



The first time Stephen Vinson was mentioned here on *The Terminal* in July 2009, he'd just launched "*Who Ate My Blog?*" that February. He was also training for the BE&K 5K as part of his quest to lose 300 lbs.

A quick look at [the list of goals and milestones on his site](#) shows he's tackled that goal and several others. Early last year, [he had his sights set on participating in the Mercedes Half-Marathon](#). Yesterday, [he announced that one of his initial goals had been reached](#) - he currently weighs in at 342 lbs having lost 300 pounds.

We know the fact that he reaches his milestone in advance of this year's Aaron's 499 at the [Talladega Superspeedway](#) is probably not lost on him or any of his longtime followers - though [he's already been able to cross that off of his list too \(last year\)](#). Now, he's got a few other things to cross of the list in the coming months, including the potential formation of a "Who Ate My Blog?" team - one he's been excited about eventually launching since our first conversation with him.

Photo: Stephen Vinson at 332 lbs. whoatemyblog.com.