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Can A World-Class Bodybuilder be Sensitive Instead of Macho?

Mr. Universe Says YES!

SANTA CRUZ, CA: Dave Draper, former Mr. America, Mr. World, and Mr. Universe, was the poster boy for bodybuilding in the 1960s and '70s. He acted in several movies, appeared frequently on TV and in print and now, 35 years later, is the subject of a current E! Entertainment Network "True Hollywood Story" biography. Known as "The Blond Bomber" by today's aging Baby Boomers, his amazing physique encouraged thousands of boys to start a lifetime of fitness. Among those inspired: Arnold Schwarzenegger...

"Dave was an extremely sensitive man. He gave me such a warm feeling... it was all on a human level... When I made my first money, I saw Dave's woodwork and thought it would be such a pleasure to have this man I admired so much make me a bed. And he made this *powerful* bed... I could only walk into the bedroom sideways against the wall. I still have that bed. I'd never get rid of it."

Arnold Schwarzenegger, quoted in GQ magazine feature of Draper, November 2000

A superstar to tens of thousands of now-middle-aged businessmen who grew up with the vision of "The Blond Bomber" plastered through their childhood comic books, Draper left the Muscle Beach and Hollywood scenes saddled with years of drug and alcohol problems. After landing in a hospital intensive care unit, Draper dumped the abuse and, miraculously, his spirit to educate and inspire came alive.

Now, at 58, he owns two gyms in central California, and has just realized a long-held dream: to become a published author. His first book, **Brother Iron, Sister Steel** (On Target Publications, January 2001) is part memoir, part workout manual — not so much for the experienced bodybuilder as for an aging mortal looking for a meaningful exercise regimen — maybe even one who remembers Dave rippling his muscles from the back pages of comic books and magazines, or walking arm in arm with Sharon Tate across the silver screen. His style is surprisingly lyrical — the voice of a sensitive superhero:

"...Take the gym away from the people I know and the road is treacherous. We can't make it up the hills, handle the curves, the stop and go and the speed and the heat and the endless stretch ahead. A good gym is a way-station, a refuge, a safe place where you can lick your wounds or prepare for the good race tomorrow. The field, the track, your garage or the health club downtown, your training is where you cleanse, restructure, restore inside and out: no miracles, no magic, no kidding. You forgive, you forget and remove the thorns, you ease the pain and count your blessings like reps and sets..."

Dave Draper, Brother Iron, Sister Steel, page 69

Brother Iron, Sister Steel, ISBN 1-931046-65-4, published January 10, 2001, 336 pages including 80 photos, \$24.95, is available at your favorite bookstore. More information about Draper can be found at his website, www.davedraper.com.

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Journalists: to obtain a press kit and review copy or arrange an interview with Draper, please contact the publisher at (888) 466-9185, laree@ontargetpublications.com or visit Dave's website: www.davedraper.com.