

Arnold Schwarzenegger Remembers Reg Park

A Press Release from the Office of the Governor
November 22, 2007



Dave Draper (left), Reg Park, and Arnold Schwarzenegger competed head-to-head in the 1970 Professional Mr. Universe in London. Reg was then 42. Schwarzenegger won that day, signalling the beginning of a new era for bodybuilding.

gracious and proud champion who lived every day of his life to the fullest and was loved by everyone in bodybuilding, where he was known as “The Legend.” And he was an astute businessman who used his intelligence, instincts and eternal optimism to become a tremendous financial success.

Reg was one of a small group of people in my life who was always there to support me. Whether it was winning bodybuilding competitions, starring in a new film or becoming Governor, there was always a note and kind words from Reg. That pumped me up and helped inspire me for my next goal.

As a young man, I lived and trained with Reg in South Africa. There, I saw another side of him that was impressive. That was the loving, doting father to Jon-Jon and Jeunesse and the devoted husband to Mareon, his incredible wife of more than 50 years. I didn't grow up in that kind of environment, but it really impressed me. Seeing him so free with his hugs and kisses and affection, I realized that's the kind of father and husband I wanted to be.

Reg was a dear friend, an extraordinary mentor and a personal hero. I will miss him dearly. Our deepest condolences and prayers go out to Mareon, Jon-Jon, Jeunesse, his entire family and his many, many fans and admirers.

Maria and I express our profound sadness on the death of Reg Park. Other than my parents, there may be no single person who had more to do with me becoming the person I am today than Reg. I first saw him on the cover of a muscle magazine when I was a kid in Austria in 1962. The photo was Reg in his Hercules film role, and I wanted to be just like him. He was so powerful and rugged-looking that I decided right then and there I wanted to be a bodybuilder, another Reg Park—and I could not have found a better hero to inspire me.

I read every article about him. I saw him in his movies. I found out what his training regimen was and made it my own. He was a three-time Mr. Universe, and when we met and began working out together, it was Reg who impressed upon me how hard I would have to work if I wanted to achieve my dreams. I'll always remember him making me do calf raises with 1,000 pounds at 5 o'clock in the morning. It really woke me up that he worked out so hard day and night.

He is the reason I was motivated to become Mr. Universe myself and come to America and make movies. And he was like a second father to me. Reg was a wonderful role model in so many ways. He was a

—Arnold Schwarzenegger