



MEDIA ADVISORY

City of Los Angeles Department of Recreation and Parks

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A POWERFUL 232nd BIRTHDAY CELEBRATION

Mr. & Ms. Muscle Beach bodybuilding competition on the 4th of July

- WHEN:** **Friday, July 4, 2008** **7:30 a.m. to 5:00 p.m.**
(Prelims at 10 a.m.; finals at 1 p.m.)
- WHERE:** **Venice Beach Recreation Center** **1800 Ocean Front Walk**
- WHAT:** An Independence Day tradition at a City of Los Angeles Department of Recreation and Parks facility that attracts bodybuilders from different countries. One of the highlights will be the induction of Irvin "Zabo" Kozewski, who was the World's Most Muscular Man in 1969, into the Muscle Beach Venice Bodybuilding Hall of Fame as its 30th member; this will include being added to the Walk of Fame surrounding the weightlifting pen, where new flooring and equipment were installed in May.
- WHO:** Male and female bodybuilders from the U.S. and other nations
Supporters and other onlookers – also with international diversity
- VISUALS:** Well-endowed and well-defined muscles being flexed
Spectators showing their appreciation for the efforts of the competitors

TO GET TO VENICE BEACH RECREATION CENTER: From the **10 (Santa Monica) Freeway**, exit at Lincoln Blvd. Take Lincoln Blvd. south about two miles to Venice Blvd. Take Venice Blvd. west one mile to Pacific Ave. Take Pacific Ave. north ¼-mile and look for the signs giving direction to the facility. (*Thomas Guide page 671, grid G6*).

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For more information about Department of Recreation and Parks events, activities, programs, services, and facilities, go to www.laparks.org, or call 311, or (213) 928-9200.