-time national champion in multi-events. Vince is also an active member of the Hawai'i Masters Track Club since 1994 and officiates the pole vault for local high school tournaments.

Chad Ikei - President - Ikei Sports Hawai'i - National Weightlifting Champion - Coach Chad is a 5-time National Weightlifting Champion that holds 21 National Records in 2 weight divisions and is an 8-time World Record Holder in Powerlifting. He also made the record books as the youngest and lightest athlete to ever record a bench press of 303 pounds at 17 years old and weighing in at 112 lbs. Coach Chad spent 6 years training at the U.S. Olympic Training Center in Colorado Springs before retiring and turning to the field of strength & conditioning. During the past 15 years, Coach Chad has trained over 200 NFL players. He has established himself as one of

the top NFL Combine trainers in the country and has produced some of the top performers at numerous NFL Pro Day event for the last 9 years. Coach Chad has also helped hundreds of High School athletes improve themselves to compete at the collegiate level. After 20 years on the mainland, he returned home to Hawai'i and currently volunteers his time to help develop the strength & conditioning program at his Alma Mater, Kaiser High School. His passion, experience and knowledge of athletic performance development is second-to-none and Coach Chad is committed to changing lives of his athletes one rep at a time. He is a past recipient of the HQC SPOM award. He is also a coach on the staff of Rich Miano's Hawai'i Speed & Quickness sports clinics.

The Maple Garden Restaurant is located at 909 Isenberg (near the corner of King and Isenberg directly across from the Old Stadium Park) and there is free parking next to the Restaurant or street parking is available. The entrance to the meeting room is located at the rear of the Maple Garden building through the parking lot. Lunch is at 11:30 am and the program begins at 12 noon. The luncheon cost is \$15.00 per person for members and guest which includes tax and gratuities.

THE GENERAL PUBLIC IS INVITED

Come to our meeting & celebrate these speakers!

There is parking next to the Maple Garden Restaurant and plenty of street Parking.