

IRONCLAD

John Grimek's Physique Competitions

by Joe Roark

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John Carroll Grimek: Born June 17, 1910, Died November 20, 1998

Before John began physique competition, he had, of course, experience on the weightlifting platform—including being a part of the 1936 USA Weightlifting Team at the Berlin Olympics. His six physique competitions encompassed a period from his 30th year to his 39th year. Results, and certain aspects of these contests vary from report to report. Some of these variations are noted below.

In February 1938, John penned his first work for *Strength & Health* magazine: "An Ideal, and Then Success." It was about George Kiehl.

1. York Perfect Man Contest:

November 18, 1939 **Age 29**

Results can be found in *Strength & Health*, January 1940, pg. 30.

up to 5'6":

1. Elmer Farnham
 2. Tony Terlazzo
 3. ___ Stolarsk
 4. Charles Grim
- And seven others

5'6"-5'9":

1. John Grimek
2. Carl Hempe
3. Jules Bacon*
4. Jack Channing

Over 5'9"

1. Constantine Kosiras
2. Dave Asnis
3. Roland Essmaker
4. Gord Venables

1939 York Perfect Man Overall Winners:

1. John Grimek
2. Constantine Kosiras
3. Elmer Farnham

Judging: 7 pts. Muscular Development, 5 pts. Muscular Proportion, 1 pt. Skin, Hair, Teeth, 1 pt. Posing, 1 pt. Posture and Carriage.

Posing: Thirty seconds each allowed for front pose, back pose, and optional pose. Total: One minute and 30 seconds

Judges: Otto Arco, Jack Ayres, Bob Jones (also emcee), Sig Klein, Elmore Kohl.

* In a phone conversation with Joe Roark on December 1, 1998, Jules insisted he had only competed against Grimek once—at the 1941 Mr. America.

2. AAU Mr. America

May 25, 1940 **Age 29** (five months before he married Angela)

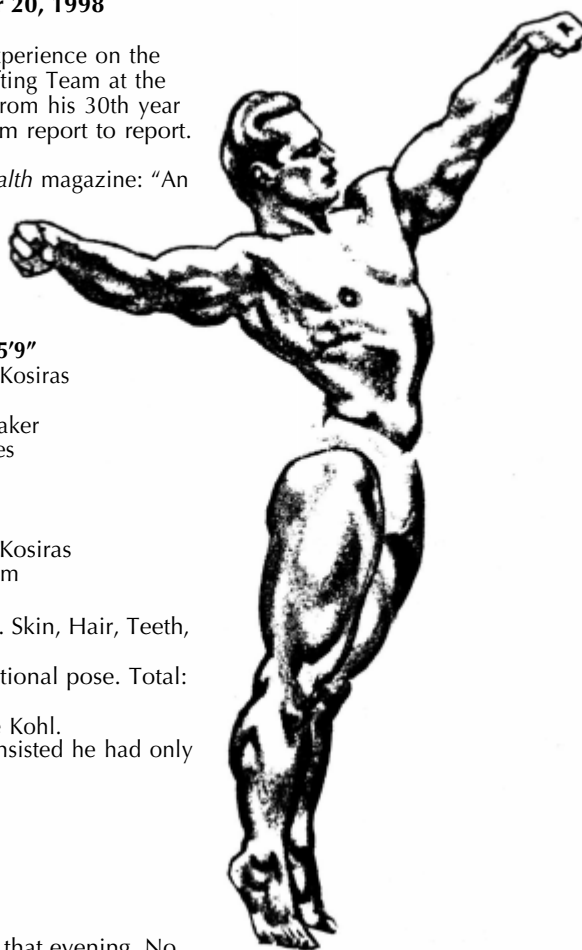
Madison Square Garden, NYC

(1940 was the World's Fair year)

Format: Best bodyparts were held on Saturday afternoon, Mr. America that evening. No music. Grimek entered only Most Muscular and Arms in subdivisions.

Results: 61 contestants (*Strength & Health*, July 1940 pg. 6, 22); Over 70 contestants (*Strength & Health* November 1948, pg. 47.)

1. John Grimek 99.25 pts. (Also won Most Muscular and Best Arms)
2. Frank Stepanek [Leight] 97.50 pts. (Also won Best Chest)



3. Lud Shusterich 88 pts. (Shusterich won Mr. NYC on 1-27-1940)
4. Chick Deutch (Also won Best Abs)
5. John Gallagher (See also S&H, Sept. 1940, pg. 45)
6. George Lapausky (See also S&H, Nov. 1940, pg. 6)

Other competitors in alphabetical order:

Dave Asnis
 Monroe Brown
 Jack Channing (See also S&H, August 1940, pg. 9)
 Elmer Farnham
 Carl Hempe
 Gene Jantzen
 Melvin Kahn (S&H for July 1942, pg. 47 says Kahn won Best Abs)
 Terry Robinson
 Tony Terlazzo
 Joe Thaler (Also won Best Back)
 Herman Weinsoff
 Charles Whitlock, (See also S&H, May 1941, pg. 24)

Grimek told Joe Roark during a phone conversation June 27, 1985 that there was a Best Legs subdivision. But who won it?

All competitors except Grimek and Stepanek used "make up"—that is, oil and suntan powder.

Judges: *Strength & Health*, July 1940 pg. 48 says there were seven; *Strength & Health*, July 1942, pgs. 15 & 25, says there were ten. We know of the following judges:

Col. Charles Dieges, Bob Hoffman, Col. Kilpatrick, Sig Klein, Bernarr Macfadden, Dan Parker, and Gord Venables (See also *Strength & Health* August 1947, pg. 25).

Emcee: Al Franzen

Point System: This also varied by report. Compare: *Strength & Health*, July 1940 pg. 48:

Muscular Development	5
Muscular Proportions	5
Posing	3
General Appearance	2
<u>Total</u>	15 points

And: *Strength & Health*, July 1942, pg. 25:

Muscular Development	7
Muscular Proportions	5
Posing plus general appearance	3
<u>Total</u>	15

Since 15 points were possible for each judge, the total possible score was 105, indicating seven judges.

Miscellaneous: On October 20, 1940, John married Angela Liberto.

3. AAU Mr. America
 May 24, 1941 Age 30
 Arena Sports Palace 45th & Market,
 Philadelphia, PA.

Show began at approximately 10:30 PM. By now, John and Angela had been married about seven months.

Results: Approximately 68 contestants (*Strength & Health*, November 1948, pg. 47)

1. John Grimek 146.5 pts (S&H, July 1942, pg. 47, says 147.5 pts). Grimek did not enter the body parts contests.
2. Jules Bacon 71 pts (S&H, July 1942, pg. 46 says Bacon and Leight were initially tied with 125 points)
3. Frank Leight 58.0 pts
 Also won Best Chest, Best Built Policeman
4. Elwood Holbrook
5. Lud Shusterich (Also named Most Muscular)
6. Terry Robinson

Other competitors in alphabetical order:

Paul Como had won Mr. New York City on 2-15-1941 (See S&H, April 1941, pg. 10)
 Paul Davis (Also won Best Back)
 Roland Esmaker
 Melvin Kahn (Also won Best Abs)
 Constantine Kosiras
 Tommy O'Hare
 Joseph Peters
 Steve Stern (Also won Best Built Fireman)
 Kimon Voyages
 Elmer Witmer
 Harold Woomer



Judges:

Jack Ayres
 Cy Bermudes
 Willie Clark
 Emmet Faris
 John Fritsche
 Art Gay
 Bob Hoffman
 Jeff Keen
 Sig Klein
 Lewis Perry

S & H July 1942 pg. 16 adds:

Paschall, Harry
 Ray Van Cleef
 Whitfield, Karo
 Says there were 66 contestants

S&H Sept. 1943 pg. 19:

Mentions 9 judges

Judging: Same points as 1940 with 150 points possible. 5 pts. Muscular Development, 5 pts. Muscular Proportions, 3 pts. Posing, 3 pts. General Appearance. (See also *S&H* July 1941, pgs. 11 & 26.)

Format: Twenty seconds each allowed for front, back, and optional posing; total one minute of posing.

Miscellaneous: John had planned to compete no more after 1941. His family had begun with the birth of Patricia in March 1945, and Bonnie on Easter 1946 ("Bonnie" because of its similarity to the Easter "bunny").



#4 Most Muscular Contest

**May 4, 1946 Age 35
 Turners' Hall in Philadelphia, 8 PM**

Hall located at Columbia Avenue & Broad Street

This contest was prompted by a challenge to Grimek from Dan Lurie, who then declined to face Grimek, citing fairness issues in judging. Had he competed, Lurie would have been in Class B. Following the contest, Grimek gave his trophy to Joe Shaw, saying he did not want to retain the title and competed only because circumstance warranted.

Results:

Class A: Under 5'3.75"

- 1. Dick Bachtell 48 pts.
- 2. Joe Thaler 37 pts.
- 3. William Goldberg 30 pts.

Class B: 5'4"-5'6.5"

- 1. Sam Loprinzi 49 pts.
- 2. Dan 'Ape' Bax 40 pts.
- 3. George Waselinko 39 pts.
- 4. Elmer Ward 37 pts.
- 5. Joseph Nadzier 30 pts.
- 6. Walter Johnson 26 pts.
- 7. Anthony Gobeo 25 pts.

Class C: 5'6.75"-5'8.25"

- 1. Kimon Voyages 48 pts.
- 2. Jules Bacon 47 pts.*
- 3. George Lapausky 36 pts.
- 4. Donald Ray 34 pts.
- 5. Russell Green 30 pts.
- 6. John Stewart 23 pts.

Class D: 5'8.5"-5'10"

- 1. John Grimek 49 pts.
- 2. Joe Shaw 35 pts.
- 3. Joseph Masyle 31 pts.

Class E: Over 5'10.25"

- 1. Steve Stanko 49 pts.
- 2. Joe Lauriano 46 pts.
- 3. Marshall Grenuick 42 pts.
- 4. Constantine Kosiras 36 pts.
- 5. (Tie) Fred Harmening 30 pts.
- 6. (Tie) Henry Struczewski 30 pts.
- 7. Leonard Heinz 29 pts.

Overall:

- 1. John Grimek 48 pts.
- 2. Steve Stanko 46 pt
- 3. Sam Loprinzi 41 pts.
- 4. Kimon Voyages 40 pts.
- 5. Dick Bachtell 38 pts.

I Jules Bacon told me on the phone Dec. 1, 1998 that he did not compete in this contest and does not understand how he was reported as having been a contestant. He says he faced Grimek only once—at the 1941 Mr. America.

Actually, after Class E performed, Lurie did compete against Sig Klein and Walter Podolak, each posing separately, then as a group. This was a pro event.

- 1. Sig Klein 48 pts.
- 2. Dan Lurie 43 pts.
- 3. Walter Podolak 41 pts.

Next the five class winners in the amateur contest appeared on stage individually, then as a group. See overall results above.

Judges: Ottley Coulter, Hall, McMahon, Antone Matysek, and Bill Oliphant.
Judging: 50 points possible. Each man assumed three different poses.
Miscellaneous: By now Robert John (named after Grimek and Bob Hoffman) had joined the family. Born on Feb 28, 1948.

5. Health & Strength Mr. Universe

August 13, 1948 Age 38
Scala Theatre, London, England

Open to pros and amateurs; 11 (or 16) countries represented; 43 contestants.

Results:

Class 4: Under 5'5.75"

1. Mahmoud Namdjou
2. Don Dorans

Class 3: 5'6"-5'8.75"

1. John Grimek
2. Andre Drapp

Class 2: 5'9"-5'11.75"

1. Charles Jarrett
2. Ted White

Class 1: over 5'11.75"

1. Steve Reeves
2. Reub Martin
3. Oscar Heidenstam

There were also competitors from India, South Africa, Burma, Belgium, and Northern Ireland.

Judges: K.D. Arax, Dr. Bankhof, George Greenwood, George Hackenschmidt, Tromp Van Diggelin

Judging: 40 pts. Harmonious Proportion, 40 pts. Muscular Development, 5 pts. Posture, 5 pts. Muscular Efficiency, 5 pts. Vitality, 5 pts. Organic Condition.

Posing: Each contestant posed by "straight standing, front, back, and side pose."

Miscellaneous: Hack said to Grimek after the contest: "Grimek, you have won the greatest honor you can ever win. Give up this competition and continue to inspire all the youth of the world with your marvelous physique and great teachings." *Strength & Health*, November 1948)

6. Pro Mr. USA

March 26, 1949 Age 38

Shrine Auditorium in Los Angeles at Jefferson & Royal.

15 contestants

In the audience were Shirley Temple, and Van Johnson.

Photo of JCG with his trophy is on cover of May 1949 *Strength & Health* magazine. The photo was taken in Santa Monica, California at the Miramar swimming pool.

Results:

- | | |
|--------------------|-----------|
| 1. John Grimek | \$ 1,000* |
| 2. Clancy Ross | \$250 |
| 3. Steve Reeves | \$100 |
| 4. George Eiferman | \$100 |
| 5. Armand Tanny | \$50 |
| 6. Floyd Page | |

Other competitors in alphabetical order: Walt Baptiste, Phil Courtois, Roland Essmaker, Bob McCune, Walt Marcyan, Norman Marks, Jimmy Payne, Leo Stern, Harold Zinkin

Judges:

***Iron Man* May 1949 pg. 7**

- Cliff Byers
- Don DeMarce
- Don Haley
- Peary Rader
- Phil Raisch

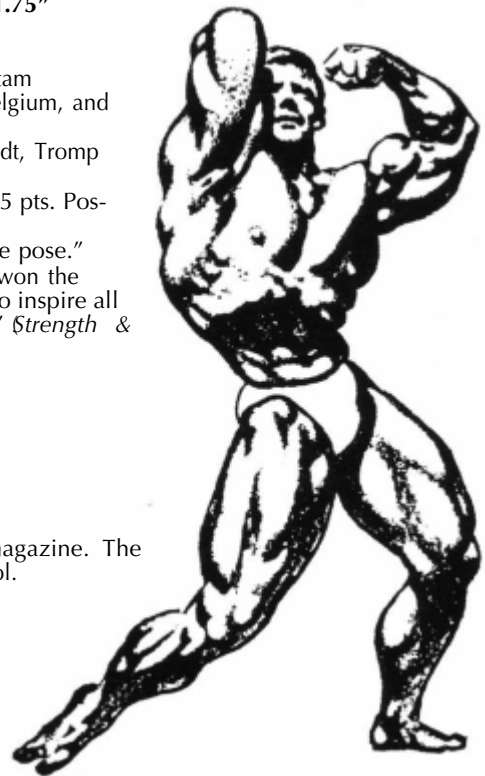
***Strength & Health* May 1949 pg. 26**

- Cliff Byers
- Don DeMarse
- Dan Haley
- Peary Rader
- Bill Rasche

Posing: One minute allowed with a three second warning when time was about up.

Miscellaneous: The Grimeks' other children would be born after John retired from bodybuilding: Steven: September 1949, Regina: April 1954, and John: November 1959.

In January 1964, John became editor of the new magazine Hoffman was publishing — *Muscular Development*.



John Grimek's Competitors: An Incomplete List

Grimek's Age	29	29	30	35	38	38
Contest	York	Mr. America	Mr. America	Most Muscular	Mr. America	Pro Mr. America
Year	1939	1940	1941	1946	1948	1949
Competitors	Place	Place	Place	Place	Place	Place
Asnis, Dave	?	?				
Batchtell, Dick				A1/5ov		
Bacon, Jules	3m		2	C2		
Baptiste, Walt						?
Bax, Dan				B2		
Brown, Monroe		?				
Chaning, Jack	?	?				
Como, Paul			?			?
Courtois, Phil						
Davis, Paul			?			
Deutch Chick		4				
Dorans, Don					2s	
Drapp, Andre					2m/3ov	
Eiferman, Geo.						4
Essmaker, R.	?		?			?
Famham, Elmer	1s/3ov					
Gallagher, John						
Gobeo, Anthony					B7	
Goldberg, Wm.				A3		
Green, Russell				C5		
Grenuick, M.				E3		
Grim, Charles	?					
GRIMEK, JOHN	1m/1ov	1ov	1ov	D1/1ov	1m/1ov	1ov
Harmening, F					E5tie	
Heidenstam, O.					3t	
Heinz, Leonard				E7		
Hempe, Carl	2m	?				
Holbrook, E.			4			

Guide to the table: s = short, m = middle, mt = medium/tail, t = tail, ov = overall, tie = tie, ? = competed but placing not certain.

Class Designations: A: 5'5.75"; B: 5'4"~5'6.5"; C: 5'6.75"-5'8.25";
D: 5'8.5'-5'10"; E: 5'10.25" or taller.

Jantzen, Gene		?				
Jarrett, Chas.					1mt	
Johnson, Waiter				B6		
Kahn, Melvin		?	?			
Kosiras, C.	1t/2ov					
Laupausky, Geo		6	?	E4		
Lauriano, Joe				E2		
Leight, Frank		2	3			
Loprinzi, Sam				B1/3ov		
Mahmoud, N.					1s	
Marcyan, Walt						?
Marks, Norman						?
Martin; Reub.					2t	
Masyle, Jos.				D3		
McCune, Bob						?
Nadzier, Jos.						
O'Hare, Tommy				B5		
Page, Floyd			?			
Payne, Jimmy						6
Peters, Joe			?			?
Pinto, Russell	?					
Ray, Donald						
Reeves, Steve				G4		
Robinson, Terry		?			1t/2ov	3
Ross, Clancy			6			
Shaw, Joe						2
Shusterich, L.				D2		
Stanko, Steve		3	5			
Stern, Leo				E1/2ov		
Stern, Steve			?			?
Stewart, John						
Stolarski, ___	3s			C6		
Struczewski, H.				E5tie		
Tanny, Armand						5
Terlazzo Tony	2s	?				
Thaler, Joe		?		A2		
Venables, Gord	?					
Voyages, Kimon				C1/40v		
Ward, Elmer				B4		
Waselinko, Geo.				B3		
Weinseoff, H.		?				
White, Ted					2mt	
Whitlock, Chas.		?				
Witmer, Elmer			?			
Woomer, Harold			?			
Zinkin, Harold						?