

Kevin Fast

Born: April 13, 1963, St. Catharines, ON

Family:

Wife- Suzanne

Children – Abigail, Jacob, Matthew

Education:

North Park Collegiate, Brantford, ON. Diploma 1982

McMaster University B.A. 1998. (Bachelor)

Concordia Lutheran Theological Seminary, St. Catharines, M.Div.,
1992.(Master)

Concordia Lutheran Seminary, Fort Wayne, Ind., D.Min., 2002.(Doctor)

Strength Sports:

Heavy Events amateur competitor 1994-1996

Heavy Events professional competitor 1996- still going

Games organizer 1996- still going

Competed in Canada, USA, Scotland, Norway, Italy, Switzerland, China,
Singapore, Thailand and Germany

World Records:

Guinness World Record 1998– Heaviest truck pulled over 100ft – 16 ton

Ripley's Record 1999– Heaviest trucks pulled over 100ft 2x16 ton

Guinness World Record 2001– Heaviest truck pulled over 100ft. – 27 ton

Guinness World Record 2003– Heaviest truck pulled over 100ft. – 28 ton

Guinness World Record 2004– Heaviest truck pulled over 100ft. – 51.4 ton

Guinness World Record 2007- Heaviest truck pulled over 100ft - 63 ton

Guinness World Record 2008– Heaviest truck pulled with arm wrestling–
8.5 ton

Guinness World Record 2008- Most people walking on stilts for 100 m

Guinness World Record 2008- Heaviest truck pulled over 100ft - 63.2 ton

Guinness World Record 2009- Heaviest plane pulled – 208 ton

Guinness World Record 2010- lifted and held 500kg for longest time 42s

Guinness World Record 2010- Heaviest House pulled 40 ton

Guinness World Record 2011- Heaviest truck pulled with arm wrestling–
12 ton

Guinness World Record 2011- Heaviest vehicle pulled by two people - 75 ton
Ripley's Record 2011- Most people back lifted - 22 people
Guinness World Record 2011- Lifted and held 500 kg for longest time 60s
Guinness World Record 2011- Most people lifted with shoulders - 10 people
Guinness World Record 2013-Heaviest truck pulled with arm wrestling-12.5 ton
Guinness World Record 2013- Most people lifted with shoulders - 11 people
Guinness World Record 2013- Most cabers tossed in 3 minutes - 14
Guinness World Record 2013- Heaviest sled pulled by Santa - 17.5 ton
World Record 2013- Stan Lee's Superhumans- Heaviest truck pulled - 140 ton
Guinness World Record 2014- Most cabers tossed simultaneously - 52
Guinness World Record 2014- Most cabers tossed in 3 min. by two people - 11
Guinness World Record 2014- Most cars pulled 5 meters - 15
Guinness World Record 2015- Most cabers tossed simultaneously - 69
Guinness World Record 2015- Most cabers tossed in 3 min by 2 people- 15
Guinness World Record 2016- Heaviest truck pulled with arm wrestling - 16 ton
Guinness World Record 2016- Heaviest vehicle pulled by two people- 91 ton
Guinness World Record 2016- Heaviest vehicle pulled by one person- 75 ton
Guinness World Record 2017- Heaviest vehicle pulled by one person- 109 ton
Guinness World Record 2017- Heaviest vehicle pushed by one person- 12 tons
Guinness World Record 2017- Heaviest vehicle pulled in seated position-12 tons
Guinness World Record 2018- Most cabers tossed in one hour - 122
Guinness World Record 2020- Heaviest sled pulled - 18 ton

World Records set in Canada, USA, Italy, China.

Height: 5' 9"

Weight: 300 lbs.

Charities:

Pulled trucks to raise money for:

Pull for Kids (Lung Association – Asthma)

Waumer Walk (ALS)

Tim Horton's Kid's Camp

Soldier On

McDonald's Children's Charities

Fire Prevention Week

Habitat for Humanity

Alzheimer's Society

TV appearances:

TLC "World's Most Awesome Record Breakers"

TBS, "Ripley's Believe It or Not"

CTV "Canada AM"

CBC "The X"

Global "News Special"

Global "100 Huntley St."

City TV "Breakfast TV"

Real TV

Discovery Channel "Record Breakers"

Documentary, "Good to Finish"

Discovery Channel "Daily Planet."

ABC, NBC, CBS, Fox "Regis and Kelly", "Anderson" "Steve Harvey"

AT&T Uverse – Record Breakers

History Channel - Stan Lee Super Humans

Museums:

Shoes are on display at Ripley's Believe It or Not Museum, St. Augustine, Florida

Shoes are on display at Guinness World Records Museum, Niagara Falls, Canada

Books and Magazines:

Guinness Desk top calendar 1999
Guinness World Book of Records 2003
Guinness World Book of Records 2004
Guinness World Book of Records 2005
Guinness World Book of Records 2009
Guinness World Book of Records 2010
Guinness World Book of Records 2011
Guinness World Book of Records 2012
Guinness World Book of Records 2013
Guinness World Book of Records 2014
Guinness World Book of Records 2015
Guinness World Book of Records 2016
Guinness World Book of Records 2017
Guinness World Book of Records 2018
Guinness World Book of Records 2020
Guinness World Book of Records 2021

Ripley's Believe It or Not 2005 (Blue Ed.)
Ripley's Believe It or Not 2005 (Scholastic)
Ripley's Believe It or Not "Odd-inary People"

Ripley's Believe It or Not 2011, 2013

Muscle and Fitness April 2005 (Ten Greatest Strength Feats)
Muscle and Fitness December 2005
Sports Illustrated Dec.11, 2009 Best Pictures of the Year
ESPN The Magazine Sept. 21, 2010

DR. REVEREND KEVIN FAST

Dr. Reverend Kevin Fast was born in St. Catharines, Ontario, April 17, 1963. Growing up, he by his own admission was just average in team sports. After high school, his interest in Godly things led him to study at McMaster (Hamilton), Brock (St. Catharines) and Concordia (Fort Wayne, Indiana) Universities. Upon graduation he served a number of congregations before arriving in Cobourg in 1992 with his wife Suzanne and their three children to minister at St. Paul's Lutheran church. It was in 1994 that he discovered the Cobourg Highland Games. Although Kevin had never seen the events before, he accepted an invitation to compete and surprising to himself – He Won! This encouraged Kevin to attempt other feats of strength, some that seemed humanely impossible. From fire trucks to trains, from houses to planes, he has pulled and set records all over the world: Along the way he was dubbed "The Powerlifting Pastor" by his many fans and supporters.

Kevin Fast has appeared on numerous TV shows and, most importantly, raised thousands of dollars for many charities, ie. \$70,000 for Habitat for Humanity by pulling a house (world record). One of Kevin's incredible feats of strength occurred on September 18, 2009 at the Trenton Air Force Base, where he pulled a 416,299 pound – CC177 Globemaster Aircraft 8.8 metres across the tarmac.

Kevin Fast is 5'9" tall and weighs 300 pounds and his philosophy is simple – "God has given me the gift of strength and, in thanksgiving, I will use it for His Glory as long as I have it."

A Few of Kevin Fast's World Records:

2008 - Heaviest Truck pulled over 100 feet – 63 tons

2010 – Heaviest House pulled – 40 tons

2011 – lifted and held 500 Kg for a record 60 seconds

2013 – Stan Lee's Superhumans – heaviest truck pull – 140 tons

With faith and prayer and the love of his family – Kevin Fast continues to compete.

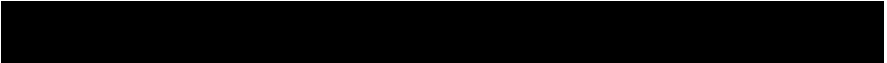
COBOURG & DISTRICT SPORTS HALL OF FAME
P.O. Box 45, Cobourg, Ontario K9A 1M8

HONOURED MEMBERSHIP NOMINATION APPLICATION

Date Received
Sept 30/19.
ga.

Nominee: FAST KEVIN LEE
Family Name First Name Middle Initial

Address: 17 Catherine St.

Postal Code: 

Email Address: 

Birth Place: St. Catharines Date of Birth: 13/04/63
Day Month Year

Place/Date of Death: _____

Year Lived in Cobourg and/or District: 25 years

If nominee is deceased, please provide name, address and phone number of next of kin.

SPORT ACHIEVEMENT

Nomination For: Athlete () Builder ()

Sport (s): strength

SPORT	TEAM	ROLE/CAPACITY	DATE

Championship Teams: (Please provide dates):

Individual Awards/Citations: (Please provide dates):

31 Guinness World Records
see attached.

***Indicate if awards/honours are Local, Provincial, National or International**

Associations/Organizations/Clubs with whom nominee is/was associated with (local, provincial, national, international etc.)

If possible, please provide a summary/description of any other additional information that would describe the nominee's outstanding contribution to sport.

Newspaper clippings, scrapbooks, photos or sort memorabilia will assist in supporting the application.

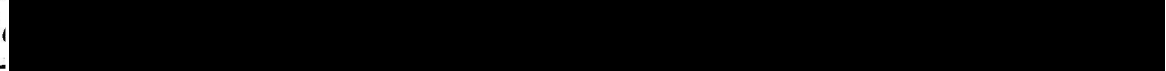
SUBMISSIONS WITH INSUFFICIENT INFORMATION WILL RESULT IN A DELAY IN CONSIDERATION BY THE SELECTION COMMITTEE.

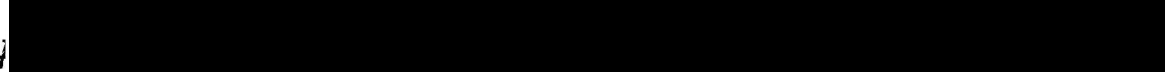
Additional Information/Comments:

I HEREBY CERTIFY THAT, TO THE BEST OF MY KNOWLEDGE, THE ABOVE FACTS ARE TRUE, AND I ENDORSE THIS APPLICATION FOR INDUCTION INTO THE COBOURG AND DISTRICT SPORTS HALL OF FAME

NOMINATOR: Suzanne East

ADDRESS: 

PHONE #: 9 

DATE: 8e 

com

Please return completed form to:
Cobourg & District Sports Hall of Fame
P.O. Box 45
Cobourg, Ontario
K9A 1M8

Our Mountain-Moving Minister

Kevin Fast

Powerlifting Pastor

Most of us don't grow up to be great stars in sports. Young Kevin Fast wasn't going to either, until he discovered one thing he could do well, very well indeed.

Kevin grew up in St. Catherine's, Ontario during the 1960s and 70s, playing hockey and lacrosse like all his friends. At sports he was, by his own admission, just "average". His sporting career became even less than average as he moved through the very usual but satisfying life-path of university, marriage, work, children...

But it was during those years that two passions took hold of Kevin and determined both his calling and his notoriety. His interest in Godly things led him to study at McMaster (Hamilton), Brock (St. Catharines) and Concordia (Fort Wayne, Indiana). He served a number of congregations before arriving in Cobourg in 1992, with his wife Suzanne and their three children, to minister at St. Paul's Lutheran Church.

Kevin's philosophy is simple -

"God has given me the gift of strength, and in thanksgiving I will use it for His glory as long as I have it."

Kevin may not have been the greatest in team sports, but he was strong, and that became another passion. However, he had never really put that strength to the test on the world's stage until the move to Cobourg. Here, in 1994, he discovered the Cobourg Highland Games. Though he had never seen the events before, he accepted the invitation to compete - and won!

Soon after, Kevin turned his eyes toward setting and breaking world records. He went after feats of strength that seemed humanly impossible. From fire trucks to trains, from houses to planes, he has pulled and set records and competed all over the world (Italy, Switzerland, Norway, Scotland, Germany, China, Singapore, Thailand, USA, Canada, etc).



Now known as the "Powerlifting Pastor", his world records cover an amazing variety, and include feats such as "Most Cabers Tossed in 3 Minutes" (14), "Heaviest Plane Pulled" (208 tons), and "Most People Back Lifted" (22). He has appeared on numerous T.V. shows and, most importantly, raised thousands of dollars for many charities (for example: \$70,000 for Habitat for Humanity by pulling a house for a world record).

"With faith and a prayer, and the support of a loving wife and children, Kevin continues to move mountains."

Ross Quigley



On answering the call to be a pastor, "my biggest challenge to this transformation was the ability to speak in front of people without fainting".

Kevin Fast the world's strongest priest has broken 19 ...

<https://www.dailymail.co.uk/news/article-2773184/What-divine-power-Meet-world-s...>

2014-09-29 · The Reverend Dr **Kevin Fast**, from **Cobourg**, Canada, still holds nine unbroken world records for powerlifting, including the heaviest plane pulled by a man (188.83 tonnes).

'Maybe, I'm a little crazy': Canadian man dubbed world's ...

<https://www.cbc.ca/news/canada/toronto/worlds-strongest-priest-1.5277590>

Rev. Kevin Fast, a full-time Lutheran minister in Cobourg, Ont., about 100 kilometres east of Toronto, has set more than 30 Guinness records, mostly for pulling heavy objects, such as fire trucks ...

Cobourg strongman Rev. Kevin Fast breaks another Guinness ...

<https://www.newslocker.com/en-ca/region/cobourg/cobourg-strongman-rev-kevin-fast...>

Northumberland News **Cobourg** strongman **Rev. Kevin Fast** breaks another Guinness World Record
Northumberland News **COBOURG** -- **Rev. Kevin Fast** pulled three aerial fire trucks - from fire services in Port Hope, **Cobourg** and Trent Hills -- weighing 99 metric tonnes, over 100 feet or 30.48 metres on Queen Street in **Cobourg** for a Guinness World Record on July 5.

Pastor Kevin Fast | COPOHONO - One View of Life in CObourg ...

<https://copohono.wordpress.com/tag/pastor-kevin-fast>

Posts about **Pastor Kevin Fast** written by paulthinkingoutloud. Living in **CObourg**, **POrt HOpe** and **NOrthumberland** -- This blog is a mixture of cheerleading for a beautiful part of Ontario and some very op-ed pieces about the frustrations.

Kevin Fast - Cobourg Museum Foundation

<https://www.cobourgmuseum.ca/wp-content/uploads/2016/06/Fast.pdf> · PDF file

Kevin Fast Our Mountain-Moving Minister Most of us don't grow up to be great stars in sports. Young **Kevin Fast** wasn't going to either, until he discovered one thing he could do well, very well indeed. **Kevin** grew up in St. Catherine's, Ontario during the 1960s and 70s, playing hockey and lacrosse like all his friends. At sports he

St. Paul's Lutheran Church Cobourg

thewaybiblegarden.com

After substantial planning and research by **Rev. Dr. Kevin Fast** and **Gayle Leney** in 2006, the garden started in the spring of 2007. Volunteers from the church completed the project after several months of ...

Kevin Fast The Cleric - One View of Life in CObourg, POrt ...

<https://copohono.wordpress.com/2010/08/24/kevin-fast-the-cleric>

2010-08-24 · Or, to be more proper, you would go with "Rev. Dr." So what do we know about **Kevin Fast** the cleric? Not much as it turns out. He pastors the Lutheran Church at the corner of William and University in Cobourg, the building the Lutherans bought twenty years ago from **Cobourg Alliance Church**. He's been there for approximately fifteen years.

Powerlifting Pastor Kevin Fast Lifts 22 Women, Pulls Two ...

https://www.huffpost.com/entry/powerlifting-pastor-kevin-fast_n_879885

2011-11-15 · Regardless of how happy a Father's Day Reverend **Kevin Fast** had, it was probably less memorable than the day before it. That's because **Fast**, who is known as the "Powerlifting Pastor," spent his Saturday performing feats of strength usually reserved for superheroes or mythological figures, not Lutheran pastors from **Cobourg**, Ontario.

He's the almighty! Strongman Priest Juggles Preaching And ...

<https://www.catersnews.com/stories/quirky/hes-the-almighty-pastor-juggles-preaching...>

He's the almighty! Strongman Priest Juggles Preaching And Powerlifting. **Kevin Fast** is God's gift to powerlifting -- as he's the world's strongest priest. The pastor, 51, holds multiple world records including the heaviest plane pulled by a man winging in at a whopping 188.83 tonnes.

Pastor Kevin Fast - World's Strongest Man - YouTube

<https://www.youtube.com/watch?v=tBD1NJFP-GQ>

2014-06-28 · **Kevin Fast** (Canada) pulled a CC-177 Globemaster III, weighing 188.83 tonnes (416,299 lb), a distance of 8.8 m (28 ft 10.46 in) at Canadian Forces Base in ...

1 2 3 4 5 >





WORLD RECORD

Cobourg strongman pulls 416,000 lb. plane

Ninth world record
in 11 years for
Cobourg resident
Reverend Kevin Fast

BY BILL TREMBLAY
btremblay@indynews.ca

TRENTON -- Cobourg strongman Reverend Kevin Fast has set a new Guinness World Record for Heaviest Aircraft Pulled by an Individual.

The Cobourg resident pulled a 416,299 lb. CC-177 Globemaster 8.8 metres across the tarmac of CFB Trenton, on Thursday, Sept. 17. Rev. Fast broke the previous Australian record set in 1997 by David Huxley, who pulled a 412,000 pound Boeing 747-400. The Globemaster weighs 282,499 lbs. and was carrying about 133,000 lbs. of fuel.

"I still don't have the nerve to actually look that plane in the face," Rev. Fast said, after his record-setting feat.

Rev. Fast said he considered giving up three times during the pull, but his son kept telling him the plane was moving.

"I thought he was just bold face lying to me. With his encouragement, I kept going," Rev. Fast said.



BILL TREMBLAY / METROLAND

TRENTON -- Cobourg strongman Reverend Kevin Fast pulls a 416,299 lb. CC-177 Globemaster, at CFB Trenton, on Thursday, Sept. 17. Rev. Fast pulled the plane 8.8 metres setting a new world record for Heaviest Aircraft Pulled by an Individual.

"Today was a lot harder than I ever expected. It took me over a minute to pull five metres. That's pretty slow," he said.

CFB Trenton Wing Commander Colonel Russ Williams said the Canadian Forces was pleased to accommodate the reverend's request to pull the Globemaster.

"It's good for us. It's good for the Air Force and it's good for the local community," Col. Williams said. "It's a very nice fit."

The Canadian Forces provided the first CC-117 aircraft acquired

by the Air Force for the record attempt.

"I think it is fitting that the first pull of the C-17 was done with Canada's first," Col. Williams said.

The Heaviest Aircraft Pulled by an Individual record is Rev. Fast's ninth world record set since 1998. He said his technique of staying low is the secret to his success.

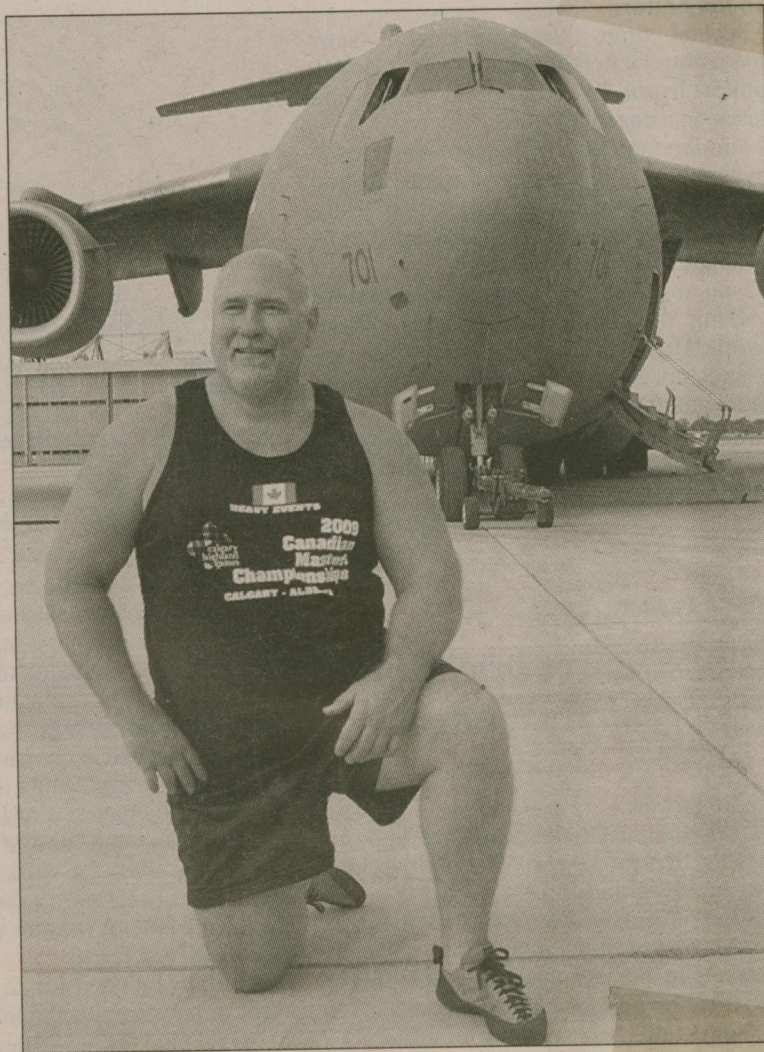
The Lutheran preacher went through two months of dedicated training before attempting to pull the Globemaster.

"I train meticulously. I practice meticulously. I know everything that needs to go on," Rev. Fast said. "The mental part is the absolute overriding factor. It's total mind over matter."

Rev. Fast said he has yet to decide which the next record, if any, he will attempt to set.

"I'm getting old and feeble. We'll see if there is anything left for me in the future," he said.

"I noticed there is an even bigger plane on the other side. I think I might give that a go."



"It was risky. I pushed it even though I was wanting to give up."

To beat the previous record, Rev. Fast had to pull the plane five metres. He was able to break the record in one minute and 16 seconds, although a time limit was not set.

"This is the most amazing one I have ever seen," said Canadian record keeper Carey Low. "I mean look at the size of that plane. It's incredible."

Several other record seekers have attempted to defeat to 412,000 lb. pull set 12 years ago.

"This record has stood for a long time. It's a big deal to beat it," Mr. Low said.

Rev. Fast, 46, said he had trouble moving the Globemaster during test pulls.

FAST FACTS

Records set by Reverend Kevin Fast

- Guinness World Record 1998 – Heaviest truck pulled over 100 ft. – 16 tonnes.
- Ripley's Record 1999 – Heaviest trucks pulled over 100 ft. 2 X 16 tonnes.
- Guinness World Record 2001 – Heaviest truck pulled over 100 ft. – 27 tonnes.
- Guinness World Record 2003 – Heaviest truck pulled over 100 ft. – 28 tonnes.
- Guinness World Record 2004 – Heaviest truck pulled over 100 ft. – 51.4 tonnes.
- Guinness World Record 2007 - Heaviest truck pulled over 100 ft - 63 tonnes.
- Guinness World Record 2008 – Heaviest truck pulled with arm wrestling – 8.5 tonnes.
- Guinness World Record 2009 - Heaviest Aircraft Pulled by an Individual - 416,299 lbs.



Spirited strongman lightens mom's load

World's strongest priest
relies on heavenly strength
to deliver family's new home

CAROLA VYHNAK
SPECIAL TO THE STAR

BRIGHTON, ONT.—It took 300 pounds of brute strength for Kevin Fast to haul a house 30 metres. But the strongman's real feat was lifting the spirits of a struggling young mother.

"This is a dream come true," a tearful Cheyenne Farrell said on Saturday as she and daughter Maiyah, almost 5, watched Fast bring their new home to its new home.

The strongman, who holds 22 Guinness World Records, took less than a minute to cover the last leg of the uprooted bungalow's parade through town to a treed property on a dead-end street.

The house, empty lot, part of the relocation costs and other services were all donated to Habitat for Humanity Northumberland, where Farrell had been on a waiting list to buy an affordable home.

"It's absolutely perfect," Farrell, 29, said of the two-bedroom cottage. "It's like new beginnings for everything and it means the world to us."

She and Maiyah have been living with her parents for several months since she freed herself from an abusive relationship and battled financial hardship.

Fast, 52, who uses his hobby to raise money for charities, was happy to help lighten her load. Dubbed the world's strongest priest, he's served as pastor of St. Paul's Lutheran Church in Cobourg, Ont., for 22 years.

But Fast is quick to reassure doubters who suspect he gets assistance from above that while God might be pulling for him, He doesn't lift a finger to help.

"The hardest part is always getting it started. And you hope you don't hit any potholes," says Fast, whose record-breaking stunts include pulling a plane, train and fire truck.

Fuel before a feat is a cup of coffee with double cream, says the power lifter who trains by "throwing stuff around and pulling things in the street."



Strongman Kevin Fast hauls a small house 30 metres on the last leg of its trek to a new location in Brighton, Ont. The two-bedroom cottage was donated to Habitat for Humanity. His son, Matthew, handles the rope to guide him.

"You can't do this stuff in the gym," explains Fast, who pulled a 36-tonne house as a fundraiser a few years ago. To prepare weeks in advance, "I pull my pickup truck uphill for a couple of minutes until my legs are burning."

According to Meaghan Macdonald, executive director of Habitat's Northumberland affiliate, "all the stars aligned" for Saturday's event, which marked the first time a ready-built house was moved.

The municipality donated the unused lot for the bungalow, which came from Toronto couple Peter Bishop and Rennie Wilkinson, who are building a new summer home on their waterfront property in Brighton.

"We were looking for a good solution rather than just tear it down. It works out well for everybody," said

"The hardest part is always getting it started. And you hope you don't hit any potholes."

KEVIN FAST
GUINNESS WORLD RECORD HOLDER

Bishop, vice-president and CFO of Star Media Group.

Farrell's purchase agreement with Habitat comes with an interest-free mortgage and geared-to-income payments. The single mother, who has a job as a personal support worker, must also contribute 500 hours of "sweat equity."

Habitat still needs volunteers and \$45,000 to build a foundation and spruce up the place for move-in day at the end of the summer. But at least all the heavy lifting's been done.



Fast gets a big thank you from Cheyenne Farrell and her daughter, Maiyah.

ONE FOR THE BOOKS: Fast gets into Guinness, Sports Illustrated on the strength of his efforts

Fast featured among S/photos of the year

PETE FISHER

Northumberland Today

COBOURG — Cobourg's own and Canada's most famous strongman has had a busy year.

The pinnacle of the Rev. Dr. Kevin Fast's world record-setting ways of the past 11 years was reached Sept. 17 when he pulled a Globemaster aircraft weighing more than 416,000 pounds at 8 Wing/CFB Trenton. The feat brought his Guinness World Record total to nine.

 **SEND US YOUR STORY**
www.northumberlandtoday.com

But the surprises keep coming for the Lutheran clergyman from St. Paul's Church in Cobourg.

Fast is featured in the 2010 edition of the *Guinness Book of World Records* with a photo showing him pulling Cobourg

see **FAST** | Page 2



PETE FISHER Northumberland Today

The Rev. Dr. Kevin Fast shows two major publications featuring his feats of strength. Sports Illustrated's Pictures of the Year for 2009, left, includes CP/AP photographer Frank Gunn's picture of Fast setting the world's heaviest plane pull at 8 Wing/CFB Trenton in September. Fast holds a copy of Guinness World Records 2010, The Book of the Decade, featuring his pull of a Cobourg fire truck.

AY, DECEMBER 28, 2009

FAST

Local pastor featured in record book, Sports Illustrated

FROM PAGE 1

Fire Department's ladder truck on the pier in Cobourg.

In the Sept. 11 issue of *Sports Illustrated* photos of the year for 2009, a two-page picture spread by Canadian Press photographer Frank Gunn chronicle's Fast's plane pull.

"I was pretty excited when I first saw it," Fast says.

"I was quite honoured they would pick me for one of the pictures of the year."

Fast said the magazine literally went through millions of pictures and chose Gunn's photo as among the best 25 photos of 2009.

"The picture shows the immense size of the plane compared to little me," Fast says with a smile.

Admitting he wouldn't be able to do the "awesomeness" of another plane pull, Fast has his sights set on other records.

In 2010, Fast will travel to Rome, Italy, for a Guinness television show where they would like him to try to break one of his records. At this stage, Fast believes it will either be a fire truck pull or his arm wrestling truck pull.

Fast has two more world record dreams he would like to accomplish before he calls it a career.

"I'd love to pull a lake liner at the locks in the Niagara area and I'd still like to pull a train," he said.

After failing to get permission from one of Canada's rail lines, Fast's efforts were derailed, so he is trying to set up the train pull with another railway.

Throughout it all, Fast has maintained his strength is a gift from God.

"The thing you do with gifts is use them. To not use it would be a little ungrateful so I'm going to use it as long as I have it," Fast says.

RECORD: Cobourg minister drags aircraft 8.8 metres



JEROME LESSARD Sun Media

Fast set his night Guinness World Record Thursday, Sept. 17 for the heaviest aircraft pulled by an individual. Fast pulled a CC-177 Globemaster on a distance of 8.8 metres on 8 Wing-CFB Trenton's airfield, with a time of one minute and 16 seconds.



JEROME LESSARD Sun Media

Reverend Kevin Fast set his night Guinness World Record Thursday, Sept. 17 for the heaviest aircraft pulled by an individual. Fast pulled a CC-177 Globemaster on a distance of 8.8 metres on 8 Wing-CFB Trenton's airfield, with a time of one minute and 16 seconds. Fast is seen with Canadian record-keeper Carey Low a few minutes after breaking the record.

Fast sets new record

JEROME LESSARD

Sun Media

TRENTON – There was one man, one plane, one long rope and possibly a prayer. On the line was one big world record.

The record fell Thursday morning on the tarmac at CFB Trenton as Cobourg strongman Rev. Kevin Fast set a new Guinness world record for heaviest aircraft pulled by an individual.

Fast pulled a 416,299-lb. CC-177 Globemaster 8.8 metres across the tarmac of 8 Wing-CFB Trenton.

Fast broke the previous record set in 1997 by Australian David Huxley, who pulled a 412,000 pound Boeing 747-400. The Globemaster itself weighs 282,499 lbs. and was carrying 133,000 lbs. of fuel.

Thursday's record is Fast's ninth world record set since 1998.

"I still don't have the nerve to actually look that plane in the face," Fast said a few minutes after breaking the record. He considered giving up

three times during the pull, but his son kept telling him the plane was moving.

"I thought he was just bald-face lying to me. With his encouragement, I kept going," Fast said. "It was risky. I pushed it even though I was wanting to give up."

To beat the previous record, Fast had to pull the plane five metres. He was able to break the record in one minute and 16 seconds, although a time limit was not required.

"This is the most amazing record breaking I have ever seen," said Canadian record keeper Carey Low. "I mean, look at the size of that plane."

Several other record seekers have attempted to defeat the 412,000-lb. pull set 12 years ago.

"This record has stood for a long time," said Low. "It's a big deal to beat it."

Fast, 46, said he had trouble moving the Globemaster during test pulls a few weeks ago.

"Today was a lot harder than

FOR THE RECORD Breaking the ground barrier



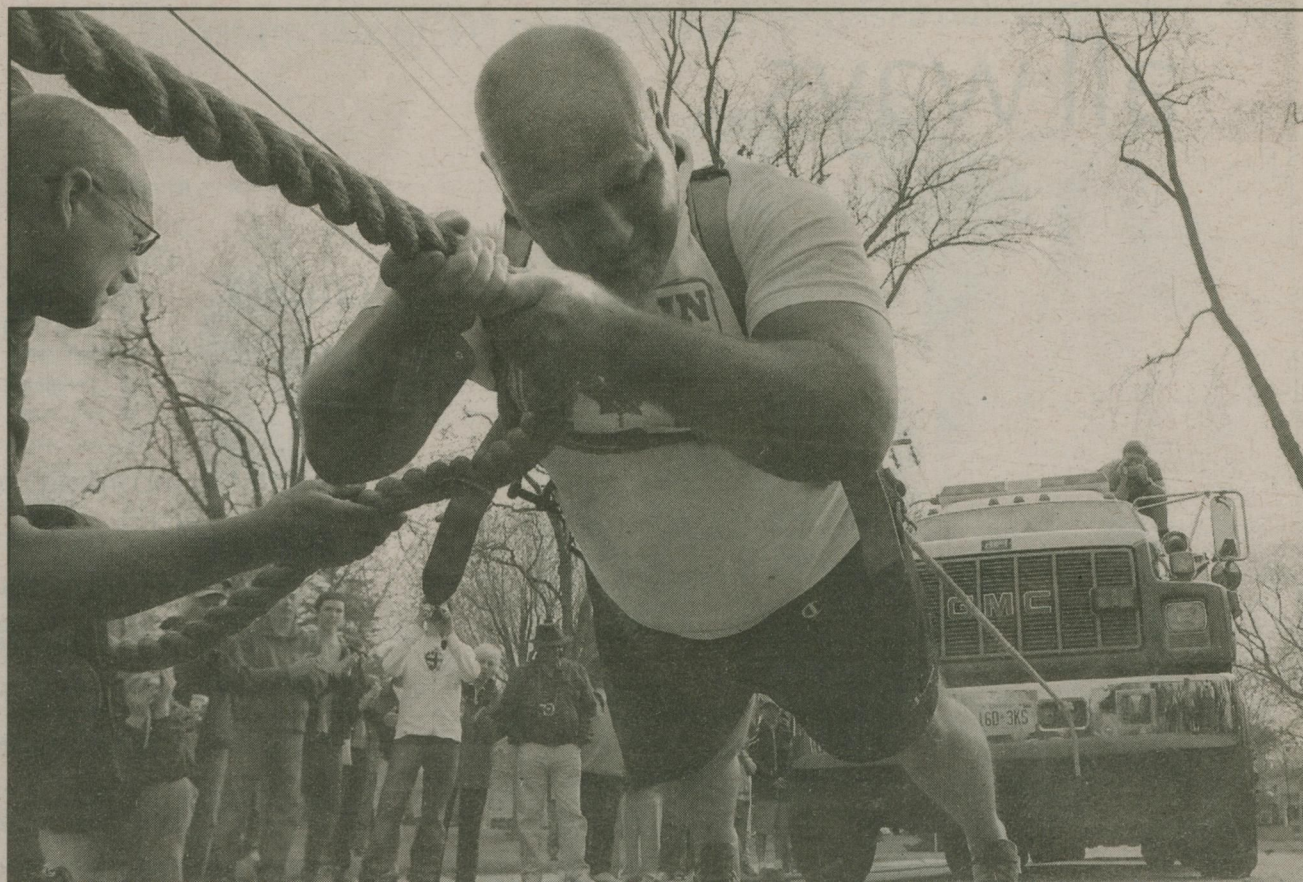
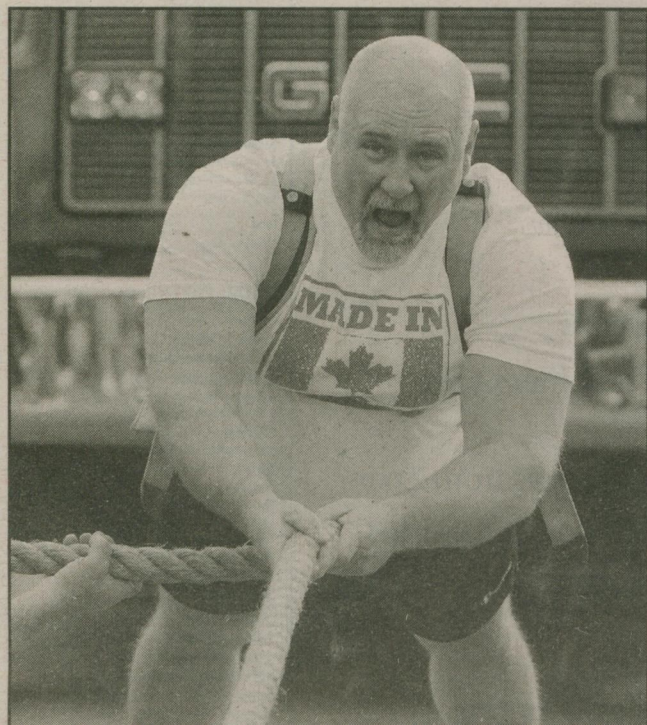
FRANK GUNN/THE CANADIAN PRESS

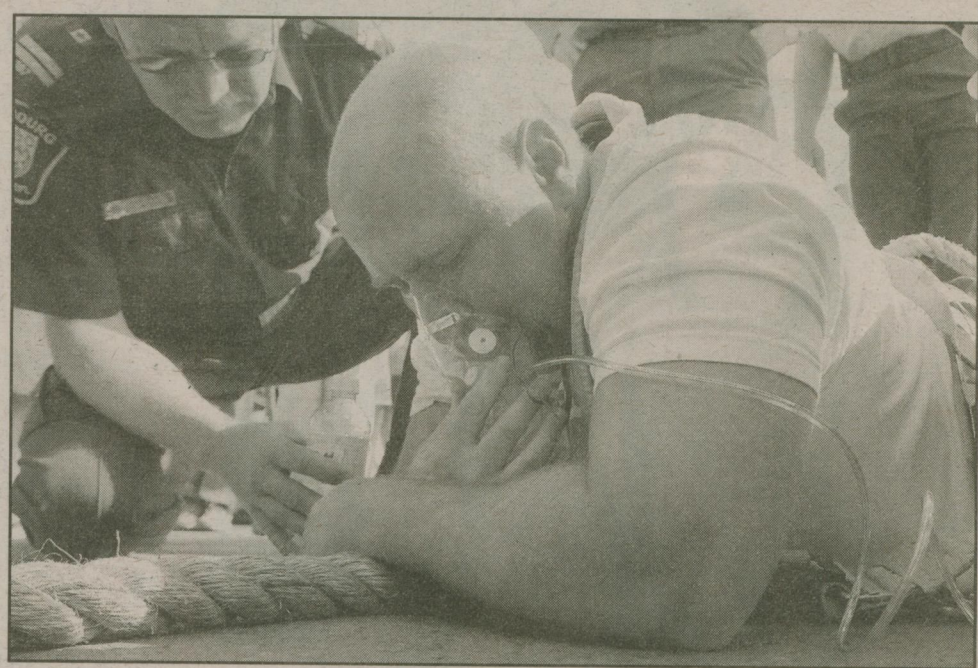
Kevin Fast of Cobourg sets a Guinness record by pulling a CC-177 Globemaster 8.8 metres yesterday at CFB Trenton. The plane weighs 188,694 kg.



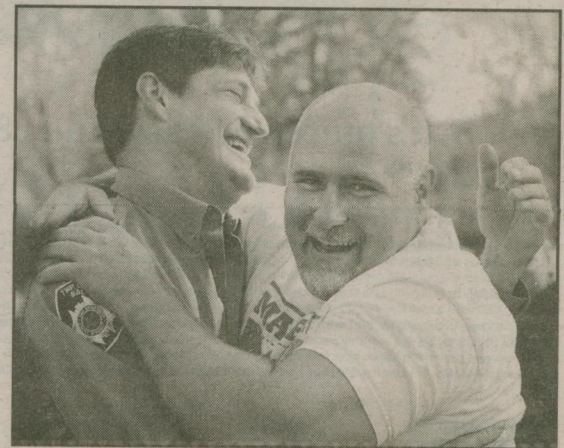
And on Sunday he rests

Truck-hauling minister shows he has a lot of almighty pull





Rev. Dr. Kevin Fast reclaimed his Guinness World Record yesterday in Cobourg by pulling two fire trucks weighing nearly 57 tonnes for 30.5 metres. Although he failed in his first attempt — above, just three metres shy of the finish line, Cobourg Fire Department Captain Brian Darling administers oxygen to Fast — his second try was successful. At right, Fast and Baltimore firefighter Rick Ash are jubilant at his success.



PETE FISHER
SUN MEDIA PHOTOS

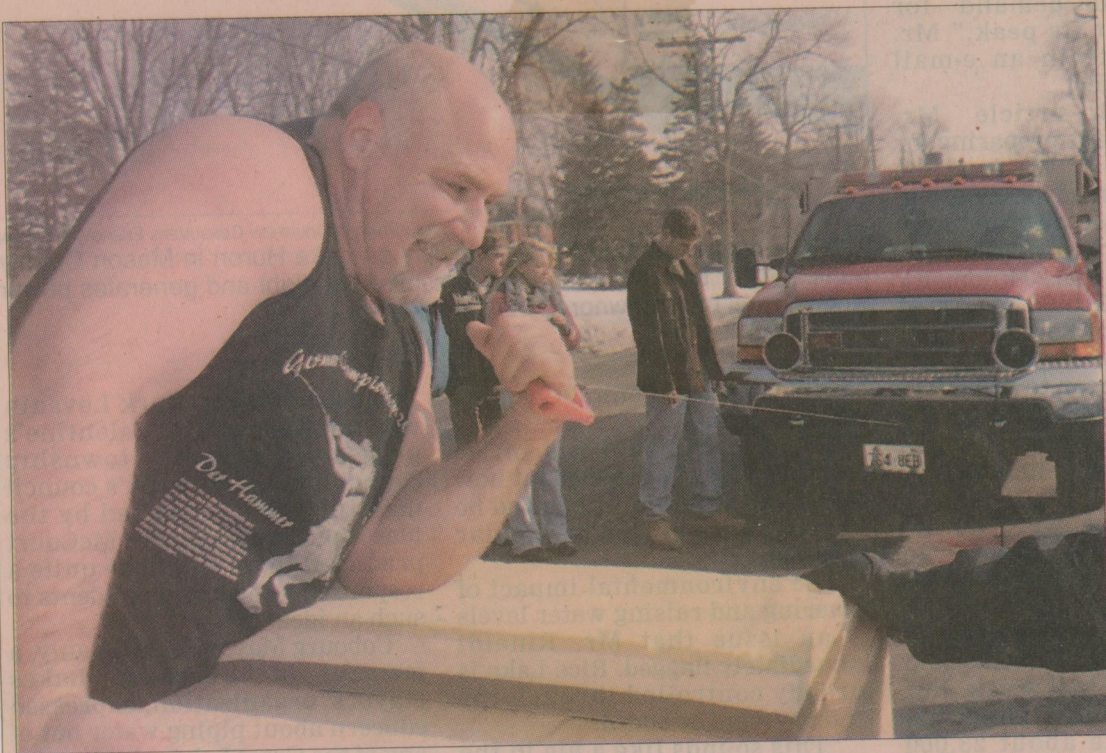


PHOTO BY PETE FISHER

FOR THE RECORD

Cobourg strongman Kevin Fast set his sixth world record Monday. Using an arm wrestling stance, Rev. Dr. Fast — joined on Queen Street by family and friends, Mayor Peter Delanty and Fire Chief Al Mann — pulled a 16,998-pound truck a distance of one foot. He beat the previous record, set in October 2001, by nearly 10,000 pounds. Rev. Dr. Fast said he had his doubts when his first attempt failed. Attributing the failure to cold muscles and the cold from the Canadian north, Rev. Dr. Fast tried it once again. "I got warmed up and I got mad," he said. For his next feat, Rev. Dr. Fast is setting his muscles on breaking the record for heaviest plane pull — a distance of 16 feet (five metres). The current record is 412,000 pounds.



PHOTO BY TED AMSDEN

FIRST PARADE MARSHAL

OCT 18-2007

Kevin Fast, known for his legendary feats of pulling heavy rolling stock over pavement, has been chosen the first parade marshal for the annual Cobourg Santa Claus parade. He will not be pulling Santa's sleigh, which will soon be refurbished for the November 18 event, but he will lead the parade and choose the Best Overall Float.

boy

Highland Games start Friday

By Peg McCarthy

COBOURG - A full day of all-things-Scottish is set for this weekend in Cobourg.

The 44th Annual Cobourg Highland Games kicks off with a free Ceilidh (Scottish Pub) on Friday, June 22, from 5 to 10 p.m. in Donegan Park. Everyone is welcome to come by and hear singer/songwriter Aengus Finnan and friends entertain, while enjoying refreshments.

On Saturday, June 23, pipe bands, highland dancers, cattle, sheep, Clydesdale horses, spinners and weavers, athletic heavy events competitors and vendors will fill Donegan Park.

Massed pipe bands will parade from Victoria Hall to Donegan at 10:30 a.m., and perform at 12:30 and 5 p.m. in the park. The Cobourg Legion Pipe Band and the Port Hope and District Pipes and Drums, Branch 30, will be joined by eight other pipe bands from the province.

The formal opening ceremonies are at 11:45 a.m.

The featured guest bands for the day are 8 Wing Pipes and Drums, the Canadian Forces volunteer pipe band that supports 8 Wing Trenton at ceremonial and official functions, and Fiddlehead, which offers a mix of traditional and contemporary Celtic and Maritime music.

Distinguished guest for the day is Ron Rollo, Presidents of the Pipers' and Pipe Bands' So-



News file photo

Cobourg resident Rev. Kevin Fast throws a 56 lb. weight, during the 2006 Highland Games. This year's event begins Friday.

ciety of Ontario.

The event also features great entertainment for the whole family. Find your family shield in the Clan tent, staffed by people who will help you trace your ancestors, dine on traditional Scottish fare, watch the sheep herding demonstration with Border Collies, and see the ancient breed of Highland cattle and Clydes graze in their stalls.

Along with the highland dancing competitions that begin

at 8:30 a.m., both professional and amateur heavy events run through the day, and feature feats of strength that draw huge crowds.

The events include the caber toss, tossing the sheaf, a 56 lb. weight throw and a height toss.

Medieval Knights will also defend the honour of a fair lady, with only one victor in the end.

Admission is \$15 per person. Anyone 16 years and under is free.

■ **HOISTING A FEW:** Successful bidders will get a rise out of local strongman

Fast will give Habitat a lift Saturday

CECILIA NASMITH

Northumberland Today

COBOURG — If you're one of the successful bidders in an unusual Habitat For Humanity Northumberland auction, Kevin Fast will give you a lift Saturday.

It's quite an opportunity, since Fast is a world-record-holding weight-lifting wonder, and that lift will be on his back on a specially constructed platform.

All for Habitat For Humanity, Habitat development manager Ed Zylka said at the announcement Monday at the Canadian Tire, where Saturday's lifts will take place.

"I spent all day yesterday building that platform in the Restore," Zylka said, pointing to the specially constructed platform on which Fast hoisted seven men on his back, clearing them an inch or two above the metal sawhorses set in place for loading purposes.

"He has done a world record with that platform already," Bill Patchett said confidently, prior to being one of the seven

see LIFT | Page 2



CECILIA NASMITH Northumberland Today

World-record-holding weight-lifting wonder Kevin Fast successfully lifts a platform Monday holding seven men. He will duplicate this feat five times Saturday in a fundraiser for Habitat For Humanity Northumberland, with spots on the platform auctioned off to the highest bidders. Meanwhile, in Monday's demonstration, these men got a freebie — (from left) Habitat development manager Ed Zylka, Canadian Tire employee Neal Kloosterhof, Canadian Tire owner Ralph Moulton, Canadian Tire employee Jason Morrison, Bill Patchett, Canadian Tire employee Peter Barr and firefighter Shawn Robertson.

■ LIFT

DECEMBER 14 - 2010

Fast to give Habitat a boost on Saturday

FROM PAGE 1

men lifted.

On Saturday, Zylka said, there will be lifts at 10 a.m., 11 a.m., noon, 1 p.m. and 2 p.m., with maybe three to five people each time.

Probably the higher number, he speculated, since Fast can easily lift 2,000 pounds.

To place your bid, call 905-373-4663 ext. 29 by Friday noon, so winners can be notified and assigned a spot. If

Hilroy

KEVIN FAST LIFTS FOR HABITAT

On Monday, December 13th at Canadian Tire in Cobourg, Kevin Fast lifted Habitat for Humanity's Ed Zylka, Canadian Tire owner Ralph Moulton, Bill Patchet and 4 friends (7 people in all!), to promote Habitat's upcoming fundraiser. The following Saturday, Canadian Tire customers bid on a chance to be lifted by Kevin with all proceeds going to Habitat. For more info on Habitat for Humanity call 905-373-4663

*Event by David Gibson
Event code: pe7mdn*



Ed, Neal, Ralph, Jason, Bill, Peter & Shawn get a lift while Canadian Tire staff wait in the wings for any dropping bodies!



Kevin clearly likes what he does!

Cobourg strongman raises people and cash for charity

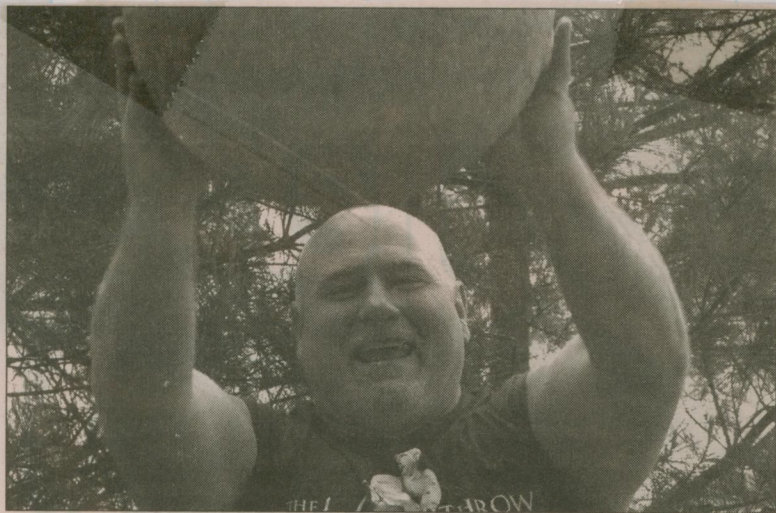
COBOURG -- Cobourg strong man, Reverend Kevin Fast, will put his powers to a good cause this weekend.

On Saturday, Dec. 18 between 9 a.m. and 2 p.m. at the Canadian Tire in Cobourg, Rev. Fast, a Guinness World Record holder, will attempt to lift five groups of four to six people to raise money for Habitat for Humanity Northumberland. The five available spaces will be auctioned off with the proceeds supporting Habitat for Humanity Northumberland, a community-based, non-profit, faith-based organization working for a world where everyone has a safe and decent place to live.

"Our mission is to mobilize volunteers and community partners in building affordable housing and promoting home ownership as a means to breaking the cycle of poverty," said the agency's volunteer coordinator, Shannon Morris. Habitat for Humanity Northumberland representatives will also be at the store selling poinsettias, donated by Canadian Tire, to raise money for the charity.

"All proceeds raised on Saturday will go to building simple, decent, affordable housing for residents of Northumberland County," said Ms. Morris.

The auction closes Friday, Dec. 17 at 4 p.m. To bid, call 905-373-4663.



PEG MCCARTHY / NORTHUMBERLAND NEWS

COBOURG -- On Saturday, Dec. 18 between 9 a.m. and 2 p.m. at the Canadian Tire in Cobourg, Rev. Kevin Fast, a Guinness World Record holder, will attempt to lift five groups of four to six people to raise money for Habitat for Humanity Northumberland.



PULLING POWER

NOV 28
2010

Canadian pulls two trucks loaded with 10 cars – 50 tonnes in total – at ST event

He practised for two hours on Friday, and drank a cup of coffee yesterday morning – all part of his routine when he has to pull his weight.

Or in this case, two cargo trucks with 10 Volkswagen cars loaded on

them – 50 tonnes in all.

That, Canadian strongman Kevin Fast, 48, did single-handedly in an incredible display of strength at The Straits Times – A Part Of My Life event held yesterday at The Float@Marina Bay.

The event, organised to thank those who made the switch to direct subscription as well as new subscribers of the paper, culminated in a grand draw for a car giveaway.

Visitors to the event were treated to performances by Baracuda

Batucada, a latin drum group from Ngee Ann Polytechnic, and Amni Musfirah, a singer from last year's Child Aid concert.

Guests had the opportunity to have their pictures taken by Straits Times photographers, and their portraits placed on a custom newspaper front page.

The newspaper's infographics artists and illustrators were also on hand to draw visitors' caricatures – at \$15 a pop, which goes to The Straits Times School Pocket Money Fund. The Straits Times has been giving away a car each year since 2005.

Mr Han Fook Kwang, editor of The Straits Times, pledged to uphold the paper's 165-year high-quality reputation.

"We want to thank our 1.4 million loyal readers, many of whom have been with us all their lives. We will continue to make The Straits Times a high-quality publication for them," he said.

Lin Yang



ST PHOTOS: NG SOR LUAN

Strongman Kevin Fast (above) pulling two trucks containing 10 Volkswagen cars at The Float@Marina Bay while his wife keeps the leverage rope out of the way. During the event's grand draw, Mr Quoh Chin Lye (left), 67, reacts in delight after winning a Volkswagen Tiguan.



TED AMSDEN Northumberland Today

Volunteers from the Canadian Mortgage and Housing Corporation and Northumberland County staff stopped their work on a Habitat for Humanity Northumberland project in Cobourg Wednesday morning to show their support for Reverend Kevin Fast's upcoming attempt to pull a house Sept. 18 in Cobourg in support of the organization. While Fast stands on the veranda, volunteers (from right) Vivian Chih, Anne Henry, Katyrn Larcher, Patty Young, Sydney Rutherford, Jennie Hayes, Renu Manocha and Linda Johnston show their strength. Note: The date of Fast's Guinness World Record attempt was incorrectly reported in a headline in Wednesday's edition of Northumberland Today.

Rev.

Record setting house pull in Victoria Park

Fast pulls for affordable housing and hopes to set a new Guinness record

COBOURG — Reverend Kevin Fast is ready to pull a house.

Rev. Fast, who currently holds the world record for pulling a 416,229-pound aircraft in 2009, has teamed up with Habitat For Humanity Northumberland to raise awareness about the need for affordable housing.

He will attempt to set a new Guinness World Record for pulling a house more than five metres. The event is set for Saturday, Sept. 18 in Cobourg.

Peter Katcher of Pollard the Mover in Lindsay has donated the company's services to transport a house from Roseneath to Cobourg for the event, and return it afterwards.

The house pull is scheduled to take place on Queen Street in Cobourg on Sept. 18 at 10 a.m. Children's activities will also be held in Victoria Park.

Officials from Guinness World Records will be on hand to verify and to launch the newest Guinness Book of World Records. Rev. Fast said he has been training for the event by pulling his pick-up truck uphill and paying frequent visits to the gym.

"I have no idea what I'm up against, but I always think I'm going to be able to do it when I try something," he said.

Wonderful weekend!

Cobourg reverend sets world record with house pull

Event benefits Northumberland
Habitat For Humanity

SEPT 23-2010

COBOURG — Reverend Kevin Fast has set another world record.

Rev. Fast, who currently holds the world record for pulling a 416,229-pound aircraft in 2009, set a new Guinness World Record for pulling a house more than 11.95 metres in one minute and one second.

The event, in partnership with Habitat For Humanity Northumberland, was held on Queen Street in Cobourg on Sept. 18 and helped to raise funds and awareness of the need for affordable housing in Northumberland.

Advertising sponsorship raised almost \$65,000 for the event and another \$950 was donated on the day.

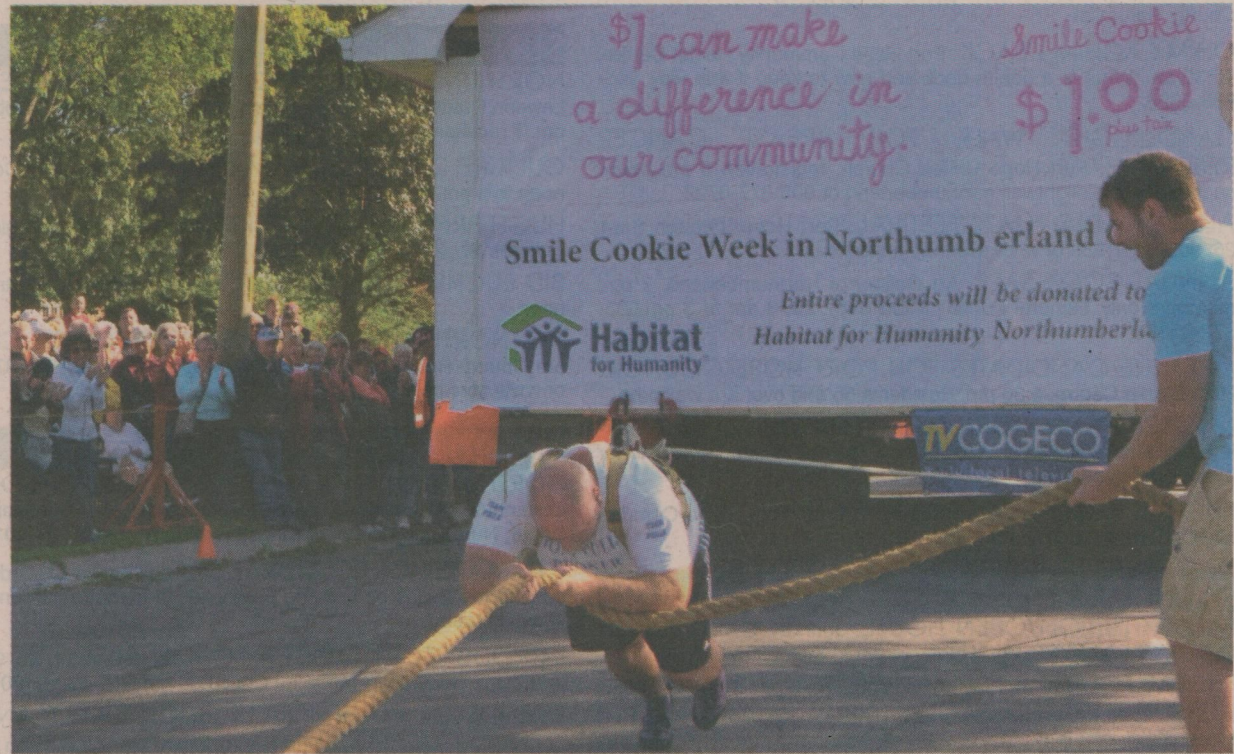
Rev. Fast got off to a slow start on the pull, but quickly recovered as the assembled crowd chanted and cheered for him.

“I wasn’t going to give up until I had nothing left,” he said moments after the pull. “The support was great. It helped me to pull harder when I heard their support. That’s why I didn’t give up.”

Peter Katcher of Pollard the Mover in Lindsay donated the company’s services to transport the house from Roseneath to Cobourg and back again.

Guinness adjudicator Carey Low was on hand to verify the pull.

“It was spectacular,” Mr. Low said of Rev. Fast’s effort.



JASON CHAMBERLAIN / NORTHUMBERLAND NEWS

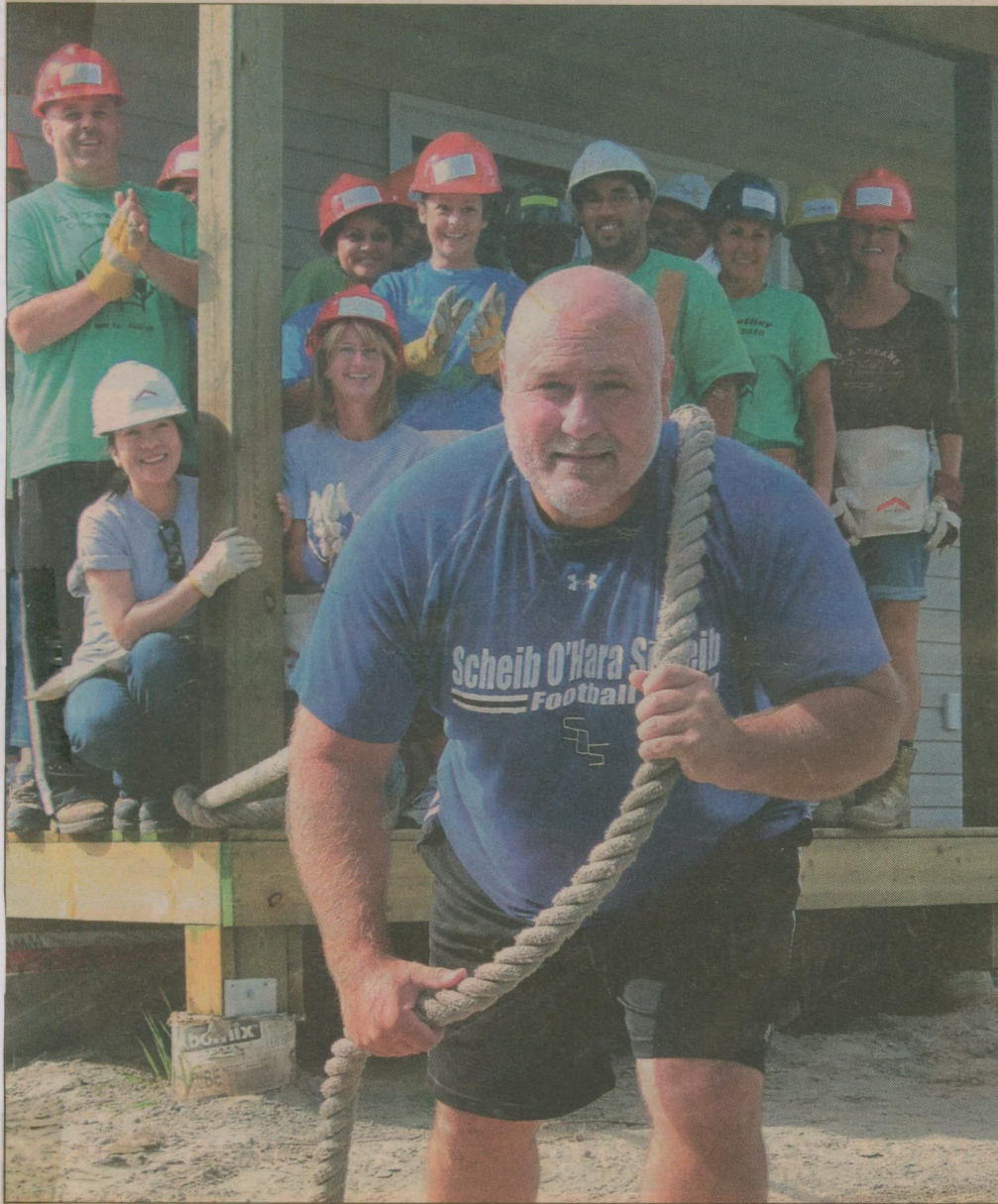
COBOURG — Reverend Kevin Fast set a new Guinness World Record on Saturday, Sept. 18 by pulling a house (79,145 kg) 11.95 metres down Queen Street in one minute and one second.



PETE FISHER Northumberland Today

Coubourg's Rev. Dr. Kevin Fast gets set to lift Caleb Dickinson, 15, Mitchell Murphy, 16, Sue Fast, Max Dickinson, 17 and Matthew Fast, 15 — a combined weight, including platform, of more than 1,000 pounds — as he trains for his attempt at the People Power Lift record. Fast will make his Guinness World Record attempt — lifting the heaviest weight for the longest time — next month in Rome, when he appears on a national television show. Fast has set nine Guinness World Records during his career as a strongman.

Pulling for affordable housing



MOYA DILLON

mdillon@northumberlandnews.com

COBOURG -- Reverend Kevin Fast will be pulling for more than just a world record during his planned attempt to pull a house.

Rev. Fast, who currently holds the world record for pulling a 416,229-pound aircraft in 2009, has teamed up with Habitat For Humanity Northumberland to raise awareness about the need for affordable housing.

"I hope to raise awareness for Habitat For Humanity and what they do," Rev. Fast said.

"I hope people will be as impressed with it as I am. Helping low income people put a roof over their heads is important. If we can raise some money and awareness for them then we've done something worthwhile."

Rev. Fast will attempt to set a new Guinness World Record for pulling a house more than five metres. The event is planned for Saturday, Sept. 18 in Cobourg, pending approval from Town council.

"We were thinking of what we could do that was new and exciting, and this hadn't been done before," said Kim Lauder, executive director of Habitat Northumberland, of the event.

"We want to make sure people understand affordable housing is an issue, even in Canada. We want to address that need, but at the same time have some fun."

Peter Katcher of Pollard the Mover in Lindsay has donated the company's services to transport the house from Roseneath to Cobourg for the event, and return it after. The house pull is scheduled to take place on Queen Street in Cobourg on Sept. 18 at 10 a.m. Children's activities will also be held in Victoria Park.

Officials from Guinness World Records will be on hand to verify and to launch the newest Guinness Book of World Records. Rev. Fast said he has been training for the event by pulling his pickup truck uphill and paying frequent visits to the gym.

"I have no idea what I'm up against, but I always think I'm going to be able to do it when I try something," he said.

MOYA DILLON/NORTHUMBERLAND NEWS

COBOURG -- Reverend Dr. Kevin Fast plans to set yet another Guinness World record by pulling a house on Saturday, Sept. 18. The Reverend's latest attempt will benefit Habitat for Humanity Northumberland.



PHOTO BY PETE FISHER

LET'S SHAKE ON IT

Angus the Elephant shakes hands with Cobourg's resident strongman, Rev. Kevin Fast, at the Bowmanville Zoo. Rev. Fast will engage in a tug-of-war with the 23-year-old, 12,800-pound African elephant at Port Hope's Memorial Park Saturday afternoon at 4:30, as part of that town's Float Your Fanny Down The Ganny celebrations. Angus will also be available for rides along Port Hope's Walton Street, from 10:30 Saturday morning.



Fast filmed for TV show

Pastor Kevin Fast demonstrates his firetruck pulling ability for Ripley's TV audience

By CECILIA NASMITH
STAFF WRITER

COBOURG — Pastor Kevin Fast will make his debut on American television in January doing his specialty — pulling firetrucks.

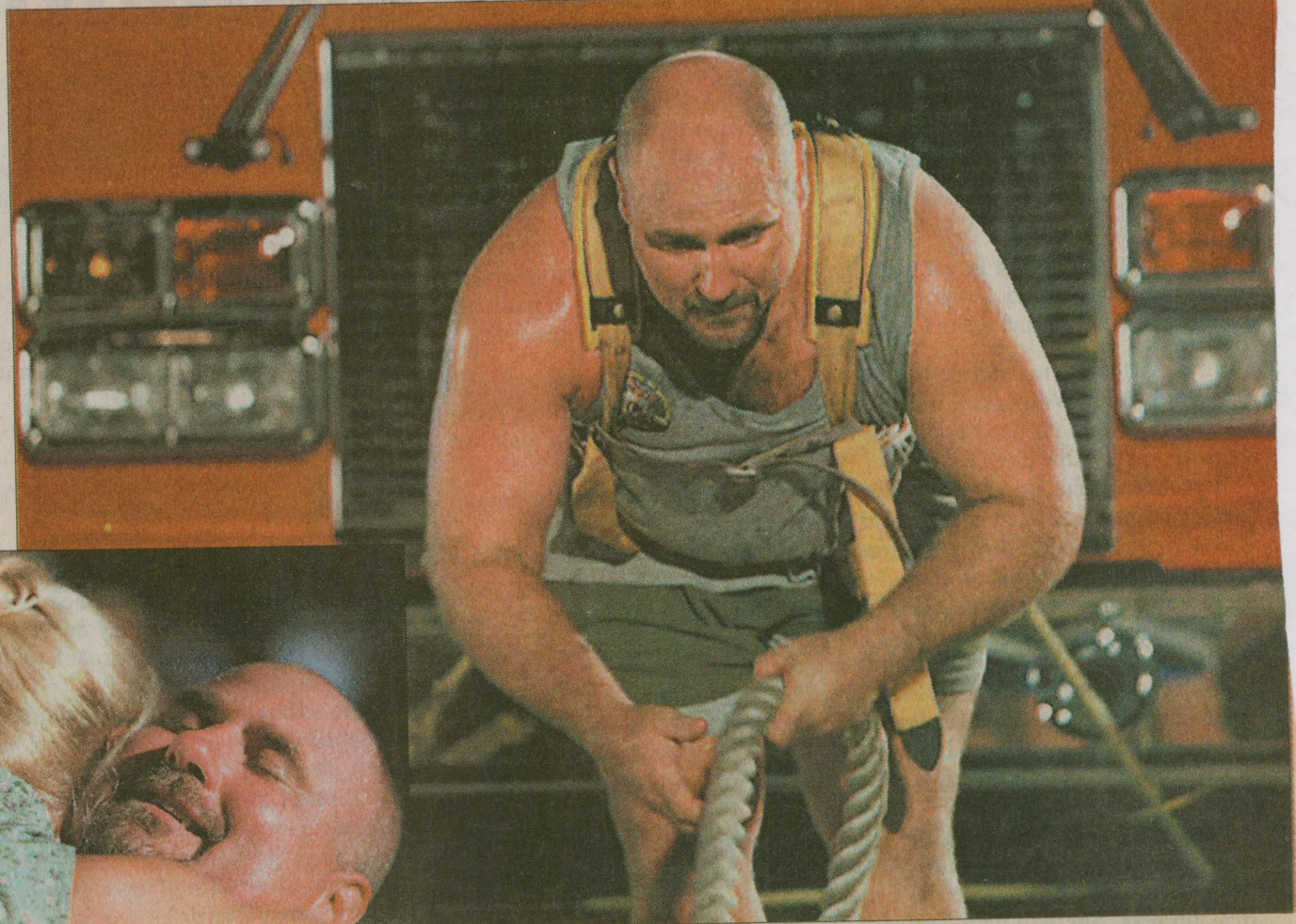
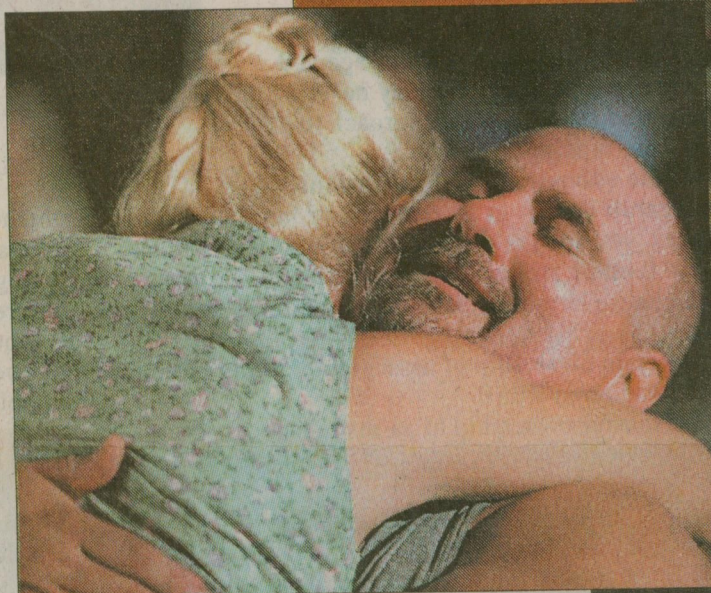
Local fans of the heavy-events champion have long admired his ability, which brought him a Guinness Book of World Records listing for pulling the heaviest load a given distance in the fastest time: a 16-ton firetruck 100 feet in 33.69 seconds. That pull was completed in downtown Cobourg in October 1998, with local residents cheering him on.

Now, thanks to Cobourg residents Harold and Sylvia Brown, he will be featured on the first episode of the new TV show *Ripley's Believe It Or Not*.

The Browns set that particular chain of events in motion when they sent news clippings of his Guinness listing to their son in Orlando, Florida — who happens to be a Ripley's employee.

"They just put it in their file and, when the show was coming up, they decided to ask me as one of the people for the show," the pastor said.

Ripley's sprang for the airfare and accommodations to take Pastor Fast and his wife to St. Augustine, Florida, at the end of August. This is the oldest city in the United States and the location of the first



PHOTOS BY RALPH D. PRIDDY

Heavy event

RIGHT: the film crew is in place and Pastor Kevin Fast is harnessed up and ready to pull two firetrucks. Note the bowling pins to mark distance at the bottom left. The Ripley's museum is not visible because the segment was filmed at night.

TOP: the pull begins. ABOVE: he hugs his wife Sue after successfully pulling the trucks.

Ripley's museum. They will be filming Ripley-worthy feats in front of each of their many museums across North America, he explained.

He modestly said that all he did was pull two firetrucks.

"There was no (minimum) speed

or distance involved, so I may have pulled them 25 feet."

The Fast children — aged eight, six and four — are pretty excited about their father being on television.

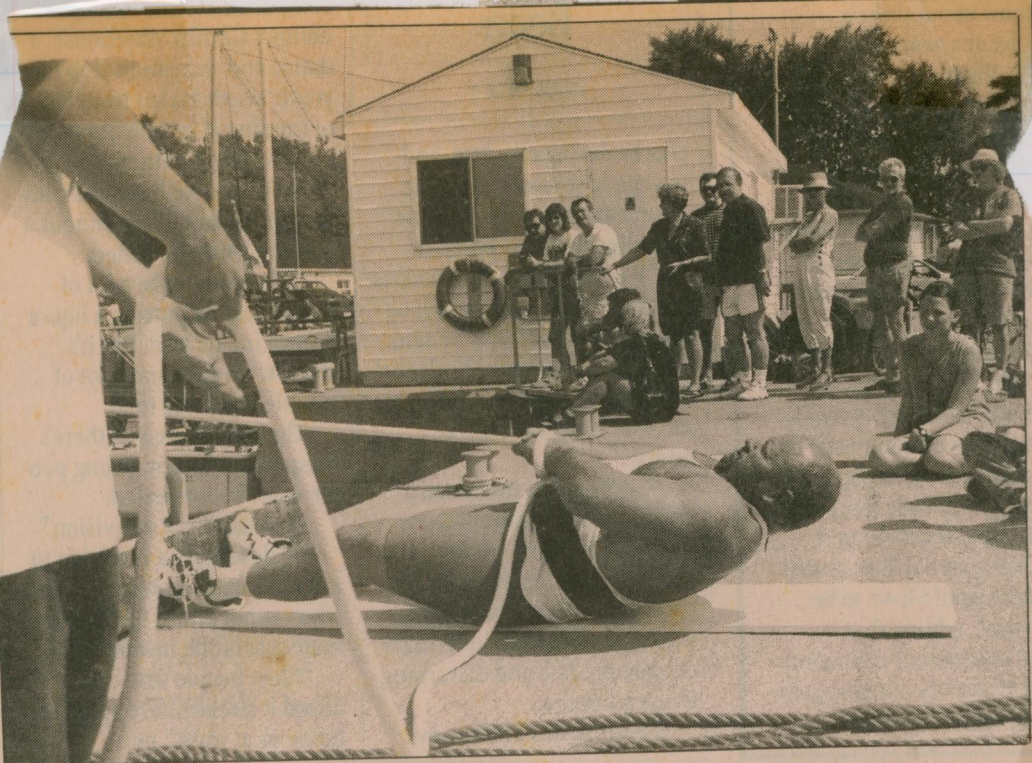
But for the pastor and his wife,

three days in Florida was the best part of the whole thing.

"They gave us V.I.P. passes, so we got to see everything for nothing — they treated us very well," he said.

"And that's enough."





Fast and furious — Kevin Fast, pastor of Cobourg Lutheran Church, pulls the Canadian Coast Guard cutter *Advent* across Cobourg harbour on Monday. Pastor Fast recently turned professional in the Scottish Highland Games heavy events. Using a rope tied to the front of the 72-tonne vessel, he pulled it about 45 metres (150 feet) within a minute against a steady breeze. The stunt was used to promote boater safety and to hype a strong man competition making its debut at the Port Hope Fall Fair on Sept. 13.

Photos by Brian McNair



1997

Fast new fire department chaplain

By VALERIE MACDONALD
STAFF WRITER

Cobourg's fire department has a chaplain.

Fire Chief Al Mann introduced Reverend Kevin Fast to town council on Monday night.

A working relationship already exists between the department and Rev. Fast because of his strongman pursuits. He has repeatedly pulled one of the town's fire engines and will be doing it again in front of Victoria Hall as part of the Waterfront Festival weekend. Rev. Fast is seeking a Guinness Book of Records title in a pull which is planned to immediately follow Saturday's Canada Day parade.

"There is not a lot of need for pulling a truck to a fire," he joked. Instead, the kind of services he will provide for the department includes counselling firefighters, representing the fire department at various events and he will provide representation at the county level when recognition is required due to the death of a fire fighter, council heard from Chief Mann.



Reverend Kevin Fast

Cobourg Mayor Peter Delanty thanked Rev. Fast for his commitment to the community in both his capacity as a pastor and a strongman.

■ **ONE FOR THE BOOKS:** Fast earns another mention in Guinness World Records

SEPTEMBER 19 - 2011



PETE FISHER Northumberland Today

Cobourg strongman Kevin Fast set another world record Saturday at YMCA Northumberland. His next mention in the Guinness World Record Book is for lifting a platform bearing 10 people with a combined weight of 1,505 pounds for five seconds. His other feats include pulling everything from fire trucks to airplanes to houses.

Above: Volunteer Jason Jackson helps Guinness World Records marketing manager Stuart Claxton with the weighing of 10 individuals who volunteered to be part of Fast's latest record attempt. Near left: Fast lifts the platform for five seconds. Far left: A jubilant Kevin Fast displays his latest Guinness World Record certificate.



The Fast's team up, believe it or not

TED AMSDEN

Northumberland Today

COBOURG — Keeping up with the Fast's - specifically the Reverend Kevin Fast and his son Jacob Fast - is a hard thing to do. They like to pull things. Lift things. Things that ordinary mortals can only fantasize about moving because to even think about moving the stuff the Fast's move is just too crazy.

On Saturday, June 18, 2011, for the first time ever, this dynamic duo from Cobourg will hook themselves up to not just one, but two aerial fire trucks. The Cobourg and Port Hope fire departments are supplying the trucks for this short historic pull along Queen Street in Victoria Park. The pull starts at 10 and Fast Senior says it will all be over by 10:01, so don't show up late.

World renowned hauler of heavy things, Reverend Kevin, who has a bunch of Guinness Book of World Record notches on his pulling harness, wants to get his son Jacob into the record book as well, so he came up with the idea. Son Jacob, who attributes his strong arm ways to drinking gallons of milk, has been hitting the gym with an eye to participating in the Highland Games and strong man competitions all summer. He says he is in a mood to get it on alongside dad.



TED AMSDEN Northumberland Today

From left, Shannon Morris, Ed Zylka and Conrad Thompson of Habitat for Humanity Northumberland watch as strongmen Reverend Kevin Fast and his son Jacob Fast muscle up in preparation of this weekend's big pull in Cobourg's Victoria Park.

Fast Junior is no lightweight when it comes to possession of the same need-to-pull genes that his father so admirably displays. The two of them drive around looking for hills to park their old family pickup on so they can experience the fun and the joy of hauling it up a hill - together.

Yep, Dads of the World...how does that make you feel? About the last thing you and your son probably hauled together was the groceries out of the family car.

A sanctioned event by Guinness, this will not be a father/son attempt to set a world record. Rather it will be a two man record they will attempt when they strap in, lean forward and attempt to haul 160,000 pounds of fire truck along the asphalt which they must do for a minimum of 100 feet.

Whew! And, that's not the only thing Fast Senior has planned for the day. At 11 a.m., after dazzling everyone with his pulling strength, he is planning to perform for

Ripley's Travelling Road Show.

Standing under a platform containing 15 to 20 people, he will use his back to raise the platform with its load of people from the surrounding supports.

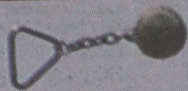
Ripley's Believe It or Not will have crew on the spot photographing and filming both events for display in their museums around the world. Fast Senior declined repeatedly to confirm that this was a paying gig, but his smile was pretty big.

This event was cooked up pretty quickly according to Ed Zylka, development manager with Habitat for Humanity Northumberland. Consequently, there will be no promotion with names on the sides of the trucks paid for by local businesses as there was last year when Fast pulled a house and the truck hauling it as a fundraising event for the organization.

That said, according to Zylka, the big Habitat miniature model home that collects donations from the public will be on site and ready for any and all donations that come as a result of witnessing the Fast's' intended feats of amazing strength.

Habitat has been supplying affordable housing for families in Northumberland for many years and relies on community support during events such as these.

tamsden@northumberlandtoday.com



Above: A judge takes notes as he evaluates the Paris-Port Dover Pipe Band Saturday morning in Victoria Park. The band was competing in the PPBSO Grade V Bands Competition.

2011 KINCARDINE SCOTTISH FESTIVAL & HIGHLAND GAMES



Guelph's Dean Curtis admires his hammer throw in a clear, blue sky Saturday at the harbour. The weather was perfect all weekend.



Above: Stephen Starrett of Michigan is evaluated in the International Amateur Piob. solo piping Saturday morning, just east of Victoria Park.



Above: The Kincardine Scottish leads thousands of supporters back to Victoria Park.

Below: If you marched with the Kincardine Scottish at Saturday night's pipe band parade, chances are you made it into this photo, taken from the roof of Gilley's Feed Lot



PHOTOS BY
JOSH HOWALD

Right: Reverend Kevin Fast gets behind the hammer at Station Beach Saturday during the Heavy Events at Station Beach.



■ **HE'S GOT PULL:** Stunt supports Fare Share

'Santa Claus' sets a new world record

PETE FISHER

Northumberland Today

COBOURG - Santa Claus (Reverend Dr. Kevin Fast) paid a visit to Cobourg on Monday, Nov. 18 to set a Guinness World Record.

In front of hundreds of students, and cheered on from Mrs. Claus, Santa pulled the heaviest sleigh along with a trailer and cab weighing 19,950 kg for a distance of 30 metres to set the world record on Queen Street.

"I had perfect conditions. It was a perfect pull for Santa," he said. "Lifting bags of toys is not easy. It keeps me in pretty good shape, as Santa proved today."

Santa had just used the sleigh in the Cobourg Santa Claus parade on Sunday afternoon and before heading back to the North Pole, he set the record and also raised close to 1,000 pounds of food for the Northumberland Fare Share Food Bank.

Helping make the pull a success were Rutherford, MJ Express and Scotiabank.



Santa Claus (Rev. Dr. Kevin Fast) and his wife Mrs. Claus (his wife Suzanne) get set to head back to the North Pole after Santa set a world record.

PETE FISHER/NORTHUMBERLAND TODAY

peter.fisher@sunmedia.ca



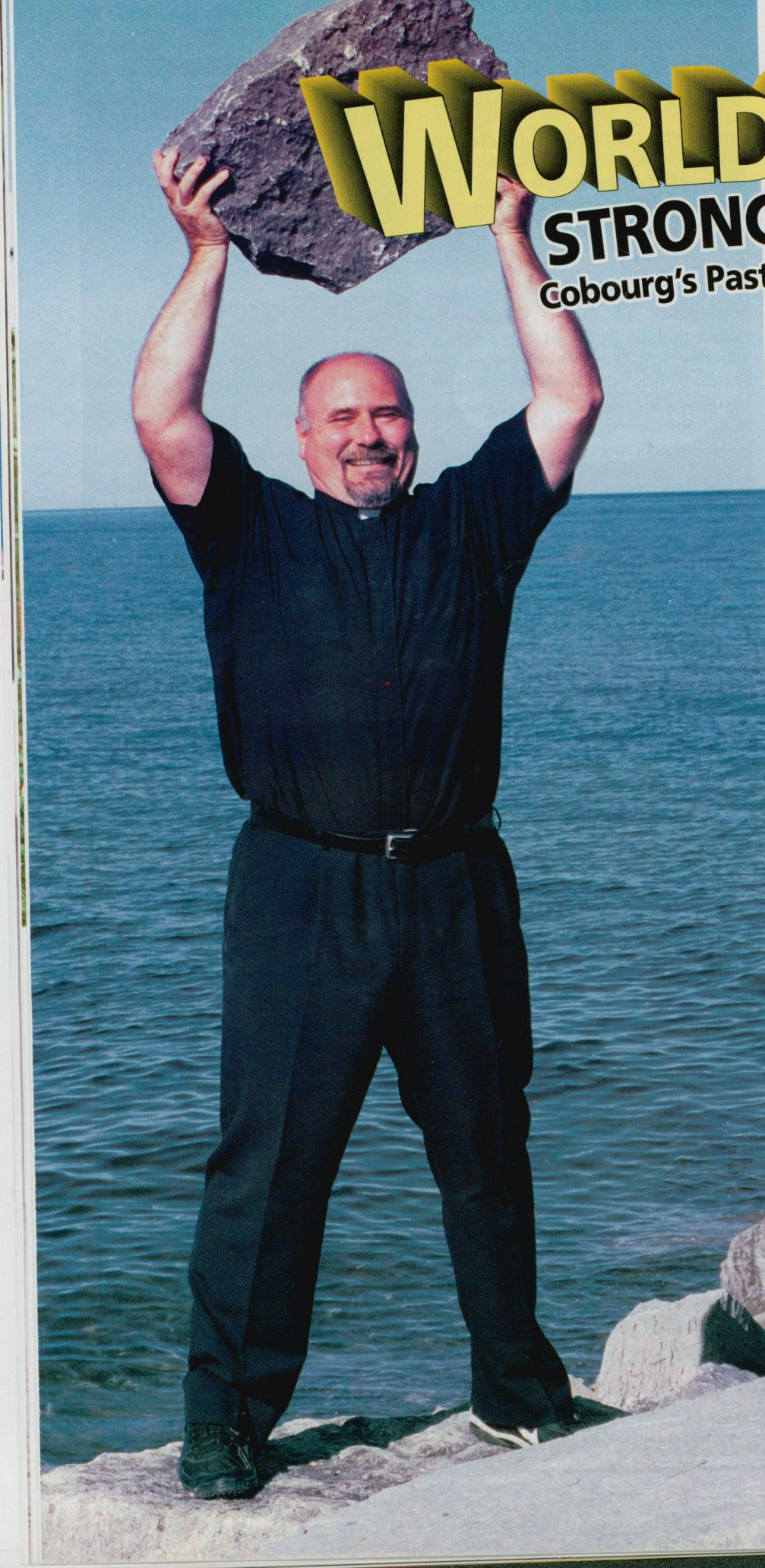
PETE FISHER/NORTHUMBERLAND TODAY

Santa Claus is surrounded by his "little" elves — Kevin Fast's sons Jacob and Matthew — before the pull.



PETE FISHER/NORTHUMBERLAND TODAY

Volunteers load up food items for Northumberland Fare Share Food Bank.



WORLDCLASS

STRONGMAN

Cobourg's Pastor Kevin Fast

He can leg-press ten men or more and shot-put a 60-pound stone across a football field. He can pull a fire truck single-handedly down main street — and he does it all with the good Lord's blessing. Karen Hawthorne explains

Kevin Fast is no ordinary man. For fun, he pulls his old Dodge pickup from the stop sign at the end of his street up the incline to his house — with his wife in the cab steering. He's a Lutheran minister who preaches his Sunday sermon in under eight minutes. And he holds two Guinness World Records.

Back in October, 1998, he pulled a 16.48-ton fire truck 100 feet along the main street in Cobourg in 33.69 seconds. On Canada Day this year, he pulled a 28.3-ton fire truck over 100 feet in front of Cobourg's Victoria Hall.

"There's no accounting for it," he says with a smile and a shrug. He's dressed in clerical black for receiving congregation members and curious reporters at his house in suburban Cobourg. There are no trophies or plaques on the wall, photographs of his magnificent feats or Power Bars stashed in the corner — no signs of his signature strength. Instead, there's a Dickens' Christmas Village set up along the bureau and an assortment of small teddy bears lounging on the furniture.

Interesting. So this is one of the world's strongest men. He's the Superman of Cobourg — a quiet, mild-mannered minister of St. Paul's Lutheran Church by day and, after hours, a heroic fire-truck-pulling miracle man.

It's a mystery all right. At 5'9" tall and 250 pounds, he's no Goliath. He likes junk food and "anything with gravy" and he spends under an hour at the local YMCA about four days a week. When he's training for a "pull", he does a "ton of reps" for two sets of squats (lifting 1,000 pounds), dead lifts and leg presses (up to 2,000 pounds). As for brain power, this year will see the completion of his PhD in theology.

But mostly, the 38-year-old St. Catharines native says he's interested in his hobbies — gardening and weightlifting — and his family which includes his gregarious wife Suzanne and three rambunctious kids. Kevin is a little more reserved than his progeny, despite his celebrity status. He's appeared on television's *Ripley's Believe It or Not!* and *The World's Most Awesome Record Breakers*. He runs the Port Hope strongman competition every year, and competes in heavy events like the sheaf throw (hoisting a 20-pound sack of grain with a pitchfork) and the caber toss (throwing a tree trunk end over end)

at Scottish Highland Games in North America. He's ranked in the top 10 on the circuit. In July, Kevin starred in a Toronto Argos halftime show, hurling a transport truck tire across the field, dressed in his kilt.

So how does he do it? How does he pull a fire truck in the midday summer heat? And WHY? The curious thing is, he really can't say. "I do it on a pull and a prayer," he laughs. "Two months before, I tried to pull that truck and couldn't budge it." The previous record for the "heaviest truck ever pulled over a 100-foot distance" belonged to Chief Iron Bear from the U.S. "He's a giant. He must be 400 pounds."

About four years ago, Kevin saw a strongman competition on TV that sparked his interest. "I thought, 'Hey, I bet I could do that'." And so he did.

The hazards of his truck-pulling passion? Shin splints and constantly buying new shoes for the pulls because of a "couple thousand pounds" of pressure that ruin them. "There are no shoes made for truck-pulling," he says, so he uses climbing shoes for the grip effect. And although there aren't any immediate plans for his next stunt, there are always possibilities.

"If someone had a 400-ton boat to pull for a Guinness record, I'd do it." ✪

SUPERMAN STATS

Height: 5'9"

Weight: 250 POUNDS

Age: 38

Residence: COBOURG

Occupation: MINISTER

Hobby: WEIGHTLIFTING, GARDENING, AND WINNING MEDALS FOR THE CABER TOSS AT SCOTTISH HIGHLAND GAMES

Favourite snack food: FRIES AND GRAVY

Claim to fame: PULLED A FIRE TRUCK DOWN THE MAIN STREET IN COBOURG

2 Guinness records: PULLING THE HEAVIEST VEHICLE IN THE FASTEST TIME; PULLING THE HEAVIEST VEHICLE THE LONGEST DISTANCE EVER.

Motto: LIVE DAY BY DAY — BECAUSE YOU NEVER KNOW WHAT MIGHT COME UP.



Big pull: On Canada Day, Pastor Fast pulled a fire truck down Cobourg's main street

MAY 14 - 2015

Pulling for Dementia



CLIFFORD SKARSTEDT/POSTMEDIA N

Cobourg's Rev. Kevin Fast, front, the world's strongest priest, leads a team of determined supporters outside the fire headquarters on Sherbrooke Street in Peterborough Tuesday to promote the Pulling for Dementia event planned for Sept. 18 from 10 a.m. to 4 p.m. at the Memorial Centre parking lot to benefit the Alzheimer Society Peterborough, Kawartha Lakes, Northumberland and Haliburton.

Dementia pull event personal for strongman

TAYLOR BRODERICK

SPECIAL TO POSTMEDIA NETWORK

The Alzheimer Society and its sponsors launched the second annual fire truck pull fundraiser at the Sherbrooke Street fire hall on Friday morning.

The fire truck pull will take place Sept. 16 at the Memorial Centre. It will help raise money and awareness for dementia.

More than 20 teams have already registered to participate in the pull. The cost to register a team is \$1,000. Teams are made up of either 10 men or 12 if all women or mixed. The idea is each team will pull a fire truck for 25 feet and see who pulls it in the shortest time.

Last year's pull raised over \$1,500 and Susan Dunkley, fund development co-ordinator, says the goal is to double that amount in this year's fundraiser.

"More and more people are suffering with dementia at younger

ages. So I want to raise awareness and I wanted to raise money in a fun way," Dunkley said.

Strongman Kevin Fast, the honorary chairman, will once again be at the fundraiser helping to assist and train the teams. Fast, a minister at St. Paul's Lutheran Church in Cobourg, has broken more than 25 Guinness world records that include pulling houses, airplanes and fire trucks.

He says this event is important to him for a personal reason.

"My dad has advanced Alzheimer's so it's something that's close to my heart. I hope that they can raise awareness and some money for research and have a go at this disease as well," Fast said.

The top prize to the individual who raises the most will get tickets to the 2017 Boots and Heart music festival. The team who raises the most will get a box at the Face Off Against Dementia game between the Peterborough Petes and the Oshawa Generals in January.



CLIFFORD SKARSTEDT/EXAMINER

Strongman world record holder Kevin Fast, of Cobourg, the honorary chairman of the Pulling For Dementia event, is joined by supporters taking part in a press conference on Friday at the fire hall on Sherbrooke St. in announcing details for the Sept. 16 fundraiser at the Memorial Centre supporting the local Alzheimer Society chapter by raising money for programs and support for people living with Alzheimer disease. Last year more than \$15,000 was raised.



YMCA
Northumberland

PULLING TOGETHER FOR STRONG KIDS

presented by



Guinness World Records will be on site at Cobourg YMCA to witness Northumberland Strong Man and multiple world record holder Kevin Fast attempt to establish a new world record for the most cars pulled by an individual.

Kevin Fast (Canada) pulled a CC-177 Globemaster III, weighing 188.83 tonnes (416,299 lb), a distance of 8.8 m (28 ft 10.46 in) at Canadian Forces Base in Trenton, Ontario, Canada, on 17 September 2009.

WHEN & WHERE

Saturday Oct. 25

Cobourg YMCA 339 Elgin St. West

- 11:15am Kevin's Car Pull
- 11 - 12:30pm Tug of War Challenges
- 11am - 1pm BBQ Hosted by JJ's
- 11am - 1pm Strong Kids Games
by Kawartha Olympic Wrestling Club

IN ADDITION TO THE CAR PULL THERE WILL

Tug of War competition
Strong Kids Games
BBQ Hosted by JJ's



BBQ proceeds will go to
YMCA Strong Kids Campaign



YMCA Northumberland

339 Elgin St, West Cobourg, ON K9A 4X5
905.372.0161 • ymcnorthumberland.com



United
Northumberland



PETE FISHER/NORTHUMBERLAND TODAY

Andrew Younghusband and Rev. Kevin Fast cross the finish line in Cobourg over the weekend.

In the end, they had pull

Pair haul three firetrucks for new Guinness World Record

PETE FISHER

COBOURG — Rev. Kevin Fast just keeps on toppling Guinness World Records.

Fast — with the help of Andrew Younghusband, host of *Canada's Worst Driver* — made it into the Guinness World Records for the 25th time over the weekend by pulling three fire trucks — weighing 82 tonnes — 30.5 metres along a street.

"A lot went wrong but finally it went right," said

Fast, who decided to take on the challenge after he was contacted by the Discovery Channel.

Younghusband said the feat will be presented on a show called *Tougher Than It Looks?* "We realized if we wanted to do it, we should hook up with someone whose done multiple times before," said Younghusband. "Kevin Fast had broken 24 records before (the latest one) and we wanted to know is it tougher than it looks."

Cameras filmed the event

for the show and an adjudicator from Guinness World Records in New York flew in to confirm the record.

Fast said he thought the pull would be "routine."

He thought wrong.

Off the start, both harnessed men pulled with their might to no avail. Fast stood up, unbuckled himself from the harness and walked away.

Moments later, it was determined one of the trucks' airbrakes were on, making it impossible to

move the vehicles.

"When we tried and went nowhere my heart broke," added Younghusband.

The pair re-grouped, buckled themselves in with the harnesses and went back at it, finally moving the fire trucks.

When the front bumper crossed the finish line, people started yelling the pull was complete — but it wasn't.

The adjudicator ruled they had another 1.2 metres to go. It took another 80 seconds for the duo to succeed.

NOVEMBER 9-2012 email responses to northnews@northumberlandnews.com

Cobourg's Kevin Fast a great role model for everyone

It's one thing to set a goal to get in shape, but to aspire to pull a train -- that takes some gumption.

And gumption is something Cobourg's Reverend Kevin Fast isn't short of, having broken numerous world records and gaining international fame in the process.

At 49, the local reverend is nothing short of a miracle, having pulled two 16-ton trucks, a plane, and a 40-ton house all in the name of record breaking or fundraising.

Although pulling a firetruck may seem like small potatoes to him now, strength training is not something he was born into. He didn't grow up around weight lifting --

his father wasn't into it, nor was anyone else in his family.

His desire to lift weights was ignited by a set of dumbbells he saw in a catalogue.

That little spark of excitement shows it doesn't take much to get a bonfire going when passion and drive are fuelling the flames.

At just 12 years old, he began following the exercise charts that came with the dumbbells. Over the years, his curiosity about strength remained and when he moved to Cobourg at age 30, he found a new outlet for his hobby: joining the strong men and women competing in the community's Highland games. Eventually, his

talents brought him to the professional level and he has travelled to Scotland, Germany and Norway for events.

But he didn't stop there. Watching someone pull a firetruck on TV inspired him to achieve his first Guinness World Record for heaviest truck, 16 tons, pulled more than 100 feet in 1998. The next year, he broke his own record, pulling two 16-ton trucks the same distance. And still, he didn't stop. In 2009, he pulled the 208-ton CC-177 Globemaster at CFB Trenton, a feat which also raised \$65,000 for Habitat for Humanity. Over the years he has used his strength to raise funds for a variety of charities including the Lung Association, Tim Hortons

Kids' Camp and Habitat for Humanity. In 2010 he pulled a 40-ton house for Northumberland Habitat for Humanity.

He is living proof that if you put your heart into it, you can achieve anything.

Take a page out of Rev. Fast's book and make the most out of the gifts within. If he can pull a train, what's to stop someone from becoming the prime minister, starting their own business, making some diet changes and getting in shape, or even going back to school and getting a high school diploma?

When heart meets head, boundaries become opportunities and opportunities become limitless.

Cobourg strongman gets another Guinness World Record

**Kevin Fast pulls
15 Mazda cars for
YMCA Strong Kids**

Karen Longwell
klongwell@northumberlandnews.com

COBOURG -- With a crowd of supporters cheering him on, Reverend Kevin Fast pulled 15 cars in his attempt to set a world record.

Rev. Fast was trying to set a Guinness World Record for the most cars pulled by an individual. Cobourg Mazda supplied 15 cars and Rev. Fast successfully pulled the vehicles five metres at the Cobourg YMCA, on Saturday, Oct. 25.

While Rev. Fast holds numerous records for pulling heavy items, including a CC-177 Globemaster III aircraft, weighing 188.83 tonnes, at CFB Trenton, this was the first time he has attempted to pull the most vehicles, he said. The pull lasted just 11 seconds and a large crowd gathered to watch in the YMCA parking lot erupted in cheers. Rev. Fast hugged his wife Sue Fast after completing the challenge.

"It always feels great," said Rev. Fast on



COBOURG -- Reverend Kevin Fast successfully pulled 15 Mazda cars a distance of five metres at the Cobourg YMCA. The event was a fundraiser for YMCA Strong Kids.

Karen Longwell / Northumberland News

NOVEMBER 6-2014

his success.

A long-time member of the YMCA, Rev. Fast did some special training for the event.

"I pulled my pickup truck up hills," he said.

Representatives from Guinness World

Records did not attend the event but a video and other information will be sent to the organization.

This was the first time Mazda cars were used for this type of world record, said Matt McMurray, general manager of the Cobourg Mazda, but Mazda has attempt-

ed other record challenges such as the longest parade and the most cars sold, he said.

YMCA Cobourg general manager Leslie Murray said she was pleased with the turnout for the fundraiser for YMCA Strong Kids.

"It's fantastic," said Ms. Murray.

It was the second time Rev. Fast has attempted a record at the YMCA, she added. In 2011 he lifted 10 people, weighing about 1,506 pounds, on a platform on his back at the Cobourg YMCA.

"Kevin is a great advocate for Strong Kids," said Ms. Murray.

The event was a fundraiser for YMCA Strong Kids, which helps financially struggling families and children participate in YMCA programs. Funds were raised through sponsorship from Mazda, proceeds from a barbecue hosted by JJ's Steak and Burgers, donations and a tug-of-war competition, said Ms. Murray.

Teams of five faced off against each other in a tug-of-war challenges. There were also kids' games at the event.

Visit www.ymcanorthumberland.com, for more information and to donate to Strong Kids.

Cobourg's Kevin Fast a great role model for everyone

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talents brought him to the professional level and he has travelled to Scotland, Germany and Norway for events.

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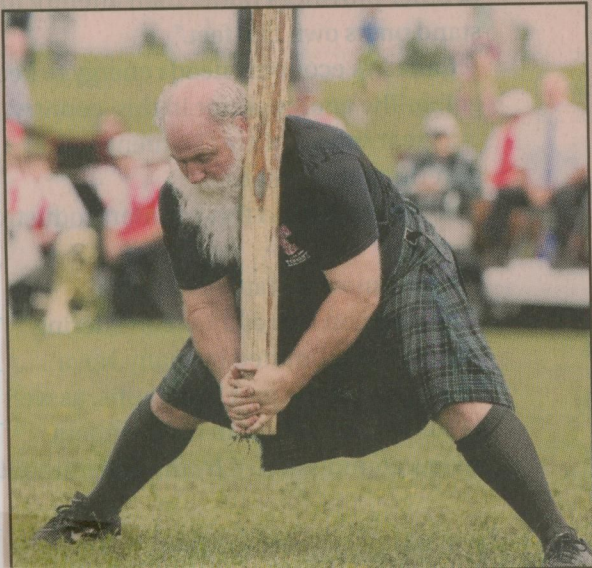
When heart meets head, boundaries become opportunities and opportunities become limitless.

Fast tosses his way to another record



EMILY MOUNTNEY-LESSARD / QMI AGENCY

Cobourg's Kevin Fast, who holds more than 20 world records for feats of strength, attempted to break another record Saturday at the Trenton Scottish Irish Festival with Warren Trask (not shown) of Alma, Ontario. The pair attempted to break a world record of caber tosses between two people. They had three minutes to toss the caber more than 11 times, each taking turns tossing. The pair broke the record by one toss.



LCC strongman visits *Anderson Live*

COBOURG, Ont. - Rev. Dr. Kevin Fast, pastor and strongman from St. Paul's Lutheran Church, was a guest on *Anderson Live* on October 30. Rev. Fast hoisted guest co-host Gabrielle Union and host Anderson Cooper.

In June of this year, Rev. Fast and his 18-year-old son, Jacob, pulled two fire trucks 100 feet (30m) down a Cobourg street. Combined, the trucks weighed a massive 153,780 lb (69,755 kg). The event was the latest in a long line of strength feats for Rev. Fast. He has also pulled an entire house and a giant CC-177 Globemaster III airplane weighing 208 tons. He holds several Guinness World Records, and is listed on the Ripley's Believe-it-or-not website at www.ripleys.com.

Rev. Fast explains his feats this way: "My confirmation verse has been my theme not only for truck pulling but for life." That verse is Joshua 1:9—"Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go."



Screengrab from Rev. Fast's appearance on *Anderson Live*

Sporting People

Pastor weighs-in on heavy lifting

Next feat: pulling a train

KAREN LONGWELL

klongwell@northumberlandnews.com

COBOURG -- When he was 12, Reverend Kevin Fast asked for a set of dumbbells he saw in a Consumer's Distributing catalogue.

Little did he know strength training would bring Rev. Fast, now 49, world-wide fame, Guinness World Records and travel around the world.

Rev. Fast is not sure where his desire to work out with weights came from. His father was more of an intellectual and did not use weights, he said. No one else in his family was interested in weight training, he said. Nevertheless, the young Rev. Fast followed the exercise charts that came with the dumbbell set.

God has given me a gift and what you do with a gift is use it."
Reverend Kevin Fast.

"I was always curious about strength," he said.

He continued to lift weights regularly but added a new element when he moved to Cobourg at 30. He became the pastor at St. Paul's Lutheran Church in Cobourg and heard about the Highland Games. In 1994 he decided to join the strong men and women in kilts at the park.

"I heard strong guys were throwing stuff around and I wanted to try," he said. Rev. Fast doesn't have a Scottish background. He continued competing at the amateur level until 1996 when he became a professional level competitor. He competes every summer and has travelled to Scotland, Germany and Norway for events. He also helps organize the games in Cobourg.

In 1997, Rev. Fast saw a strong man pulling a fire truck on television and decided he wanted to try and break the record. He knew a firefighter at the Cobourg station and called and asked if he could try pulling one of the Cobourg fire trucks. They said yes and in 1998 Rev. Fast achieved his first Guinness



KAREN LONGWELL / NORTHUMBERLAND NEWS

COBOURG -- Rev. Kevin Fast lifts weights in his back yard. Rev. Fast has broken numerous world records for heavy lifting feats, travelled the world and appeared on television shows. He has pulled a 208-ton plane and lifted 22 people on his back all while working as the Pastor at St. Paul's Lutheran Church.

World Record for heaviest truck, 16 tons, pulled more than 100 feet. The next year he decided to double that for a Ripley's Record, pulling two 16-ton trucks the same distance. Record breaking has become a near yearly occurrence with his largest feat pulling the 416,299-pound or 208-ton CC-177 Globemaster at CFB Trenton in 2009. He trained hard for the event and after 45 seconds of maximum effort the plane moved.

"I couldn't feel anything in my body anymore," he said in a recent television interview.

In addition to achieving world records, Rev. Fast pulls trucks and other heavy objects to raise funds for a variety of charities including the Lung Association, Tim Hortons Kids' Camp and Habitat for Humanity. In 2010 he pulled a 40-ton house for Northumberland Habitat for Humanity. The plane pull raised the most funds, \$65,000, for Habitat for Humanity.

Rev. Fast continues to lift weights at the YMCA in Cobourg and at home with a variety of heavy items in his backyard. His next goal is to pull a train and he has already gone out for a practice run. When he has a goal in mind, Rev. Fast said he works out hard for six to eight weeks before the event but generally devotes less than an hour a day to training.

Family life is also important. Rev. Fast is married with three children, Abigail, 21, Jacob, 20, and Matthew, 18. Jacob joined his father in a double truck pull in 2011. At first Rev. Fast's wife Suzanne worried about the strength pulls but now she enjoys the yearly trips they take together for various events. Rev. Fast has been invited to show his heavy lifting skills in countries such as China, Norway and Italy, he said. He has also appeared on television shows such as the Daily Planet, many Ripley's Believe It Or Not shows, and Regis and Kelly. He has appeared in several magazines including Sports Illustrated.

Rev. Fast was born in St. Catharines, Ontario on April 13,



SUBMITTED PHOTO

COBOURG -- Rev. Kevin Fast's next goal is to pull a train.

1963. He earned a Bachelor of Arts from McMaster University in 1998 where he was initially interested in mathematics. He grew up in the Lutheran Church and enjoys helping people. He decided to become a pastor and attended the Concordia Lutheran Theological Seminary for his master's degree and eventually went on to get a doctorate.

On the surface, heavy lifting and a life in the church don't seem to be congruous.

"There aren't too many pastors doing this kind of stuff," he said. But Rev. Fast speaks about strength in motivational talks he's asked to do at schools and service clubs, he said. He feels grateful for the life God has given him.

"God has given me a gift and what you do with a gift is use it," said Rev. Fast.

Tell me more about this Canuck

Naugle is a seasoned wreath maker and has actually entered multiple competitions for her talent. She has, in fact, won prizes in every competition she's ever entered. For her latest attempt (most wreaths made in 24 hours), she even gathered all of the balsam fir used by hand herself, then sold the wreaths to donate proceeds to a local children's charity. And, oh yeah, assembled her last one blindfolded.

RECORD HOLDER: Kevin Fast, Cobourg (Ontario)



For doing what?

- Most people supported on the shoulders (above): 10, weighing 680 kg (1,506 lb)
- Heaviest vehicle pulled over 100 ft by a pair (with his son Jacob): 69,753.43 kg (153,780 lb) in 38.3 sec
- Longest duration holding a 500 kg weight on the shoulders (held twice): 1 min 1.4 sec
- Heaviest vehicle pulled with an arm wrestling move (held twice): 10,540 kg (23,236 lb)
- Heaviest house pulled by an individual: 35.9 tonnes (79,145 lb)
- Heaviest aircraft pulled by a man (pictured at top of page): 188.83 tonnes (416,299 lb)
- Heaviest vehicle pulled over 100 ft (held six times): 57,243 kg (126,200 lb)

Tell me more about this Canuck

Can you tell this is one strong dude? Whether it's the Canadian bacon or something in the northern drinking water, the 50-year-old Fast has shown remarkable longevity in his strongman attempts, having set his first strength record all the way back in October of 1998. And if you happen to find yourself in Sunday service at St. Paul's Lutheran Church in Cobourg anytime soon, don't be surprised to run into this hulking man -- he's the church's pastor.

Living a strong life in the Fast lane

By Joel Wittnebel

ACTIVE SENIOR'S DIGEST

The man has hauled fire trucks, full family-sized homes, two-storey mining trucks and military airplanes. He's had 500 kilograms worth of wine casks, and cheerleaders piled on his back (at separate times of course) and he's arm-wrestled with dump trucks. These



Photos submitted

Kevin Fast stands with his BrandLaureate Award in July. The award is presented by the Asia Pacific Brands Foundation to individuals who have excelled in their industries and contributed to the world at large with their expertise.

feats have landed Kevin Fast in the Guinness Book of World Records 21 times and he's showing no signs of stopping now.

The 51-year-old father of three lives in Cobourg, Ontario where he has been the reverend at St. Paul's Lutheran Church for 21 years.

Fast was born in St. Catharines and grew up in Brantford. He obtained a Bachelor of Arts degree from McMaster University, followed by a master's degree from Brock and a PhD in Fort Wayne, Indiana.

During his years in school, Fast was mainly involved in weightlifting, and didn't get involved in the Highland Games until the age of 30, after moving back from out west to his

current home.

"I just heard some guys talking at the gym about these monsters that come in and throw big heavy things and I thought, 'wow, that's something I'd like to see,'" Fast says.

Heading down to the event, Fast put his name on the competitors list, and after winning that competition, he was hooked.

"So I did that for three years then turned pro. So I've been a pro ever since in that sport," Fast explains.

In 1996, Fast would see something interesting on TV that would lead his strongman career on a new trajectory - one that would end up taking him all over the world. That bit of TV showed a man hauling a fire truck with nothing but

brute strength.

"I never knew that guys did this before and I wanted to test myself on it," Fast says. "So I called the fire department and said, 'could I borrow your fire truck?'"

Fast admits it was the first time the fire department had ever received such an odd request, but

they allowed it. After hauling the truck the first time, the department asked if he would haul the truck down Cobourg's main street as part of their Fire Prevention Week. After that, comments started coming in asking if the pull could have been a world record. As it turns out, it was.

"Some people had asked if it could have been a world record, so that's when I started up with Guinness and in 1998, I got my first world record," Fast says.

That was for pulling a fire truck 100 metres. He would later go on to set another record by pulling two of the same truck the same distance.

"I'm a very curious person, especially when it comes to strength and test-

ing myself," he says.

In 2009, Fast would face one of his biggest challenges, something he had been eyeing for a couple of years - a 208-ton CC-177 Globemaster military plane at CFB Trenton.

"That is my best pull," Fast says of the feat.

He jokes that up until that point people had labelled him as a "truck-puller" and he wanted to diversify.

"So I wanted to try a plane," he says.

Fast waited an entire year before a plane could be set aside for his attempt. When the time came he was able to get a test pull in before the actual event. The test-pull

went well, but on the day of the event, things were off. The tires on the plane looked slightly flat, and Fast admits it scared him.

"Not only the size and the enormity of the whole thing scared me, but the tires of course scared me even more because I knew from experience that that's not good," Fast says.

He asked to have the tires pumped, which wouldn't have been a problem except the process to do so takes at least two hours, and he was scheduled to pull the plane

in 15 minutes.

It was the first 45 seconds of the pull, after strapping in, that Fast remembers well.

"That pull was about 45 seconds of nothing, maximum effort, maximum strength and drive used and it didn't budge. But during that time, what's going through my head is, I'm going to do this, and I was getting more and

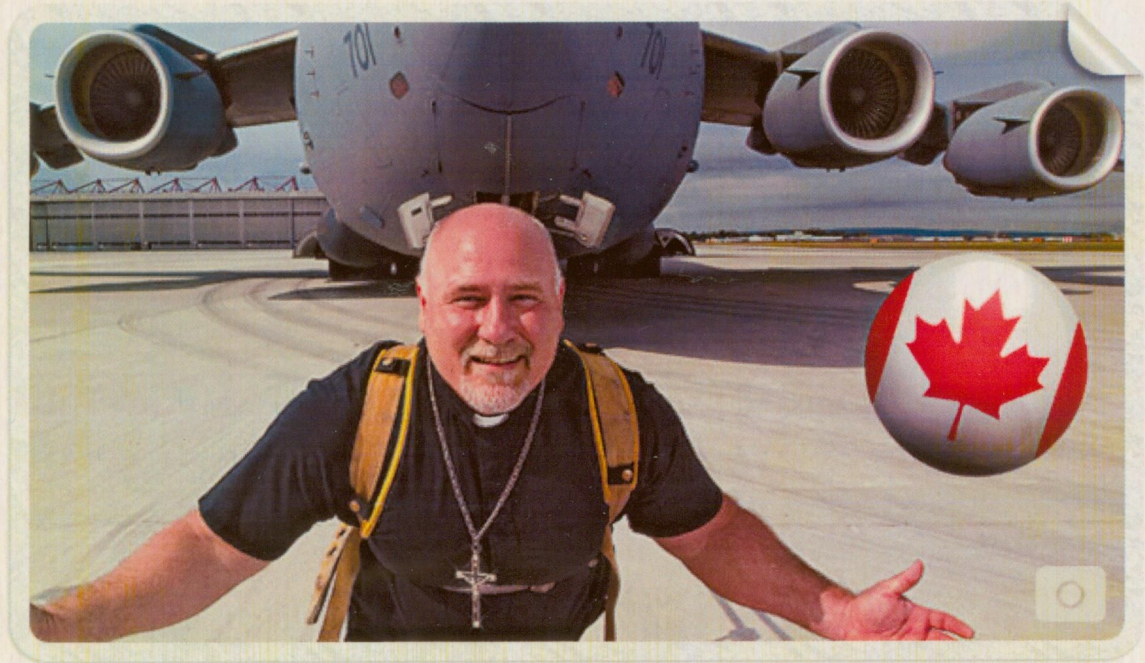
See FAST Page 18



In 2009, Fast set a Guinness World Record when he pulled this 208-ton military plane more than five metres.

SORRY JUSTIN BIEBER - SEE WHO MADE OUR TOP 5 RECORD HOLDERS FOR CANADA DAY

By MIKE JANELA
Published July 1, 2013



What a week for national holidays here in North America. In just a few days, we in the U.S. celebrate the Fourth of July. But first, today commemorates Canada Day, giving us a chance to share in the glory of our neighbors to the north.

Quick history lesson time!

Canada Day marks the anniversary of what was then called the British North America Act, which united the colonies of Canada, New Brunswick, and Nova Scotia into one, unified Canada on July 1, 1867.

To celebrate in our own unique way, we plucked five of our favorite multiple record holders from the Great White North. Note that people like Wayne Gretzky or Justin Bieber were excluded from the list because, well they get enough attention already don't we think?