Denver’s strongman lifts to new heights

by Staff Writer

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by Elizabeth Carlton

The “world’s strongest mechanic” is pushing his limits to become the strongest man in the world.

Denver Pit Stop mechanic Adam Scherr won the Amateur Arnold World Strongman Competitions in Ohio on March 4, earning him an invitation to the 2013 Arnold Strongman Classic – an honor awarded to only 10 strength athletes in the world.

“I defeated 63 guys from 22 different countries,” said Scherr, who towers at 6 feet 8 inches and weighs a whopping 395 pounds. The Bandys High School graduate scored two third-place wins, two second-place wins and three firsts in this last competition alone.

“He pretty much dominated,” Iron Physique owner Mike Keever said. “His competitors are looking over their shoulders for him because they know he’s coming.”

Scherr began his strongman career in 2009 after meeting fellow strongman David Henson working as a bouncer at a night club in Charlotte.

A little more than two years later, Scherr’s proven to be a natural. Born into a family of sports domineers, the strongman said genes and years of athletic training propelled him to success. He is the son of National Softball Hall of Fame member Rick “The Crusher” Scherr. Though the 28-year-old athlete often fell under the shadow of his father’s reputation, he considers his father a role model.

“Now I have my own shadow,” Scherr laughed. “And it’s a big one at

that!”

The community has played a generous hand in the strongman’s aspirations. His boss has been buying him breakfast and lunch every day for nearly ten years while The Meat Market in Mooresville donates servings of meat to him each week to help him keep up his demanding 12,000 calorie-a-day diet.

Iron Physique built the “Monster Rack” to accommodate for the strongman’s Goliath-like proportions at their gym.

“Having the support of the community has been unbelievable,” Scherr said. “And it makes me train harder because I want to make them proud.”

You can catch Denver’s kind-natured strongman at N.C.’s First Annual Hanging with the Pro’s competition at ZX Fitness in Charlotte on March 17.

He’ll also travel to New York July 20-21 for the America’s Strongest Man competition, which will feature renowned strongmen Brian Shaw, Mike Jenkins and Derek Poundstone.

But Scherr isn’t intimidated.

“I’ve competed against Mike and lost twice,” Scherr admits. “Now I’m ready for redemption.”

Whatever the outcome, there’s no denying the swift success Scherr’s achieved in 30 short months with a promising career ahead.

“When I first started, I thought, ‘How am I ever going to do this?’” Scherr said. “But I kept telling myself the Lord gave me these tools to use them. So I kept at it and kept at it, and lo and behold – I’m a world champion.”

About the author

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