

Hello World Record Aficionados!

Need inspiration? I've got an extra-large serving of it right here. Meet two women who, with their creativity, strength, and determination, have become elite members of the RecordSetter community.



First up is [Alicia Weber](#), a Florida fitness trainer who holds over 150 strength and endurance records. ([Crab walks!](#) [Reptile push-ups!](#) [One-armed dead hangs!](#)) The amazing thing about Alicia is that she keeps challenging her own records and beating them over and over again. Some of her categories serve as progress diaries -- it's inspiring to see her reach a limit and then shatter it, with no regard for "I can't."



Next is [Mel Sampson](#), a Canadian radio host who established an annual World Record Week on her show. Her 18 current world records include [Most People High Fived In A Rainy Parking Lot](#), [Most Bread Loaves Squeezed in One Minute](#), and [Longest Straw Used to Drink a Coca-Cola](#).

Mel specializes in beating pre-existing records, and frequently bests her own attempts. Her 2010 Longest Straw record was 4.36 meters. Two years later she got all the way up to 75.82 meters, fending off multiple challengers along the way.

I hope the admirable efforts of these two wonder women have motivated you to set your own world record. Look to your strengths, pull out a recording device, and [get submitting!](#)



**Boom, Boom, Pow,
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Recordsetter Community Manager**

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