



Alicia Weber became fascinated with athletics at four years old. By 12 she was setting records and has been doing so ever since. (Photo by Dane Hoskins)

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## **South Lake County's athlete Alicia Weber holds the World's Record for holding World's Records**

**By Dane Hoskins**

Ever wondered if we have a superhero in our presence? Well in South Lake County, we just may. We all know superheroes aren't real. However, with the strength and agility of athlete Alicia Weber, we may as well call her our modern day wonder woman. Weber is the most prolific female record setter in the world. She has made easy work of setting and holding over 300 world records, making her the overall world record holder.

From a very early age, Weber always knew she would pursue an athletic career. At the age of four she was caught following her father, James Weber, into the water as he set out to begin the North Park Triathlon in North Hills Pennsylvania.

She was quickly removed from the water, swim cap and all. From that point on she told herself that one day she would compete in world class triathlons. At the age of twelve she began pursuing her athletic dreams with her first 5K race, which she took first place in the fourteen and under age group.

With great sense of accomplishment, Weber continued her career jumping from 5K's to the infamous North Park Triathlon that her father had competed in just years before. She yet again took first place in the 19 and under age group and set the bar for all of the other amazing accomplishments to come.

From 2000-2002, she ran track and cross country at the University of Florida, for her all time favorite coach, J.J Clark, fulfilling what was a long term dream of hers since the 8th grade. While competing in over two hundred foot races and triathlons with eighty one overall victories, some might assume her cardio work was the main focus. But Weber's main focus lies in her 325 world records, since February 21 of 2008.

Statistically, some of her unbelievable accomplishments include 763 consecutive "Reptile pushups" in one hour, five hundred strict form chin-ups and push-ups (totaling 1000 repetitions) in just over forty eight minutes, highest non-stop arms only climb in one minute on a rope with a height of 32.46 meters, and finally 802 consecutive perfect push-ups before perfectly reciting a 10 line poem from memory.

Impressed yet? How about by the fact that she is the only female in official push up hall of fame? Not easy work, but the list goes on and on for this extremely hardworking, inspirational athlete.

Weber still holds 150 records at the age of only 33. Although it is hard to believe someone so athletic and busy finds time to pursue extra-curricular activities. She spends her extra time coaching and training many age groups in a series of extensive exercises at Booty Busters Outdoor Fitness Camps ([www.bootybustersoutdoorfitnesscamps.com](http://www.bootybustersoutdoorfitnesscamps.com)) and also coaches archery at Joseph Steed's Archery in Montverde ([Josephsteedsarchery.com](http://Josephsteedsarchery.com)).

As a fitness trainer for over 15 years, this wonder woman does not have any plans of quitting. She anticipates pursuing her athletic career, raising the bar higher and higher in life long pursuit of athletic perfection.



Weber holds records for various disciplines of push ups and pull ups (Photo by Dane Hoskins)