

## MD Radio Guests: Idrise Ward El & Quincy Taylor

Contributed by Robbie Durand  
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MD Radio with Shawn Ray & Flex Wheeler

Episode #19

Countdown to the NPC USA Championships!

Guests: Former NPC USA Champions:

Idrise Ward El & Quincy Taylor

Please join us here at MD Radio Monday, June 29th at 4pm PST / 7pm EST when two former USA Winners, Idrise & Quincy share their past experiences winning this prestigious contest, as well as what they have been up to since their Victories! Both men competed in the IFBB at over 250lbs, while Quincy competed as recently as last year and claims he still has some surprises for the boys coming in 2010!

Idrise has basically Retired due to some lingering injuries but we will have to hear from him whether he is "Officially" done with competition.

We will bring you all the NPC News and Contest information from Promoter/Judge, Gary Udit and more!

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