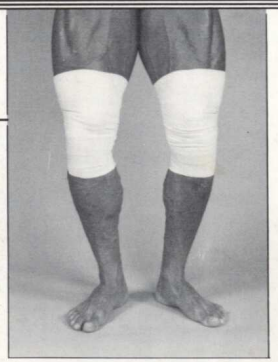
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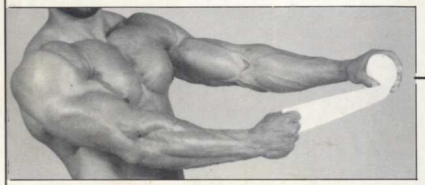
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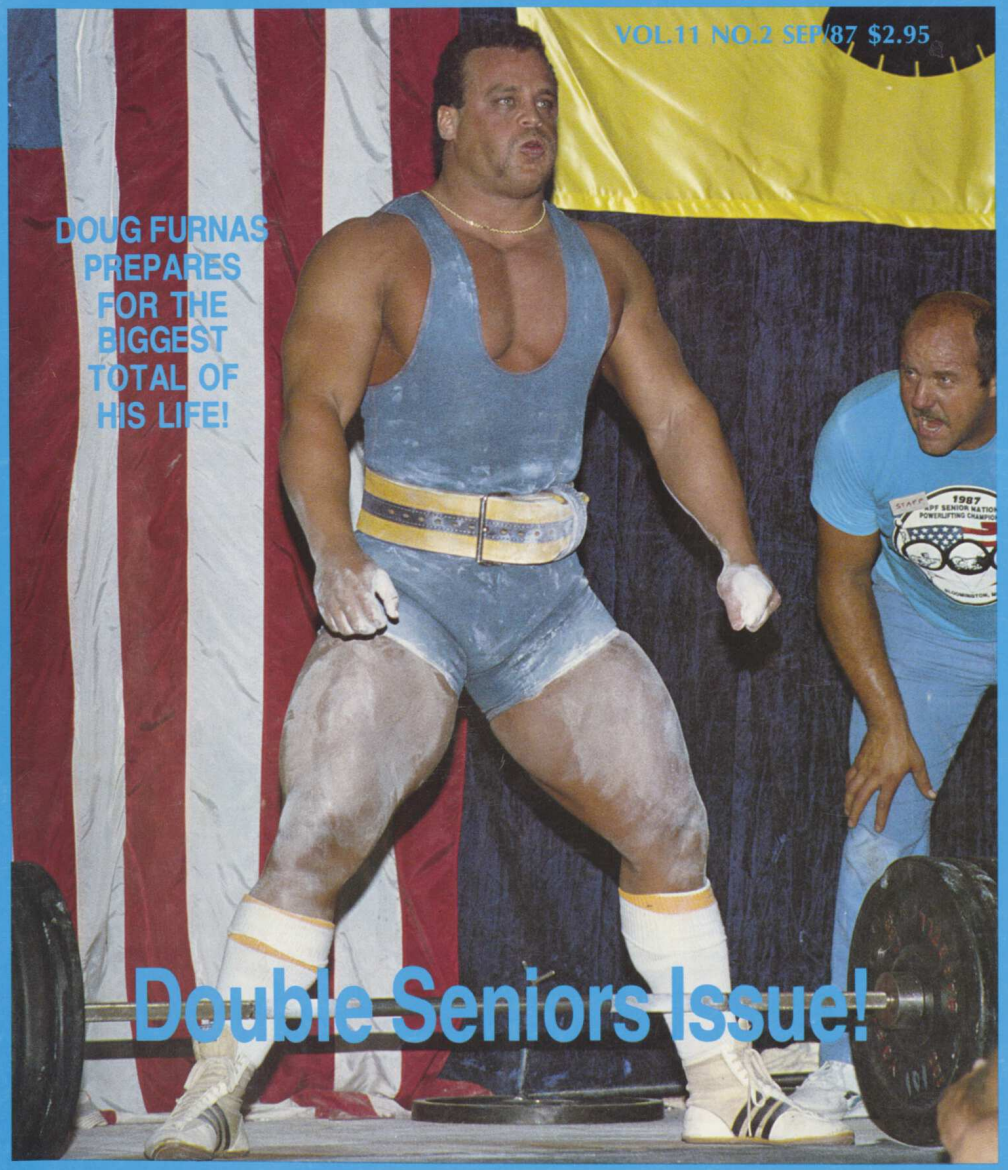
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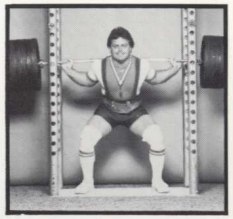
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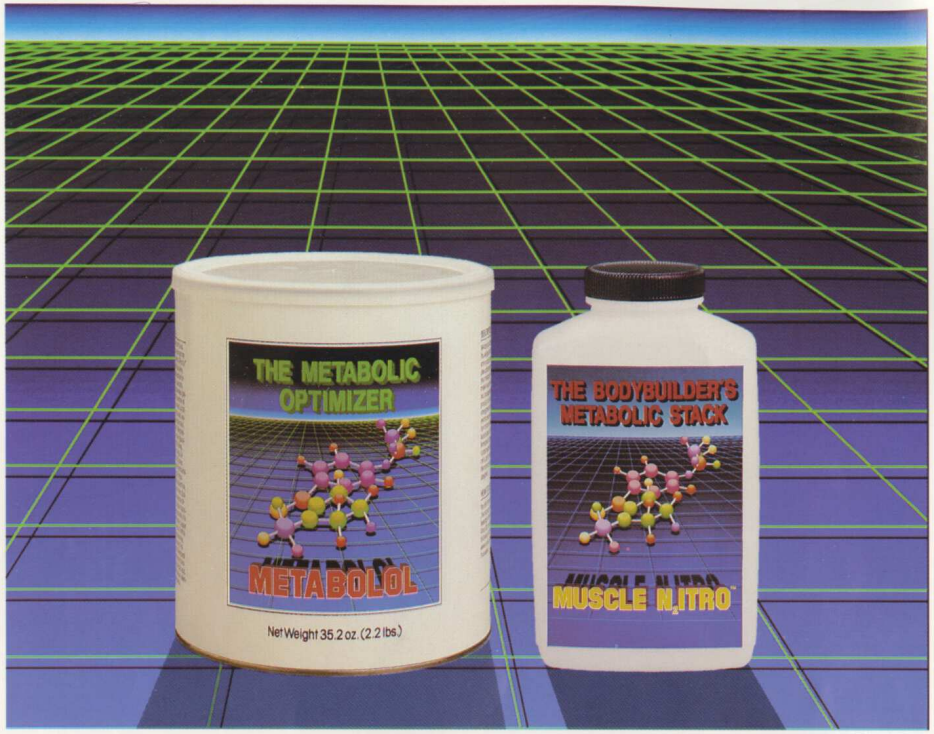
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	10	9	8	7	6	5	4	3	2
155	115	120	125	130	130	135	140	145	145
160	120	125	130	130	135	140	145	150	150
165	125	130	130	135	140	145	150	155	155
170	130	130	135	140	145	150	155	155	160
175	130	135	140	145	150	155	160	160	165
180	135	140	145	150					
185	140	145	150	155					
190	145	145	150	155					
195	145	150	155	160					
200	150	155	160	165					
205	155	160	165	170					
210	160	165	170	175					
215	160	165	170	175					
220	165	170	175	180					
225	170	175	180	185					
230	175	180	185	190					
235	175	180	190	195					
240	180	185	190	200					
245	185	190	195	200					
250	190	195	200	205					
255	190	200	205	210					
260	195	200	210	215					
265	200	205	210	220					
270	205	210	215	225					
275	205	215	220	225					
280	210	215	225	230					
285	215	220	230	235					
290	220	225	230	240					
295	220	230	235	245					
300	225	235	240	250					
305	230	235	245	250					
310	235	240	250	255					
315	235	245	250	260					
320	240	250	255	265					
325	245	250	260	270					
330	250	255	265	270	280	290	295	305	315
335	250	260	270	275	285	295	300	310	320
340	255	265	270	280	290	300	305	315	325
345	260	265	275	285	295	300	310	320	330
350	265	270	280	290	300	305	315	325	335
355	265	275	285	295	300	310	320	330	335
360	270	280	290	295	305	315	325	335	340
365	275	285	290	300	310	320	330	340	345
370	280	285	295	305	315	325	335	340	350
375	280	290	300	310	320	330	340	345	355

PERCENTAGE / REPS

MAX	75	77½	80	82½	85	87½	90	92½	95
	10	9	8	7	6	5	4	3	2
380	285	295	305	315	325	335	340	350	360
385	290	300	310	320	325	335	345	355	365
390	295	300	310	320	330	340	350	360	370
395	295	305	315	325	335	345	355	365	375
400	300	310	320	330	340	350	360	370	380
	335	345	355	365	375	385			
	340	350	360	370	380	390			
	340	355	365	375	385	395			
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	355	365	375	385	400	410			
	360	370	380	390	400	415			
	365	375	385	395	405	420			
	365	380	390	400	410	425			
	370	385	395	405	415	430			
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	400	410	425	435	450	460			
	405	415	430	440	455	465			
	410	420	435	445	460	470			
	415	425	440	450	465	475			
	420	435	445	460	470	485			
	430	440	455	470	480	495			
	435	450	465	475	490	505			
	445	460	475	485	500	515			
	455	470	480	495	510	525			
	460	475	490	505	520	530			
	470	485	500	515	525	540			
	480	495	510	520	535	550			
	485	500	515	530	545	560			
	495	510	525	540	555	570			
610	460	475	490	505	520	535	550	565	580
620	465	480	495	510	525	545	560	575	590
630	475	490	505	520	535	550	565	585	600
640	480	495	510	530	545	560	575	590	610
650	490	505	520	535	555	570	585	600	620
660	495	510	530	545	560	580	595	610	625
670	505	520	535	555	570	585	605	620	635
680	510	525	545	560	580	595	610	630	645
690	520	535	550	570	585	605	620	640	655
700	525	545	560	580	595	615	630	650	665

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ON THE COVER...Doug Furnas wrestled for the NWA a week before the APF Seniors, and declared the meet to be very "hard" for him, but still put up his best total ever.

NEXT MONTH...the A.D.F.P.A. Nationals from Chicago.

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A.P.F. SENIORS

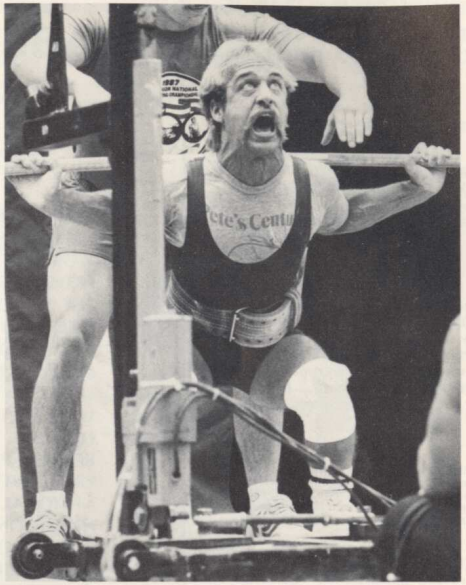
as told by PL USA Editor Mike Lambert

The 1987 American Powerlifting Federation Senior National Powerlifting Championships were held at the very classy Radisson South Hotel in Bloomington, Minnesota by Jerry Jones. The meet site itself was on a huge pool deck, covered overhead with sunlights to let the rays and warmth come in, and faced by dozens of luxury suites. The sturdy platform, squat racks, and other pieces of equipment were brought up by Larry Pacifico. Jerry put his soul into making this a great meet, with help from many of the Minnesota friends he's made in over two decades of Powerlifting involvement. The audience for the first day of lifting was somewhat sparse, but it swelled up nicely (Jerry called it "adequate") on the heavy day of lifting when Coan and Furnas were main attractions.

Everyone came to see some great lifting, and this is how it started out. Mike Nelson of Nebraska (who works for Godfather's Pizza) just won the U.S.P.F. Juniors three weeks before, but here he was again. He struggled a bit, but showed an aggressive attitude toward finishing out hard lifts (in particular, his last deadlift) and was able to win solidly when Jim Caldwell had problems, dumping his first two squats before making the weight easily. As you'll note, few lifters had a "good" day at the meet. There were a lot of missed attempts. Later in the meet, it was determined that the bar and plates were overweight, by 5 kilos, depending on how heavy it was loaded with the 100 lb. plates that were counted as 45 kilos, and this could explain some miscues. Also, the vast openness of the meet facility may have thrown some people off balance-wise.

A.P.F. SENIORS/27,28 Jun 87/Bloomington, MN

114 lbs.	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
Nelson	-451	451	-468	253	270	275	727	358	369	-374	1096
Caldwell	-451	-451	451	242	264	-275	716	319	-341	-341	1036
132 lbs.											
Carr	473	501	-540	286	-303	-303	788	600	-617	---	1388
Steinshouer	501	-529	-534	297	308	-314	810	-540	-540	-540	
148 lbs.											
Jackson	666	-688	-688	281	-297	-297	947	584	617	-622	1565
Morishima	551	-573	573	407	-429	429	981	556	-584	589	1537
Ingram	540	-573	-573	314	325	-330	865	551	573	-584	1438
Sardo	501	523	-551	336	358	-374	881	501	-534	556	1383
165 lbs.											
Mendoza	617	-644	-644	429	-457	-457	1047	-567	567	-595	1614
Hultquist	-611	639	-683	369	380	-391	1019	---	595	-622	1614
Kellum	-655	-655	655	385	-402	-402	1041	540	556	-578	1598
Brown	485	523	-551	352	-369	369	892	507	534	-551	1427
Rosciglione	-672	-672	-672								
181 lbs.											
Phillips	661	-705	-705	468	507	523	1184	633	666	-677	1851
Mooney	644	-677	677	424	446	451	1129	644	-688	-688	1774
Powers	628	-661	661	341	-358	358	1019	677	-705	-705	1697
Vrabel	666	-688	-688	446	-462	462	1113	584	-611	-611	1697
Confessore	143	---	---	529	-562	-562	672	143	---	---	815
					4th	-562					
Topsoglou	705	-727	---	407	-424	424	1113	-661	661	---	
198 lbs.											
Duke	699	744	-760	451	479	-490	1223	699	738	-749	1962
Black	760	-799	-821	418	-435	-435	1179	705	-738	-738	1884
Pickle	-644	644	-683	446	462	-473	1107	-633	633	-672	1741
Payne	-749	749	-782	413	-440	-440	1162	-733	-733	-733	
Christiansen	644	-683	-683	391	-402	-402	1036	-688	-688	---	
220 lbs.											
Jones	771	-793	-793	407	435	440	1212	683	716	-738	1929
Simmons	661	694	722	501	-534	534	1256	650	-666	666	1907
Busby	699	-738	738	435	451	-462	1190	661	705	---	1896
Frantz	722	-744	744	386	407	-418	1151	705	-760	-760	1857
Coan	887	-925	925	518	534	-551	1460	-832	-832	-832	
242 lbs.											
Hechter	799	837	-854	496	529	540	1377	782	815	-832	2193
Nichols	870	-920	-920	512	529	534	1405	722	749	-771	2154
Kritsky	859	-892	-903	479	-501	---	1339	744	---	-760	2083
Hopper	760	804	-826	468	501	523	1328	688	710	722	2050
Magruder	688	-744	-766	600	-633	633	1322	226	683	-727	2006
				4th	639						
Mlodozeniec	55	---	---	600	-633	-633	655	-55	---	---	
Mistric	799	-848	-848	-512	-540	-540					
Schaeffer	154	---	---	-633	-633	---					
275 lbs.											
Furnas	920	953	981	556	584	600	1581	788	810	821	2403
Bentley	804	843	870	556	584	-600	1455	705	-733	733	2188
Morelli	821	870	-892	429	457	479	1350	727	755	---	2105
Davis	804	859	892	462	479	-485	1372	661	683	727	2099
Parks	782	-821	-821	440	---	---	1223	782	-854	-854	2006
Pollio	-760	-799	-799								
Kretsch	-804	-804	-804								
SHW											
Ware	-870	903	925	534	556	573	1499	777	793	810	2309
Chaillet	876	-925	925	501	523	-534	1449	771	---	-859	2221
Gentile	782	815	-832	512	534	551	1366	705	733	755	2121
Wright	-733	733	755	507	523	-540	1278	771	-804	-804	2050
Isaac	815	-848	---	-501	518	-540	1366	55	---	---	1421



***Mike Nelson**...the Nebraskan is a new factor in the Flyweight Division*

Ernesto Milian was in the program as the entry in the 123s, but neither he nor any other lifters weighed in for this division.

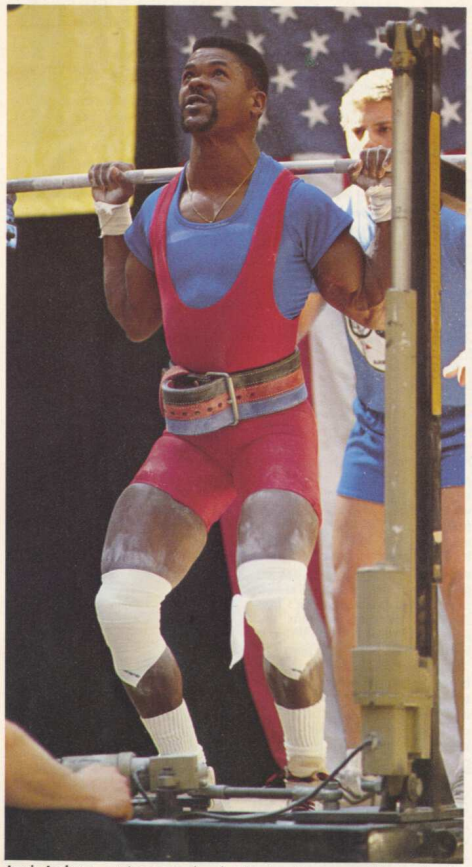
At 132, J.D. Carr felt ready for some monster lifts, but coming down from a bodyweight of 155 squelched his plans. 132s are just about history for him, when it comes to making weight. He tried to get the crowd going to help with the big lifts, but there weren't enough in the seats in the early session to make much of a racket. 4 attempts still topped him in the Best Lifter calculations for the first day (by the A.P.F.-adopted Reshel Formula). Russ Steinshouer, who skis year-round (water and snow), was unfortunately not able to even start a deadlift schussing upward.

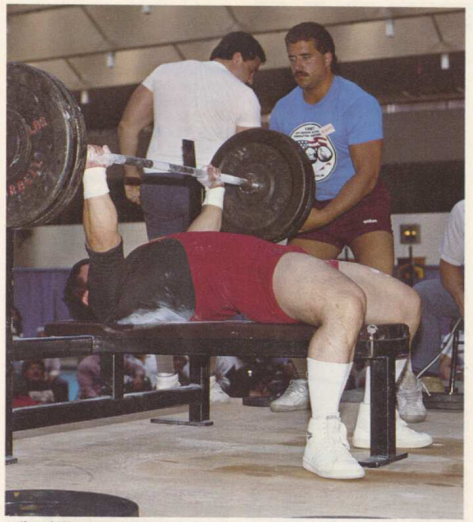
At 148, Jesse Jackson, his eyes afire with determination, dominated from the squats, after Eddie Morishima did not have the big bench day he needed to keep up. Marlan Ingram, a part time male dancer/stripper when he is not working at the Federal Reserve Bank in St. Louis, was very disappointed in his squats, after great training lifts, up to and including a 605. Dominic Sardo looked ripped and was well supported by his fellow Bostonians at the meet.

In the 165s, Israel Mendoza came in about ⅓ of a pound lighter than Chip Hultquist to settle 1st place distinction. Israel has long been handled at meets by Ernie Frantz and it must be a pleasure to see how far his lifts have risen while his bodyweight has remained stable. The 457 bench he tried is one of the highest weights ever attempted in this class. It was an odd meet for Israel, with only 3 good attempts, and Chip both. Chip, who works for the Florida Emergency Management office had an emergency of his own to manage after he was crunched by his opening squat, but jumped in weight and made his 2nd. After Israel missed his opener d-lift, Chip went and passed his. Jess Kellum just made it past the squats, after the judges sensed him touching his elbows to his knees on his 1st two efforts. Good Man Charlie Brown cruised to 4th, sporting a Mickey Mouse t-shirt. Jay Rosciglione, co-owner of a family bakery, was set up to lift big, hitting a 740 squat in training. Each of his first two



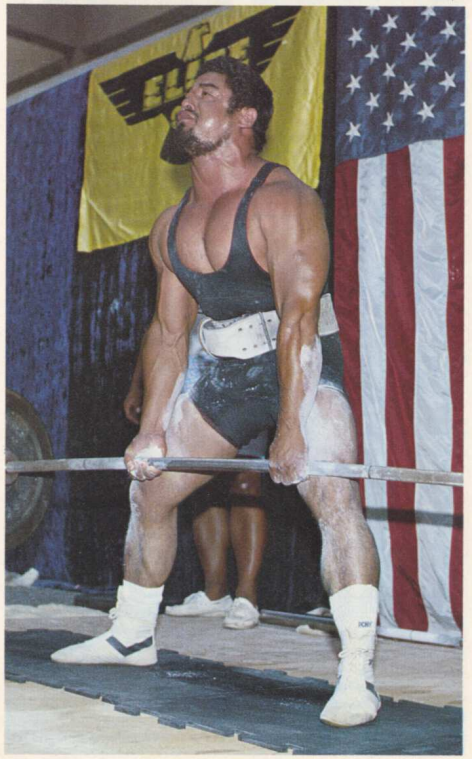
***J.D. Carr**...good enough to win the 132s again, even on a 4 for 9 day.*





***Mike Phillips** benching a fine 523, after a quick and more than complete recovery from shoulder surgery (above), and the Middleweight winner Israel Mendoza (below) with the one deadlift he need for his Seniors victory.*





***Jessie Jackson**...setting up to do what he does best, squat (above), but he can deadlift too, and Jeff Magruder (below) exploding upward with the all-time world best in the 242 lb. class of 639 pounds. (all photos by Lambert)*



***Buddy Duke**...had things in control.*

tries at 672 were dumped before he really got them moving up, and then his final didn't get passed.

At 181, Mike Phillips held things together amid a string of missed attempts by his competitors to win convincingly. His bicep tendon tore not long ago and was surgically reattached. The doctor found a nice little groove in the bone and stitched the tendon back in there solidly. Mike's recovery has been quick and complete. The New York State Corrections Officer seemed very confident on the platform. Eddie Mooney had a pretty good day for himself, but he was only 3 weeks off his U.S.P.F. Juniors win, and did not have his big deadlift back yet. Bob Powers, a coach at Stoneham High School in the Boston area, powered around his lifts impressively and used a .1 kilo bodyweight deficit over Vrabel to take 3rd. Jim, who works for Quaker Oats, is the most thickly constructed 181er I've seen (with the possible exception of Mike Phillips), and when he gets past making his openers, he'll zoom up the ranking lists. Chris Confessore was introduced to me by *Startin' Out* author Doug Daniels, and proved to be a very nice guy. His opening bench was quite impressive for the solid, confident way in which he set up with the massive weight. It looked like he would just be strong enough for 562, but the dog gone weight (most ever for a lightheavy and a tie of MacDonald's I.P.F. World Record at 198) just would not lock out cleanly on the left hand side on 2nd, 3rd, or 4th attempts. John Topsoglou looked ready, but problems came to a head in the deadlift. Larry Pacifico exhorted John on each deadlift.."No Pain, No Pain!", but pain there was. John could get the bar moving, but had to shut down his effort in the mid-range.

At 198, Buddy Duke, the Adel, Georgia Ice Man and owner of the South Georgia Fitness Center, lifted well within his capabilities as defending A.P.F. Senior National and World Champion. John Black would love to have challenged him, but only openers came through for him. Jeff Chorpenning and Joe Pickle likewise had difficulties getting any of their bigger lifts completed. Mark Payne and Dave Christiansen were fairly far off the mark on their opening deadlift attempts and couldn't finish one.

At 220, the shock of the meet occurred. Ed Coan, whom everyone expected to take up where he left off at the A.P.F. Worlds with a 920 555 855 2330 total, bombed out. Prior to his lifting, he was confident of coming close to 2400, then breaking the Kaz Barrier (2425) at the A.P.F. World and then going after 2500 in 1988. He had doubled 910 in the squat, and hoped for a bench in the 560-570 range. He also wanted to get at least an 880 deadlift, if not 900, a poundage that had been "bugging him" for a long time, according to friend Bob Chetlin. His weight was up to as much as 218, but at weigh-in he came in at 216. His opening squat was a slow lift, hard to read as to its ease or stress. On the next lift, two things were obvious. The bar was whipping and Ed was pinned with 925 pounds, unable to come up all the way. A new squat bar was used for the final round in this session, and it made a major difference. Ed rocketed up with the same 925 with a couple of dozen pounds of power to spare, at least.

In the bench, Ed moved 518 and 534 up nicely, but 551 stalled and gave Ed some pain in doing so. The deadlift became the villian. Once Ed's greatest lift, it has been surpassed by the progress of the first two in the last few years. His opener at 832 was not modest, and that 832 was likely an 843 with the overweight plates. His first attempt was awkward and the bar barely moved. 2nd attempt he was closer. With the crowd roaring encouragement, his final try was an heroic one. He came fairly close to finishing it off, but it was not his normal pulling pattern at work.

Ed was not shattered by his bombing out. He smiled about it being a "learning experience" and vowed that he will get his deadlift act in order for the A.P.F. Worlds, where he will be allowed to compete as a defending world champion.

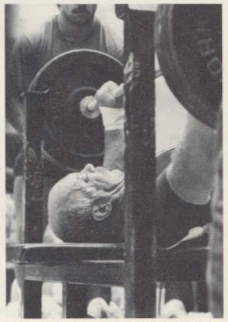
It's a tough situation for someone like Ed. He's the focus of attention for an entire sport, and the "curse of expectations" drives him almost to the point that anything less than a substantial improvement over the best lifting in the world is some kind of failure. By the way, Ed feels he can set drug-tested world records whenever he wants to.

Jerry Jones was remarkably like the Jerry Jones of old, despite the semi-hysteria of pre-meet preparation and his May 21st indictment on steroid distribution charges. He tried some substantial weights and, in fact, got a lifetime personal record in his most frustrating lift, the bench press, with 440. Jerry also deadlifted in style, wearing some gorilla outfit slippers, only to be outdone by Maris Sternberg's Minnesota Viking hat later in the day. Winning was a shock to Jerry. It qualified him for the A.P.F. Worlds, but he was considering this meet to be the finale of his lifting career and may not go on to the November meet. Charlie Simmons, who reminds one of Steve Wilson, used a big subtotal lead to outlast the muscled bodybuilder Bill Busby. Ernie Frantz, at 53 and the President of the A.P.F., came in 4th, and the audience appreciated his appearance.

The 242s was one of the biggest and best classes, with the amazing George Hechter and massive Bill Nichols and Thor Kritsky each counting on some big lifts and appropriate placing at total-time. George's pre-meet training included 745x3 in the squat without a tight suit, 485x4 in the bench for 2 sets without a bench shirt, and 725x7 and 745x3 in the deadlift without any supportive gear, at a bodyweight of 246 or so. Bob Miller thought George would be stronger than he was in Hawaii. He was close to his form at the Budweiser Record Breakers meet, but a couple of misses on his final squat and deadlift wiped out 33 lbs. of total. George is a great craftsman with the weights, keeping his 1st and 2nd attempts well in hand. He goes for it on his final try, and was able to force out an uncompromising 540 bench that many would have quit on. Bill Nichols, determination to succeed branded on his face with the arch of his eyebrows, could not satisfy the judges with his 920 squat, and the Naperville, Illinois policeman lost 50 pounds to George right there. He lifted out the rest of the meet very well, qualifying himself for a non-funded entry into the A.P.F. Worlds in Dayton. Thor Kritsky likewise lost his chance for glory after the squats, and did not pursue Bill too aggressively. Tony Hopper, who likes scuba diving even though he's from Arizona, got some big lifts and represented Black's Health World as best he could with a 4th place.

Dan Mlodozeniec (25) burst on the bench press scene rather quickly, certainly ruffling the territorial instinct of Jeff Magruder (33) in the 242 lb. class. Jeff had responded recently with a 624 (and looking good for 10 pounds more) on the hot Ross Shafer "Almost Live" TV show, cabled out over the Pacific Northwest and Canada, and this was to be their first meeting. Both moved 600 openers with ease. Jeff then appeared for his 2nd attempt at 633, went up the steps of the platform, approached the bench, and then abruptly passed his attempt. This bumped Mlodozeniec up into his turn quicker than expected. The bar went into a stall about half way up. John Schaeffer gave the same weight a go, but was not close on any of his 2 attempts. Next round, Magruder comes back and takes the A.P.F. World record 633 for real, ramming it up, a forceful success. Mlodozeniec repeated with the same result as before, but Jeff showed he was not finished, and put the exclamation point on the day with a fine 639 4th attempt that was just like the 633. Larry Mistric's last two benches did not come up straight, short circuiting the Houston electrician's day.

The talk before the final session of lifting (242-SHW) was exciting. Doug Furnas' legs were at least 2 inches bigger than before, and he was going to squat a house, if not more. I haven't got the guts to ask Doug if I can tape his thighs, but they were huge, like twin flour sacks packed as full and tight as can be. Doug knows how to walk the edge of maximum strength performance like no one before him. With this performance, he's popped out a string of the biggest 275 totals of all time, and became the only man to do 2400 or better twice, as noted by George Hechter. To achieve this record, Doug lifts almost conservatively. His 920 squat was done without much



***A Double Bodyweight PR** for Jerry Jones (above) led him to victory, after Coan's shocking strikeout (below) with 832, or was it 843, or more? Eddie, 216, could conceivably have opened with 468 and won.*





***George Hechter**...looked great and showed the Hawaii meet was no fluke.*

stress, 953 looked even easier, and 981 (just a tad more than he's done before) was done explosively with more than 20 pounds to spare. It was the same pattern in the bench press, with attempts seeming to get easier as he went up in weight. 600 on his final could just as well have been 611, as he could have made the heavier poundage. In the deadlift, Doug took it closer to the edge because he wanted to bump his all time world best total up a notch, to 2403. 810 was a fairly hard attempt, 821 was a positive gut-buster, just barely locked out for a success and a rare (but not for Doug) 9 for 9 day. Doug would like to hang in the sport until the Dayton APF Worlds, but he doesn't know if he can "afford to", because his pro wrestling handlers want him to go into that sport full time now. It's a shame for PL to lose Doug, but it's good that this fine athlete, who does many physical things well besides lifting, has an opportunity. In a way, he can be a great ambassador for Powerlifting, showing the zillions of people who follow pro wrestling just what a true strength athlete can do.

Tim Bentley, who works for the General Nutrition chain, had a great day in 2nd, adding to his string of 16 Pennsylvania State records by cracking John Kuc's total record at 275, and giving a 600 bench press a ride. Joe Morelli apparently tore a quad on his last squat, and could not use his injured leg to get off the platform, requiring two guys to walk him off. He stuck it out for the rest of the meet, though, apparently reinjuring himself in the deadlift, and requiring the walk off again. Bill Davis missed only one lift, and squatted very well, to finish up 4th. Dave Parks of Vic Tanny's in Madison, Wisconsin, came to total as well as possible, but really wanted an A.P.F. World Record deadlift of 854, and he was just a few pounds off making it. Dan Pollio started too high in the squat, and Brad Kretsch (the crowd sincerely appreciated their local favorites) could not get low enough to satisfy the judges.

In the Supers, 7 time Iowa State Champ John Ware became 1st time A.P.F. Seniors champ on his greatest lifting day so far. Unphased by an opener the judges didn't like, he moved up to his 2nd attempt poundage anyway and zipped through the rest of the meet without a miss. John has great balance between the lifts, and hardly gave the other guys a chance to catch him, except for Mark Chaillet. Mark, who just weighed 283 or so to John's 330, took that one final deadlift shot for the title, at 859, but it was too much to ask. They can both get at each other again at the APF Worlds, where the invitees are the 1st (way paid) and 2nd place finishers in this meet, and previous winners at the APF Worlds. John Gentile had a pretty darn good day himself, in 3rd, but Dorian "Big Dee" Wright (a massive 27 year old, who works in Don's Pawn Shop in Fayetteville, North Carolina) was frustrated by two hard misses at 804 in the deadlift. Tim Isaac unracked his 2nd attempt squat, stepped back, and then collapsed in agony under the weight. He had squatted 915 and tried 1015 at a contest in Arizona shortly before this meet, but had to finish out here in pain, holding his arm gingerly before taking a token deadlift to total.

The awards for this meet were a source of special pride for director Jerry Jones. You may know the popular, big, sculptured deadlift figures have been joined by the availability of both squat and bench press figures. Well, 1st, 2nd, and 3rd place awards for this meet consisted of a extravagant conglomeration of all three figures, mounted on one huge board, for each place! The Best Lifter award went to Doug Furnas and will be engraved with his name and lifts and sent to him later. The team champions plaque will also be engraved and sent to Larry Pacifico's Power Elite team (for which Ernie Frantz lifted this time), followed by Black's Health World.

Judges for the meet included David Sewell (left), Greg Reshel (center), and Dawn Reshel (right) for the initial 114-148 session; David Sewell (left), Greg Reshel (center), and Bill Seno (right) for the 165-181 group; Bill Seno (l), Greg Reshel (c), and Dawn Reshel (r) for the 198-220s; and David Sewell (l), Ernie Frantz (c), and Larry Pacifico (r) for the final session. Greg impressed me with his special concern for both lifter and spotter.

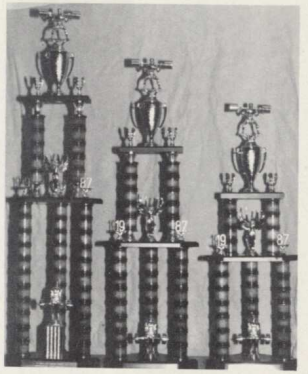
Many of these lifters will be lifting again in the A.P.F. Men's Worlds in Dayton, Ohio on November 21st and 22nd. Meet Director Larry Pacifico indicates those eligible for that meet will include any of the 1987 U.S.P.F. or A.D.F.P.A. Seniors winners, if they had an A.P.F. card at that time, along with 1st and 2nd place finishers at this meet. Also eligible are any of the top 2 finishers at the 1986 A.P.F. World Championships in Maui. Additionally, any of the top 2 place finishers of any other country's 1987 national championships can enter. For the women, eligibility is likewise, except they go 3 deep from the 1987 A.P.F. Women's Nationals. Furthermore, the top 2 finishers at the 1986 A.P.F. Women's Worlds in Hawaii, and the top 2 at any other nation's 1987 championships are invited.

Expenses will be paid for this year's A.P.F. Seniors champs including entry fee, travel to & from Dayton, and 2 night's lodging. Others who qualify must pay the $40.00 entry fee.



***John Ware** a big win for a big man.*

SWANSON's Midwest Open



Swanson's Midwest Open Powerlifting Championships will be held in Rockford, Il, November 8, 1987 at the Knights Community Complex. The A.P.F. rules will apply, utilizing the round system.

We will also have two platforms. There will be two divisions: Men (114 123 132 148 165 181 198 220 242 275 SHW) trophies will be awarded to 1st, 2nd, 3rd with 2 Best Lifters; Women (132 and under, 132 and over) trophies to 1st, 2nd, & 3rd with 2 Best Lifters. We will also award 1st and 2nd place Team Trophies. First place trophies will be 42 inches with 2nd place 37 inches and 3rd place as tall as 32 inches. There will be food and drinks for the lifters after the meet. For more information call Meet Director Jim Swanson (815) 877 2875 or write him at 1003 Wissmach Ln., Machesney Park, IL 61111.

U.S.P.F. SENIORS

as told by PL USA Editor, Mike Lambert

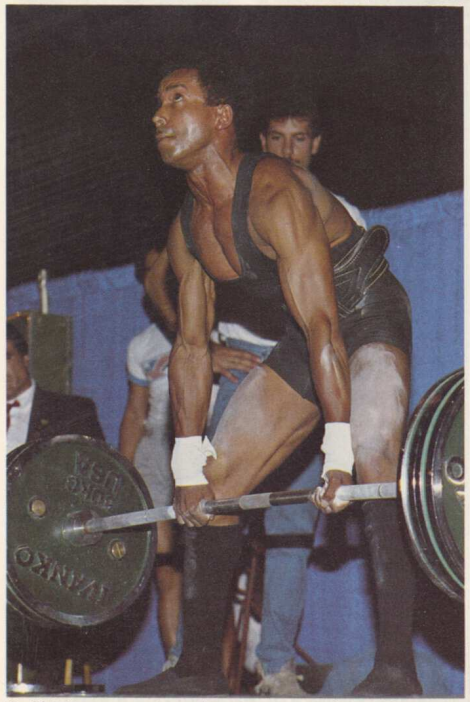
This was the third U.S.P.F. Senior Nationals in a row at the same meet site, the Holiday Inn in Rosemont, Illinois, very near Chicago's O'Hare airport. Meet promoters Ralph Sesso and Hank Magiera of Olympic Trophy (who had some of the finest examples of their company's handiwork on display as awards for the lifters) have also staged an A.D.F.P.A. Men's Nationals and a U.S.P.F. Women's Nationals at this venue, and decided this time to leave the technical direction of the meet in the able hands of John Pettitt, so they sat back, sold a bunch of great looking meet t-shirts, and relaxed a little.

Quite a few of the stars of last year's meet were back again, and while some of the repeated as champions comfortably, there were surprises and some tough competition.

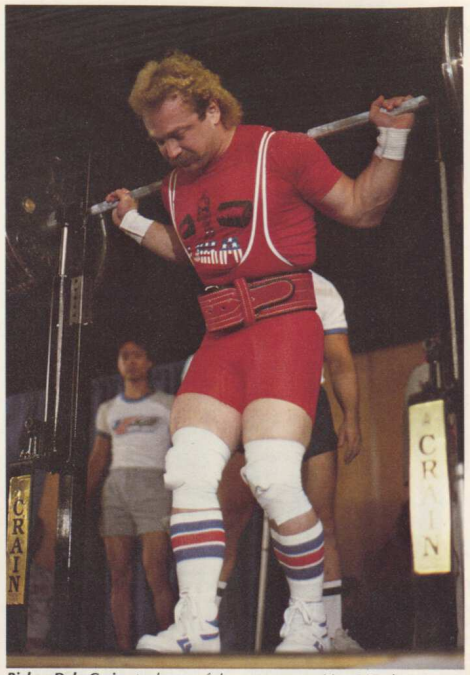
At 114, Doan Nguyen, born in Vientiane, Laos and now out of Aberdeen, Washington, did some quality powerlifting to finish up over Brightwell, 22, of the Armed Forces team. Soukup, next in line, surfs in addition to his powerlifting.

A healthy turnout at 123 was highlighted by Dave Pattaway's battle with Chuckie Dunbar. They traded Sr. National Meet Records back and forth in the squat, and Chuckie went on to try what was thought to be a world record, 529, and missed, not knowing that Inaba had already made that weight, at 123, at the Japanese Nationals for a new I.P.F. standard 13 days prior. Chuckie could not please the refs with a deadlift until his last try, possibly due to insufficient knee lockout. Terry Winters got some more points for the Armed Forces over John Padova, last year's U.S.P.F. Juniors champ at 114, a law student, and an ECAC All Star varsity hockey player. Joe Schmidt, representing Black's Health World, missed making weight and placed lower than he would have at 114, an incident which later haunted John Black in his quest to overtake the military team for top honors.

It has occurred to me that Tim Taylor (20) is like a young Lamar Gant (still only 29!) in some ways, but the similarity ends when you see Lamar, who now works as a strength instructor (I should say so!) at the New Form Health Club in Ft. Collins, Colorado, over 200 pounds ahead at total time. His try at a world record 666 deadlift did not budge much, but his 611 looked strong, and the big 545 squat he made was a Senior National Meet Record. Following up, Richard Pell, a butcher by trade, got a great squat as well, and Keith Sisney, a wrestler and criminal justice major at Northern Colorado State, hoped for a shot at 2nd with his 479 deadlift try when an injured Tim Taylor initially missed 518.



***David Pattaway**...a consistent champ at 123, earned a World Team slot.*



***Rickey Dale Crain**...took one of the most competitive 165 classes ever.*

In the 148s, Dan Austin put on the same quiet, controlled display of ultimate human power that he always does. He performs so smoothly and without fanfare, that he just slid that new world record total right by us. You couldn't tell he'd done it from his facial expression, as it and his ritualistic preparation for each deadlift was exactly the same. His 666 was magnificent, and augured success with a world record 694, but that weight was so ponderous, that it trembled him out of the rigid Sumo set necessary for completion of the lift. This is Dan's first world record, and was not achieved without sacrifice. Dan revealed to the newspaper reporters that he had eaten nothing but two tunafish sandwiches a day for a month prior to the contest to make weight. It's seems very likely that he will break the total record again, and get closer to that world record deadlift, perhaps at the I.P.F. Worlds in Norway. Larry Luckett led several inmates from East Moline Correction Center into the contest. It hurt him to place 2nd, but he doffs his hat to Dan and wishes him the best at the Worlds. He's going to lay off his injured shoulder for a while and get to work on his deadlift, and still expects to prove himself the world's greatest 148er upon his release in October. Jesse Jackson busted an I.P.F. world record to complement his A.P.F. record in the squat. In addition to being a drug tested meet, this meet was also run under I.P.F. rules as far as equipment goes (so that any world records set here would count as such in the I.P.F.) which put typical bench shirts out of reach for guys who can use them like Jesse. (Apparently, in a ruling received by Dr. Conrad Cotter via telegram from I.P.F. President Heinz Vierthaler, a certain type of bench shirt is being allowed in the I.P.F. and some were reportedly available at the contest). Electronic Field Engineer Dave Contreras, hoping to qualify for the Jr. World team, and NBC Cameraman Andy Hamel finished up the totalers at 148.

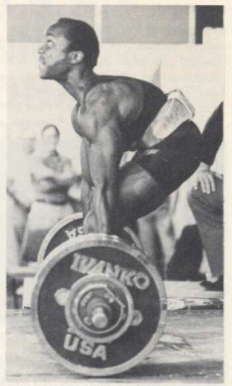
It was the best Middleweight competition in years, and it took the best meet that Rickey Dale Crain has had in years to win. This meet was the first since the 1976 Seniors in which Rickey has made all three squats, and after that he didn't give anyone else a clean shot at him. Inzer came flying in with a world record 733 on the 2nd deadlift round to overtake Ausby Alexander, who went for the win on the 3rd round with a 699 deadlift that was just short of completion when he blacked out. Inzer, 25, was still on fire, and wanted 755 to beat Crain and blast the record up even higher, but even this great Sumo stylist could not move that much weight on this day. This is not to mention the presence of former World and Seniors champ Bob Wahl. Bob, a paint specialist for AMC Jeep, squatted a great 694, but 727 was too heavy. He wasn't that far out of it in the deadlifts. Anyone of the top 4 could have won, given an attempt or two going the other way for someone else. Robert Wagner, '86 & '87 captain of the Salisbury State Football team, showed his greatness in the squat, but got pounded by the other guys' deadlifts. Justin Weisberg, a local favorite and lifeguard, admitted he was just a little intimidated being in with all these former champions.

At 181, it was the methodical one again; Gene Bell, the man who knows almost exactly what he is going to lift and total long before he steps on the platform for Squat One. He mentioned to John Buckley prior to the meet that he figured to go around 1790, and that's just what he did. Tom Eiseman was very fired up for this contest, but the Atlantic City blackjack dealer could not pull the big deadlift out of his hat to take the title. The rest of the lightheavyweight world had better not take their eyes off him in the future, however, because he is going to get that World Record deadlift and a fine total one day soon. A welcome addition to this class was the great Rick Gaugler, however, he just didn't have it, failing to rise up all the way with any of his squats. His openers would have more than won the contest. Back at the Seniors, after a few years and a few weight classes, Jon Smoker got up with his squats, but not to the judge's expectations.

Sylvester Anderson is doing it all this year, winning the All-Service Championships, the California State meet, the Pan Am Games, the U.S.P.F. Senior Nationals, and he goes into the I.P.F. Worlds as a favorite in the 90 kilo division. This Marine seems to call everybody 'Sir', and is pleased as can be with the success he's experienced lately.

U.S.P.F. SENIORS/11-12 Jul 87/Chicago, Illinois

114 lbs.	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
Doan Nguyen	380	402	-413	209	225	231	633	413	-435	435	1069
R. Brightwell	-314	314	-380	187	198	209	523	402	435	-451	959
Stephen Soukup	275	-308	308	209	-220	-220	518	319	336	-352	854
Dave Wilson	292	-303	-303	187	-198	-198	479	303	-336	-336	782
Michael Tiberia	-275	-286	286	137	148	154	440	303	336	-352	777
123 lbs.											
David Pattaway	424	440	512	214	-231	-231	727	-501	501	-523	1229
Charles Dunbar	440	501	518	292	303	308	826	-385	-385	385	1212
Terry Winters	402	435	451	242	264	275	727	424	457	-490	1184
John Padova	391	-407	407	242	253	-264	661	385	407	-418	1069
Bobby Adams	374	-402	-402	220	242	-259	617	402	440	-457	1058
David Moore	-347	347	-402	225	-242	242	589	374	418	-440	1008
Joseph Schmidt	358	-369	-369	203	214	-231	573	402	424	---	987
David Ramsey	-468	-468	-468								
132 lbs.											
Lamar Gant	501	534	545	292	314	319	865	561	611	-666	1477
Timothy Taylor	413	-435	435	275	292	303	738	473	-518	518	1256
Richard Pell	-523	523	-540	-231	231	-242	755	468	-479	479	1234
Keith Sisney	418	435	446	259	281	292	738	429	-479	-479	1168
Michael Lester	-413	-413	413	220	-231	---	633	385	413	440	1073
Jerry Hall	-451	-501	-523								
148 lbs.											
Daniel Austin	567	595	-611	341	352	358	953	628	666	-694	1620
Larry Luckett	556	-600	600	352	374	-380	975	540	573	600	1576
Jesse Jackson	-622	622	661	253	275	-297	936	562	589	-611	1526
David Contreras	529	-556	-573	347	363	-369	892	523	540	-551	1432
Andrew Hamel	462	479	-496	281	292	-297	771	518	534	551	1322
Randall Kea	534	-562	-600	352	-374	---	887				
165 lbs.											
Rickey D. Crain	617	644	655	352	369	-374	1025	661	683	-694	1708
John Inzer	-650	650	-677	286	303	-308	953	655	733	-755	1686
Ausby Alexander	617	-644	655	336	352	369	1008	628	666	-699	1675
Robert Wahl	661	694	-727	297	325	-336	1019	600	650	-688	1669
Robert Wagner	-661	661	688	308	---	---	997	573	-595	-595	1570
Jeff Rodriguez	-562	562	-584	314	-336	-336	876	545	-562	-562	1421
L. Hughes	501	-512	-512	308	325	-336	826	523	534	-551	1361
Joseph Friedl	501	523	-534	-253	253	-270	777	518	534	551	1328
Justin Weisberg	507	-534	-534	-292	292	-297	799	512	-562	-562	1311
Bill Cavalier	-551	-551	-551								
Howard Krieger	-606	-606	-606								
181 lbs.											
Gene Bell	661	666	694	413	424	-435	1118	644	672	-694	1791
Thomas Eiseman	650	677	-694	308	319	325	1003	710	---	-788	1714
Reagan Black	633	-672	672	385	-402	-402	1019	589	-606	-606	1609
Jeff Slagle	551	600	-606	303	314	325	925	529	551	-567	1477
Terry Grisham	507	-518	-529	319	330	341	848	529	551	578	1427
Sam Pardue	451	-485	485	-330	-330	-330					
Jon Smoker	-611	-622	-622								
Rick Gaugler	-705	-705	-705								
198 lbs.											
S. Anderson	688	722	733	385	402	-413	1135	688	733	-744	1868
Rick Woods	-617	633	-661	418	440	-451	1074	639	666	694	1769
Ray Long	633	-683	683	369	-385	-385	1052	639	672	-694	1725
Scott Rittenberg	595	622	-633	391	413	-418	1036	562	-600	600	1636
Roger Pardue	600	622	644	325	341	352	986	512	540	-562	1526
Mark Almy	600	-661	-666	-380	-380	-380					
John Reyna	-534	-534	-534								
Raul Torres	540	573	-600	-352							
220 lbs.											
Doug Borden	672	744	-788	407	418	429	1173	655	705	727	1901
Jimmy Pegues	655	683	-705	-391	-391	391	1074	760	-810	-810	1835
Jim Cash	650	-705	-705	418	429	440	1091	711	-793	-793	1802
Darrell Carnes	628	655	-677	440	-457	-457	1096	650	683	-699	1780
Zeke Brown	-628	628	677	380	396	-407	1074	660	-688	-699	1736
Steve Murdock	683	699	-727	-341	-341	341	1041	650	-705	-705	1692
A. Schumieglow	-611	611	-683	-352	-352	352	964	-611	683	-705	1647
George Pessell	606	628	-634	407	440	-446	1069	573	-600	-600	1642
Robert Keller	628	-650	-650	358	374	391	1019	573	600	-611	1620
A. Hirschenson	-551	-551	-551								
242 lbs.											
Willie Bell	755	-793	-799	451	473	-479	1229	766	788	-799	2017
Dave Jacoby	771	-793	-815	446	457	468	1240	716	760	-782	2000
Robert Patterson	650	683	705	418	435	451	1157	622	639	650	1807
Mitchell Morris	633	-650	-650	391	-396	-396	1025	633	644	655	1681
Dusty Caldwell	-661	661	-705	391	413	429	1091	143			1234
Kirk Karwoski	-755	-771	-771								
Robert Vivier	-611	-611	-611								
275 lbs.											
Scott Warman	782	810	-832	429	451	468	1278	782	799	-826	2077
Eric Arnold	810	843	859	451	468	---	1328	705	-738	755	2033
Lance Ross	677	722	-749	407	440	-462	1162	727	-760	760	1890
Larry Kidney	733	-782	782	-451	-451	---					
SHW											
Mike Hall	837	903	---	540	562	---	1466	694	744	---	2210
Vic Kennedy	766	821	859	440	463	479	1339	622	672	-705	2011
O.D. Wilson	672	733	755	402	440	451	1207	705	755	-804	1962



***Lamar Gant's** Biggest Problem was trying to hold the first place 132 lb. class award, the free supplement pack from Nutri-Power and still shake hands with his competitors.*



***Factor of Three**...the top three finishers in the Flyweight division (left to right) Soukup, Nguyen, Brightwell, had a combined bodyweight of 340 lbs. The top three guys at SHW (below, left to right) Mike Hall (374.8), Vic Kennedy (353.8), and O.D. Wilson (340.9) averaged 356.5 lbs individually!*



Rich Woods, the coach of 2 state championship football teams, seems well recovered from his quadricep blowout of a while back and put 83 pounds on his total from last year's meet. Ray Long happily nabbed up more points for the military men in 3rd place. Roger Pardue did some nice lifting, and others of the clan were on site, with Sam going for it in the 181s, and Ralph in the judge's chair. Mark Almy, whose lady is Felicia Johnson, showed some fight in the squats, only to fizzle in the benches. Ecuadorian-born, veteran California lifter John Reyna, could not get a squat passed.

Doug Borden made a triumphant return from what must have seemed like a debacle for him last year, a 1614 total. While processing through the drug test procedure administered by Dick and Stella Herrick after his lifting, Doug indicated that he was actually injured last year, but didn't want to use it as an excuse and, thus, didn't mention it at the time. He gave 788 a convincing but unsuccessful try in the squat, otherwise, his 8 for 9 day would have been perfect. Jimmy Pegues was incredibly close with an 810 deadlift, which exploded out of his grip only microseconds before he got the judge's signal. Jimmy, a professional soldier in the U.S. Army, is bull strong, but oh so lean at 220. Jim Cash, 33, wanted this one bad, but after his squats with 705 were badly missed, even his renowned pulling power could not yank him back into 1st place. Darrell Carnes is one incredible physical specimen. The mechanic for Duracell International is blessed with gigantic traps, delts, arms. SSGT Zeke Brown was one of the Natural Nationals champions this year, a program that Richard Peters will expand to state level natural championships within the U.S.P.F. in the coming months. Steve Murdock, now the strength coach at the United States Naval Academy, followed up with a total that was disappointing to his standards. George Pessell, coached by Fred Hatfield, was the 1980 Mr. Oregon, and 1983 Mr. Los Angeles, and showed some raw power and talent. Robert Keller, strength coach at the Air Force Academy, has also been a state champion in both Colorado and Arkansas.

In the 242s, both Dave Jacoby and Willie Bell looked great, and they had a terrific battle for 1st place and a spot on the USA team for the I.P.F. Worlds. Both struggled with red lights in the squats, and it was still close at subtotal time, after which point Willie pressed his advantage in the deadlift. Military lifter Robert Patterson actually won the 1986 German National Championships while stationed in Europe, and achieved the high distinction of a 9 for 9 day at the Seniors in his first try at the meet. Montana-born Dusty Caldwell did his job to get some more points for the military, but not to be forgotten is 3 time Teenage National champ (USPF and ADFPA) Kirk Karwoski. This guy was born to lift big weight, with legs that are Andersonian in scale. Obviously, he and his supporters were sorely disappointed in his bombout, and to be sure his final attempt with 771 was a nice looking lift in my eyes.

When 275 lb. champ Scott Warman first tipped the scales in weigh-in for the final session of lifting, they only registered 240 lbs. Scott came back and, after drinking some water, re-weighed in at a lofty 242.7 to make the class. Scott normally weighs in heavier than this, but had a bout of the flu. Certainly a man of vision, Scott sees himself as a 275er, while gravity and Mother Nature have their own ideas. After making key 2nd attempts in both the squat and deadlift, Scott had won the meet, despite Eric Arnold's fantastic 859 lead-off lift. Eric is managing a General Nutrition store nowadays. Kansas-born Larry Kidney had "spurs" in his shoulder act up, as they sometimes do, according to handler Danny Bullard, and could hardly get his 2nd attempt bench press down to his chest, let alone up, and had to retire from the meet, which opened a door for first time Seniors lifter Lance Ross to get into the medals.

We had three true Superheavies in the meet this year, but defending all-everything champion Mike Hall was an easy winner. Mike, who is "Lifting for God" and was recently featured in *GUIDEPOSTS*, a religious publication of some 4,000,000 circulation, just took it easy with 2 attempts per lift. He wanted to save something to go after his own records at the A.D.F.P.A. Nationals, also in Chicago three weeks later, but was recently told that he would not be allowed to lift, as he had not competed in an A.D.F.P.A. contest since his victory in last year's Nationals. Mike is genuinely disappointed with this turn of events, but wanted to let people know this is why he wasn't at the A.D.F.P.A. meet this year.

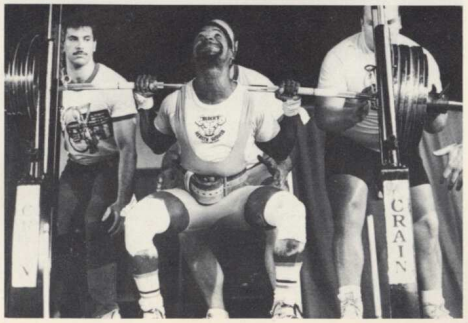
Vic Kennedy, a rising Super in both the A.D.F.P.A. and U.S.P.F. ranks competed in the 1983 NCAA Wrestling Championships, and now serves as a police officer out of Silver Spring, Maryland. His face is a graphic messenger of his intensity when in the middle of a tough lift, and of his untethered joy when he sees those white lights afterward. O.D. Wilson, now out of Ft. Bragg, is a more somber lifter, but his desires are no less intense. He truly wanted that 804 deadlift he tried, and will get it in due course.

The team title went to the Armed Forces once again, but not without John Black close behind their 92 points with 83 for his team, and 62 for Ft. Hood. Best Lifter award went to the smiling Lamar Gant, and the team for the Men's Worlds in Norway consists of, pending drug test results for all of them, Pattaway at 123, Gant at 132, Austin at 148, Crain at 165, Bell at 181, Anderson at 198, Borden at 220, Bell at 242, Warman at 275, and Hall as SHW, with the alternates being Dave Jacoby, Vic Kennedy, Doan Nguyen, Chuck Dunbar, John Inzer, and Jimmy Pegues. Some interesting things happened in the National Committee also, so check out the Minutes beginning on page 32 for further details.





***I.P.F. World Record Breakers** include Dan Austin at 148, who missed a deadlift mark, but topped the total record of Joe Bradley anyway (top left); Jesse Jackson, the only man to compete in both the A.P.F. and U.S.P.F. Seniors this year, with his 661 squat, breaking the mark of Bob Wahl (below left); John Inzer, who cracked Virtanen's recent mark with this 733 at 165 (bottom right); and Robert Wagner, last year's U.S.P.F. Seniors champ, with a Junior World Record squat of 688 as a 165 lber.*







***Gene Bell**...set for a rematch of the '85 Worlds with Coppin in Norway.*



***Sly Anderson**...adds the Seniors to an already incredible winning year.*



***Doug Borden**...220 lb. champion.*



***Willie Bell**..out of the military and lifting for Black's Health World now.*



***Scott Warman**...almost didn't make weight, at the other end of the class!*

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- Gene Bell

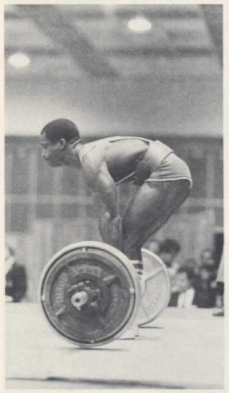
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***Like Two Greek Gods**...well, maybe a Finnish and an Irish one, Bruce Takala and Sean Scully (right) accept the Team Trophy for the Armed Forces.*







J.D. feels you should always do a conditioning cycle prior to a power cycle. A conditioning cycle utilizes lighter weights and lots of reps. He usually goes for 6-8 weeks, depending on when meet day is, with reps of 8,7, and 6 for 3 sets each off the block, to build a base for future PRs.

WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those a different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

The J.D. Carr 500 lb. Deadlift Progam

by the A.P.F. Seniors & World Champ at 132

In the world of Powerlifting, you find people of different statures. Because of this, some deadlifters have better leverage than others. I feel I have good leverage, nonetheless, there's no way you can achieve a powerful deadlift without proper training and technique, whether you have good leverage or not.

This 10 week training cycle that I have compiled is based on your max coming into the routine being 500 pounds. It's great to have a good squat and bench, but to have a great deadlift is to really put pressure on your opponent. LET'S BEGIN!

NOTE: It's most important that you stretch properly for 15-20 minutes to avoid injuries.

This deadlift workout should be done once per week. In the first 6 weeks of your power cycle, include heavy loads of assistance work, such as pulldowns, shrugs, and bent over rows for 3 sets of 8-10 reps). In the last 4 weeks of the cycle, include only light pulldowns, 3 sets of 8 reps.

Week 1: 135x8, 135x8, 205x5, 275x5, 320x5
Week 2: 135x8, 135x8, 215x5, 290x5, 340x5
Week 3: 135x8, 135x8, 225x5, 305x4, 360x4
Week 4: 135x8, 135x8, 235x5, 320x4, 380x4
Week 5: 135x8, 135x8, 245x5, 345x3, 400x3
Week 6: 135x8, 135x8, 245x5, 355x3, 435x3
Week 7: 135x8, 135x8, 255x5, 365x2, 455x2
Week 8: 135x8, 135x8, 265x3, 375x2, 475x2
Week 9: 135x8, 135x8, 265x3, 375x2, 475x2, 495x1
Week 10: 135x8, 135x8, 275x3, 375x1, 430x1, 515x1.

Rest for ten days prior to the meet.

Contest: Warmup poundages: 135x8, 245x5, 345x1, 415x1. Make your first attempt very easy, 460; second attempt 500, and third attempt 530-540.

When deadlifting, use proper equipment, such as wrist wraps, powerbelt, and slippers. If you wear slippers you start the lift closer to the floor than with regular gym shoes, and a half an inch makes a difference. *"Remember, there can be no success without the help of GOD. Believe and he will see you through."*











J.D. will provide personalized deadlifting routines upon request in folders for $10 dollars. Also available is a complete training cycle for all three of the lifts for $12. Send your maximum lifts to: SSGT J.D. Carr, Det. B. 1st FSSG, MCAS El Toro, Santa Ana, CA 92709.



***Mike MacDonald**...wrote the following in response to two articles in his local newspaper about the nationwide steroid distribution indictments of May 21st, 1987, in which he was named. "This is in regards to the two newspaper articles that appeared in late May on two occasions. I feel I do not deserve such a blast to my character. First of all, there is no conspiracy and never was one. There is no drug ring and never was one. I was just one of thousands across the country who have been getting anabolic steroids for fellow athletes out of a feeling of obligation to keep them training and on a positive track in life. I never was big in this type of business and never made much money in it as I kept it as the small part of the business. Why all the bad publicity for a man who has set more than twice as many world records in the bench press as the next closest man in history, and who has had such an enormous influence on keeping people on a positive track in life. I do not say steroids are good for you but if taken properly they are no worse than aspirin for a headache. Abuse is the thing that is bard and even in health products too much can be harmful. Why all the bad publicity when narcotics is what's destroying people's minds and the economy too. We now have millions of people who don't even pull their own weight and I feel I have been pulling the weight of hundreds by myself, through my influence alone. Get all the homeless, welfare recipients, drug addicts, alcoholics, etc. into health and fitness mind developing programs and I will show you how it's done."*

Steel Tip Prevu...the August edition of Dr. Ken Leistner's monthly strength and fitness newsletter covers "Periodization for Football", a special "Reader's Input" section, the "newest" on an old training device, the Kettlebell, a review of the "Trap Bar" and a note on the recent championship track performances of some youngsters associated with his office. For a one year subscription to STEEL TIP, send $20 to 54 Fletcher Ave., Valley Stream, NY 11580.

Corrections...Michael Swope of New Martinsville, WV should have had his 4th place lifts of 385 242 383 1014 at 165 in the West Virginia Championships reported in the August issue. All three of his lifts tied or broke personal records, including the total. Also, Randall Ward should have been listed higher on our TOP 100 Middleweights list in the August issue for his 620 squat and 1515 total from the Wayne State competition held in Nebraska.

Without it, you lift nothing... your health, that is. Protect your physical well being, by always lifting safely, with alert spotters in attendance, on well-maintained equipment utilized for it's intended purpose. Never push an injury beyond the limits proscribed by medical advice. The stress from short sighted overexertion can lead to a restricted lifetime of non-exertion. The routines and advice published in *POWERLIFTING USA* are designed for the consideration of healthy strength athletes working in a safe manner. If you experience pain or discomfort when training, promptly seek medical attention.

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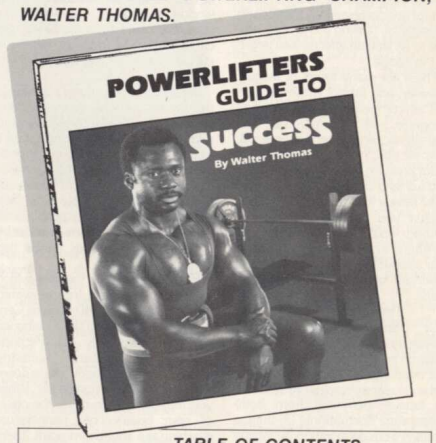


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FATIGUE

as told by Frederick C. Hatfield, Ph.D.

Gut-busting, burning, gasping for air, last rep max. You've been there. Inspired by images of greatness, you enter the torture zone, willingly accepting pain as if it were signaling ecstacy. You push on. There's no turning back until total fatigue virtually shuts you down.

Lactic acid strikes again.

It's good, though. This sort of fatigue is what the uneducated gurus of the fitness world call "the good hurt." It's one of the factors which are necessary in forcing an adaptive process to take place in your muscles. Nature overcompensates for this sort of fatigue by making you less susceptible to its limiting effects. You're getting in shape.

There are many forms of fatigue, however, and fitness enthusiasts as well as competing athletes need to recognize both their presence and their significance. Their presence will, I assure you, not go unnoticed.

But knowing what's happening and why will lend clues as to how you can make fatigue work for you rather than against you. It will give you the methods you'll need to combat it in the future. In a very pragmatic sense, your tolerance to fatigue is the most important sign of whether you're in shape.

Theories of Fatigue

Dr. Christian Zauner from the University of Florida categorized the research on fatigue into five distinct (but overlapping) groups: (1) fatigue of the circulatory/respiratory systems. (2) fatigue stemming from body temperature fluctuations. (3) fatigue resulting from dehydration (4) fatigue stemming from depletion or blockage of energy sources. (5) fatigue arising from psychological manifestations

These factors of fatigue overlap in the sense that you may experience more than one at a time. For example, when running long distances, your body temperature increases, your heart is taxed, your energy systems are depleted and your mental anxiety from the pain all take their respective toll.

But problems arise when you try to compute which of these phenomena is responsible for your falling prostate on the ground, quitting, as it were, instead of finishing the race.

Exercise scientists are quick to respond. One very popular theory has it that circulation and respiration failure may be the culprit. From the outset of exercise, there's plenty of oxygen in the blood to support continued training. However, as time goes by, the heart and lungs have more difficulty supplying the working muscles with needed oxygen.

Why else would athletes have greater oxygen consumption capabilities, better cardiac output and more blood than their lazy counterparts? The theory seems to hold water, until you realized that even in an exhausted state there's plenty of oxygen coursing through working muscles.

If there's plenty of oxygen, we have to assume that the exhaustion came from something else. Maybe the lactic acid that's accumulating in the working muscles? Lactic wastes accumulate faster than the blood can carry it away, so perhaps fatigue is still a result of cardiorespiratory inadequacy.

Again, however, there's a hole in the theory. Lactate concentrations vary from individual to individual in a fatigued state, and training appears to drastically improve your tolerance of lactic acid. To highlight the inadequacy of the lactic acid theory of fatigue, consider people like Jack LaLanne, who can do pushups all day, or pull a barge from Alcatraz by his teeth and with his hands tied behind his back.

Body temperature theories which explain fatigue seem to hold water, however. At around 40 degrees Centigrade (approx. 104°F) fatigued athletes consistently fail. Perhaps some temperature sensing mechanism in the body shuts down activity in order to sustain life. While you may be able to delay the onset of your body's core temperature reaching the shut-down point, there appears to be little you can do to alter the shut-down point itself.

Still, fatigue isn't fully explained with this theory either. All you have to do is remember the last time you performed a set of curls to failure. Your biceps may have been fatigued to a point of failure, but your body temperature certainly wasn't even approaching forty degrees.

This same objection can be raised in the case of theories centering on dehydration as the cause of fatigue. Certainly, if you were to exercise to a state of dehydration, your blood would be diverted to the skin to cool your core temperature. But the muscles would then be deprived of oxygenated blood because it's all getting cooled down near the surface of the skin. Exercise stops from lack of oxygen, mounting core temperatures or both.

But simple muscle fatigue certainly can't be explained by dehydration any more than it can be explained by cardiorespiratory inadequacy.

Some scientists have postulated that fatigue is the result of impaired, inadequate sources for muscular energy: (1) muscle glycogen, (2) blood glucose, and (3) blood borne FFAs (free fatty acids).

Even in severely fatigued states, there is ample glycogen, glucose, and FFAs present to sustain work in your muscles, however. Blockage of these energy sources may, however, cause work to stop., If glucose reaches a certain point of depletion, for example, your nueral transmissions may be somewhat impaired resulting in your muscle's never being signaled to contract. If your blood's free-fatty acids reach a certain point of depletion concurrently with a rise in lactate concentrations, you will not be able to mobilize more energy-giving FFA's from fat stores.

None of these energy related explanations of fatigue hold up, however, because at any time -- even in highly fatigued states -- you have plenty of one or the other (or all) of the energy substrate.

Maybe fatigue is all in the mind.

Some people can push themselves to the point of collapse, even death, while others among us cave in with naught but mild discomfort.

This phenomenon is very interesting, and bears a bit of discussion. Normally sedentary people have been exercised to total fatigue in laboratory tests. According to Dr. Zauner, the following observations are typical: (1) not perspiring at fatigue. (2) show pallor, cyanosis and other signs of poor peripheral circulation, (3) their heart rates are less than 150 beats per minute. (4) they are not in acute respiratory distress. (5) their body's core temperature is approaching the critical 40°C. (6) all have low blood volume, which is required by the working muscles (leaving skin circulation shut down and unable to dissipate body heat).

Now compare these findings with those of trained athletes: (1) they're drenched with perspiration. (2) their heart rates typically exceed 200 beats per minute. (3) they're exchanging over 100 liters of air per minute (plenty of oxygen). (4) their peripheral circulation is excellent (keeping core temperatures down and muscle circulation up to par).

Clearly, fatigue becomes a personal value judgement. Athlete and sendentary people alike appear to have their own perculiar shut-off point, beyond which the pros and cons are weighed as to whether it's worth it to continue.

World champions are far more likely to put up with pain and continue. Great athletes, but not good enough to be world champions, stop sooner than their more successful counterparts, and sedentary folks stop at the drop of a hat.

Integrated Theory of Fatigue

While the reasons for formulating an integrated theory of fatigue escape me at present, Dr. Zauner has elaborated on the need for one.

"When blood sugar drops, the nervous system is deprived of its only energy source. Work stops so that the nervous system may continue its other important integrative activities, such as regulation of circulation and respiration. Of course, pscyhological considerations can intervene at any of these stages and cause cessation of work.

In the untrained subject, perhaps the psyche interferes at the second or third phase. The athlete probably has no significant psychological intervention until he is quite near to 'physiological fatigue.' Furthermore, central body temperature might become a factor in some individuals prior to significant reduction of blood glucose. In particular, an untrained individual may be stopped by elevated temperature because he is unable to expose blood to the cooling functions of the skin."

Admittedly, this simple explanation of fatigue does not clarify why you have to stop when you're experiencing those gut-wrenching, burning, gasping-for-air, last reps in your set. Just as obvious is the fact that highly trained athletes have a far greater tolerance, physical and mental, to fatigue than do sedentary people.

Instead, training stands out as the best method of arming yourself with such a tolerance. But there's a few other things that you may want to try. At least they'll help you get that armor a bit more expeditiously:

Inosine helps delay the onset of short-term fatigue (anaerobic).

L-carnitine helps delay the onset of aerobic shutdown.

A good hypnotherapist can help greatly in assisting you in your efforts of tolerating greater levels of fatigue before quitting

Eating four or five square meals per day will assist greatly in keeping energy levels soaring (keep the calories per meal down to avoid getting fat)

Supplementing each day with a high quality multivitamin/mineral pak will, if consistently practiced, aid in keeping energy optimal

Learning to cope with stresses associated with everyday living can dramatically improve your energy levels, outlook, and tolerance to training-induced fatigue states

Keep an open mind on new methods of training and nutritional supplementation (e.g., gamma oryzanol, trimethylglycine, amino acids, etc.), for many hold much promise in improving your state of mind, your tolerance to fatigue, pain and discomfort, and at the same time improve your overall health.

But most of all, get in shape!

TRAINING

Developing the *Wedge*

as told by Ron Fernando

Suffice it to say that most powerlifters in this country are closet bodybuilders. Not that there is anything wrong with that. Yet for all of those would be Lee Haneys, there is a right and a wrong way to pursue an off-season bodybuilding program that will zoom your subsequent powerlifting totals upward. I feel strongly that one of the most important ancillary muscle groups for PL is the entire back area. According to *GRAY'S ANATOMY* (no serious lifter should be without one) the back is composed of the following muscles:

1. Trapezius
2. Posterior Deltoid
3. Infraspinatus
4. Teres Major/Minor
5. Latissimus Dorsi
6. Erector Spinae
7. Rhomboids

Think about this - the back region is probably the single most imporant muscle for ALL THREE of the lifts. Every PL superstar worth his salt has forged a "wedge" worthy of Michelangelo and Frank Lloyd Wright by using some serious weights. The *Wedge* is a co-star in ALL three of the lifts. Effective development of this area will help assure you of injury-free results. Let's examine how the *Wedge* affects each of the lifts.

The Squat

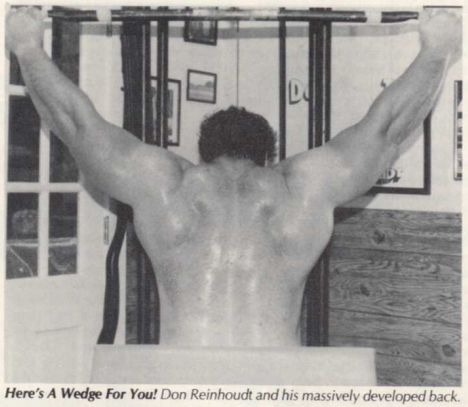
Ever see one of the real "Grand Dragons" of the Squat - Eddie , Doug Furnas, or Dr. Squat hizzelf - do a really BIG NUMBER? You know, somewhere up in the rarefied regions of the 'squatosphere', an 800 + lift? Well, aside from tremendous concentration, impeccable form and the proverbial "Tree-Trunk Thighs", all of these superstars employ the *Wedge* to their advantage. When setting up, the traps bear the brunt of the weight while the smaller muscles (infraspinatus, teres major/minor etc.) help in cushioning the weight. One of yesteryear's squatting greats - George Frenn - once stated that "big, well developed traps act as a pad for the weight..." The lats and spinal erectors, if well developed, are like the buttress to a building. Your entire body stands up straight, and maintenance of proper form is much easier with these muscles developed to their fullest. I have seen novice lifters who, through no fault of their own, feel that powerlifting is just training the Big Three to the exclusion of everything else. Watch them when they try to shoulder a big squat - they literally do a Jerry Lee Lewis "Shake, Rattle 'n Roll" before quivering up with the weight. Now watch some of the big boys squat. No shake, no shimmy, not even the Watusi (I just dated myself by saying that!). In short, every squatter, whether they hold the weight ultra-high on their back like Roger Estep or multiple World Champion Hideaki Inaba or they carry the bar low like Hatfield and Waddington, has a well developed *Wedge*.

The Deadlift

Not including the obvious use of the large erector muscles of the lower back, the latissimus dorsi muscles positively aid and abet a big Pull. I'll never forget way back in 1979 when Lamar Gant gunned down Precious McKenzie with a heart-stopping 617 Deadlift at the World Championships. His setup was like something out of a Kabuki play - he faced the weight, slowly raised his arms up, and his lats literally fanned out like the wings of a Pterodactyl. Literary absurdities aside, Lamar squeezed that massive weight to lockout and victory. Big Bill Kazmaier (whose WR DL was recently broken by Sweden's Lars Noren) also had huge, and I mean huge, lats. He has pulled over 900 in exhibition and had he not retired to pursue wrestling, only God knows his true capabilities. John Kuc once posed for *Muscular Development* with a set of lats that were as wide as the USS Enterprise. Kuc has religiously worked his lats and gives a lot of credit to this training for his many World Records. Notice all of the above lifters are conventional pullers. I feel that the lats are even more critical in the Sumo where setup and form is more precise. The lats help to stabilize the weight and prevent it from drifting out of the groove. And in the Sumo Pull, if the weight ain't in the groove, it's his-to-ree. Watch Eddie Coan, John Inzer, Jarmo Virtanen, Larry Mistric - all superb Sumo pullers. They haven't neglected their lats (or the *Wedge*!).

The Bench Press

In his classic work *Complete Guide to Power Training*, Dr. Fred Hatfied stated: "These muscles (the latissimus dorsi and teres major) become involved as assistors when using the HIGH ARCH technique, but remain relatively uninvolved in benching with the back flat on the bench, except perhaps as stabilizers..." I would like to add that the majority of the lifters out there, especially in the lower weight classes, are high-arch benchers, due to their lack of muscle mass relative to the big guys and their increased flexibility. The *Wedge* definitely helps keep you in the proper position and as many leading authorities claim, actually helps prevent PEC injuries. The analogy being that no matter how strong a door is, if it has a flimsy hinge, down it goes! When you bench, your shoulder girdle muscles, pectorals, anterior delts, etc. stretch and the *Wedge* muscles squeeze together. The thicker the muscles are, the more the contraction and, of course, the more explosion and hopefully, a bigger bench.



Here's A Wedge For You! *Don Reinhoudt and his massively developed back.*

The Program

There are as many *Wedge* exercises as there are brands of beer. We must keep our ultimate goal (that of increasing our total) in perspective. Yeah, I know, its great to walk around the mall or beach with a tank top, but we need to SCIENTIFICALLY map out a plan of *Wedge* assistance exercises that will develop this area without disturbing the Big Three. During the off-season, the idea is to develop a sound physical base and to correct any deficiencies. These are the exercises I recommend for a well-planned off-season program.

1. Bent Rowing - absolutely #1 for helping deadlift lockout, this exercise can be done with a barbell, with dumbbells, with two or one arms and with special apparati. Place the emphasis on good old barbell rows, but remember to keep your elbows at 90° from the torso, and the torso parallel to the floor. Try to draw your shoulder blades together and squeeze. Go heavy, but remember that the concept of "heavy" is not the same for off-season conditioning exercises as it is for competitive lifting. Try to do the movement in sets of 8 reps and no more than 5 or so total sets. Quality, not quantity, counts.

2. Towel Chins - this one can destroy your ego. So you think you can chin, eh bunky? Well, drape any standard towl over a bar (make sure it's strong enough and not a No-Tell Motel special). The form is simple - grip like hell, and pull, alternating sides. This will work all of the prime movers of the *Wedge* (lats, rhomboids, teres, etc.) and also give you a grip that won't quit. TRY to do sets of ten without weight - it's a humbling experience! I also like doing wide grip chins with a false grip to really get a good stretch.

3. Pulldowns - bear in mind to let the lats and NOT THE BICEPS do the work. Try to actually relax the arms and concentrate on pulling with the lats. Try to avoid doing the standard behind-the-neck pulldowns. Many experts decry this as an unnatural position for the muscle involved. Do 3-4 sets of 8-10 reps.

4. Quarter Shrugs/Standard Shrugs (for some excellent analysis of these and other exercises, I recommend *The Complete Guide to Power Training* by Dr. Hatfield) There are many misinformed coaches who think that standard shrugs include rotating your shoulder around like a break-dancer. This movement, called circumduction, is not necessary, however you may want to use some heavy duty lifting straps to help pack on the lbs. The quarter shrugs will hit the 2nd and 3rd head of the traps. Go through the old "touch your delts to your ears" routine and you'll never go wrong!

Hyperextensions

In the 1971 World Olympic Lifting Championships, Bob Beattie of *ABC* interviewed then US National Superheavyweight Champ (now prowrestler) Ken Patera. Patera was always very candid about the Russians and their training methods:

"...I've been doing my training all wrong, ... these guys do a lot of hyperextensions; they lie across a high bench and dip the weight..." In those days, hyperextensions were one of the Russians' secret weapons. Indeed, if performed correctly, (not HYPER-extending the back) this will forge a lower back like a turtle's. If you are lucky enough to possess a Glute-Ham machine, then go for it (Future article on Glute-Ham machine upcoming). 3 sets of 10 reps. That's it. I'm sure you notice a lack of various lat pulldowns, cable rows, and Nautilus machine work. Not that these are no good, but all of these cannot be performed in an off-season program. During the season, I would continue to an abbreviated version of the above and, of course, eliminate all assistance exercises during the pre-meet (6-8 weeks) peaking cycle.

Hey, the *Wedge* will give you an Edge - it rhymes! Develop it and watch your power total and bodybuilding ego soar! Aloha, til next time.

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Sleep & Athletes, Part II

by Dr. Judd Biasiotto, Arny Ferrando and Tom Foote

Sleep in Review

Although sleep has been investigated since the beginning of the twentieth century, researchers are still not sure why we sleep, or for that matter, what the phenomenon of sleep is. Although the need for sleep isn't officially clear, it's been scientifically proven that the lack of sleep has a profound effect upon our mental and physical performance. Interestingly, not all of us have the same sleeping pattern. The average person sleeps approximately 7.5 hours per day. However, approximately 5% of the population sleeps less than 6 hours a day, and another 5% sleeps more than 9 hours a day. These individuals have been classified as "short sleepers" and "long sleepers", respectively. According to research, the sleeping patterns of athletes were considerably different from the sleeping patterns of "normal people". In general, athletes seemed to need significantly more sleep. Why athletes need more sleep than the average person has not yet been ascertained. It has been hypothesized that individuals who are under a lot of stress or who are exposed to new and challenging situations tend to need more sleep. Perhaps athletes experience more stress than average individuals.

Dreaming

Although no one knows what the function of sleep really is, most scientists are convinced that there is a 'strong link' between sleeping and dreaming. In fact, they believe that dreaming just may be the most important part of the sleep cycle. Apparently our dreams are not aimless fantasies of our subconscious, but rather a vital process to our mental and physical well being. According to James V. McConnell in his award winning book *Understanding Human Behavior*, we all frequently dream every time we go to sleep - we simply don't remember our dreams very long after we wake up. Each dream lasts from a few seconds to several minutes. Like sleep, the function of dreaming is not entirely understood. Ramon Greenberg, director of sleep research at the Boston Veterans Hospital, believes that dreams are the brain's way of transferring memories of the day's events from the perceptual input areas of the brain to those parts of the cerebrum that are involved in memory storage processing.

Jonathan Winson, a neuroscientist at Manhattan's Rockefeller University, voices a similar theory. Winson hypothesizes that without dreams, there would be no merging of new experiences with old - no short-term memory, which is essential for normal life. Although no one is positive about the absolute function of dreaming, the fact that everyone dreams suggests that it is an essential part of life. And in fact, William C. Dement, a Stanford University scientist, proved that very point in a fascinating study that he conducted in 1960. Dement had his subjects sleep in his laboratory every night for a period of ten days. While the subjects slept, Dement monitored their sleep cycles with an EEG machine. When the subjects were in a light or deep sleep, Dement did not disturb them. However, as soon as the subjects entered into the REM period, he would wake them up. After he woke them up, he would tell them to go back to sleep. In almost all cases, as the subjects went back to sleep, their sleep cycle started over again. They would go through light sleep, deep sleep, and then to REM sleep - at which time Dement would wake them up again. He would continue this process throughout the night. Thus, his subjects got all the light and deep sleep that they wanted, but they were deprived of REM sleep, and consequently, dreaming.

After depriving the subjects of REM sleep and/or dreaming for several nights, they became cranky, annoyed, impulsive, and at times, hostile. Dement also reported that the subjects experienced extreme difficulty in learning new tasks, and significant decrements in performance of already learned tasks. Interestingly, most of the subjects after a few days of REM deprivation, exhibited shortened sleep cycles. It was as if the subject's body was trying to rush through its light and deep sleep to get to the REM period of sleep. Dement speculated that the body was attempting to catch up on the REM sleep and/or dreaming that it had been deprived of. Also of interest was the fact that many of the subjects reported experiencing anxiety and nightmares for several nights after the REM deprivation was discontinued. Apparently, the loss of REM sleep triggered the nightmares; a finding confirmed in subsequent research which indicated that anxiety nightmares occur most often when the need for REM sleep or dreaming is greatest.

Interestingly, athletes seem to require signficiantly more dream sleep than average people.

Chemical Means to Sleep

Many athletes, and people in general, try to induce sleep by taking sleeping pills or by using alcohol. In many instances, this is not the answer to acquiring sleep. Not only can these chemicals cause physical dependency, but they usually have limited effectiveness and frequently, exacerbate sleep problems in the long run. The effects of these drugs are variable, unpredicatable, and often result in a strong combination of excitation and depression of the central nervous system.

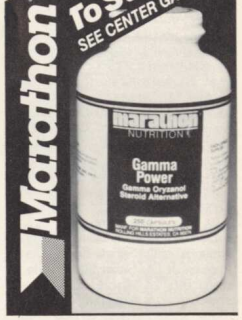
Research has also revealed that both alcohol and sleeping pills can cause a type of physiological hangover with symptoms of lethargy and weakness. Thus an individual who takes these drugs may find himself tired and weak the following day even after sleeping for eight hours. Perhaps even more significant is the fact that these drugs significantly reduce dream (REM) sleep time. The drugs knock you out all right, but the sleep and/or unconsciousness they produce is not normal sleep. In fact, drug researchers have consistently found that individuals who use sleeping pills over an extended period of time (two weeks or more), develop the same neurotic behavior that the subjects in Dement's experiment developed. Also, just like the subjects in Dement's experiemnt, once they discontinued using sleeping pills, their REM sleep time increased, as did the occurrence of nightmares, restlessness, and nightime awakenings. Furthermore, research has shown that it can take a month or more to repay the REM sleep debt that accumulated in a week's time. In short it's better to avoid using drugs to induce sleep or to alleviate sleep problems.

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Ask the Doctor

This column will answer questions about drugs used by athletes and the available detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send $15.00 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I like to workout three to four times a week, when I can. Unfortunately once or twice a week I get a crippling migraine headache which just won't let up. These headaches put a real crimp on my workouts and are preventing me from becoming a competitive lifter. I've been put on several kinds of medications including ergot preparations, sedatives and narcotics. Any of the medications that did help made me feel so dopey that I couldn't train properly. I've also tried all kinds of vitamin and mineral supplements but they didn't help much either.

A friend of mine recently suggested I try an old herbal remedy called feverfew. Can you tell me anything about this herb? Also can you suggest any medication or treatment which might help my headaches or at least allow me to feel well enough to lift when I have one. **Bart J.**

DEAR BART: *Feverfew is a wild chrysanthemum which is used in Europe, especially England, for the treatment of all headaches, including migraines. It is also used for other conditions such as arthritis and menstrual cramps.*

Although many migraine sufferers find relief by using feverfew, I don't feel it is a miracle medication. I feel that it has properties similar to aspirin and some of the other anti-prostaglandins such as phenylbutazone, naproxen (Naprosyn) and piroxicam (Feldene). It is, in fact, an antiprostaglandin itself.

On the other hand there are those who feel that feverfew's active ingredients (which have not yet been synthesized) have more than just an aspirin-like effect. In a British study done last year the researchers concluded that there was evidence that feverfew might prevent migraine attacks.

Unfortunately conventional medical treatment for migraines, while often effective, are frequently accompanied by side-effects such as fatigue, nausea and drowsiness. I have several suggestions which you might find useful. The first is to contact a local migraine clinic since they may be able to suggest certain therapies such as biofeedback and autogenic training as well as fill you in on various other forms of treatment. Keep a special diary of everything you eat, in case your headaches are triggered by food. Include in that diary a resume of all your activities and moods, since headaches are often triggered by activity or stress. I would also suggest that you consult your doctor again if you haven't seen him in the past year. There are some new medications on the market which have few side-effects but which might be effective in reducing the frequency and severity of your headaches.

It might also be worthwhile to consult a physiotherapist or a chiropractor to see if musculoskeletal tension and inflammation (especially in the neck and head muscles) contribute to your headaches. ***M.G.D.***

DEAR MAURO: I started powerlifting about a month ago and I really enjoy it. I'm diabetic and have to use insulin (by needle) every day. Before I started lifting I was taking 95 units per day and I was still not well controlled. Now I'm down to 50 units per day and feel great.

My problem is that after approximately an hour of training I develop a cold sweat on my forehead and get slightly dizzy. Once this happens I have to stop training for that day. I would like to know if there is anything I can do to alleviate this problem because I can never finish my workouts. Do you feel that by continuing to train I can eventually go off my insulin? **Mike V.**

DEAR MIKE: *There are a number of things you can do to prevent your hypoglycemic attacks while training. The trick is to have less insulin or more glucose in your system around the time you are lifting. There are several ways to do this. One is to change the type of insulin you are on so that there is less active insulin present in during your workouts. Another is to change the time(s) you take your insulin. You can also eat a small balanced meal before your workouts so that there is a constant supply of nutrients entering the blood stream over a two to three hour period.*

One diabetic lifter I know takes brewers yeast tablets throughout his workouts. He usually goes through about fifty or so per workout. He claims he no longer has any symptoms while lifting since he's been taking the yeast tablets. It's possible you may eventually be able to go off insulin and just use oral medications. Be sure you're carefully followed by a physician before trying to go off of the insulin. If not you could get yourself into a lot of trouble - I've seen this happen to a lifter who just decided to go off hs insulin because he felt so good. Within six weeks he was comatose. He is presently back on his insulin although he takes less than he used to. ***M.G.D.***

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More From Ken Leistner

An item in the July 1987 issue of *Powerlifting USA* broached the legalization of elbow wraps. The introduction of supportive wrapping for the competitive lifts has bastardized the 3 events. In "the old days," if someone asked a question about your ability to squat, you could respond with a simple number, or if a true died in the wool competitive lifter, note your best gym lift and follow with your best "official" mark. From there, it has become "...with my suit, this much more with my suit and wraps, this much with my suit with the straps down, this much with the belt and wraps, but no suit, this much with the belt, suit, and no wraps,..." Gee, what happened to the squat?

In the last few years, the same could be said about the bench press. The introduction of tight fitting "bench shirts" has changed this lift, and a lifter's self perception must include his or her ability with various combinations of equipment. I have always realized that the use of supportive wraps, not necessarily protective, had little to do with the spirit of powerlifting, however, as a man who wanted to be as "strong" as possible, and demonstrate that strength through the performance of the squat, bench press, and deadlift, I liked using suits and knee wraps. They allowed me to use heavier weights and that was positive. I knew, of course, that I wasn't really "stronger", but if I was going to be involved in a sport whose criteria included using the heaviest weight possible in a particular movement, then I was for the wraps.

My objection to the use of wraps and suits for athletes involved in sports other than powerlifting, is that they do not serve as an aid in the attainment of strength. If anything, they are a detriment, preventing, over time, improvement in many muscle groups. If the wraps are used in a program that is very limited, i.e.; limited to the three competitive lifts and one or two assistance movements, then muscle imbalance is likely to increase the opportunity for injury. An athlete who must demonstrate his or her strength in a way other than the three lifts has no business using supportive suits or wraps.

Like Willie Morris of Virginia, I too have wondered about the use of elbow wraps. Many years ago, I dislocated my elbow in a judo match, and wishing to continue, made the mistake of correcting the dislocation myself. There was little rest and no therapy to repair the damaged ligaments and torn muscle tissue. The result has been an elbow that looks somewhat different from the other, and suffers pain under loads such as heavy benches and overhead presses. Certainly, during my competitive days, I would have done better with a protective and supportive elbow wrap. Psychologically, I would have benefited, yet the rules forbade their use.

Those with knee damage have the choice of lifting with some sort of supportive wraps, or not squatting at all, if pain does not allow it. Those with elbow damage have no such choice. Those who state that the use of elbow wraps would make previous bench press records obsolete, should get back to reality. The utilization of tight suits and shirts specifically designed to improve this lift have already altered bench press history. Those who state that the use of elbow wraps would be "too much" in terms of supportive gear, again, look around. A competitive lifter fits out for combat as well dressed as any football player. I don't believe that a pair of elbow wraps would denigrate the lifter any more than his or her knee wraps, suit, supportive underwear, or special shirts.

I would love to see the abolition of all non-protective, but supportive, gear in the sport of powerlifting, but if we're going to allow any wraps, we may as well allow wrapping of all of the major joints.

I now want to sing the praises of a gentleman who has given a great deal of his time and energy to the sport, and note the services that he provides. Al Siegel of Clearfield, Pennsylvania has fielded powerlifting teams for years. He and his wife host a number of meets each year, well run and excellently attended affairs. Al is a successful Masters lifter, and a strong supporter of the ADFPA. Most importantly, I feel that Al makes the nicest powerlifting trophies for the price. Kathy and I have encouraged everyone who has asked to price trophies locally, then call Al. He is competitive, and more than willing to provide "emergency" service or come up with unique items. Here is a gentleman who has given much to the sport, who continues to give, and who can benefit any meet director or school official.

Much the same can be said for George Zangas of Marathon Distributing. George has, for many years, been a part of the lifting scene, as a competitor and the coach/supporter of a number of teams. Although I am not a believer in mega doses of nutritional supplements or many of the "gee whiz" products on the market, George does provide quality items, offers excellent and courteous service, and understands the necessity of having a product in the hands of the lifter when it's needed. I respect George because he profits from the sport, yet continues to channel a percentage of those profits back to the lifters. Marathon helps to supply our world teams, and provides assistance to a number of lifters. George Zangas, like Al Siegel, is a lifter's lifter and a lifter's provider. One of the best things we as participants can do is support those that give back to the sport, by supporting them.

(EDITOR'S NOTE: Al Siegel and George Zangas are two of many recommendable vendors who advertise in POWERLIFTING USA Magazine.)

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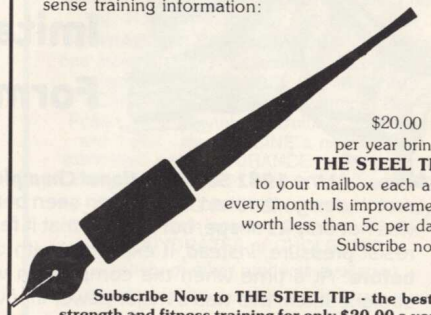
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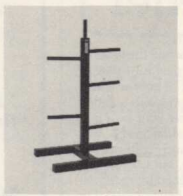


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Question & Answer

Your training questions are answered by Roger Estep, 1979 Senior National Powerlifting Champion, World Record Breaker as a Midheavyweight, and the 1985 MR. IRON MAN. For a quick response to your training question send $10 to Roger Estep, 1413 Holgate Drive, Anaheim, California 92802.

DEAR ROGER: I am a twenty two year old powerlifter. I have been lifting for about 2½ years, but only began to squat and deadlift, and train for powerlifitng about a year ago. My best lifts in competition are 475, 280, 510 at 181, while in the gym I've gone 475, 305, 520. I have never done steroids and do not plan to in the foreseeable future. My problem is a common one, overtraining. I realize everyone overtrains at some time in their career, but I seem to do it too easily. I've adjusted my training to try and solve this problem, but it still happens often. I bench heavy on Monday, with 2-3 sets for upper chest, delts and triceps. On Tuesday I squat and deadlift heavy with assistance. On Friday I do light assistance for legs and back. It seems like my bench is most susceptible to overtraining, while my squat is least.

I have two questions. First could you give me any hints you used to avoid overtraining, expecially in the off-season. Secondly, did you or anyone you know of ever attempt to overtrain on purpose and then allow for more recovery time than normal to make gains. Most of my biggest gains have come after layoffs due to minor injuries or college finals. It seems like it could be possible to really overtrain for 2-4 weeks and then take some time off to recover. and then make big gains. Any help you could give would be greatly appreciated. Good luck to you in the future and thanks again, **Thomas Taylor.**

DEAR THOMAS: *Overtraining is a universal problem with all ahtletes no matter what the sport, but some sports are more susceptible to overtraining than others, with weight lifting and powerlifting being the easiest in which to overtrain. American lifters usually feel that if two days of training is good, then 4 days are twice as good, but in reading your letter it doesn't seem that your schedule is too severe. You should examine your program closely to make sure you're not getting too involved in tricep work. A lifter who does a power bench program, then does incline presses, then finishes off with flyes or any other movement that calls upon the triceps to work doesn't need much tricep assistance work. Make sure you are not overtraining your triceps.*

Also if you are having a difficult time keeping your bodyweight at 181 you could be undernourished. This might also explain why you perform so well after a long rest.

I have never known anyone who overtrained intentionally and then took a long recovery period. The major drawback to that theory is that overtraining often leads to injury. My formula was simple. If I had one bad day in the gym and didn't make the lifts that I usually made, I would just write it off as a bad day. If I had two bad days in a row where I couldn't makes lifts that I usually made easily, then I would know that I'm overtrained. To solve this problem I would examine my routine and make a judgement to determine if I needed time off or just needed to back the weights down for a couple of weeks. Also, I would analyze my diet to insure that my food intake is well balanced. Best Wishes, ***Roger***

DEAR ROGER: I read about an "Off Season" training routine and wonder if it could be used by advanced powerlifters, as well as beginning and intermediate lifters? Should one increase weight on each set in such routines or should the weight be increased on each set of the basic exercises, like squat, bench press, etc. with the same weight being used on each set of exercises like leg curls, side laterals, etc. Thanking you in advance. **John**

DEAR JOHN: *I would think that you should make an increase in weight on each set so to induce an extra stress on the body for growth. I only believe in going down in weight and increasing reps when you are bodybuilding and are trying to a get a pump into the muscle being worked. I am not a believer in a true off season in powerlifting. Thus I don't think you can really use an off season program more than 4 to 6 weeks out of the year. What the off season program is designed for is to give the body some rest from the heavy poundages used most of the time by powerlifters. The way I give my body some extra rest during a long string of heavy workouts is to take a few days off and pay extra attention to any areas or joints that might be unusually painful or stiff. Several good days in the sauna and whirlpool plus maybe a couple of trips to my chiropractor works wonders. By doing this I can start my training again with maybe a couple of light workouts and then be right back at the level I was before the rest period. I know this sounds like I'm peaked all year around and actually I am close to peak all year with the exception of the mental edge I put on myself just before a contest.*

Whenever using an off season training approach be sure to give yourself enough time to get into shape before the next contest or you might find yourself running like hell to try and get your strength back and needing 3 or 4 mores weeks to peak for the contest. Best Wishes, ***Roger Estep***



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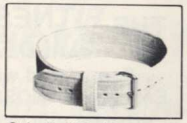
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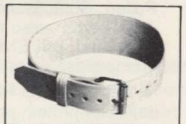
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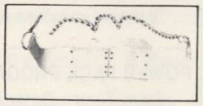
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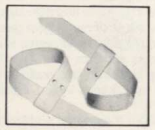


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★WHO'S WHO IN POWERLIFTING★

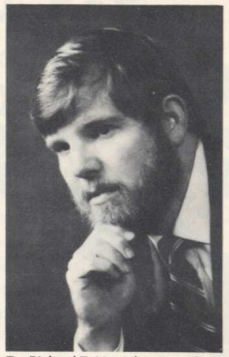
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Hiro Isagawa, I.P.F. World Champion and record holder at 123, was one of the judges (along with Kim Crain, and Kira Od) in the new U.S.P.F. logo design contest. Hiro, who has recently married, is seen here holding the winning entry by Glenn Anderson of Pensacola, FL.



This license plate belongs to Les Rhodes of Chesterfield, Illinois, an ADFPA lifter in the 198 lb. class. (Photograph supplied by Eric Van Winkle). In California, the license plate "PL USA" has been on Mike Lambert's car for almost a decade.



Dr. Richard T. Herrick MD is Chairman of the Sports Medicine Committee of the U.S.P.F. He is also associated with Auburn University and the National Strength Research Center, in addition to his orthopaedic surgery practice, which emphasizes sports medicine and surgery of the upper extremity, hand and foot. A competing lifter and Category II Referee, Dr. Herrick also maintains membership in over a dozen professional associations. He has been USA team physician at 6 World meets and Physician in charge at over 20 national contests.



Todd Opitz is a 6' 4", 280 pounder who normally lifts in the 275 lb. class, although he has been as heavy as 300. His best lifts are 550 350 500. He has held SHW records in both the ADFPA and USPF, broken recently by his brother Eric.



Eric Opitz is a 6' 3" Superheavy with best lifts of 625 350 and 465. He and his brother Todd are training at the "Opitz Brothers Gym" (owned by father Bill Opitz) for the 16-17 age group competition at the U.S.P.F. Teenage Nationals in Allentown, PA



Scott Shimko, 19, an Naval Aircraft Ordnanceman at the Naval Air Test Center in Patuxent River, MD won the state championship at 114 after going on a computerized training program developed by Ted Herring. At just just under 5 feet tall, and 104 pounds, his goal is become All-Navy. Photo/info by Mike Kolenick.



John Gouveia of Taunton, MA took Best Lifter at 181 at the New England States Novice with 540 375 550. He trains at Pearson's Gym in Whitman, and has a black belt in karate.



Tad "Tadpole" Peters, 2 years of age and the son of Richard and Marsha Peters, has been to 40 meets, and Rich figures he's just about ready to start judging, loading, & announcing



Zachary Toomey, son of Iowa U.S.P.F. Chairman Larry Toomey III, has pulled a 65 lb. deadlift weighing 48 lbs. at age 5. He trains with his Dad twice a week in their home gym



Gabriel Toomey is Larry Toomey's other son. He pulled a 45 lb. deadlift at age 3. His favorite lifter is Tom Henderson, who he calls "He-Man" when he comes over for a workout



Ron Welker is an avid powerlifter, and sometimes his daughter Angie (4) goes down to the basement to train with him. Here she is straining with her version of a deadlift.

STARTIN' OUT

A special section dedicated to the beginning lifter

Deadlift Tidbits

as told by Doug Daniels

The deadlift may be the most critical lift of all the power movements. It is the final lift in competition and many contests are won or lost because of it. As the saying goes, 'The meet don't start til the bar hits the floor.' Important to progress in this lift is a good routine, however, there are other things we can look at when trying to get that max pull when it counts. Some of these are basic and common sense, but many newer competitors don't consider them and suffer with lower totals and placings. I firmly believe that if you can incorporate a few of my suggestions into your training, you stand to benefit.

Let's start with set up. This is an area where many newer lifters can stand improvement. One problem is positioning the body too far away from the bar. It almost seems like lifters think the bar will bite them. Your goal should be to keep the distance the bar must travel to lockout to a minimum. Standing away from the bar requires a lifter to pull the bar back into the body as well up. Walk up to the bar, stand with your shins touching it, then reach down to grip. You may suffer a bruise or two, but no one ever said deadlifting was easy.

While on the subject of grip, you should grip the bar as narrow as possible. The more narrow the grip, the less distance the bar must travel. If you deadlift conventionally, try to grip at shoulder width just outside the start of the knurling. Sumo deadlifters can go narrower, straddling the knurling and the smooth part of the bar. There will be exceptional lifters who gain leverage by using a wider grip, but first try a narrow grip.

Try also to maintain an upright posture when starting the pull. This will also lower the distance the bar must travel as well as throwing more of the strong leg muscles into play. Flexibility can help here, so don't overlook its importance.

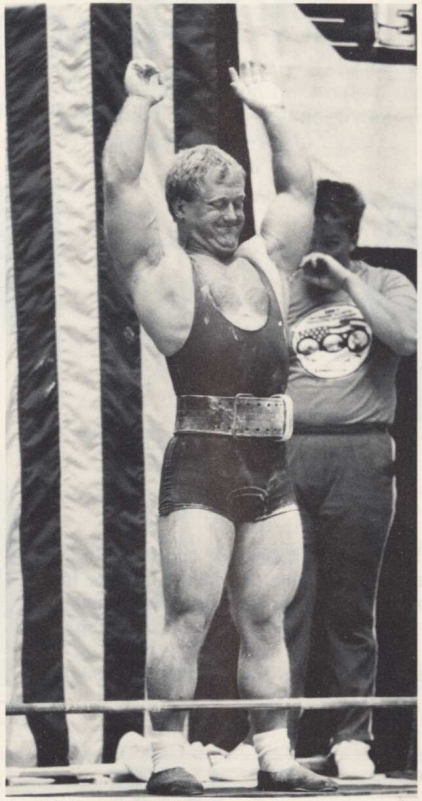
Some lifters like to roll the bar before pulling. For some this is a 'psyching' method. Rethink this strategy, as you may be wasting valuable energy rolling the bar. In addition, you may lose the desirable pulling position, possibly leading to a lower lift or injury.

Friction plays a part in the deadlift. It comes from the bar dragging up the thighs after the midpoint of the lift. This can be lowered by two methods. The first way is the use of talc or baby powder on the knees and thighs. By applying it, the bar will encounter less friction on the way up. However, because of its antifriction qualities, you must be careful not to get it on your hands, as this could cause grip problems. The best way to apply it is to squeeze the powder on your thighs and spread it using the bottom of the container. Be considerate and try not to get powder all over the floor.

Another way to beat friction is to take a tip from swimmers. Some swimmers have been known to shave their heads to reduce friction (resistance) while swimming. We certainly don't have to go that far, but shaving the front of your thighs up to where the bar stops at lockout might help. To avoid any embarassment this may cause some male lifters, shave only the week before competition, and it will grow back.

A final note on friction, while training the deadlift wear either a singlet, squat suit, or shorts. Wearing pants will hamper the lift and lower your training poundages.

For grip, we want the opposite effect. Use chalk or magnesium carbonate on your hands. If the bar has a large build up of chalk on it, request the loaders to brush it off with a wire brush before your attempt.



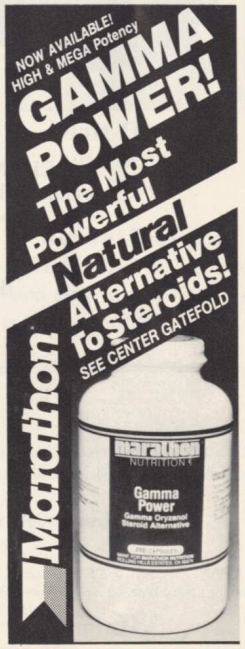
***Jim Vrabel**, a massive lightheavyweight, works with Startin' Out author Doug Daniels to produce custom training routines. For information contact Strength INK, Inc., Box 148, Hammond, IN 46235.*

Let's look at footwear next. Ideally your footwear should be low to the ground, to reduce bar travel. Also, it should provide a non-skid sole. They should be flat because a shoe with a heel will tilt you forward ever so slightly which will require you to pull back more than desirable. For conventional deadlifters, I recommend house slipper type shoes, which are available in ads in this magazine. They provide the benefits I have just described and fulfill the rule requirements for footwear. Sumo lifters might want to give these a try also. If they don't feel right, try a tennis type shoe with a flat sole and heel. They should also have hard soles and heels to reduce sinking into the shoe.

A item of equipment I question use of in the deadlift are knee wraps. The purpose of knee wraps is to support the knee joint and provide extra spring for the squat. In other words, they help straighten the knees out to squat more weight. Their use in the deadlift could cause the knees to straighten out too quickly during the lift which will take the leg muscles out of the movement while they can still contribute. This could mean, again, a lower lift. A valid use could be to support weak or sore knees.

The deadlift is the only lift of the Big Three where you can not use any momentum to get the bar going. It just sits there in front of you - 'dead'. Despite that, many lifters train their deadlifts using a bounce between reps. This is counterproductive to developing strength to move a 'dead' weight. Start all your deadlift reps, including warmups, with a complete stop. The stop between reps will also help you to achieve your most desirable pulling position, and help prevent injury due to bad form.

I hope I have given you some suggestions you can apply to the deadlift. There is more to getting a max deadlift than just a good routine. The factors I mentioned will also add pounds. In competition, we need every edge to make our lifts. By incorporating some of my suggestions, you will be closer to reaching your goals. If I have described practices you are currently using, you are at least on the right track. Deadlifts are the climax to any meet, so make your best contribution.



POWER-RESEARCH

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POMS & Powerlifters

by WORLD CLASS ENTERPRISES

(Biasiotto, Ritter, and Ferrando)

We are all aware of athletes who do not possess the inherent talent of their competitors, but who consistently excel despite their physical inadequacies. Such individuals transcend their physical deficiencies with fierce determination, desire, persistence, and other intangible psychological qualities. On the other hand, there are some athletes who have awesome physical skills, but who never excel. Again psychological reasons are used to explain the poor performance that is exhibited by these superior physical specimens.

Along these same lines, research has revealed that there is a near linear relationship between mental and emotional health and athletic performance. Superior athletes, in most sports, consistently exhibit lower levels of anxiety, fear, and depression than less successful athletes and the general population. For instance, in a study conducted by William P. Morgan, 56 athletes who were contending for a position on the United States Olympic wrestling team were adminstered the Profile of Mood States (POMS). While the unsuccessful candidates scored well on the test, the athletes who ultimately earned final berths on the team scored significantly better. Interestingly, similar studies on marathon runners, golfers, skiers, and Olympic rowers revealed similar findings. In everyone of these studies there was a linear relationship betwen athletic success and scoring well on the POMS. The better the athlete, the better the score. These findings seem to indicate that the POMS could be used as a valid predictor of athletic success. In other words, the possibility exists that the POMS could be used to predict how well an athlete will do in a specific sport. The test could also be used to indicate what phychological qualities that certain athletes need to work on to be successful.

Although the POMS has been used to develop psychological profiles for athletes in numerous sports, it's never been used to profile powerlifters. Since there is no reason to believe that the personality structure of other athletes interacts with the personality structure of powerlifters, the only way to profile powerlifters is to test them independently. That's exactly what we did.

The Profile of Mood States

The POMS consists of a list of 65 words or phrases that describe moods or feelings (unhappy, sad, tense, lonely, helpless, energetic, cheerful and so on). The subjects are asked to indicate how well each word or phrase describes how they felt during the week. The words are rated by choosing one of five possible alternatives: "not at all", "a little bit", "moderately", "quite a bit", or "extremely". A "mood profile" is constructed from the results of the test. The profile measures six identifiable mood or affective states: tension, depression, anger, vigor, fatigue, and confusion.

Powerlifters and POMS

The subjects used in the study were 25 male powerlifters ranging in age from 18 to 36. The aforementioned subjects were selected from 227 volunteers on the basis of their lifting classifications. Twenty-five subjects were randomly selected from the volunteers for the following lifting classifications: - elite, master, first class, second class and third class.

The POMS was administered to each subject independently by a research assistant. To obtain a score for each mood factor, the sum of the responses were obtained for the objectives defining the factor. All of the items defined in each factor are keyed in the same direction, except for two items; "Relaxed" in the tension-anxiety scale and "Efficient" in the Confusion Scale. These items receive negative weights in calculating the factor scores.

The results of the study are presented in Table I.

TABLE I

Mean Scores on the POMS for Male Powerlifters (N = 125)

Class	Age	Wt.	TEN	DEP	ANG	VIG	FAT	CONF.
ELITE								
N=25	28.25	147.25	10.25	10.12	9.25	23.50	9.25	8.00
MASTER								
N=25	28.50	160.70	9.40	9.90	9.00	20.80	11.00	9.00
CLASS I								
N=25	23.25	159.66	11.58	11.41	9.58	21.50	10.08	9.83
CLASS II								
N=25	22.22	164.77	12.44	12.77	10.33	21.00	9.44	9.55
CLASS III								
N=25	22.09	167.72	12.72	12.81	9.54	18.54	10.18	10.00
TOTAL								
N=125	24.66	160.86	11.34	11.46	9.54	20.94	10.04	9.36

A review of Table I reveals that there is a linear relationship between lifting classifications and score distribution on the POMS. Generally speaking, the higher the lifter's classification, the better his score on the POMS. For example, Elite lifters scored better on the POMS than Master lifters, and Master lifters scored better than Class I lifters, and so on and so forth. In all candor, such a distinct set of scores relative to lifting classification is amazing, if not incredible. To our knowledge no other study has shown such a perfect relationship. (No, we did not doctor the data). Of course this is the only study which was designed to ascertain the psychological profile of powerlifters. Still, it is hard to imagine that there is such a distinct psychological profile from one lifting classification to another. Nevertheless, that's exactly what we found.

What didn't surprise us was the fact that Elite and Master lifters fell significantly below the means found for lower classification lifters on all the mood states except for vigor. In the case of vigor, the Elite and Master lifters clearly outdistanced the means of the other lifting classifications. Also, when Elite and Master lifters' psychological profiles were compared to the psychological profiles established for the normal male population, the athletes clearly emerged superior. The scores of the normal male population were significantly higher than the Elite and Master lifters on tension, depression, anger, fatigue, and confusion. As you might expect, the aforementioned athletes scored well above the male population on vigor. These findings are in accord with other studies that used the POMS to profile athletes.

POINTS TO PONDER

1. The possibility exists that the Profile of Mood States (POMS) could be used to predict how well an athlete will do in a specific sport.

2. The POMS could also be used to indicate what psychological qualities that certain athletes need to work on to be successful.

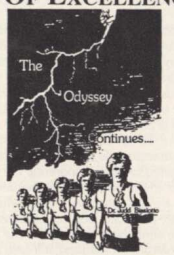
3. There seems to be a linear relationship between lifting performance and score distribution on the POMS. Generally speaking, the better a lifter is, the better he will score on the POMS.

4. In terms of psychological states, Elite and Master lifters score low in tension, depression, anger, fatigue, and confusion, but high on vigor.

5. The psychological profiles of Elite and Master lifters are superior to those found for the normal (male) population.

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Message from the U.S.P.F. President

In response to item 28, which was placed on the agenda of the National Committee meeting by one of the U.S.P.F. members, I read into the record the following letter from Dr. Di Pasquale. With his permission, I am reproducing it here in order that all might know that, with respect to the quantitative tests, at least, androgenic/anabolic screening is both difficult and controversial.

Dear Conrad: I am sorry that my recommendations on the results of the drug testing conducted at the 1986 Senior Nationals has sparked so much controversy. Prior to these nationals the USPF had been having a difficult time trying to arrange drug testing at an IOC accredited laboratory. Because of these difficulties (which we had sought to resolve over a six month period before the nationals) the USPF was left in the position to have the drug testing done at the Indianapolis laboratory (which was not IOC accredited) or not done at all. Not doing the testing would have further set back the USPF drug testing program. The decision, therefore, was to use the Indianapolis laboratory (which was not accredited at that time) - with some reservations as to the treatment of the final results. There were in fact three positive drug tests.

I will deal with each test after giving some background as to my reasoning and subsequent recommendations. My feeling is that with the synthetic anabolic steroids the all or none view held by the IOC and IPF (the substance is either there or it is not) can be just as valid when using a good but not IOC accredited laboratory. (Although I am not in favour of increasing the sensitivity of detection to enhance retrospectiuity because of the ultimate danger of endogenous production). The offense in these cases is the presence of a banned substance and not the quantity of the substance present.

The detection of exogenous testosterone use presents us with a different problem since this substance is naturally present in the body. The use of exogenous testosterone is detected by determining the ratio of testosterone to epitestosterone. If this ratio is above six then the test is said to be positive and thus is proof that the athlete has used exogenous testosterone.

The testosterone/epitestosterone test is quite controversial and the ratio itself has seriously been contested even when the results came from IOC accredited laboratories. For example Dr. Brooks, considered by many to be the father of modern drug testing, recommends the use of another test (the testosterone/LH ratio) to substantiate borderline positives - those marginally above the 6/1 ratio considered to be between 6/1 and 8/1). Dr. Cowan, the assistant director of the Chelsea (London, England) laboratory, screens for testosterone abuse by using the testosterone/LH ratio.

Of the three positive samples, one was positive for 19-nortestosterone. The analytical results unquestionably showed the presence of the metabolites of 19-nortestosterone. This test was clearly positive and could be substantiated in a court of law. One of the tests was positive for testosterone with an extremely high testosterone/epitestosterone ratio of 10.7/1. Again in looking over the analytical results I felt that this test was clearly positive and because of the high ratio could be substantiated in a court of law.

The third test (sample number 27) was also positive for testosterone. However, this positive was more problematic in that the ratio was only minimally elevated (7/1). There are two factors which had to be considered here. First and perhaps less important is that a minimally elevated testosterone/epitestosterone ratio could result from situations other than the use of exogenous testosterone. The present IOC and IPF rules, however, state that a ratio above 6 must be considered positive if an accredited laboratory is used for doping control.

With borderline tests the use of an IOC accredited laboratory can be critical to the test results. This is because IOC accredited laboratories must meet the high standards of the accreditation committee - thus their results, because of the strict quality controls, are more accurate, especially in the more sensitive tests as well as in the detection of smaller concentrations of banned compounds. Because we used a laboratory that was not IOC accredited we had to be careful with the interpretation of a borderline test. I learned that in the Indianapolis laboratory, a variance of 10 to 15 percent in multiple testosterone/epitestosterone ratios on the same sample was not unusual (in fact some variation occurs in all labs, accredited or not). Apparently the first test is the one considered official. In order to substantiate this borderline positive test of a non accredited laboratory, the testosterone/LH ratio should have been done. The Indianapolis laboratory, however, was not prepared to do the testosterone/LH test (I subsequently sent them material on the test for their edification). Taking all this in consideration I felt (and still feel) that the positive result of sample 27 could not successfully be defended in a court of law. My recommendation, therefore, to the USPF was to not consider this test as positive. On looking over the analytical results of all the other tests done by the Indianapolis laboratory I cannot find any other questionable results (either positive or negative results).

I hope this letter adequately explains the reasons behind my recommendations. Should you need further clarification don't hesitate to write.

Sincerely, Mauro Di Pasquale, MD, Chairman, IPF Medical Committee

MINUTES OF THE NATIONAL COMMITTEE, JULY 12, 1987
MIDWAY ROOM, HOLIDAY INN-O'HARE-KENNEDY, CHICAGO, IL

The meeting was called to order by President Conrad Cotter at 10:40 a.m. Invocation by Mario Torrez, State Chairman, Michigan.

ROLL CALL OF VOTING MEMBERS: Executive Committee: Conrad Cotter, Jake Boyer, Fred Hatfield, Don Haley, Richard Herrick, M.D., Ramona Kenady, Richard Peters, Jan Shendow. Members-at-Large: Lucian Gillis, Ralph Pardue, Dr. Billy Jack Talton. Athlete's Representatives: Dan Austin, Rickey Crain, Rick Gaugler, Dave Jacoby. Regional Chairmen: Region I John Buckley, Region II Captain Sean Paul Scully, USAF, Region III Stella Herrick for Frank Watts, Region VIII Christopher Hoover for Richard Peters, Region IX John Inzer for Mike Reed, Region X Frank Jones for Bill Decker, Region XIII Don Amini for Jim Lem. State Chairmen: Arizona-Bill Decker for Bob Calvan, California-Fran Haley for Robert Taketa, D.D.S., Colorado-Robert Keller for Jim Mestepy, Illinois-Justin Weisberg, Kansas-Brian Boyer, Kentucky-Jim Hart, Louisiana-Mike Reed, Maryland-Steve Murdock for John Mogavero, Michigan-Mario Torrez, Mississippi-Marie Herrick for Brother Bennet, New York-Alan Roberts for Larry Bagnoli, North Carolina-Sandy King for Tim King, North Dakota-Timothy Taylor for Jack DeShields, Ohio-John Black, Oklahoma-Marsha Peters for Richard Peters, South Carolina-Sam Pardue for Jerry Beckham, Texas-Glen Venator, Wisconsin-James Adamsky, Armed Services Representative--Major Bruce Takala for Major Robert Wolf.

By unanimous consent, on request of Haley, seconded by Amini, rules suspended and requirement to call roll was dispensed.

MINUTES OF PRECEDING MEETING: Hatfield moved the adoption of the minutes of the National Committee Meeting held in Chicago, Illinois, July 4, 1986, as published in *Powerlifting USA*. Black seconded. Motion carried. Minutes adopted.

TREASURER'S REPORT: The Treasurer's report was presented by Conrad Cotter. By unanimous consent, on request of Cotter, report adopted.

STANDING COMMITTEE REPORTS: By unanimous consent on request of Shendow, seconded by Pardue, Standing Committee Reports adopted as distributed at the meeting. The Committee on Hall of Fame presented the report and submitted the following names for consideration for induction into the Hall of Fame: Administrator--Don Haley, Dennis Burke Athlete--Bill (Peanuts) West, Bill Kazmaier, Mike Briges, John Kuc. Don Haley was inducted into the Hall of Fame as Administrator and Bill Kazmaier and Bill (Peanuts) West were inducted into the Hall of Fame as Athletes.

REPORT ON THE IPF CONGRESS: Report of the IPF Congress Meeting, 1986, was given by Cotter and Hatfield.

PROPOSED AMENDMENTS TO THE BY-LAWS: Lucian Gillis submitted report from Law and Legislation Committee. Proposal 1 was amended to read as follows and adopted: Region I: Maine, New Hampshire, Vermont, New York, Massachusetts, Connecticut, Rhode Island. Region II: Pennsylvania, New Jersey, Delaware, Maryland, District of Columbia, Virginia. Region III: North Carolina, South Carolina, Georgia, Alabama, Tennessee, Florida. Region IV: Indiana, Kentucky, Ohio, Michigan, Illinois, West Virginia. Region V: Wisconsin, Minnesota, Iowa, Nebraska, Missouri, Kansas, South Dakota, North Dakota. Region VI: Oklahoma, AArkansas, Texas, Louisiana, Mississippi. Region VII: New Mexico, Arizona, Utah, Colorado, Montana, Wyoming. Region VII: Washington, Oregon, Idaho, California, Nevada, Alaska, Hawaii. Proposals 2-9 were adopted without amendment. Proposal 2--"Registration duration. Registration fees will cover a period of one full year from the date of purchase." Proposal 3--to be amended by deleting "and must be endorsed by an official of the club the athlete wishes to represent." Proposal 4--Section 8.2 (d) to be deleted. Proposal 5--Section 8.3 to be deleted. Proposal 6--Section 8.4 to be deleted. Proposal 7--Article X to be deleted. Proposal 8--Section 13.4 to be deleted. The committee recommends that this proposal be deferred until the pending 'Anti-trust Compliance Program' has been completed. Proposal 9--Section 14.6 Amendments: New subsection (4). The other provisions of this section notwithstanding, these articles may be amended at any meeting of the Executive Committee by two-thirds vote of the members present. This subsection shall be in effect for only one year and shall sunset the day prior to the National Committee meeting in 1988.

National Committee meeting recessed until 1:30 p.m. on motion of Cotter.

Meet reconvened at 1:30 p.m. At the request of the President, Stephen Sulzer, outside counsel, reported to the National Committee the status pending legal matters.

SPECIAL ORDER OF BUSINESS: As a special order of business at 2:00 p.m. the Committee considered the nomination and election of IPF Delegates to the IPF Congress. Hatfield moved the USPF President be the Delegate to the IPF Congress and that the Coach of the Men's World Team be first Alternate. Pardue seconded. Gillis moved to divide the question. Haley Seconded. Motion carried. Motion to designate the USPF President as the Delegate to the IPF Congress carried. By unanimous consent, on request of Hatfield, he withdrew his motion relative to designating the Coach as first Alternate to the IPF Congress. Nominations were opened for Alternates to the IPF Congress. The following were nominated. Hatfield, Pettitt, Scully, Buckley. Hatfield was elected first Alternate; Pettitt was elected second Alternate; Scully was elected third Alternate.

The following were nominated by the USPF for the following IPF positions: WOMEN'S COMMITTEE: Ramona Kenady, TECHNICAL COMMITTEE: John Pettitt, LAW & LEGISLATION COMMITTEE: Stephen L. Sulzer, Esq., MEDICAL COMMITTEE: Richard T. Herrick, M.D., DISCIPLINARY COMMITTEE: Jan Shendow, MEDIA COMMITTEE: Mike Lambert, CERTIFICATION COMMITTEE: Bill Decker, AMERICA/NORTH: Rich Peters. By unanimous consent, on request of Stella Herrick, President Cotter was directed to forward to the IPF and member countries, resumes of the individuals the USPF nominated for various committee positions.

SPECIAL ORDER OF BUSINESS: As a special order of business at 3:00 p.m., the Committee considered the question of awarding the championships for 1988. The following bids were awarded: SENIOR NATIONALS: Las Vegas, Nevada, July 8-10, 1988--Rich Peters. WOMEN'S NATIONALS: Austin, Texas, January 29-31, 1988--Jim Griffith. COLLEGIATE NATIONALS: Temple University, Pennsylvania, March 26 & 27, 1988. JUNIOR NATIONALS: Dallas/Fort Worth, Texas, June 4 & 5, 1988--MAC Barbell. TEENAGE NATIONALS: (MEN'S) Houston, Texas, August 6 & 7, 1988--Rich Peters. TEENAGE NATIONALS: (WOMEN'S) Referred to the Bid Screening Committee and then Executive Committee. U.S. NATIONAL OPEN: Cincinnati, Ohio, August 13 & 14, 1988--Rich Peters. HIGH SCHOOL NATIONALS: Hudson Falls, New York, May 14 & 15, 1988--Alan Roberts. MASTER NATIONALS: Salt Lake City, Utah, May 14 & 15, 1988--Jan Shendow.

NEW BUSINESS: Agenda items 1-4. Voted to pay 30 percent of the round-trip airfare for the United States team and a coach to each the 1987 Junior, Masters and Men's World Powerlifting Championships and the 1988 Women's World Powerlifting Championships. The 30 percent airfare will also be paid to the U.S. delegate to the 1987 I.P.F. World Congress. Agenda items 5-7. Subject to the availability of funds, appropriated the following amounts to the following committees: Collegiate Committee $1,000, Women's Committee $1,500, Youth Development Committee $1,000. Agenda item 8. Motion to set new qualifying totals for the 1988 Women's Nationals failed. Agenda item 9. Adopted new qualifying totals for the 1988 Collegiate Nationals. Agenda item 10. A lifter may use his total at the last previous national collegiate powerlifting championship to qualify for the next collegiate nationals. Passed. Agenda item 11. (As amended). Winners of the Men's Senior Nationals in the previous three years who posted a total higher than the current qualifying total shall be deemed qualified for the Men's Senior Nationals Powerlifting Championships. Passed as amended. Agenda item 12. Proposed to qualify state and regional champions for the Seniors. Failed. Agenda item 13. Women and teen-age state and regional champions shall be deemed qualified to lift in their respective national chmapionships. Passed. Agenda item 14. The Armed Services Powerlifting Championships shall be sanctioned as an official U.S.P.F. national championship meet. Passed. Agenda items 15 and 17. Each state is to have annually a "natural"/drug-free state meet. Also adopts a new, drug-free classification chart. Passed. Agenda item 16. Random drug testing at all state and regional championships. Failed. Agenda item 18. (As amended). U.S.P.F. dues shall be $20. Passed as amended. Agenda item 19. Procedure for selecting coaches for the U.S. teams tabled until the Coaching Techniques Committee Manual is adopted. Agenda item 20. The Foster Masters Formula replaces the Schwartz Masters Formula.

FOSTER MASTERS FORMULA

AGE	FMF	AGE	FMF	AGE	FMF	AGE	FMF	AGE	FMF
40	1.00	50	1.10	60	1.30	70	1.60	80	2.00
41	1.01	51	1.12	61	1.33	71	1.64	81	2.06
42	1.02	52	1.14	62	1.36	72	1.68	82	2.12
43	1.03	53	1.16	63	1.39	73	1.72	83	2.18
44	1.04	54	1.18	64	1.42	74	1.76	84	2.24
45	1.05	55	1.20	65	1.45	75	1.80	85	2.30
46	1.06	56	1.22	66	1.48	76	1.84	86	2.36
47	1.07	57	1.24	67	1.51	77	1.88	87	2.42
48	1.08	58	1.26	68	1.54	78	1.92	88	2.48
49	1.09	59	1.28	69	1.57	79	1.96	89	2.54

Agenda item 21. Proposal to subject technical rule change proposals to a ratifying vote by all registered lifters through *PL USA* tabled. Agenda item 22. Proposed to abolish the "Release from Liability, Covenant not to Sue, and Assumption for Risks." Failed. Agenda item 23. No action required. Agenda items 24-25. Considered together. Item 24 was considered moot after item 25 carried. Item 25, Category II referees may evaluate other Category II referees for the purpose of credential renewal.

Agenda items 26-28. Each related to drug testing and each failed. A letter from Dr. Mauro Di Pasquale, M.D., was read into the record and is reproduced in the "Message from the President" in this issue. Agenda item 29. Question was divided. Bid by Sunbelt Travel for Fredrikstad was accepted. Bid by Sunbelt Travel for Lima was tabled.

Captain Sean Paul Scully presented to the National Committee the team trophy won at the 1987 Pan American Powerlifting Championships.

Stephen L. Sulzer, Esq. discussed the pending agreement with Winning Edge, Inc.

Black moved to adjourn. Gillis seconded. Motion carried. Meeting adjourned.

MINUTES OF THE EXECUTIVE COMMITTEE OF THE U.S.P.F.
HELD JULY 12, 1987 at 8:38 P.M. IN THE HANEDA,
A ROOM OF THE HOLIDAY INN-O'HARE KENNEDY

Present: Cotter, Black, Haley, Hatfield, Herrick, Peters, Shendow. Absent: Boyer, Foster, Kenady, Zangas. Present in an advisory capacity: Gillis, Scully, Takala.

1. Peters moved to amend the qualifying totals of the 1988 Women's National Powerlifting Championships as follows: 75 kg class 760 lbs., 82.5 kg class 778 lbs., 90 kg class 826 lbs., over 90 kg class 870 lbs. Herrick seconded. Passed 6 to 1.

2. Hatfield moved that the winners of the Women's Nationals during the last three years be deemed qualified for the Women's Nationals, provided that the lifter's total meets the qualifying total of the Women's Nationals for which the lifter desires to be qualified. Black seconded. Passed unanimously.

3. Hatfield moved that the winners of the Women's Teen-age Nationals be deemed qualified to enter the next year's Women's Teenage Nationals. Failed for want of a second.

4. The following team was selected to represent the United States at the 1987 World Powerlifting CHampionships which are to be held in Fredrikstad, Norway, in November. 56 kg David Pattaway, 60 kg Lamar Gant, 67.5 kg Dan Austin, 75 kg Rickey Crain, 82.5 kg Gene Bell, 90 kg Sylvester Anderson, 100 kg Doug Borden, 110 kg Willie Bell, 125 kg Scott Warman, 125 + kg Mike Hall. Alternates: 1. David Jacoby, 2. Victor Kennedy, 3. Doan Nguyen, 4. Charles Dunbar, 5. John Inzer, 6. Jimmy Pegues. The following were selected as coaches: Captain Sean P. Scully (Head Coach), Steve Murdock, James Cash, Fred Hatfield.

5. The following persons were selected for the U.S. teams going to the 1987 Masters World Powerlifting Championships to be held in Lima, Peru, September 17-20: 40 to 49 age group: 75 kg Donald Smith, 82.5 kg Troy Hicks, 90 kg Tony Johnson, 100 kg Don Hamblet, Omar Lomba, 110 kg Glen Stevens, 125 kg Brian Meek, Cliff Nestlerod, over 125 kg Larry Kidney, Greg Garrett. 50 and over age group: 67.5 kg Max Peek, 90 kg Larry McCauley, 100 kg Brian Mooney, J. Englebert, 110 kg Curtis Walker, 125 kg Ed Riley, Hal Hudson. Don Mills was named head coach and J. Bowen was named coach.

6. Hatfield moved that Richard Peters consult with Jake Boyer and within a week furnish the Executive Committee with a list of applicants whose totals were set in "natural" or drug-tested meets. Haley seconded. Passed unanimously.

7. Peters moved that for the 1988 team each applicant must indicate when a) his best total and b) his best total in a drug-tested meet. Black seconded. Passes unanimously.

8. The following were selected as coaches: Ron Fernando--head coach and manager of the Junior team and the two Masters teams, Keith "Jake" Boyer, R. Keller, J. Hart.

9. Hatfield moved that, if necessary, the U.S.P.F. pay 30 percent of the round-trip airfare for Fernando and Hart. Black seconded. Passed unanimously.

10. Black moved that the team trophy at drug-tested national championships be awarded at the conclusion of the meet, but held by the meet director and not delivered until after the results of the drug testing are known. Haley seconded. Passed unanimously.

Upcoming National Meet Qualifying Totals

	114	123	132	148	165	181	198	220	242	275	SHW
Men's Contests											
USPF Teen Nationals 14-15	600	700	750	850	875	925	950	975	1000	1050	1100
USPF Teen Nationals 16-17	650	750	850	950	975	1025	1050	1075	1100	1150	1200
USPF Teen Nationals 18-19	700	800	950	1050	1075	1125	1150	1175	1200	1250	1300
USPF Collegiates	755	821	1003	1135	1256	1350	1416	1427	1438	1455	1466
YMCA Nationals	1064	1157	1246	1394	1527	1642	1731	1824	1890	1946	2033
Women's Contests	*97*	*105*	*114*	*123*	*132*	*148*	*165*	*181*	*198*	*198+*	
YMCA Nationals	639	683	733	782	827	909	981	1053	1130	1190	
USPF Collegiates	402	435	468	496	523	578	622	672	716	755	
USPF Nationals* (revised)	518	562	601	639	672	744	760	778	826	870	

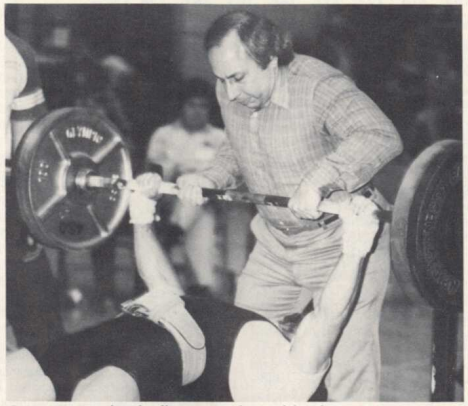
* USPF women's state champions are also qualified

Bulletin Board...this is the place to look for organizational news and notes ★ the new **Missouri** State USPF Chairman is Bob Boyles, 5521 Claremont, St. Joseph, MO 64506, 816-232-1863. ★ USPF **Classification Award** applications are available from the address below ★ a survey on **upper body injuries** is being conducted by Richard Herrick MD. If you are a Class I lifter or above, contact the address below for a form ★ PL USA BULLETIN BOARD, P.O. Box 467, Camarillo, California 93011

NUTRITION CORNER

How Soon We Forget

Advanced Concepts in Nutrition by George Zangas



***George Zangas**..hands off to Jim Grudzien of the Thompson Power Team.*

As simple as it was 10 years ago to choose a protein supplement, by today's standards it has become very complicated. A few years ago when you would have gone to the shelf in your favorite health food store and picked your favorite protein, you would have mixed it in the blender and fulfilled your protein requirements for your activity level. But due to advances in protein and amino acid research in recent years, it has become a complicated bit of shopping.

Today we have free-form amino acid complexes that are more efficiently used by the body than standard protein. We have Branched Chain Amino Acids, the key aminos that are necessary for even greater muscular growth than ever before thought of. Plus, we have amino acids to lower triglycerides, others to enhance performance and overcome depression, and yet another to aid in sleep. And the list goes on. What we want to discuss today is the proper use of the original protein powder in a powerlifter's dietary regimen.

There still is a great need for protein powder in the form of blended drinks, for everything from weight gain to weight loss, to maintaining weight. But how to select the proper protein powder still seems to be a problem for many people.

Let's first examine the category of weight gain products. Whether you're talking about a young high school athlete who wants to put on bodyweight or a world-class powerlifter who has the same goal in mind (gaining bodyweight), they're faced with the same problem. If they buy a weight gain formula, they're often not getting a quality product.

In examining the ingredients of these so called "gain weight" proteins, we find such ingredients as dried whey, sucrose, dextrose, non-fat dry milk, sodium chloride, artificial flavors, soy flour, etc.

In other words, they derive their increased caloric content from sugars and other inferior weight gain sources. And remember, muscle ain't built on sugar! For that matter, the high price you're often charged for these weight gain products that are accompanied by sugar is, frankly, ridiculous.

So how do you choose a good gain weight product? First and foremost should be consideration of the source of protein and therefore the efficiency (amino acid balance). In other words, you're far better off buying a milk/egg high percentage (85-95%) protein powder or, for that matter, a glandular protein powder which has a high P.E.R. (protein efficiency ratio), which is higher, I assure you, than the aforementioned products containing soy flour, whey, non-fat dry milk, etc.

Some suggestions in order to convert this high efficiency protein (milk/egg or gland) into a weight gain drink should be to add one or all of the following: bananas, honey, whole eggs or yogurt, plus other nutritious sources of calories that you can come up with, and, to vary the flavor, utilize such fruits as strawberries, pineapple, or other fresh fruits instead of sugar.

Here's a good drink recipe that will give you high efficiency protein with highly nutritious gain weight ingredients:

- 10-12 oz. whole milk or juice of your choice
- 3-4 ice cubes or equivalent of crushed ice
- 2-3 whole eggs
- Fresh fruit

Cover your blender and start at a slow speed to develop a "slush". At this point uncover your blender and add 2-3 heaping tablespoons of milk/egg or glandular protein powder while the blender is running at slow speed. This way the powder won't stick to the sides of the blender. For an extra boost, you might also try a teaspoon or two of nutritional yeast.

Cover the blender again and run at high speed for 30-40 seconds. The result is a highly nutritious good tasting weight gain drink without the nutritionally-empty and inferior ingredients you find in most of today's weight gain drinks.

Some other nutritional supplements you can add to these drinks are bone meal powder (a great source of calcium), liver powder, and various natural flavors such as vanilla and maple extract. This will provide a variety that you need to keep from tiring of a single flavor.

A very important thing to remember in gaining bodyweight is that a gain weight drink should never *replace* your regular meals, but should be scheduled to complement these meals, to give you the quality caloric boost you need for weight gain.

Never take a gain weight drink too close to meal, because it will supress your appetite. Ideally, the weight gain drink is taken 30-40 minutes following a meal. You might want to accompany it with some digestive enzymes, because of the increased food intake. Ideally, it should be sipped slowly over a period of 30-40 minutes so that maximum utilization and good digestion can take place. Take about 3-4 ounces at a time. Never gulp the entire drink down at one time--the bloating that you might experience could cause great discomfort.

How many drinks you take per day will vary with the individual. Your best bet is to take several 3-4 ounce portions during the day, but not too close to a meal.

Unlike taking a protein drink for weight gain, taking one for weight *loss* is a far simpler situation, particularly in terms of incorporating the drink into your daily dietary regimen.

First, let's understand how a protein drink fits into a weight loss program. It becomes a concentrated source of highly nutritious calories designed to replace at least two of your daily meals. Remember, though, to maintain one regular meal per day, preferably a meal that consists of good amount of complex carbohydrates and roughage. These two foodstuffs are particularly essential when you're on this type of high protein meal replacement drink regimen.

For breakfast and lunch you should have a protein drink that consists of 8-10 ounces of a low-calorie fruit juice or skim milk. To this you add 2-3 heaping tablespoons of protein powder, and perhaps a piece of banana for taste. Mix in the blender according to previously mentioned instructions, and, above all, follow the same directions for consumption (i.e. don't gulp the contents of the blender down at one time, but rather sip the drink slowly so as to obtain the maximum nutritional benefits).

The bottom line in meal replacement with protein drinks is that you'll be able to lose weight safely and efficiently over a relatively short period of time without denying your body proper type and amount of nutritional intake.

The best way to lose weight over a long period of time, of course, is to alter your eating habitts and condition yourself to eating a properly balanced diet consisting of 2-3 meals per day. But for obtaining short-range goals, a protein powder-based weight loss program can be very effective.

Also keep in mind that although you may already be taking nutritional supplements, you should be aware of your body's special nutritional needs during this type of weight loss regimen. To ensure yourself of an adequate intake of supplemental nutrients, and to make sure that you stay at your best for power training and competiton, add 2-gram liver tablets, and either a multi-pack or "tailored" multi-vitamin/mineral tablet to your regular supplemental nutrient consumption.

To sum up, we highly recommend that you not waste your money on "weight gain/weight loss"-labeled protein powders that typically contain low-quality protein with sugars and other flavoring added. We suggest that you use a high quality milk/egg or glandular protein mixed with the proper ingredients that will help you attain your short-and long-range goals.

Hopefully, we've helped to explain some of the mystery surrounding the use of protein powders, and how to obtain the best powders and the best results from them. Remember, be a smart label reader. Read the side panels and of the label and get the full story. You'll get more nutritional value for every dollar you spend.

And don't forget the simple pleasure of protein drinks. Mixed to your taste, they're a great way to build on your nutritional program, whether you want to gain or loose weight.

No matter how sophisticated nutritional science becomes, there will always be room for the good old protein drink, especially in the training regimen of powerlifters.

George Zangas is the founder and owner of Marathon Distributing Company, which specializes in high quality nutrition supplements and apparel for the powerlifting community. George was formerly Western Regional Sales Manager for Thompson Vitamins. He also founded and coached the "Thompson Power Team", the most successful powerlifting team in Senior Nationals history (5 straight team titles from 1976-1980). George is also a member of the Executive Committee of the United States Powerlifting Federation.

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	SQUAT	BENCH	DEADLIFT	TOTAL
1	760 Gaugler, R...11/15/86	545 Confessore, C...5/9/87	740 Gay, D...11/15/86	1912 Anderson, S...2/12/87
2	755 Anderson, S...2/12/87	512 Phillips, M...4/25/87	733 Eiseman, T...12/13/86	1900 Gay, D...11/15/86
3	733 Crain, R...2/21/87	510 Clark, R...8/31/86	722 Anderson, S...2/12/87	1862 Barber, M...2/12/87
4	722 Barber, M...2/12/87	500 Succarotte, A...5/9/87	705 Barber, M...2/12/87	1851 Phillips, M...4/25/87
5	710 Gay, D...11/15/86	475 Gaugler, R...11/15/86	700 Stansell, M...12/1/86	1818 Crain, R...2/21/87
6	710 Smith, R...4/25/87	463 Vrabel, J...5/30/87	700 Powers, R...3/21/87	1795 Confessore, C...5/9/87
7	705 Allen, T...2/14/87	460 Clem, M...11/22/86	699 Crain, R...9/20/86	1791 Eiseman, T...12/13/86
8	699 Phillips, M...4/25/87	460 Hood, J...2/4/87	683 Whitehead, R...8/9½/86	1760 Smith, R...4/25/87
9	695 Succarotte, A...5/9/87	457 Finnerty, M...12/13/86	683 Montoya, E...9/27/86	1750 Barquera, M...5/9/87
10	694 Patterson, D...3/14/87	455 Wagman, D...11/8/86	677 Cole, D...10/11/86	1741 Bryant, G...12/13/86
11	690 Barquera, M...5/9/87	455 Rodgers, M...3/8/87	677 Cannova, S...4/25/87	1741 Mooney, E...6/7/87
12	688 Bryant, G...12/13/86	455 Register, J...5/2/87	675 Edwards, E...3/21/87	1725 Vrabel, J...12/13/86
13	688 Hitchcock, K...6/28/87	455 Barquera, M...5/9/87	661 Schmidt, B...8/9/86	1719 Patterson, D...3/14/87
14	683 Roche, P...4/25/87	455 Davis,...5/9/87	655 McKee, B...5/16/87	1710 Powers, R...3/23/87
15	677 Cole, D...7/6/86	451 Mooney, E...6/7/87	652 Bejin, J...3/22/87	1708 Succarotte, A...12/13/86
16	677 Eiseman, T...12/13/86	450 Gay, D...11/15/86	650 Thompson, C...9/13/86	1705 Davis,...5/9/87
17	675 John, M...4/18/87	450 Earnest, A...2/21/87	650 Sutphin, P...12/6/86	1700 Black, R...3/23/87
18	672 Peterson, C...12/13/86	450 Cyr, P...3/21/87	650 Petersen, D...2/1/87	1690 Baughn, J...10/18/86
19	670 Petersen, D...2/1/87	450 Battle, W...5/2/87	650 Patterson, D...3/14/87	1690 Petersen, D...2/1/87
20	661 Vrabel, J...12/13/86	445 Jones, S...2/21/87	650 Houston, C...3/21/87	1686 Schmidt, B...8/9/86
21	660 Smith, T...7/6/86	445 Springer, T...4/12/87	650 Seebery,...5/12/87	1685 Sutphin, P...12/6/86
22	660 Baughn, J...10/18/86	445 Evans, J...4/25/87	650 Hicks, T...5/16/87	1670 Allen, T...2/14/87
23	650 Herring, G...7/6/86	445 Harriman, K...5/9/87	644 Bonds, F...4/25/87	1665 Dionne, R...3/21/87
24	650 VanHee, M...2/7/87	443 Yokley, J...4/18/87	644 Mooney, E...6/7/87	1659 Wilson, J...1/24/87
25	650 Dionne, R...3/21/87	440 Stamper, W...8/10/86	640 Cooper, J...10/18/86	1658 Montoya, E...9/27/86
26	650 Black, R...3/23/87	440 Jackson, L...4/25/87	640 Hanel, D...4/4/87	1653 Bonner, B...12/86
27	650 Davis,...5/9/87	440 Brown, W...4/25/87	640 Hildreth, M...4/4/87	1653 Cole, D...4/12/87
28	645 Taylor, R...12/1/86	435 Barber, M...2/12/87	639 Nelson, J...12/6/86	1653 Cannova, S...4/25/87
29	645 Delsignore,...5/9/87	435 Anderson, S...2/12/87	639 Bryant, G...12/13/86	1653 Hitchcock, K...6/28/87
30	644 Wilson, L...3/7/87	435 Crain, R...2/21/87	639 Hundley, D...1/10/87	1651 Bejin, J...3/22/87
31	644 Gillette, M...3/14/87	435 Rosenzweig, D...5/2/87	639 Phillips, M...4/25/87	1650 Smith, T...7/6/86
32	644 Jones, D...5/16/87	435 Dunmire, M...6/14/87	635 Manley,...3/87	1650 Wagman, D...4/25/87
33	644 Mooney, E...6/7/87	430 Baughn, J...10/18/86	635 Smith, R...4/25/87	1650 Thorpe,...5/9/87
34	640 Powers, R...3/21/87	430 Eng, L...2/21/87	633 Capozzi, L...6/20/87	1642 Billman, B...2/15/87
35	640 Confessore, C...5/9/87	430 Young, M...6/6/87	630 Washington, R...12/6/86	1636 Peterson, C...12/13/86
36	639 Sutphin, P...12/6/86	430 Boulay, R...6/87	630 Skibyak, B...2/14/87	1636 VanHee, M...2/7/87
37	639 Wilson, J...1/24/87	429 Penaslino, G...8/16/86	628 Boyer, B...11/1/86	1635 Stansell, M...12/1/86
38	639 Carranco, J...6/28/87	425 Smith, T...7/6/86	628 VanHee, M...2/7/87	1631 Ickow, S...2/8/87
39	633 Schmidt, B...8/9/86	425 Fiola, M...11/22/86	628 Cray, C...2/7/87	1630 Ford, D...12/1/86
40	633 Billman, B...2/15/87	425 Grant, B...11/22/86	625 Myers, T...9/13/86	1630 Cyr, P...3/21/87
41	633 Auld, S...2/21/87	425 Scott, J...11/22/86	625 Ronan, S...11/8/86	1625 Cairl, N...12/13/86
42	633 Underwood, G...4/11/87	425 Herman, B...12/6/86	625 Spears, B...11/8/86	1615 Lehr, P...11/8/86
43	630 Athey, P...1/10/87	425 Kuhni, C...3/8/87	625 Donmayer, J...11/9/86	1615 Sides, M...5/3/87
44	630 Boyer, B...4/4/87	425 Black, R...3/23/87	625 Black, R...3/23/87	1614 Dell, R...3/28/87
45	628 Bonner, B...12/86	425 Branch, B...3/87	625 Shocket, S...4/4/87	1614 Reichert, R...4/25/87
46	628 Fleming, H...3/28/87	425 Assini, M...4/25/87	625 Thorpe,...5/9/87	1610 Hanel, D...4/4/87
47	628 Donahue, S...5/87	424 Perconte, R...12/6/86	625 Payne, C...5/9/87	1609 Wilson, L...3/7/87
48	627 Bejin, J...3/22/87	420 Bradley, K...8/2/86	622 Herring, G...7/6/86	1605 Ronan, S...3/7/87
49	625 Lehr, P...11/8/86	420 Pardue, S...11/15/86	622 Cairl, N...12/13/86	1605 Hildreth, M...4/4/87
50	625 Ronan, S...11/8/86	420 Volpe, D...12/6/86	622 Tocko, M...2/7/87	1605 John, M...4/18/87
51	625 Freeman, R...3/7/87	420 Jones, G...1/25/87	622 Dell, R...3/28/87	1605 Harriman, K...5/9/87
52	622 Nelson, J...12/6/86	420 Harman, K...2/21/87	620 Wambsgans, F...8/23/86	1603 Gillette, M...3/14/87
53	622 Natale, D...3/28/87	420 Swift, D...5/2/87	620 Terry, C...11/8/86	1603 Hicks, T...5/16/87
54	620 Cooper, J...10/18/86	420 Booher, L...6/6/87	620 Mellon, D...2/22/87	1600 Athey, P...1/10/87
55	620 Stansell, M...12/1/86	418 Reichert, R...2/8/87	620 Wagman, D...4/25/87	1600 Seebery,...5/12/87
56	620 Ford, D...12/1/86	415 Camamo, T...8/16/86	620 Shelton, T...4/25/87	1598 Capozzi, L...6/20/87
57	620 Hooper, D...2/87	415 Sherman, H...10/4/86	617 Lemarie, S...3/14/87	1597 Underwood, G...4/11/87
58	620 Costa, J...3/21/87	415 Elliott, K...10/18/86	617 Prochaska, T...5/87	1592 Carranco, J...6/28/87
59	620 Paull, R...3/21/87	415 Belcastro, R...11/2/86	615 Lehr, P...11/8/86	1590 Hurlbert, R...9/13/86
60	620 Swistak, D...4/4/87	415 Klostergaard, J...11/16/86	615 Pinager,...3/87	1581 Perconte, R...12/6/86
61	620 Dangerfield, T...4/18/87	415 Beard, D...11/22/86	615 Long, D...5/30/87	1580 Pardue, S...9/13/86
62	620 Thorpe,...5/9/87	415 Dionne, R...3/21/87	611 Kinnamon, R...11/1/86	1580 Thompson, C...9/13/86
63	617 Scheuchl, C...8/9/86	415 Muller, S...4/4/87	611 Bonner, B...12/86	1580 Hood, J...2/87
64	617 Gaudreau, P...11/1/86	415 Smith, R...4/25/87	611 Millington, Q...4/11/87	1580 Costa, J...3/21/87
65	617 Dell, R...3/28/87	415 Sides, M...4/25/87	610 Constantineau, D...10/18/86	1580 Scott, D...3/28/87
66	617 Lem, J...5/16/87	415 Gibbs, M...4/25/87	610 Simon, T...10/25/86	1580 Dangerfield, T...4/18/87
67	617 Slagle, J...6/28/87	415 Grunza, B...4/26/87	610 Hamel, S...11/22/86	1576 Roche, P...4/25/87
68	615 Lindsey, B...7/26/86	415 Edwards, J...5/3/87	610 Byrd, C...4/25/87	1575 Cooper, J...1/31//87
69	615 Pardue, S...1/25/87	413 Bryant, G...12/13/86	610 Confessore, C...5/9/87	1575 Zimak, G...12/6/86
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71	611 Tocko, M...2/7/87	413 Wilson, J...1/24/87	610 Nelson,...5/9/87	1575 Boyer, B...4/4/87
72	610 Schuerman, T...12/6/86	413 Ickow, S...2/8/87	606 Scheuchl, C...8/9/86	1570 Cray, C...2/7/87
73	610 Harriman, K...5/9/87	413 Hitchcock, K...6/28/87	606 Perconte, R...12/6/86	1570 Byrd, C...4/4/87
74	606 Carlson, D...11/8/86	410 Tywon, E...8/2/86	606 Vrabel, J...12/13/86	1570 Swistak, D...4/4/87
75	606 Cascio, L...12/6/86	410 Scott, D...9/13/86	606 Wilson, J...1/24/87	1570 Vassalo, M...6/6/87
76	606 Cray, C...2/7/87	410 Ford, D...12/1/86	606 Kilbourne, P...1/24/87	1565 Kinnamon, R...11/1/86
77	606 Hicks, T...3/29/87	410 Matlock, J...2/1/87	606 Smith, L...2/15/87	1560 Shocket, S...4/4/87
78	605 Sherrod,...9/16/86	410 Costa, J...3/21/87	606 Jones, D...3/7/87	1559 Herring, G...7/6/86
79	605 Denton, T...2/1/87	410 Hughes, E...2/21/87	605 Allen, D...11/1/86	1559 Auld, S...2/21/87
80	605 Vassalo, M...6/6/87	410 John, M...4/18/87	605 Scott, D...3/28/87	1559 Donahue, S...5/87
81	600 Hurlbert, R...9/13/86	407 Babcock, B...9/20/86	605 Snyder, K...3/29/87	1555 Smith, D...2/87
82	600 Montoya, E...9/27/86	407 Davis, K...9/20/86	605 Dangerfield, T...4/18/87	1555 Edwards, E...3/21/87
83	600 Cavalier, B...10/11/86	407 Johnson, B...10/11/86	605 Jackson, L...4/25/87	1555 Paull, R...3/21/87
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97	600 Cope, J...4/4/87	402 Hulgan, M...8/9/86	600 Gallagher, J...12/13/86	1548 Spebar, C...3/28/87
98	600 Millington, Q...4/11/87	402 Bauahn,...10/5/86	600 Athey, P...1/10/87	1543 Fleming, H...3/28/87
99	600 Cannova, S...4/25/87	402 Zimak, G...12/6/86	600 Blanche, B...3/24/87	1543 Lem, J...5/16/87
100	600 Reichert, R...4/25/87	402 Alexander, G...2/7/87	600 Smith,...2/7/87	1537 Tocko, M...2/7/87

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Third Annual Cross County Pull
11 July 87 - Mattoon, IL

Women's		M. Luth	385
B. Walker	240	**181 lbs.**	
A. Jackson	270	H. Scheiber	420
Teenage		**198 lbs.**	
P. Young	535	P. Young-BL	535
T. Reece	475	J. Webb	500
A. Jackson	270	**220 lbs.**	
Sub-Master's		J. Smith	550
D. Latch	540	B. Ray	425
H. Schreiber	420	**242 lbs.**	
165 lbs.		D. Latch	540
D. Radford-BL	500	J. Ewing	450

A special thanks to head judge Ron Osborne, who was awarded a beautiful plaque for his continued support in the area of weightlifting. (Thanks to Dr. Darrell Latch for results.)

Winona Steamboat Days Bench Press
4 July 87 - Winona, MN

High School Division		**Master's Division**	
Lightweight		**Lightweight**	
M. Karo	230	J. Palmer	270
R. Lessard	315	B. Lubinski	250
R. Brown	240	R. Gabrych	250
M. Lindberg	255	**Heavyweight**	
B. Sonfem	235	D. Smith	370
Heavyweight		C. Bambenek	320
M. Hartle	360	**Open Division**	
P. Melin	315	**148 lbs.**	
J. Staats	290	D. Piro	340
B. Larson	295	G. Krage	300
D. Speltz	235	S. Kuehn	265
Novice Division		M. Karo	230
148 lbs.		R. Brown	240
D. Green	205	**165 lbs.**	
Christopherson	185	J. Brown	365
165 lbs.		A. Olson	340
E. Krall	240	D. Lux	290
M. McElmury	230	B. Nako	285
T. Brugger	230	K. Sigurdson	275
181 lbs.		**181 lbs.**	
J. Zimmerman	265	R. Rogney	355
K. Inman	250	M. Tabor	325
198 lbs.		J. Gibbs	315
J. Kern	295	K. Polus	290
J. Staats	290	**198 lbs.**	
J. O'Neill	275	T. O'Dell	385
220 lbs.		T. Borgen	390
G. Swenson	300	J. Staats	290
J. Staats	290	**220 lbs.**	
Heavy		T. Tarras	410
M. Hartle	360	D. Smith	370
R. Johnson	320	J. Staats	290
J. Sagen	315	**Heavy**	
Women's Division		T. Tonsager	420
Y. Boersma	160	B. Stern	410
B. Roberts	160	M. Hartle	360
S. Light	150	J. Sagen	315
R. Walechka	185	C. Bambeneck	320
K. Anderson	140		

Best Lifters: lightweight-Dave Piro; heavyweight-Tim O'Dell. The meet was a huge success with 80 lifters participating. The outstanding lift of the day was a 340 by Winona lifter Dave Piro at a 132 lb. bodyweight. Dave also claimed the best lifter trophy in the lightweight division. Best lifter in the heavyweight division was Tim O'Dell from Pine Springs, MN. Special thanks to head judge Mike Savat and his side assistants Tim and Andy Borkowski, to Mike Langer and Rick Phillips for loading and spotting; to scorekeeper Ruth Smith for her usual fine job; to announcer Keith Polus who also managed to find time to win a trophy; to special assistants Sandy Lubinski and Sue Peterson; to Greg Dienger, Winona Jaycees representative who helped coordinate the event, and to everyone else on the Winona Powerlifting Team who made this meet such a tremendous success. Meet directors were Mike Savat, Gerry Krage and Dick Smith. (Thanks to Dick Smith for results).

Powerlifting USA BACK ISSUES

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Jun/1983... Women's Worlds, Anello deadlift routine, Dan Austin, Cycling, All Time 800 squat list, Bill West - Pioneer of Power, TOP 100 Supers.

Jul/1983... Juniors, Women's Natural Nationals, Overtraining, Making Weight, Chip McCain Squat Routine, 550 Bench Club, TOP 100 114s.

Apr/1984... Women's Nationals, Ed Coan Profile, Chip McCain Deadlift Workout, Developing Chest and Lat, Mental Rehearsal, TOP 100 242s

May/1984... Lyle Alzado Profile, Ban the Squat, World's Greatest Bench Press, Jim Cash Squat Routine, Rick Weil Profile, John Kuc on Deadlift Assistanc, Bench Forum, Consumer Guide for Exercises, TOP 100 275s.

May/1986...World's Greatest Squatter, ADFPA National Collegiates, Judy Gedney Deadlift Routine, Dan Austin Interview, Blood Pressure Study, Making Weight, Better Coaching, ADFPA TOP 20 198s, TOP 100 114s

July/1986...USPF National Masters, APF Nationals, Bev Francis Bench Routine, Home Gym, Russian Peak, ADFPA TOP 20 242s, TOP 100 132s

August/1986...USPF Juniors, Women's Worlds, Fred Hatfield Profile, Body Rhythms, Warming Up, TOP 100 Lightweights, ADFPA TOP 20 275s.

January/1987...I.P.F. Worlds, A.P.F. Worlds, Bodybuilding and PL by Cory Everson, Joe Morelli Profile, Mind-Body Link, Bev Francis on Injuries, Specialization, World Masters, TOP 100 242s, ADFPA TOP 20 148s.

August/1987...ADFPA Women's Nationals, Women's Worlds, APF Juniors, USPF Juniors, Pan Am Championships, Bench Shirts, Sleep & Athletes, Dick Burke Profile, Pro Wrestling and PL, TOP 100 165s, ADFPA TOP 20 SHW.

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***Colombian Champions**...at left, Esdras Olmedo, age 32, a national record holder with a Masters total in the 114s. At right, Alfonso de Vega, who went Elite in the 56 kg class at the Colombian North Regional Championships. He is age 21 - Jr. Worlds lifters beware! They are good friends and teammates on Club Potencia Simpson. Thanks to Bruce Simpson for photo.*

Colombian North Regionals
23 May 87 - Barranquilla (kilos)

	SQ	BP	DL	Total
52 kgs.				
E. Olmedo	185	85c	175c	445c
F. Mercado-N	107.5	70n	140n	317.5n
56 kgs.				
A. De Vega,Jr.	202.5c	110c	220s	532.5s
L. Montanez-B	160	90	162.5	412.5
O. Blanco-M	130m	70m	155	355m
F. Lacombe	135	60	140	335
R. Martinez	100	70	140	310
60 kgs.				
E. Mejia	190c	90	202.5	482.5c
M. Torregrosa	167.5	100	170	437.5
R. Rodriquez-N	115	85	162.5	362.5
67.5 kgs.				
A. Ospina	200	110	202.5	512.5
J. De Leon	180	110	180	470
R. Pena-B	155	95	162.5	412.5
A. Bonfonte-N	120	90	175	385
75 kgs.				
F. Guerra	215	117.5	245	577.5
F. De La Cruz *	225	127.5	220	572.5
82.5 kgs.				
M. Leon	215	100	215	530
F. Coronel	170	120	200	490
90 kgs.				
M. Polania	250c	137.5	240	627.5
R. Torres	252.5c	142.5	230	625
100 kgs.				
J. Samper	272.5c	152.5	255	680c
110 kgs.				
V. Barrios	250c	140c	245c	635c

KEY: S-South American (& Colombian) record, C-Colombian record, N-Novice lifter or novice North Regional record, Jr-Junior (23 yrs. during entire yr.), B-CPS B team, M-master lifter or master record for both north region and Colombia Teams: CPS-Club Potencia Simpson (Simpson's Powerlifting Club), FGC-Figuras Gimnasio Club, UA-University of Atlantico. This was the greatest day in Colombia's powerlifting history! 16 national records, at least 3 South American records (despite many effort to get up-to-date South American records, we still don't have them), many personal bests and no bombouts! Esdras Olmedo went Master, exactly, in 52 setting one South American record and 4 Colombian records on the way. Alfonso De Vega went Elite, exceeding by 7 ½ kg. the min. for Elite in 56. Alfonso is 21 and has placed himself among the best in the world in open men's and among the top 2 or 3 in Junior. He plans to compete in the World Junior Championships in Lima, Peru in Sept. Erik Mejia, 18, who made Master in 56 last year at age 17 after only 10 months training equalled his best total but in the 60 kg. class. He has the ability to do much more. 75 was close with Felipe's big deadlift giving him the god. Marco Polania in 90 pulled the DL he needed to win despite a poor training cycle and injuries shortly before the contest. He also equalled his own national squat record, but lost it minutes later to Rafael. Julio Samper in 100 has much talent and should do much more in the future. Victor continues to improve steadily even tho he is 33. Nelson Barros, 46, did not compete here but did max test 2 weeks ago, after only 2 cycles of training after 2 years out of Powerlifting and did an easy 230, a bounced 180 and an easy 220. He plans to go to Lima, Peru for the World Masters Championships. Orlando Blanco also hopes to go to Lima. He is 55 and is only 20 kg. away from a Master ranking in that age class. Powerlifting is improving steadily in Colombia despite the total lack of support by the Colombia sports federation, press and companies. We need funds, sponsors to travel and buy equipment. However, thru sacrifice and hard work Colombia has come a long way. (Thanks to Bruce Simpson, secretary/statistician, Colombian Powerlifting Federation for results.)

Burke's Open Bench/Deadlift
16 May 87 - Alma, MI

	SQ	BP	DL	Total
114 lbs.				
G. Parker		165	300	465
L. Danilowicz		125	325	450
T. Tiernan		100	185	285
C. Vaughn		85	200	285
123 lbs.				
B. Bundy		210*	300	510*
M. Gruber		125	310*	435
R. Brodt		95	270	365
H. Vaughn		110	240	350
132 lbs.				
C. Alward		270	410	680
G. Rorex		200	365	565
R. Vaughn		170	345	515
148 lbs.				
J. Vaughn		245	480*	725*
C. Ford		95	210	305
P. Larkin		85	185	270
G. Lahale		150	—	—
165 lbs.				
G. Guthrie		330	530	860
M. Duncan		310	495	805
S. Novitsky		305	475	780
D. Larkin		270	500	770
J. Perry		250	520	770
D. Housey		265	470	735
J. Schleder		280	450	730
T. Sherman		235	475	710
A. Jones		235	460	695
K. Sterling		235	430	665
D. Bauer		175	375	550
181 lbs.				
L. Kutcher		370*	580	950*
B. Breault		330	570	900
M. Millinger		325	565	890
M. Bande		360	520	880
D. Hogan		310	520	830
R. McNall		270	435	705
T. Keller		240	440	680
198 lbs.				
J. Fejedelem		390*	625	1015*
C. Maxwell		320	660*	980
K. Krzyzaniak		330	590	920
D. Burke		320	500	820
T. Ward		280	500	780
T. Ramon		305	420	725
K. Adams		260	400	660
T. Werner		165	415	580
S. Hunter		185	390	575
220 lbs.				
E. Brennan		440*	615	1055
L. Hasler		370	625	995
R. Paxton		340	525	865
J. Palazzolo		365	—	—
242 lbs.				
B. Moore		400	700*	1100
D. Cook		385	650	1035
B. Connolly		405	600	1010
B. Baker		320	580	900
275 lbs.				
T. Damon		420	550	970
J. Lahaie		320	625	925
C. Torres		345	515	860
SHW				
D. Bohl		290	545	835
W. Ailles		280	540	820

* New Meet Record Teenage: Chad Alward 680, Scott Novitsky 780, Jim Vaughn 725, Randy Vaughn 515, Tony Ramon 725, Kurt Adams 660, Scott Hunter 575. Womens: Lee Danilowicz 450*, M. Gruber 435, Rachelle Brodt 365, Tina Tiernan 285, Carol Vaughn 285, Cathy Ford 295, Phyllis Larkin 270. Masters: Les Hasler 995, Don Larkin 770, Tom Damen 970, Robert McNall 705, Tom Keller 680, Phyllis Larkin 270, Mario Torrez 610, Carol Vaughn 285, Cathy Ford 305.

Burke's Body Shop of Alma, MI was the sight of this annual event which drew 60 lifters and 14 meet records fell.

The masters division drew 10 lifters and Mich. State trooper Les Hasler of Washington, MI took top honors with his 370 lb. bench and 625 lb. deadlift in the 220's which was also good for 2nd in that weight class. Don Larkin of Three Rivers was close behind Les.

The womens division was easily won by Saginaw's Lee Danilowicz from the 114's with 125 lbs. and 325 lbs. which ws also 2nd in the open 114's. The teenage was taken by Burke's own 132 lb. ADFPA State Champ of Alma, Chad Alward with a 270 lb. bench and 410 lb. deadlift, without even breaking stride in training for Teen Nationals. Chad passed 3 lifts and still easily outdistanced the field of 10 teenagers.

The SHW's were won by Saginaw's Dave Bohl with his 835 lb. total, while the 275's were taken by big Tom Damon of Livonia with a 970 lbs. total. Brian Moore of Hancock had the best total of the meet with his 1100 lb. victory in the 242's with a 400 lb. bench and meet record 700 lb. deadlift. David Cook of Lansing was second with 1035 lbs. The 220s were easily taken by Ed Brennan of Sarnia, Ontario, Canada with 1055 lbs. while Jay Fejedelem of Flint took the 198's with a 1015 lb. total. Larry Kutcher of Southfield took the 181's with his 950 lb. total. Greg Guthrie of Portage took top honors in the 165's with his 860 lb. total while Jim Vaughn won the 148's with 725 and hails from Milford.

The 132's went to Chad Alward of Alma, easily outlifting his class with a 270 bench and 410 deadlift. Brian Bundy of Mt. Morris took the 123's with a 210 bench and 300 deadlift while Greg Parker took the 114's with a 165 and 300. Burke's took top team honors with Old Town Gym of Saginaw 2nd. Burke's Body Shop, which is centrally located "In the Middle of the Mitten" in Alma, MI now hosts some type of power event 6 times a year. Check *PL USA* Coming Events list and write for information. (Thanks to Burke's Body Shop for results).

ADFPA Pennsylvania Championships
6,7 Jun 87 - Wilkes-Barre, PA

	SQ	BP	DL	Total
114 lbs.				
N. Taylor	225	160	340	725
J. Fairly	250	180	290	720
R. Elick	200	135	240	575
S. Sanghaas	165	140	255	560
123 lbs.				
I. Horton	355	210	365	930
132 lbs.				
R. Kanner	370	210	350	930
P. Maczko	360	205	320	885
148 lbs.				
E. Dracup	420	250	390	1050
R. Montigo	325	240	445	1010
B. Malos	250	245	375	870
J. Reyes	300	205	350	855
F. Thomas	300	180	325	805
A. Brown	270	175	315	760
W. Mundy	215	220	325	760
W. Fauntnoy	240	140	330	710
165 lbs.				
M. Moran	530	365	500	1380
J. Masher	460	340	470	1270
J. Mohlman	455	330	440	1225
M. Seidel	460	255	455	1170
G. Larock	405	260	465	1130
Q. Haggons	430	255	440	1125
A. Holmes	375	250	450	1075
R. Thomas	385	230	440	1055
K. Byers	390	240	400	1030
R. Pope	340	255	430	1025
S. Korneagay	375	210	430	1015
L. McClinton	370	205	405	980
R. Moyer	275	240	400	915
181 lbs.				
J. Franco	560	365	555	1480
B. Brown	550	340	540	1430
D. Wilson	500	365	500	1365
R. Ludwig	480	340	490	1310
T. Braca	475	275	510	1260
J. Ferretti	450	270	470	1205
R. Crandall	415	270	500	1185
C. Brown	370	280	525	1175
C. Hatton	430	230	450	1110
G. Matuczinski	405	310	385	1110
M. Kennedy	400	250	405	1055
W. Rogers	305	200	330	835
198 lbs.				
R. Jenness	595	415	585	1595
D. Pride	525	310	580	1415
L. Morris	450	275	485	1210
P. Hopkins	410	300	500	1210
A. Gillard	430	280	495	1205
T. Blose	425	255	405	1085
N. Aiken	320	260	400	980
A. Willis	345	240	330	915
220 lbs.				
M. Perkins	640	390	650	1680
M. Kachmarski	605	435	610	1650
S. Walsh	510	400	570	1540
R. Hudic	580	390	540	1510
K. Reich	600	370	500	1470
M. Hutnick	435	250	480	1165
R. Tomasetti	375	275	450	1100
A. Blaunt	415	240	435	1090
G. Gilchrist	370	240	450	1060
M. Turner	365	220	340	925
M. Smith	290	235	380	905
242 lbs.				
J. Kuc	725	435	760	1920
M. Ludwig	600	385	540	1525
S. Gogle	605	295	485	1385
C. Pizzella	485	350	505	1340
J. Bower	500	375	425	1300
D. Reed	365	250	500	1115
G. Purner	310	200	500	1010
275 lbs.				
D. Reph	530	330	610	1470
J. Bair	505	225	400	1025
B. Brenner	400	225	400	1025
SHW				
W. Body	465	255	480	1200
P. Gisondi-GL	670	425	665	1760
Master Light Weight				
T. Gallagher-179	375	225	405	1005
B. Rosenfield-181	315	300	390	1005
Masters Heavy Weight				
W. Pawlowski	520	355	525	1400
D. Reph	530	330	610	1470
P. Hopkins	410	300	500	1210

(Thanks to Bob Gaynor for results.)

1st "Mr. Ranger" Bench Press
24 April 87 - (Off Japan)

Below 150 lbs.			
Gordon	265		
Stephens	260		
Mendoza	250		
151-170 lbs.		201-220 lbs.	
Llanos	295	Dillon	370
House	270	Villareal	355
Rios	265	Wallace	340
171-185 lbs.		221 & up	
Morgan	340	Leduc	340
Oliva	340	O'Brien	315
Theberge	300	Hoertt	310
186-200 lbs.		MASTERS	
Miles	315	Miller	255
Marsh	310	Martinson	245
McDaniels	310	Laurion	200

The Bench Press Competition was a great success thanks to the fine efforts of AQ1 O'Brien and Cpl Oliva and the personnel from VA-145 and MARDET who assisted the Special Services Staff in setting up and tearing down all the weights and equipment. My anme is Corporal John Oliva and I am a Marine stationed onboard the aircraft-carrier USS Ranger home ported in San Diego. I have been subscribing to your magazine for 2 years. I recently began my serious powerlifting career 6 months ago. My best lifts to date are 340-525-500 at 181 lbs. I find it very hard to compete due to the fact that I am on a ship and am always at sea. This August I am going on short duty and hope to make the Marine Corps Powerlifting Team. Recently while deployed off the coast of Japan, with the help of Petty Officer 1st Class Tim O'Brien, I direct the very 1st "Mr. Ranger" Bench Press Contest. We turned out some 50 lifters and did an outstanding job with the meet. Petty Officer O'Brien is an ADFPA National Referee and is also an avid reader of *PL USA*. It would be a "Dream Come True" to see the results of the meet published in your magazine. (Thanks to meet directors Cpl. John Oliva and PO O'Brien for results.)

ADFPA National High School Meet
16,17 May 87 - Potomac, MD

	SQ	BP	DL	Total
14-16 Girls				
104 lbs.				
Plumbtree	150	90	185	425
111 lbs.				
Kripotos	155	55	55	265
122 lbs.				
C. Smith	145	65	185	395
129 lbs.				
Norton-BL	205	75	225	505
139 lbs.				
Ebrahimi	200	75	215	490
Phillips	160	100	205	465
154 lbs.				
Linde	100	75	220	395
176+ lbs.				
J. Cook	250	120	265	635
14-16 Boys				
114 lbs.				
Endert	250	185*	275	710
Waters	285	145	280	710
Rippeon	225	130	310	665
Burgess	235	130	260	625
Yaakov	225	85	220	530
Forman	170	90	235	495
123 lbs.				
Williams	340	195	390*	925*
Henline	150	150	230	530
132 lbs.				
Mikovich-BL	380*	200	430*	1010*
Doyle	330	215	330	875
Farley	300	185	350	835
Chapman	275	190	315	780
Duvall	285	180	315	780
Iuliucci	305	140	325	770
Raymond	240	155	330	725
148 lbs.				
Lockwood	435*	240	470*	1145*
D'Ambrosio	425	205	425	1055
Budniak	375	200	375	950
Weaver	300	240	355	895
O'Hearn	300	185	335	820
Matro	300	155	350	805
Bernard	275	170	340	785
O. Anderson	240	150	390	720
Tarantella	250	170	280	700
165 lbs.				
Pouchan	420*	295*	500*	1215*
Good	420	250	450	1120
Lucca	400	215	385	1000
May	355	225	355	935
Pascarella	265	150	400	815
Simpson	270	170	315	755
181 lbs.				
Sayles	425	240	425	1135
Masso	400	200	380	980
Gonder	365	215	400	980
Holahan	315	240	415	970
Shilgalis	360	210	380	950
Bish	315	220	410	945
198 lbs.				
McNulty	450	295*	455	1200
Loy	440	230	460	1130
M. Cook	385	225	450	1060
Anderson	380	205	415	1000
Fisher	370	210	400	980
Bevevino	270	135	315	720
220 lbs.				
Assili	380	195	400	975
242 lbs.				
Leepa	490*	255	505*	1250*
Grego	440	285*	500	1225
Spangler	450	280	440	1170
Vuotto	250	150	275	675
275 lbs.				
Goch	425	285	460*	1170
17-19 Girls				
116 lbs.				
Berger	185	90	225	500
122 lbs.				
Crisman	255	90	240	585
Daly	175	85	250	510
129 lbs.				
Scully-BL	275	110	275	660
139 lbs.				
Bishop	235	80	225	540
176+ lbs.				
O'Brien	260	115	250	625
Guest Lifters				
111 lbs.				
Tesoriero	135	70	165	370
139 lbs.				
Doolan	185	85	215	485
176 lbs.				
Smith-Erichsen	165	70	225	460
148 lbs.				
Griffith	480m	265	400	1145
181 lbs.				
Tshontikidis	475	260	555s	1290
17-19 Boys				
114 lbs.				
Rosetta	215	170	255	640
123 lbs.				
Gagnon	250	185	355	790
132 lbs.				
Short	310	180	415	905
Graham	330	200	325	855
Dillard	220	190	325	735
148 lbs.				
Gervasio-BL	450	255	520*	1225*
Jones	375	250	465	1090
Williams	355	225	420	1000
Flore	390	225	380	995
Shaffer	315	230	375	920
165 lbs.				
Boone	460	240	460	1160
Cohen	385	235	440	1060
Evans	385	230	425	1040
Hinkle	365	250	385	1000
G. Weaver	365	250	380	995
Shifflett	275	235	415	925
B. Weaver	315	235	370	920
Sly	280	215	450	945
181 lbs.				
Miller-GL	400	335	400	1135
Smeal	410	230	450	1090
Bartlewitz	375	275	435	1085
Garrison	415	255	405	1075
Schlesinger	315	225	405	945
McClain-GL	280	245	370	895
198 lbs.				
Thompson	570*	365*	575*	1510*
Baker	500	300	490	1290
Neville	490	250	460	1200
Jenkins	400	250	500	1150
Harrison	400	245	420	1065
Carithers	400	230	425	1055
Meadows	310	185	350	845
220 lbs.				
Klewer	500	290	550	1340
Trotz-GL	470	305	500	1275
Chenault	460	250	465	1170
Gill	435	260	455	1150
Caotenuto	340	255	440	1035
242 lbs.				
Kranyak	500	250	470	1220
Stewart	400	290	440	1130
Czerniak	375	255	465	1095
275 lbs.				
Conners	440	330	465	1235
Opitz	470	300	460	1230
Rogertine	425	275	450	1150
275 lbs.				
Goch	405	255	425	1085
Fletcher	350	245	375	970
SHW				
Opitz	625	340	435	1400
Koski	425	185	425	1035

*-Teenage American Record m-Masters American Record s-MD State Record The first ever Drug Free High School Nationals proved to be a successful event with an excellent future! Both days were filmed by ESPN for their "Scholastic Sports America" program as 125 of the finest high school powerlifters from across the United States competed for individual and team titles. Saturday's lifting saw all competitors in the 14-16 age bracket. In the girl's division, "Bullis 100% Natural Power" from Potomac, MD, captured the team title. Bullis was led by High School National Champions Michelle Plumbtree, Nicole Kripotos, Courtney Smith, Tandie Ebrahimi, and Stacia Linde. Kyle Norton of Glen Falls Power Pros was awareded Best Lifter honors as she won the 129 pound class. Jennifer Cook of Kenebunk, ME placed first in the 176+ pound class, and Eilis Phillips of Albert Einstein High School in Kensington, MD placed second in the 139's. In the boy's division, Don Endert of Millington High School in Millington, MI captured the 114's, setting teenage records in the bench and total. Endert was followed by Matthew Walters (teenage squat record) of the St. Joseph School in Hammonton, NJ and Brandon Rippeon of Bullis (teenage deadlift record). In the 123's, American Record Holder Quince Williams of Bullis 100% Natural Power broke three of his four American Records to win his weight class. Greg Mikovich of Emmaus High School in Emmaus, PA set four American Records and won Best Lifter honors as he dominated the 132's. Brad Lockwood of Brookville Area High School in Brockway, PA, dittoed Mikovich's effort, setting records and winning in the 148 pound class. Dave Pouchan of William Allen High School in Allentown, PA, captured first in the 165's and Brad Sayles of Millington dominated the 181's. Michael McNulty of Bergenfield High School in Bergenfield, NJ won the 198's and Amir Assili of Bullis took the 220's. In the 242 pound class, Chris Leepa of West Nottingham Academy in Colora, MD edged out Tony Grego of Bergenfield to win his class, and Stephen Goch of Hanover Area High SChool in Ashley, PA won the 275's. In the Boy's Team Standings, "Bullis 100% Natural Power" captured their second of three National Titles for the day by defeating St. Joseph's, Millington, Linganore High School (Frederick, MD), and St. Paul's Ironworers (Upper Marlboro, MD) by scores of 74-47-36-30-23. Bullis also won the Mixed Title to take all three awards in the 14-16 age bracket. On Sunday, lifters in the 17-19 age group finished off the lifting to determine the country's top drug free high school powerlifting teams. In the girl's division, Sarah Berger of Glens Falls Power Pros took the 116's and teammates Theresa Bishop and Maureen O'Brien also secured National Titles for their team. Manda Chrisman of Central High School in Woodstock, VA was able to hold off Janine Daly of Jackson Memorial High School in Jackson, NJ to win the 122's, and Maryland's own Charlene Scully registered a 660 total to take the 129's. Charlene also won Best Lifter honors for her effort. Jason Rosetta of Interboro High School in Glenolden, PA off the boy's lifting by winning the 114's, and Millington's Tim Gagnon followed Rosetta by taking the 123's. Paul Short of Somerset Area High School in Somerset, PA won the 132's, and Fran Gervasio of St. Joseph's set three American Records in his quest to win the 148's and Best Lifter honors. In the 165 pound class, Wallace McNeal of Troutdale, OR led by 40 pounds after the squat, but was unable to register a successful bench, and paved the way for Rockville, MD's Pete Boone to secure the individual title. Norman Smeal of Jackson Memorial High School won the 181's, and Richard Thompson of Marion, MA became the undisputed High School National Champion in the 198's. richard traveled to Dallas, TX to win the USPF High School Nationals and turned around and came down to Potomac, MD to set four American Records and dominate the 198's. Congratulations to Richard on his titles! Bill Klewer of Hopewell-Loudon High School in Tiffin, OH captured the 220's while John Kranyak of St. Joseph's dominated the 242's. Linganore's Mike Conners won his school's first National Title by defeating fellow 275 pounder Todd Opitz of Phillipsburg High School in Phillipsburg, NJ by totals of 1235-1230. Opitz's brother Eric finished off the day's lifting by crushing in the Super Heavyweight Division with a 1400 pound total. Each day saw guest lifters competing in various weight classes. On Saturday, Brian Miller, a senior at Beall Senior High School in Frostburg, MD, competed in the 181 pound class and totalled 1135 pounds. Greg Trotz, a 220 pounder from St. Joseph's, also lifted on Saturday, totalling 1275 pounds. Sunday saw four high school guest lifters as well as three ADFPA senior guest lifters. In the 114 pound classes, Vikki Tesoriero finished with a 370 pound total while her Jackson Memorial temmates Kerry Doolan and Marie Louise Smith-Erichen finished with 485 and 460 totals, respectively (Marie Louise is an exchange student from Norway, and I would like to thank her and her parents for visiting the Washington area and for supporting both the meet and the ADFPA). Gred McClain, also of Jackson Memorial, guest lifted in the 181 pound class, totalling 895 pounds. Senior guest lifter Al Siegel of the Keystone Ironmasters got the crowd fired up Sunday mornign with his 560 squat and pushed meet director Spero Tshontikidis to a Maryland State Record 555 pound deadlift. Al's teammate Paul Griffith, a 148 pounder and strength coach at West Nottingham Academy, stunned the audience with his 480 pound American Squat Record. Special thanks to all of our guest lifters! In the 17-19 year old team standings, Millington defeated Jackson Memorial, St. Joseph's and Spotswood. High School in Penn Laird, VA by a score of 54-46-36-36. Jackson Memorial captured in the Mixed Title with 58 points. In the Overall (14-19) Team Standings, "Bullis 100% Natural Power" won the girl's division by edging out Glen Falls 60-48. Jackson Memorial finished third with 12 points. In the boy's division, Millington was able to hold off a strong St. Joseph's team by a score of 90-83. Bullis finished third with 74 points, followed by Jackson Memorial (46), St. Paul's (44), Linganore (42), Spotswood (36), and Mike's Olympic Gym in Mechanicsville, VA (16). Bullis captured their fifth National Title in the mixed division with a near perfect 108 points to defeat Jackson Memorial. The 1987 Drug Free High School Nationals was surely a success, and plans are already being made for next year's contest. Maryland coaches Dave Carruthers of Linganore High School, Michael Write and Don Bernard of St. Paul's Ironworkers, and Paul Griffith of West Nottingham Academy will be joining forces with this year's meet promoters Spero and April Tshontikidis and William and Margaret Orsinger of Bullis 100% Natural Power to put on an even better contest. It is likely that the meet site will be moved to a hotel near or at Baltimore-Washington International Airport to alleviate transportation problems, and two platforms will be utilized each day to allow more lifters to participate. Interested athletes and coaches can expect advertisements to appear in *Powerlifting USA* sometime in January promoting the meet. All spotter/loaders, officials, scorekeepers, and platform managers will be compensated for their efforts, and those interested can contact me at their convenience.

Special thanks to Al and Brenda Siegel for the AWESOME awards; Bob Gaynor, Al and Brenda Siegel, Fred Glass, George Richards, Tom Giordani, Mark Wall, Kim Ryman, Victor Kennedy, Kirk Karwoski, and April Tshontikidis for officiating; Geri Gaynor, Shirley Glass, Phil Raymond, Courtney Smith, and David Forman for scoring; William Orsigner for announcing; Kevin Pollack, Derek McLean, and Margaret Orsigner for filming the meet for ESPN; Margaret Orsigner for keeping everything under control; William, Eric, and Greg for helping me set up; the team and their parents for helping me clean up; Sandy Raymond for the outstanding score charts; Dave Carruthers for his computer and equipment; Tom Giordani for his squat racks and 100 pound plates; Al and Brenda Siegel for their 100 pound plates and lights (and thumbs!); Brian Washington for his 100 pound plates; Brian Raymond and Joan Daley for the banners; Carol Schmidt and Joan Daley for covering my classes; Fred Glass for videotaping the meet; Al Roberts (Glen Falls Power Pros), Tim Furno (Millington), Ron Devito (Jackson Memorial), Paul Saaco (St. Joseph's), Dave Carruthers (Linganore), Joe Taylor (Spotswood), Michael Wright and Don Bernard (St. Paul's), and "PEEWEE" (Mike's Olympic Gym) for bringing their teams; all unattached lifters for supporting the meet and the ADFPA; William Orsinger (Secretary/Treasurer of Bullis 100% Natural Power), Cassie Friedman (Vice President of Bullis 100% Natural Power), April Tshontikidis (Coaching Staff, Bullis 100% Natural Power), and Lewis Norman (President of the Bullis Alumni Association) for Griffith for guest lifting; the Bullis 100% Natural Power Parents for their support; members of the Bullis 100% Power for believing in me; and Bob Gaynor, Geri Gaynor, Al Siegel, and Brenda Siegel for all of their assistance. Finally, a "100% Natural" thanks to the finest people I've ever worked with in the great sport of powerlifting – William, April, Margaret, Al, Brenda, and Cassie – its been a great year! (Thanks to Spero and April Tshontikidis, Meet Directors, Coaching Staff, Bullis 100% Natural Power, for results.)

3rd Annual "500 Club" Meet
13 Jun 87 - Las Cruces, NM

	SQ	BP	DL	Total
132 lbs.				
J. Rogers	205	200	320	725
T. Atkins	365	200	350	915
148 lbs.				
L. Wauford	405	285	565	1255
R. Mintz	240	200	350	790
L. Lerma	200	135	300	635
165 lbs.				
W. Lujan	400	250	460	1110
K. Lewis	425	335	475	1235
D. Lerma	345	275	385	1005
181 lbs.				
B. Skibyak	540	365	600	1505
D. Lacey	500	330	500	1330
R. Owens	475	340	465	1280
198 lbs.				
T. Orona	600	400	570	1570
R. Keno	525	340	550	1415
C. Peden	475	275	500	1250
220 lbs.				
H. Folkman	405	285	475	1165
242 lbs.				
N. Hertsch	525	400	520	1445
T. Harveston	575	405	570	1550
A. Garcia	300	300	450	1050
J. Roskos	640	495	690	1825
R. Osburn	700	435	690	1825
275 lbs.				
M. Trevino	475	300	520	1295
L. Ross	650	455	750	1855

The meet was sanctioned by USPF. We had lifters from Arizona, Texas, and New Mexico attend. We have plans at this time to hold the New Mexico State Powerlifting Championships here at this facility. (Thanks to Sal Lentini, Rec. Specialist, for results).

Annual Postal Novice Meet
13 June 87 - Norfolk, MA

	SQ	BP	DL	Total
Novice Class				
132 lbs.				
P. Green-BL	315x	230x	425x	970x
165 lbs.				
M. Arnold	385	225	515x	1125
B. Pacheco	325	288	425	1038
M. Belski	330	245		575
181 lbs.				
D. Chubback	405	255	445	1105
D. Johnson	375	265	450	1090
198 lbs.				
B. Kinzler	365	300		665
220 lbs.				
K. Brouillard	500	275	555	1330
D. Roderick	360	290		650
242 lbs.				
J. Steeves	515	335	555	1405
Open Class				
165 lbs.				
B. Anderson	525x	315	460	1300x

BL-denotes best lifter x-denotes new team record We'd like to thank Skip Silvia, Victor Jones, and Shorty Nimblett for judging, Carl Drew and Gary Bird for spotting and loading, Arty Corbett for keeping score; the Recreation Dept; the prison staff; the Question Mark Newspaper; and anyone I may have forgotten. As usual, all lifting is done drug and supplemental free-prison "food" only! (Thanks to Bruce W. Anderson for results)

ADFPA Muscles & Fitness Meet
27 Jun 87 - Madison, WI

	SQ	BP	DL	Total
Women				
97 lbs.				
C. Dopke	140	65	200	405
104 lbs.				
S. Whiting	210	110	205	525
111 lbs.				
T. Plewa	200	95	265	560
116 lbs.				
M. Soccek	130	80	190	400
122 lbs.				
S. Brady	310	145	330	785
129 lbs.				
G. Kehl	300	135	345	780
D. Coli	250	80	305	635
B. Brink	240	115	270	625
139 lbs.				
J. Reif	245	120	245	610
154 lbs.				
C. Birts	180	90	255	525
176 lbs.				
B. Arbegust	330	170	345	845
176+ lbs.				
C. Regan	325	245	300	870
L. Tommerup	280	160	320	760
Men's Division				
123 lbs.				
B. Fleischman	200	115	245	560
132 lbs.				
M. O'Connor	285	185	340	810
E. Drinis	175	210	275	660
B. Luna (GL)	365	240	380	985
148 lbs.				
M. Jones	360	230	470	1060
S. Herman	365	260	430	1055
D. Thoreson	300	225	445	970
M. Conners	300	185	350	835
R. Haase	300	175	325	800
S. Leggett (GL)	515	250	500	1265
165 lbs.				
A. Krysiak	440	235	460	1135
S. Schmelzer	420	260	450	1130
G. Wicinsky	400	275	420	1095
B. Swan	400	235	445	1080
T. Sherman	365	230	480	1075
T. Karavos	270	265	380	915
J. Weisberg (GL)	525	290	555	1370
181 lbs.				
J. Martinich	425	290	500	1215
F. Farah	350	280	400	1030
T. Moeller	365	245	415	1025
P. Gapinski	380	230	400	1010
B. Borchert (GL)	560	390	530	1480
198 lbs.				
G. Brown (BL)	550	350	510	1410
R. Sullivan	500	370	530	1400
B. Kundert	485	300	550	1335
B. Rebman	440	280	500	1220
J. O'Neill	400	265	400	1065
220 lbs.				
P. Robbins	470	280	580	1330
G. Gulseth	475	355	490	1320
G. Eckenrod	425	310	565	1300
S. Reynolds	470	300	500	1270
C. Brown	375	315	500	1190
B. O'Brien	390	310	475	1175
D. Hrdlicka	405	275	450	1130
B. Briggs (GL)	500	265	490	1255
275 lbs.				
J. Green	500	375	505	1380
A. Miller	445	325	430	1200
C. Doucette	450	275	450	1175
G. Delalis	280	290	350	920
M. Mitchell (GL)	615	375	595	1585
SHW				
H. Stieve	415	465	580	1460
T. Schremp (GL)	590	440	610	1640

This was an exciting contest as we had several close classes, many records set and about 250 spectators. We had gotten TV to promote the meet twice, once with an interview by stressing the drug-free angle. The contest was well run with alot of help from many people; I'll name some and hope I don't forget too many: Lisa Massey, Kari Nardi, Kim Briggs, Matt Cohen, Steve Holl, Todd Bentley, Bob Vivier, Ernie Olson, Dave Olson, Cindy Pearson, Judging were: Lee Graese, Becky Potter, Bob Triphahn, Tom Gregor, Robert Craft. We also had a chiropractor on hand who was free to lifters and spectators: Dr. Jeff Lyne. Bonnie Arbegust's squat, deadlift and total were state records as well as Hal Stieve's bench. We also had alot of state master records set. Several lifters qualified for the Aug. 1 and 2 ADFPA Nationals.

There were lifters from 5 states here. We had 65 entered, but lost several to bombouts. Everyone seemed to appreciate the layout for the meet including the refreshment stand and especially the meet t-shirts which had a women as well as a man on it. We hope to do it again next year and again a big thank you to everyone who helped. (Meet Director: Franny Meyer-Briggs).

Big Foot Powerlifting Meet
6 June 87 - Spokane, WA

	SQ	BP	DL	Total
Women's Division				
105 lbs.				
P. Vasquez	220	115	280	615
123 lbs.				
B. Humphrey	230	170	320	720
165 lbs.				
J. Dietz	250	115	300	665
192 lbs.				
C. J. Basta	320	200	350	870
M. Murphy	230	205	275	710
Open Division				
148 lbs.				
B. Adams	460	240	480	1180
R. Jones	450	240	480	1170
D. Cook	340	250	375	965
165 lbs.				
D. Alderson	535	340	525	1400
R. Nunamaker	490	400	475	1365
G. Phillips	470	350	495	1315
J. Sanders	500	310	500	1310
B. Hemmert	475	290	495	1260
P. Iniguez	450	285	485	1220
181 lbs.				
G. Usai	590	350	590	1530
D. McCarthy	470	345	510	1325
S. Sobonya	530	285	500	1315
M. Church	445	335	500	1280
J. Carlson	375	245	435	1055
198 lbs.				
W. Bentley	550	400	600	1550
P. Hurley	560	350	590	1500
C. Coleman	565	395	535	1495
C. Kanthack	505	355	555	1415
A. Vasquez	480	325	515	1320
220 lbs.				
T. Christensen	660	430	640	1730
J. Weir	640	370	650	1660
G. Meyers	600	410	630	1640
B. Mikesell	515	245	645	1405
R. Howard	540	325	1390	
242 lbs.				
D. Miner	665	415	705	1785
C. Ferlicka	690	405	685	1780
T. Huyber	660	470	600	1730
275 lbs.				
L. Klassen	800	485	770	2055
R. Cooper	630	450	630	1710
J. Gaukroger	590	405	555	1550
D. Gary	660	340	535	1535
L. Phelps	625	320	585	1530
SHW				
R. Patterson	865	515	715	2095
Class II Division				
132 lbs.				
C. Sambrano	295	220	400	915
148 lbs.				
R. Jones	450	240	480	1170
G. Viggiano	350	275	480	1105
L. Bundy	340	265	420	1025
R. Orme	380	235	400	1015
D. Cook	340	250	375	965
165 lbs.				
G. Phillips	470	350	495	1315
B. Hemmert	475	290	495	1260
J. Snyder	475	275	485	1235
P. Iniguez	450	285	485	1220
S. Dinsmore	440	290	465	1195
G. Carpenter	410	250	485	1145
181 lbs.				
R. Nielsen	485	295	530	1310
K. Carpenter	505	290	495	1290
B. Price	500	285	500	1285
M. Church	445	335	500	1280
B. Rossetto	425	325	510	1260
H. Tayon	465	260	495	1220
C. Strawn	440	265	490	1195
S. Adamson	430	260	465	1155
K. Nasr	400	280	450	1130
G. Harmon	380	285	430	1095
J. Trejo	390	225	460	1075
T. Hays	385	235	450	1070
J. Carlson	375	245	435	1055
M. Palagi	375	265	370	1010
T. Parks	325	185	425	935
198 lbs.				
D. Thornton	575	280	550	1405
R. Grawohl	525	350	525	1400
S. Scheehan	500	320	530	1350
A. Vasquez	480	325	515	1320
M. Seely	430	265	545	1240
T. Cummins	335	225	455	1015
220 lbs.				
B. Berezay	575	335	590	1500
S. Sandberg	525	385	550	1460
B. Mikesell	515	245	645	1405
N. Flom	540	300	565	1405
R. Huss	500	365	530	1395
J. Ensley	485	290	460	1235
G. Pehl	450	260	530	1240
C. Ceder	465	270	470	1205
C. Fisher	450	300	420	1170
D. Blum	450	235	475	1160
M. Carvelli	365	275	385	1025
242 lbs.				
D. Sisco	585	340	645	1570
V. Moser	535	400	550	1485
P. Morrison	575	360	520	1455
L. Sandahl	440	355	570	1365
S. Roper	490	330	520	1340
275 lbs.				
J. Markoff	680	420	625	1725
J. Gaukroger	590	405	555	1550
D. Gary	660	340	535	1535
L. Phelps	625	320	585	1530
J. Fisher	620	335	540	1495
SHW				
J. Dean	430	305	545	1280
Master's Division				
181 lbs.				
E. Dunn	370	285	450	1105
198 lbs.				
B. Bower	580	350	550	1480
C. Grossman	470	305	430	1205
220 lbs.				
S. Sandberg	525	385	550	1460
N. Flom	540	300	565	1405
F. Gammicchia	410	260	490	1160
P. Hays	400	235	410	1045
275 lbs.				
D. Gary	660	340	535	1535
R. Freedman	575	345	505	1425

BEST LIFTERS: 1. Bud Bower 2. Skip Sandberg 3. Don Gary 4. Norm Flom 5. Robert Freedman 6. Charles Grossman 7. Edward Dunn 8. Frank Gammiccia 9. Pat Hays TEAM SCORES: Montana-44, Giorgio's Power Team-34, Denny Morrow Ford-23, McGruger's-22 BEST LIGHTWEIGHT LIFTER: Giorgio Usai BEST HEAVYWEIGHT LIFTER: Lloyd Klassen BEST WOMAN LIFTER: Bridget Humphrey The Sixth Annual Bigfoot Powerlifting Championship was a big success. It was a one-day event with two platforms and 100 lifters from Montana, Idaho, Oregon, Washington, and Canada. A big thanks to all of the people that make it possible to put on a first-class meet, especially to Roger Kuebler and John Luthy who announced the meet that made it run smoothly. Carol Fields for all of the scoring of the meet and the two platform managers along with Bob McCray's Sports Management class for the spotters and loaders. The competition was very close for the top three in many of the middle weight classes so it made it a very exciting and enjoyable lifting day in Spokane. The team from Montana took first place honors and the outstanding lifters were as follows: light weight division- Giorgio Usai, heavy weight division- Lloyd Klassen, and for the women it was Bridget Humphrey. Rander Patterson squated 865 pounds in the super heavy weight division. Lloyd Klassen in the 275 pound class squatted 800 pounds and benched 485 for outstanding lifts. (Thanks to Duane Hartman for results.)



Bonnie Arbegust's Record..*for the state of Wisconsin, Open and Masters ADFPA categories, was this 330 lb. squat in the 176 lb. class at the Muscles & Fitness Meet. Photograph provided courtesy of meet director Brian Briggs.*

Massillon YMCA-YWCA Bench Press
6 Jun 87 - Massillon, OH

Girls High School				
T. Hodges	95			
Women's Open				
M. Lee (BL)	120			
B. Bullach	125			
Boy's High School				
125 lbs.			275 lbs.	
S. Aberegg	205		M. Zaleski	280
E. Degenhard	175		D. Stevenson	280
J. Tate	160		J. Mayle	275
T. Nelson	160		SHW	
F. Sakonyi	130		J. Shilling	345
150 lbs.			M. Butler	320
S. Matlock	265		L. Stovell	310
T. Muckley	260		K. Foster	280
C. Smith	230		Men's Open	
175 lbs.			148 lbs.	
M. Swank	310		R. Thompson	300
C. Mays	295		J. Wackerly	265
T. Rivera	230		165 lbs.	
J. Harig	215		E. Beard	350
R. Bettilyon	205		R. Reil	310
200 lbs.			181 lbs.	
D. Leone (BL)	330		M. Young (BL)	430
J. Miller	310		198 lbs.	
C. Mueller	300		S. Jackson	400
K. Jordan	300		242 lbs.	
M. Williamson	280		B. Smith	490
S. Foreman	270		S. Studer	460
R. Bacon	270		B. Smith	405

The First Annual Massillon YM-YWCA Bench Press Championships was a good success with 41 lifters (1 girls high school, 2 women's open, 28 boy's high school and 10 men's open) competing. Marlene Lee did a good bench of 120 lbs. weighing in at 103 lbs. and was Womens Open Best Lifter. Boy's high school division was well attended with 28 lifters and well represented by the Massillon Tigers and Warren Western Reserve. Dom Leone did an excellent bench of 330 lbs. weighing in at only 180 lbs. and was Boy's High School Best Lifter. Some very fine double bodyweight benches were done in the small Men's Open division (10 lifters) by Rodney Thompson, Edward Beard, Steve Jackson and Brent Smith. Michael "The Bear" Young did an outstanding bench of 430 lbs. weighing in at 181 lbs. and was Men's Open Best Lifter. Words and available space cannot possibly do justice to the pre-and post-lifting preparation and celebration displayed by Michael Young. "The Bear" entertained and amazed us with some fantastic psyching and great benchig, from a drug-free lifter. He must be seen to be fully appreciated. Thanks to all those volunteers who helped with the contest. Special thanks to Tyrone Partridge who helped set-up/take down, weigh-ins and was head judge. Thanks to the Washington High School for equipment. (Thanks to Scott Cooley for preparing and typing these results).

Colorado Police-Fire Olympics
13 Jun 87 - Gunnison, CO

	SQ	BP	DL	Total
148 lbs.				
J. Keehne	300	250	350	900
165 lbs.				
G. Donewar	225	210	350	785
181 lbs.				
T. McNevin	455	220	450	1125
198 lbs.				
N. Miller	475	400	505	1380
220 lbs.				
R. Basiliere	450	330	450	1230
242 lbs.				
R. Owen	485	410	500	1395
242 Master				
E. Camp	470	265	530	1265

Best lifter of meet: Neil Miller of Broomfield Police Dept. The turnout was disappointing this year but we are still growing and next year's meet will be in Greeley, Colorado.

Special thanks to Jim Keehne and Rick Besecket of Gunnison to make this meet possible for Colorado. (Thanks to Neil Miller for results).

ADFPA Teenage Nationals
20 June 87 - Eau Claire, WI

	SQ	BP	DL	Total
14-16 age group				
114 lbs.				
P. Boarman	125n	67.5n	150na	342.5n
B. Rippeon	90	57.5	127.5	275
J. Burgess	95	60	117.5	272.5
123 lbs.				
M. Karo	160n	102.5na	150	412.5n
Q. Williams	137.5	90	165n	392.5
M. Lamb	150	72.5	155	377.5
R. Barnes	112.5	87.5	145	345
132 lbs.				
M. Deloach	162.5	95	172.5n	430n
C. Edwards	165n	77.5	155	397.5
R. Wilson	127.5	97.5n	170	395
D. Farley	140	80	162.5	382.5
W. Duvall	135	87.5	147.5	370
D. Chapman	122.5	82.5	135	340
148 lbs.				
T. Kannellakes	190n	117.5na	197.5n	505n
S. Cissell	172.5	95	152.5	420
165 lbs.				
T. Dittmer	205na	117.5n	227.5na	550n
T. May	160	107.5	170	437.5
181 lbs.				
R. Earle	250na	125	227.5n	602.5na
V. Bruner	172.5	82.5	125	380
198 lbs.				
B. How	192.5	110	250na	552.5n
T. Ramon	190	130	202.5	522.5
P. Sutton	160	100	182.5	442.5
220 lbs.				
S. Durdan	250na	112.5	240na	602.5
242 lbs.				
A. Gray	182.5n	100n	205n	487.5n
SHW				
D. Fenton	227.5na	137.5na	220na	585na
17-19 age group				
114 lbs.				
K. Bauer (BL)	177.5na	95	170na	442.5na
T. Muldoon	157.5	105n	155	417.5
123 lbs.				
M. Stagg	162.5na	97.5	195n	455na
M. McGuirk	147.5	95	170	412.5
M. Wixom	132.5	85	172.5	390
132 lbs.				
C. Alward	177.5na	120na	202.5na	500na
A. Shubel	157.5	90	192.5	440
J. Crane	172.5	85	180	437.5
J. Rice	160	—	—	—
148 lbs.				
C. Parr	220	137.5	210	567.5n
D. Webb	197.5	120	222.5n	540
M. Wangansteen	200	132.5	205	537.5
K. Napoleon	205	102.5	197.5	505
H. Wachsmuth	187.5	105	205	497.5
V. Jones	150	122.5	207.5	480
165 lbs.				
C. Kantor	237.5	122.5	260	620
S. Friday	212.5	172.5n	235	620
D. Klawikowski	252.5	137.5	227.5	617.5
K. Shaw	215	147.5	225	587.5
T. Wharton	207.5	150	225	582.5
J. Lablanc	217.5	152.5	212.5	582.5
181 lbs.				
L. Capozzi	255	182.5na	287.5na	725na
M. Bannach	232.5	175	247.5	655
198 lbs.				
M. Siegler	250	190na	210	650n
G. Adams	257.5n	142.5	245n	645
D. Freemantle	222.5	157.5	227.5	607.5
220 lbs.				
D. Corder	220	170	262.5	652.5
M. Werges	267.5	137.5	247.5	652.5
B. Brown	235	147.5	230	612.5
J. Weekley	192.5	122.5	205	520.5
242 lbs.				
S. Colbeth	260	205na	237.5	702.5
J. Rosado	232.5	167.5	245	645
G. Villnow	207.5	170	237.5	615
SHW				
S. Love	307.5na	190na	227.5na	725na

BL - Best Lifter. n-national record. a-american record. Team standings: 1-Fort Knox Power, KY; 2-Burke's Body Shop, MI; 3-100 Percent Natural Power, MD. The second ADFPA Teenage Nationals saw in increase in competitors of 27 over last year, despite the high qualifying totals and reducing to two age groups. The contest went very smoothly except for getting the heavy session started by about an hour. I want to thank the following people for their help, because without it the meet would not have been possible: Dennis and Sandy Brady, Stephanie Whiting, Robert Triphahn, Stephanie's daughter, Vince Sloot, Paul Reece, Jay Hartman, Robert Craft, Dr. Bennet, and the three coaches who helped with the judging during the second session.



Lou Capozzi..*1st place and Best Lifter, 181 lb. class, 17-19 age group, with a 192.5 kilo bench attempt, which he couldn't lock out. Graese photos.*

The 14-16 age group showed some exceptional talent. In the 114's Pat Boarman walked away with the title and four national and one American record. At 123 Mike Karo squatted and benched his way into the winner's circle. Runner-up Quince Williams pulled a fine 165 kg deadlift for a national record. Mike Deloach used balanced lifting to take the 132 crown over teammate Chris Edwards. Ted Kannallakes set all new national records, got Best Lifter, and the 148 title. Ted won this class last year also. Steve Cissell lifts a lot of weight for his slender build and will be tough when he fills out.

165 champion Tony Dittmer had a record setting day on his way to the title. Randy Earle got heavy session Best Lifter and the 181 title on the strength of a 551 squat and 501 dead - INCREDIBLE!

The win at 198 was literally pulled out by Brian How over Tony Ramon. Young Steve Durdan is really making a mark for himself and showed some of what is to come in taking the 220 crown with some awesome lifts. Al Gray set all new records at 242 as did Dave Fenton at SHW.

Kevin Bauer lifted in only one meet before this and took first over last year's champion on some fine squatting and deadlifting. Tim moved the bench mark up in taking second.

Mike Stagg outclassed the other lifters in his class and won handily. 132 champion Chad Alward destroyed all the records on his way to the title. Jeff Rice had everyone worried for a while when he dropped the bar on his chest from almost lockout point. He was taken to the hospital and found to have a cracked sternum, and will be out of action for a while.

Illinois' Chris Parr took the 148 title over David Webb of Michigan with Mark Wangansteen coming in third. Mark is a very good natural bodybuilder and was actually cutting up for a show at the time. Natural bodybuilding is really beginning to grow and looks to have as great a future as natural powerlifting.

At 165 Chuck Kantor pulled his way into a bodyweight win over National Collegiate champion Shawn Friday with David Klawikowski right behind in the most hotly contested class of the meet. Dave will be playing football for Harvard next year, apparently he has some brains to go with that brawn.

Lou Capozzi was turned down on depth on a 633 squat and just couldn't quite lock out a 424 bench on his way to the 181 title and heavy session Best Lifter. Mike Bannach finished second with a total high enough to win the next two weight divisions.

198 lber. Mike Siegler benched his way to the win over a late charging Glen Adams who couldn't quite finish the winning deadlift. Mike was just coming off a pec injury and off the mark a little, as he had benched 460 in traning before the injury slowed him down.

Dan Corder pulled a 262.5 kg deadlift to beat Matt Werges on bodyweight in the 220 class. The 242 lb. class saw the biggest bench of the day - 452 by Shaun Colbeth, with room to spare. Janco Rosado took till his third squat to get one passed to stay in the meet and take second.

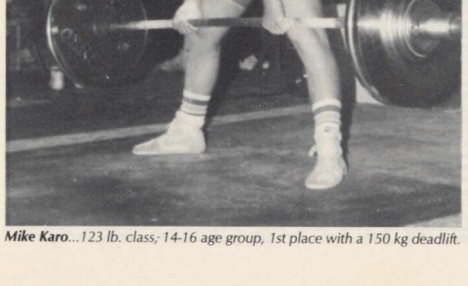
Sheldon Love and Robert Bierschback are two enormous teenagers. Sheldon handled his weights with ease as did Robert, except Robert couldn't satisfy the judges on depth with his 633 opener.

Next year will bring even more quality and numbers. The future of the sport looks extremely bright after seeing these fine young lifters. Thanks again to everyone who helped make this meet possible. (Thanks to Lee Graese for results).

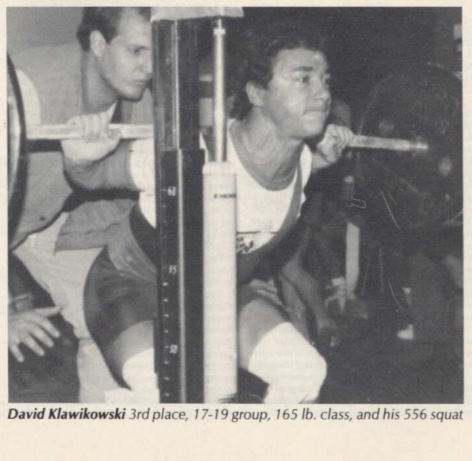
Sportsfest Deadlift Meet
7 Jun 87 - Kenosha, WI

Teen Division			
M. Willkomm	480	G. Andersen	480
D. Jones	450	M. Hefner	450
B. Schmickel	400	181 & Above	
Mens Division		M. McIntyre	640
180 & Below		F. Sanchez	580
D. Castiglia	510	S. Hubert	560
H. Perone	485	R. Van Wey	475

Trophies were available for first through fifth place winners. No women lifters registered for this event. Noah Marcoe M.C.'d the outdoor event with temperatures into the 90's on Kenosha's Harborside. Special thanks to Cindy Hapanowicz, Carrie Packard, Sherry Maracz, Stephanie Maracz, Maynard McCumber, Beverly McCumber, Hugh Perone, Dan Balk, Rhett Bobzien, Steve Ennis, and Mark Pieniczak for helping out. It was a real team effort, but we made it. (Reshel Formula). Submitted by: Cindy Hapanowicz, Secretary, Body Shop Powerlifting Team.



Mike Karo...*123 lb. class; 14-16 age group, 1st place with a 150 kg deadlift.*



David Klawikowski *3rd place, 17-19 group, 165 lb. class, and his 556 squat*

Pepsi-Wendy's ADFPA Eastern US Open
2,3 May 87 - Johnstown, PA

	SQ	BP	DL	Total
123 lbs.				
S. Snyder	360	225	430	1015
A. Hinman	270	110	320	700
L. Earle	210	105	250	565
132 lbs.				
R. Smith	340	280	350	970
M. Boston	310	230	395	935
V. Camp	200	120	225	545
148 lbs.				
M. Zmitravich	400	280	510	1190
B. Gloth	430	235	500	1165
J. Bucco	385	270	460	1115
M. Anderson	375	200	425	1000
R. Beyer	365	200	380	945
L. Bailey	365	170	380	915
R. Murphy	300	235	375	910
J. Clauto	300	185	405	890
D. Hall	200	105	285	590
165 lbs.				
S. Dokes	405	210	565	1280
J. Miller	460	290	475	1225
T. Esposita	375	275	530	1180
R. Fakone	305	315	435	1155
J. Henry	450	240	455	1145
D. Broad	400	245	455	1100
R. Lanza	405	285	400	1090
M. Palmieri	425	185	470	1080
181 lbs.				
S. Earle	600	350	565	1515
P. Benfonti	560	350	570	1480
B. Callahan	500	325	525	1350
D. Wyatt	515	300	510	1325
R. Earle	515	290	505	1310
W. Goldberg	525	290	490	1305
J. Moore	505	255	540	1300
G. Foster	405	315	440	1160
M. Tom	390	285	450	1125
B. Rizor	350	220	550	1120
K. Houland	380	240	425	1045
J. Dolniak	360	220	405	985
K. Rickard	325	160	270	775
198 lbs.				
R. Warehiem	505	365	595	1465
C. Fitzgerald	505	330	560	1395
J. Tiani	530	340	510	1380
E. Wells	370	265	500	1135
D. Hollern	380	240	460	1080
D. Callahan	365	275	435	1075
220 lbs.				
G. Wilkins	625	440	620	1685
P. Dick	550	390	650	1590
R. Hudic	580	400	590	1570
C. Zylinski	605	345	580	1530
J. Killian	550	350	625	1525
R. Rood	575	370	575	1520
A. Caruso	505	385	540	1430
K. Mullin	535	300	565	1400
D. Henderson	400	415	575	1390
D. Earle	540	325	520	1385
A. Goode	450	300	550	1330
B. Nupieri	475	320	505	1330
242 lbs.				
T. Brooks	600	460	650	1710
B. Pizzo	600	405	675	1680
B. Washington	600	355	620	1575
W. Kaminsky	520	415	585	1520
M. Chando	580	340	590	1510
S. Waiz	500	410	550	1460
R. Mattio	515	330	515	1360
275 lbs.				
W. Hippard	630	370	600	1600
J. Taylor	525	265	515	1305
J. Hager	470	300	475	1245
D. Henderson	360	315	465	1140
SHW				
V. Kennedy	755	470	675	1900
S. Love	675	305	500	1580
T. Moore	565	355	550	1470
E. Hafener	450	360	575	1385

Team Award - Maryland Power Supply. Outstanding Lifters: lightweight - Steve Earle; heavyweight - Glenn Wilkins. Women lifters: Lisa Bailey, Amy Hinman, Linda Earle, Deborah Hall, and Victoria Camp. Master lifters: Richard Beyer, Tony Dascoli, Robert Rood, and Jim Taylor. Records: Collegiate - Eric Hafener, 360 bench; Teenage - Randy Earle, 513 squat; Bill Rizor, 550 deadlift; Amy Hinman, 320 deadlift.

The second annual Pepsi-Wendy's Eastern US Open Powerlifting Championships were held May 2-3 at the Sports Complex located on the campus of the University of Pittsburgh at Johnstown. The event is co-sponsored by Pepsi and Wendy's Restaurants in cooperation with the Johnstown Amateur Sports Capital and hosted by the Ironmasters powerlifting team. Proceeds from the competition went to the Spinal Cord Society for research into paralysis cure.

The meet has emerged as an outstanding event for ADFPA competitors. Each participant was provided with a meet T-shirt and a score card program. The warm-up facility included three fully equipped platforms with spotters and loaders available at each warm-up station. Pepsi treated all participants to free soft drinks and Wendy's Restaurant personnel were on hand to quell any appetite problems.



***Vic Kennedy**..at the ADFPA Eastern USA Open. Photo courtesy Wojcicki*

A total of 76 lifters traveled from ten states to compete in the Open, Womens, and Masters division. The two-day event saw three teenage and one collegiate American record fall.

There were no competitors at 114. At 123 Steve Snyder put together a nice total for the win followed by two outstanding women competitors, Amy Hinman and Linda Earle. Amy's deadlift efforts netted her a new Teenage American Record of 320½ lbs.

The 132 lb. class was closely matched and it ws nip and tuck between Raymond Smith and Mike Boston. Smith was able to hold off Boston for the championship title.

In the 148 lb. class, Dubois' Mark Zmitravich outlasted a strong field of twelve competitors to emerge victorious.

Sebastian Dokes was able to pull a big 565 lb. deadlift to become the 165 lb. champ. He was followed closely by John Miller and Todd Esposita.

The first day session concluded after a heated battle for the 181 lb. championship. Steve Earle did some impressive lifting to capture the title as well as the day's outstanding lifter award. The 81's saw two teenage American Records fall. Randy Earle broke the existing squat record with his final lift of 513¼ lbs. and Bill Rizor was able to exceed the deadlift standard with a lift of 550 lbs.

In the 198 lb. class, Ron Warehiem put together nice lifts of 505, 365, and 595 to finish first among the field. Cliff Fitzgerald and John Tiani finished second and third respectively.

A truly outstanding field in the 220 lb. class saw Glenn Wilkins squat 625, bench 440, and deadlift 620, for an excellent 1685 total. Glenn insured a victory in the 220's with these lifts and also was awarded the days outstanding lifter trophy for his efforts. Paul Dick, Ray Hudic, Conrad Zylinski, John Killian, and Robert Rood were all over 1500 in the total. Terrance Brooks hit very nice lifts for 1710 total and the championship of the 242 lb. class.

William Hippard won the 275 lb. division followed by Jim Taylor, James Hager, and Dennis Henderson. The best dressed lifter award goes to Jim Taylor. Jim showed style when he squatted in wing-tipped shoes with no socks. All kidding aside, Jim is a super nice fellow and a real gentleman. He traveled all the way from Tennessee to compete in his first competition in nearly ten years. It should be noted that Jim has been connected with the sport of powerlifting for over twenty years and is an international official. We were pleased that Jim chose our meet to make his debut back into competition.

In the SHW division, Victor Kennedy was able to regroup and nail down a 755 lb. squat after two misses. He combined the 755 with a 470 bench and a 675 deadlift for an excellent 1900 total and first place. Sheldon Love, Thomas Moore, and Eric Hafener rounded out the SHW competitors each contributing strong efforts.

There are many individuals involved in donating both personal time and resources to make such an event a success. Acknowledgements and thanks go to Cambria Barbell and Buljat's Health Studio for providing equipment. The Ironmasters Powerlifting Team exerted outstanding effort in providing quality spotters and loaders on both the competitors and warm-up platforms. Many thanks go to Al and Brenda Siegel and Debbie Rosenstrater for their expert officiating.

Special notoriety goes to Dave Kekich of the Spinal Cord Society. He was particularly influential in marketing and promoting the competition. Dave has become a true advocate to the sport of powerlifting as well as doing so much to aid the Spinal Cord Society.

D.C. Nokes of the Johnstown Amateur Sports Capital was also very helpful in promoting and providing support for the meet. Mike Giranda was kind enough to donate his time and expertise in providing the drug testing.

Finally, a very special thanks to Pepsi and Wendy's Restaurants for financial sponsorship. Without their support, such an event could not happen and the lifters could not be provided with the extras that make this competition special and outstanding. Hopefully, with their continued support, we can do more for the lifters and the Spinal Cord Society. (Thanks to Tom Wojcicki, meet director, for results).

"I've been in powerlifting as a lifter and official for over twenty years and the ADFPA Eastern U.S. Powerlifting Championships was the best organized, most lifter oriented meet I've seen in all those years. The meet director, Tom Wojcicki, is a most generous man. Not only did he consider the athlete's every need, but also he turned over all proceeds to the Spinal Cord Society. He gave all of us a nice T-Shirt and a Pepsi fountain set up whereby we all had free soda for the entire meet. Also, he had a group of his team members working on three platforms in the warm-up room, and they loaded every weight for every lifter. I was truly amazed! The meet was run with the efficacy of a finely tuned machine and each session, having some 45 lifters, was completed within 6 hours. Finally, in Tennessee we talk of Southern Hospitalty. Now, I know that there also exists something called "Pennsylvania Hospitality." I was well received by not only the lifts but also by Mr. Al Siegel and his wife who judged the entire competition. Mr. Siegel, the head official of the meet, did a wonderful job as did his crew." Most respectfully, Jim D. Taylor, International PL Official, Category I.

FCI Talladega Championship
23 May 87 - Talladega, AL

Lightweight				
Angles[$]	430**	300	500	1230**
Lyons	380	270	460	1110
Heath[$]	370	230	465	1065
Mena	300	225	340	865
Pleasant	380	235	470	1085
Baker[$]	375	250	430	1055
Lumsden	375	190	400	965
Middleweight				
Sherman[$]	540	445	550	1535**
Stewart	490	350	550	1390
Reed	425	330	575*	1330
Abraham[$]	465**	320**	500**	1285**
Morris	375	260	620*	1255
Galloway	375	315	450	1140
Heavyweight				
Watts[$]	630**	375	575**	1580**
Stevens[$]	600**	380**	670**	1650**
Spencer	420	375	550*	1345
Ferrel[$]	525	370	505	1400
Smith[$]	455	300	520	1275
Morrison	145	465*	255	865
Masters Light				
Milenki	460	200	460	1120
Masters Heavy				
Duncan[$]	540**	400	560**	1500
Gamble	350	260	400	1010
Gilliam[$]	305	275	400	980
Bench Press				
Sherman[$]	445**		Reed	330
Morrison	465*		Angles[$]	300
Spencer	375		Pelham[$]	375
Stewart	350		Stevens[$]	380**
Duncan[$]	400		Mena	225
Watts[$]	375		Britt[$]	200
Ferrel[$]	370			

[$] Outside Lifter. * Inside Record. **Outside Record. Note: The Schwartz Formula was used to determine placing in all weights and categories. The FCI Talladega Barbell Club sponsored its 5th Annual Inside/Outside Powerlifting Meet on May 23, 1987. The event drew top lifters from the state of Alabama, and once again the competition was keen in all weight classes. Although the entire meet gleaned enthusiasm from a large crowd, most spectators found an extra treat in the rivalry of two lifters during the bench press event, which was a contest within a contest. FCI Talladega's own Ernest "I.A" "Pee Wee" Morrison went head to head with Jeff "Huggy Bear" Sherman. "Huggy Bear" triumphed through the Schwartz formula system, but "I. A" hopes to go on to set the record in the bench press this year in the Prison Postal Powerlifting Championship with his 465 lb. bench press. A special thanks goes out to the excellent judging of this meet by: Hugh Morgan, National Referee; Billy Keel, USPF State Co-chairman; Bob McKee, National Referee; Dennis Westwood, State Referee; and Mark Love.

Results were sent by Donald Garrison, Barbell Club President, and Dennis Westwood, Staff sponsor.

Piedmont Bench Press
16 May 87 - Forest City, NC

Women's Division			
Under 123 lbs.		J. Valdez	225
C. Ohmstead	95	181 lbs.	
132 lbs.		D. Simpson	355
L. Basden	140	S. Wright	260
Over 132 lbs.		198 lbs.	
J. Lentz	200	S. Hannah	340
Teenage Division		B. Jones	325
Under 165 lbs.		R. Cox	315
K. Hemmings	365	220 lbs.	
D. Skidmore	295	B. Haynes	285
Rutherford County Football Championships			
Under 165 lbs.		M. Tomasik	250
D. Skidmore	295	181 lbs.	
R. Miller	215	W. Hatley	380
181 lbs.		D. Simpson	355
M. Watkins	245	C. Sandiford	345
198 lbs.		C. Boyles	330
D. Philbeck	250	198 lbs.	
T. Crawford	235	M. Sides	420
220 lbs.		S. Hill	420
B. Haynes	285	M. Spencer	410
Over 220 lbs.		D. Walden	390
A. Powell	320	E. DePalma	330
S. Gregory	225	B. Hannah	275
Men's Open		220 lbs.	
132 lbs.		D. Broome	510
D. Flinchum	180	J. Beckham	460
J. Starling	160	B. Stewart	430
148 lbs.		B. Rush	400
O. Tharp	305	242 lbs.	
R. Brown	265	P. Moore	490
C. Rochelle	255	R. Morgan	410
165 lbs.		A. Jordan	360
K. Hemmings	365	275 lbs.	
S. Pardue	365	D. Best	485
C. Cowan	335	D. Reagan	470
T. Flowers	280		

On Saturday, May 16th, the East Rutherford High School Boosters Club along with The Fitness Connection held the first annual Piedmont Bench Press Championships. Fifty-one lifters competed in a wide variety of classes and divisions. The Women's Division was led by Jan Lentz, with a lift of 200 pounds. Kenny Hemmings led the Teen Division with a fine bench of 365 lbs. at a bodyweight of 160 lbs. The Rutherford County Football Championships pitted East Rutherford Cavaliers against the Chase High Trojans. The Trojans were led by Captains Dewey Skidmore and Bill Haynes. The Trojans defeated the Cavaliers by one point. The Men's Open was led by several good lifters. In the 165 lb. class, Kenny Hemmings defeated Sam Pardue on bodyweight, both with a fine 365 lb. lift. In the 198 lb. class, Mike Sides defeated Scott Hill again on bodyweight. Doug Broome won the 220 lb. class with a lift of 510 lbs. and Pug Moore won the 242 lb. class with a lift of 490 lbs. A special welcome goes out to Dean Best, the winner of the 275 lb. class. Due to injury, this was Dean's first contest in several years. Special thanks go out to the Coaching Staff of East Rutherford High School, Appalachian State Strength Coordinator Chip Sigmon, Grantt Pitts, Sandy King, Jeff Bridges, Alan Morgan, Lynn Byers, Tim Clement, David Norris, Mike Conley, Steve Butler, Leslie Reepe, and Donna Ohmstead. (Thanks to The Fitness Connection for results.)

Idaho Class II & Below
27 Jun 87 - Salmon, ID

	SQ	BP	DL	Total
Women				
K. Lane	230	110	290	640
Men				
123 lbs.				
S. Hurst	225	155	310	690
132 lbs.				
S. Huston	275	200	325	800
148 lbs.				
R. Auwen	200	170	375	745
A. Wolfe-*	145	120	275	540
165 lbs.				
K. Penny	480	265	530	1275
G. Jobey	475	290	430	1195
E. Rivera	450	295	445	1190
J. Keiser	345	225	415	985
C. Lovell	370	185	375	930
M. Hill	305	205	300	810
181 lbs.				
D. Rumple	445	295	520	1260
M. Reiman	375	235	440	1050
198 lbs.				
J. Nebeker	550	390	550	1490
T. C. Miller	500	310	530	1340
R. Stover	430	300	510	1240
J. Poulson	300	220	350	870
220 lbs.				
M. Davis	525	290	520	1335
W. Price	465	280	460	1205
242 lbs.				
E. Franek	480	265	655	1400
J. Blackman	530	340	525	1395
C. Alegra	485	290	485	1260
275 lbs.				
J. Greene	530	340	500	1370
SHW				
T. Walton	340	225	370	935

*-denotes Master Lifter Most states have places that are special to visit but rarely do we as powerlifters have the opportunity to lift competitively in such places. Again this year, Idaho's Class II and below state championship was held in beautiful Salmon, in the central mountains. If not inspirational, it was at least relaxing and gave one pause to reflect a bit while gazing at some of the most rugged terrain in America. The meet was again a success, even without a large turnout. Held at the Salmon Total Fitness Center, every effort was made to accomodate the lifters and help them enjoy the weekend. Special congratulations must go to Kim Lane for a fine total after some disappointment at the state open championship in February. She is well coached by Jerry Englebert, two time world masters champion, and will have many more successes. Jeff Nebeker, another newcomer from the Idaho Falls area, will be a start in this state, winning best lifter in only his third meet. Another Idaho Falls lifter, Keith Penny, was the best lifter in the light session and showed he will be a contender at the state open meet next year. Not suprisingly, the Idaho Falls team made off with the team trophy, and showed they will be a force to be reckoned with by powerful teams from Boise and Twin Falls at next year's open championship. Great thanks are extended to meet director Denise Bender, who worked so hard to pull it together for Joe and Ann Baldee, owners of Total Fitness. Also thanks to National Referee Ken Kroll and Bernie Corrall, and to judges Lowell Brooks, T.C. Miller and Parke Hemmingway who all made the five hour trip from Boise. To Blaine, Suzanne, Dan, Jim and all the rest, we'll see you next year. (Reported by John Luthy.)

1st Annual CCAC ADPFA Open
30 May 87 - Pittsburgh, PA

	SQ	BP	DL	Total
114 lbs.				
W. Leeder	270	150	280	700
T. Tucker-F	250	135	255	640
123 lbs.				
D. Remaldy	370	180	375	925
R. Williams-F	250	110	280	640
132 lbs.				
L. Wysock-F	190	95	220	505
148 lbs.				
D. Dodd	315	200	425	940
C. Williams-F	315	145	365	825
J. Moody	275	195	320	790
S. Gilllott	230	190	300	720
T. Uchal-F	185	115	265	565
165 lbs.				
D. Gaines-OL	525	360	585	1470
J. Gardner	465	285	465	1215
181 lbs.				
D. Scott	560	385	585	1530
D. Long	515	345	615	1475
D. Brown	485	305	500	1290
T. Amadio	400	300	530	1230
D. Richards	400	300	500	1200
T. Richards	405	325	465	1195
198 lbs.				
D. Fuller	525	400	525	1450
D. Dannsby	480	315	560	1355
M. Schwartz	500	280	530	1310
W. Grimes	425	375	500	1300
R. Olinger	480	285	505	1270
S. Van Slyke	410	315	475	1200
220 lbs.				
B. Stiles	620	400	525	1545
D. Clark	570	290	540	1400
P. Elmendorf	500	290	500	1290
E. Jones	385	325	525	1235
G. Smokovich	425	235	430	1090
242 lbs.				
S. White	530	350	570	1450
S. Turets	550	360	520	1430
L. Sutter	490	385	575	1400
D. Chambers	525	335	500	1360
J. Molnar	460	365	500	1325
275 lbs.				
S. Miller-OL	650	425	630	1705
S. Hippard	650	390	585	1625
SHW				
J. Poinexter	515	530	650	1615
A. Starr	540	305	500	1345
Women				
C. Williams	315	145	365	825
T. Tucker	250	135	255	640
R. Williams	250	110	280	640
T. Uchal	185	115	265	565
L. Wysock	190	95	220	505
Men's Masters				
D. Long	515	345	615	1475
G. Moody	275	195	320	790
G. Smokovich	425	235	4340	1090

Team Standings: 1. Homewood Bruston Weight Masters 2. CCAC Barbell Club Great spectator turnout and enthusiasm. Dusty Long set unofficial American records in the Masters Division. Outstanding sportsman was Don Scott. Special thanks to Mark Sheldon, harest worker I ever saw at a tournament, Al & Brenda Siegal, for the great trophies, and all day judging. Ed Jones, Noreem Bartin, Paul Gorman, Announcer, Kyle Brown, Dom Wators, Dusty Long, Dave Gaines, Don Scott, Mike Schwartz (Mr. Comeback '87), Jim Molanr, Tony Amadio, George Smokovich, Leonard L. McCormick, Tedarryl Jones. Mr. James Charley, great tests, Tyrone Spurlock, Doug Kennerly. Peppis Sandwiches - Thanks to all others, spotters, loaders, judges I didn't mention. P.S. We had a very positive feedback on these 1987 championships. I'm open for more comments and suggestions for next years (!) tournament, also I'll accept any volunteers (judges, scorekeepers, spotters, etc). call (412) 421-4718, "Jim". (Thanks to Community College Allegheny County for results.)



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***Power People**...directors of the ADFPA United States Bench Press Championships, Bob and Geri Gaynor. Bob holds an ADFPA National Masters record, and is Vice President of the ADFPA, and has served as Region II Chairman for the USPF, and Geri supports him all the way. Pyra photo.*

ADFPA U.S. Bench Championships
27,28 Jun 87 - Wilkes-Barre, PA

Guest Lifter

J. Kelly-159	345	B. Rosenfield	290
Open Division		J. Cunningham	255
114 lbs.		B. Haley	235
J. Rosetta	190	198 lbs.	
C. Thompson	185	M. Siegler	420
123 lbs.		A. Leisher	405
F. Garvey	270	A. Guion	405
R. Smith	270	B. Lindsey	405
B. Ligotti	210	M. Cohen	390
132 lbs.		K. Wassung	385
S. Polke	330	T. Johnson	350
J. Mukite	325	D. Brown	345
B. Hudak	285	J. Paolin	245
P. Audette	280	220 lbs.	
J. Rubio	280	R. Laiuvara	475
B. Ebersole	270	E. Flori	455
B. Greenwald	240	T. Gilman	450
S. Levey	225	M. Lewis	435
148 lbs.		D. Young	420
J. Dean	330	G. Black	410
R. Thompson	325	B. Beckwith	395
D. Butler	315	S. Skinner	385
M. Moore	315	J. Ujobai	365
D. DiRosa	295	E. Doppelt	335
J. S. Deans	290	242 lbs.	
J. Caliguari	260	B. Shuman	455
F. Massa	260	J. Naperkowski	440
R. McMahon	245	B. Huey	425
165 lbs.		M. Pope	415
W. Burgess	415	J. Carugan	410
M. Taylor	415	J. McGowan	405
M. Shelhamer	375	R. Makarawicz	400
B. Bumbaco	345	A. Adams	395
R. Lightner	330	T. Cinelli	390
G. Guizio	330	J. Bower	380
A. Kuyl	325	D. Williams	325
G. Hackett	325	275 lbs.	
R. McIntosh	320	R. Galvin	540
E. Torquellas	315	J. Martin	505
C. Jenkins	300	T. Furano	500
R. Lanza	290	M. VanDerKarr	500
D. Courtemarch	285	K. Albern	450
S. McMahon	285	J. Tomaski	430
D. Dornhofer	265	M. Rothrock	420
181 lbs.		A. Jackson	410
M. Young	420	B. D'Antonio	410
B. Bryan	400	E. Rossi	390
T. Gavin	380	C. Klehm	320
M. McDowell	375	B. Hogan	320
T. Jenkins	370	E. Hafener	315
P. Schwartz	365	SHW	
M. R. Vinson	360	J. Poindexter	550
C. Baumohl	360	L. Barrett	475
R. Bradley	360	B. Henson	425
C. Culver	350	D. L. Cramer	420
B. Miller	345	C. Morrell	410
G. Martin	345	W. Andrews	390
G. Binger	320	L. Marsh	365
S. Ward	310	T. Thompson	335

Teenage (14-16)

114 lbs.		181 lbs.	
R. Elick	145	T. Roefaro	270
123 lbs.		198 lbs.	
J. Miller	200	S. Sarsfield	285
148 lbs.		220 lbs.	
D. Allison	250	T. Steiner	280
J. Pellegrine	240	242 lbs.	
D. Fantini	220	J. Vuotto	150
L. Korn	140	275 lbs.	
165 lbs.		R. Donlan	320
K. Percy	225		

Teenage (17-19)

114 lbs.		181 lbs.	
J. Rosetta	190	M. R. Vinson	360
C. Thompson	185	B. Miller	345
123 lbs.		P. Henson	325
B. Ligotti	210	A. Onorato	310
148 lbs.		198 lbs.	
D. Butler	315	M. Siegler	420
M. Moore	315	T. Meneades	320
M. Decker	310	J. Berthiume	255
J. S. Deans	290	220 lbs.	
M. Brown	275	S. Slaughter	365
T. Elick	220	J. Reilly	350
165 lbs.		M. Gorman	330
A. Kuyl	325	242 lbs.	
B. Niemeyer	295	T. Slaughter	350
D. Dornhofer	265	275 lbs.	
D. Bielecki	265	M. Rothrock	420
M. Assise	250	E. Hafener	315
		SHW	
Masters (40-49)		B. Henson	425
148 lbs.		A. Martino	350
R. Harvey	250	J. Farrell	330
165 lbs.		242 lbs.	
T. Lehnert	300	B. Huey	425
181 lbs.		M. Pope	415
C. Baumohl	360	R. Makarawicz	400
G. Binger	320	J. Bower	380
M. Howard	200	D. Williams	325
198 lbs.		275 lbs.	
B. Karluk	350	R. Galvin	540
220 lbs.		E. Rossi	390
R. Cote, Jr.	415	C. Klehm	320
E. Lanoue	405	B. Hogan	320
B. Beckwith	395	SHW	
		W. Andrews	390
Masters (Over 50)			
181 lbs.		J. Paolin	245
B. Rosenfield	290	B. Bendel	220
A. Cournoyer	260	SHW	
198 lbs.		D. L. Cramer	365
R. Krause	265	L. Marsh	365

(Thanks to Bob and Geri Gaynor for results.)

Nebraska Championships
4 Apr 87 - Omaha, NE

	SQ	BP	DL	Total
114 lbs.				
M. Nelson	470*	275*	370	1115*
S. Seng	335	175	385	895
123 lbs.				
M. Johnson	335	230	400	965
132 lbs.				
R. Steinshouer	525	300	550	1375
J. Hilker	300	225	445	970
148 lbs.				
J. Olson	560*	300	595	1455*
C. Brown	515	370*	535	1420
J. Tedrow	475	330	500	1305
R. Yager	420	225	405	1050
K. Claypool	300	175	410	885
165 lbs.				
C. Magistro	585	415	600	1600
R. Ward	585	285	600	1470
R. Evans	525	285	535	1345
M. Ullman	525	310	475	1310
S. Pankas	450	300	505	1255
181 lbs.				
D. Hanel	600	370	640	1610
M. hildreth	575	390	640	1605
D. Swistak	620	375	575	1570
E. Madlock	475	350	600	1425
D. Bannister	530	320	500	1365
D. Barry	450	270	530	1250
L. Lewis	440	340	470	1250
198 lbs.				
R. Hussey	670	405	640	1715
M. Bullard	640	470	600	1710
J. Miscno	610	370	580	1560
W. McCoy	530	325	640	1495
G. Anderson	585	330	550	1465
R. Nance	500	285	575	1360
E. Hart	430	315	540	1285
220 lbs.				
D. Paulson	660	460	705	1825
R. Mitchell	670	400	575	1645
R. Rebolloso	665	390	550	1605
D. Medina	540	340	570	1450
S. Jones	510	270	550	1330
242 lbs.				
D. Pearson	715	415	700	1830
C. Matson	600	405	660	1665
B. Mitchell	700	345	555	1600
L. Rigatuso	630	375	595	1600
275 lbs.				
K. Emry	415	420	565	1400
SHW				
L. Webb	825*	505*	670	2000*

* Nebraska State Records. The 1987 State Championships only had 40 lifters, but the quality was there as 9 state records were broken and several others tried. The 114's showed Mike Nelson to be a top contender at the Nationals. He just narrowly missed getting up with a good depth 500 squat. The 132's had Russ Steinhouer, who is well known for his lifting off his 2nd place finish at the APF Worlds in 1986. He is just starting to gear up for the APF Nationals again. The 148's with Jay olson has become a very tough class. Jay broke a couple of records on the way to the title and should be headed for some National meets. Charlie Brown who is no stranger to national meets broke the bench record easily (good for 15-20 lbs. more). Brian Beverland had been doing great training lifts but injured a quad during the squats and had to stop. The 165's was won easily by Carmen Magistro. Look out for him at the Nationals in Kansas City as he is capable of much more. The 181's had a close 3-way race with Dwayne Hanel winning again. He continues to improve. Rick Hussey won in a tight race and tried the state squat record. Levi Webb did a great job at SHW weighing only 280. His squat and bench were still easy. We want to thank all the people in Wayne who helped put this meet on. (Thanks to Ed Nellor for results).

Biggest Bench Inside The Fence
30 May 87 - Burkeville, VA

148 lbs.			
K. Dodson	285*		
H. Robinson	240	R. McKinney	315
165 lbs.		B. Gibbons	245
J. Shifflett	305	F. Shumate	240
W. Freeman	300	220 lbs.	
181 lbs.		B. Rogister	430*
P. Athey	370	M. Keeney	375
A. Howell	300	D. Ostrowski	370
T. Revis	295	J. Watkins	330
F. Manson	275	W. Ford	250
T. Jackson	250	242 lbs.	
A. Crutchfield	200	S. Burton	265
198 lbs.		G. Mawyer	255
G. Bonds	385*	275 lbs.	
H. Brown	360	J. Rozier	460*
J. Lambert	355	T. Christian	375
L. Cooper	350	P. Knight	365
C. Payne	350	J. Bonfanti	335
J. Wills	345	G. Arnold	230
T. Brooks	325	SHW	
L. Mason	325	M. Williams	450
D. Taylor	320	J. Tuller	340

*-denotes New Prison State Record. Best Lifter Lightweight: P. Athey Best Lifter Heavyweight: J. Rozier 1st Place Team: PCC 2nd Place Team: NCC Nottoway Correctional Center once again hosted a fine meet. The number of entries was an all time high for VA prison powerlifting. By utilizing the rounds system and flights, the event concluded in a smooth two hours with 36 competitors; which prove again the rounds system is the only way to travel. The competition was followed by an excellent exhibition by World Master's contender, Bob Branoon. We would like to give a big thanks to Bob, alone with Barry Walker, Mike Craven and Keith Hancock, who did a great job in judging each lift. Also, many thanks to Pee-Wee Bales who did a superb job of annoucing and our statisticians: Floyd Poss, John Fredericks and Tommy Walker, who's accurate score keeping proved invaluable. (Thanks to Bruce Rogister for results.)

FCI Sandstone All-Natural Meet
30 May 87 - Sandstone, MN

132 lbs.				
G. Harvey	230	130	370	730
148 lbs.				
M. Mathews-BL	315	225	375	915
B. Laszlo	200	175	315	690
D. Deceare	150	180	275	605
165 lbs.				
C. Terlecky	290	240	400	925
J. Rivera	300	200	375	875
J. Knight	275	230	365	870
181 lbs.				
F. Tello	305	250	400	955
C. Kettles	315	215	415	945
C. Powell	265	285	350	900
B. Engesser	275	200	400	875
198 lbs.				
C. Rowell-BL	505	305	505	1315
220 lbs.				
M. Robinson	265	235	420	920
A. Keck	210	205	375	790
242 lbs.				
A. Redding*	325	315	385	950
SHW				
E. Nichols	405	245	500	1110

*-Best Lifter over 40 The meet was held outside and the weather let us have a terrific day. There were only three bomb-outs which was good considering almost all the lifters were novices, and as you see they stuck with it to finish out the meet. Over forty lifter August (Porky) Redding almost had a 345 bench but missed it on a technicality. He has only been lifting for two years and that has been in prison. With good nutrition and supplements who knows... Marcel Mathews did a great job at 148 with 7 for 9 and the BL award for the light half. Chuck Rowell went 6 for 9 and took the BL award for the heavy half. this meet could not of been put on with out the help of the judges, Head Referee Thomas Wagner, side judges Eric Young, and James Henderson, The score keeper and announcer Rickey Gavere. Also special thanks to Mike Skeith of Kansas City for coming up with a copy of the rule book. Thanks to spotters and loaders. (Thanks to Chuck Rowell for results.)

12th Annual Elm City Bench Press
7 June 87 - New Haven, CT

Masters Division			
Cote-217	410		
Petridis-176	300	J. Bryant	220
Reig-160	215	J. Sickler	215
Sub-Masters Division		L. Callan	210
Mogovero-265	410	R. Griffis	200
Norman-154	270	165 lbs.	
Teen-Age Division		W. Burbess	400
DeMatteo-165	295	D. Petruzielo	330
Harkins-194	315	R. DeMatteo	295
Ariolek-170	265	G. Norman	270
Johnson-158	255	G. Johnson	255
Azzaro-130	215	J. Badurek	225
Bryant-148½	220	J. Reig	215
Sickler-145	215	D. Cote	205
Callan-146	210	R. Clark	205
Badurek-165	225	181 lbs.	
Ferrara-192	250	V. Racine	300
Griffis-145	200	A. Petridis	300
Cote-155	205	G. Ariolek	265
Clark-156	205	198 lbs.	
Munson-196	245	M. Russo	360
Bova-198	245	J. Redmond	360
Buster-275	225	R. Patriaco	320
Women's Division		D. Harkins	315
114 lbs.		K. Ferrara	250
S. Hardisty	120	D. Munson	245
132 lbs.		M. Bova	245
R. Skapczynski	115	220 lbs.	
148 lbs.		J. Jennings	415
L. Roberts	90	R. Cote, Jr.	410
Men's Division		B. Barolli	320
132 lbs.		242 lbs.	
D. Kabasakalian	265	S. Taylor	400
M. Boni	215	J. Yager	350
E. Azzaro	215	275 lbs.	
148 lbs.		J. Mugovero	410
R. Herbst	270	B. Buster	225
F. Gallimore	240	SHW	
D. Azzaro	220	R. Rohmer	275

Meet Directors: Joseph F. Steele and Andrew Bram. Place: Fort Hale Park, New Haven, CT. Announcer: Andrew Bram. Time: 3 Hours. Head Judge: Joseph F. Steele. Side Judges: Scott Taylor and Robert Herbst. The 12th Annual Elm City Bench Press Championships went very well with the largest turnout of lifters ever for this contest. A total of 41 lifters took part. In the Women's Division Suzanne Hardisty of East Coast Power Gym took 1st place in the 114 lb. class and was named Best Lifter. In the Masters Division Roland Cote took 1st place with a 410 lb. lift. The Sub-Masters Division Joe Mugovero took 1st place with a 410 lb. lift as well. The Grand-Master's Division Ronald Rohmer of World Gym East (Hamden) took first place with a 275 lb. lift. The Teenage Division was won by Ralph DeMatteo of World Gym East (Hamden) with a 295 lb. lift. The Men's Division Light-Weight Division-Best Lifter was Wayne Bubess of Hercules Gym, Syracuse, NY who won 165 lb. class with a 400 lb. Bench Press. The Men's Heavyweight Division Jon Jennings from Hudson, NY took Best Lifter and won the 220 lb. class with a 415 lb. lift. The team competition was won by East Coast Power Gym of North Haven, CT with 57 points. World Gym East of Hamden, CT took second place with 47 points and World Gym East of Branford, CT took third place with 39 points. (Thanks to Joe Steele for results.)

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3rd Bayou Classic
9 May 87 - Monroe, LA

	SQ	BP	DL	Total
114 lbs.				
G. Murphy	315	170	325	810
148 lbs.				
B. Broussard (OL)	505	275	505	1285
D. Holland	525	245	485	1255
G. Grayes	450	255	470	1175
R. Osborn	365	185	405	955
K. Sims	375	190	335	900
D. Rogers	300	225	250	775
165 lbs.				
T. Newman	510	320	505	1335
F. Wonzo	500	220	605	1325
J. McDaniels	475	285	540	1300
J. Rhodes	490	285	525	1300
S. Arnold	455	275	525	1255
181 lbs.				
P. Wylie	540	350	540	1430
S. Slott	515	315	470	1300
J. Tait	475	285	515	1275
198 lbs.				
D. Passow	650	335	580	1565
L. Wedlock	525	250	565	1340
220 lbs.				
J. McDowell	650	375	655	1680
R. Devargas	560	320	515	1395
S. Reaves	500	315	450	1265
242 lbs.				
M. Merder	600	450	600	1650
J. Ponthieux	510	300	550	1360
275 lbs.				
G. Watson (OL)	700	450	670	1820
SHW				
B. Woddard	400	265	380	1045

Teams: 1st-Goudeau's 32, 2nd-Cutters 20. The Third Annual Bayou Classic Powerlifting Championships is now history... lifters throughout the Ark-La-Miss Area came to the beautiful facility at Goudeau's Health Club in Monroe, Louisiana to demonstrate their strength. The 200 plus spectators who witnessed this year's event seem to center their attention on the highly competitive 165 lb. class. A local TV sports announcer was called in to examine the contestants, (each of whom were happy to discuss their individual strengths). Last year's champion, Jesse McDaniels, could do no better than third place, by edging area lifter, Jim Rhodes, each recording identical 1300 totals. Pre-meet favorite Scott Arnold was soon pushed aside in the wake of the determination of local lifters, Frank Wonzo and Todd Newman, as Todd went 510-320-505 totaling 1335 leaving Mr. Wonzo, who holds a national deadlift record in his class, a valiant attempt at 620 to win it all. But this time it was not to be as Frank pulled a strong 605 and settled for second. Old foes Doug Holland and Brian Broussard dueled for top honors in the 148 lb. class but when the dust was settled Mr. Broussard has walked away with first place as well as the outstanding lifter award in the lighter weight classes. Jolly George Watson stopped by to set a few personal records and up the Bayou Classic total record by totaling 1820 this not only gave George his Master classification but first place among the 275's and the outstanding lifters trophy in the heavier classes. Goudeau's lifter, John McDowell increased his own Bayou Classic dead record by pulling a very strong 655 while taking first place in the 220's. John also increased his best previous squat by 20 pounds by handling a solid 650 on his final attempt. All Mike Melder of Ricky's Gym in Alexandria needed to break Goudeau's lifter Frank Christman's bench record, was an offer from meet director, Henry Pitard, to give Mr. Melder a free Bayou Classic "T" shirt if he accomplished this feat... Mike's grin got wider and wider as he pushed a steady 450 lbs. which resulted in first place in the 242 lb. class to go along with the new "T" shirt... The services of former world teenage record holder, Butch Dunn, were put into action as Butch handled the duties of announcing this year's meet. Butch did his usual find job of inspiring the lifters with his own special color commentary... A special thanks to our sponsor Goudeau's Health Club and the many other people who helped put together this year's event. State chairman, Mike Reed was on hand to help coordinate and tie up our "loose ends." And lastly, I must mention my appreciation for the help of former Louisiana Tech lifter, Donnie Jackson, who did a great job of handling the "stats" and assisting Butch at the table. The Bayou Classic Powerlifting Championships are held regularly at Goudeau's Health on the second Saturday in May. Hope to see you next year. (Thanks to Henry Pitard for results).



***Bayou Classic Team Champions**...the Goudeau's Health Club Guys: (left to right) Sidney Scott, George Watson, John McDowell, Todd Newman, Jesse McDaniels, Scott Arnold, John Ponthieux. Photo and info by Henry Pitard.*

Stockton Open ADFPA
30 May 87 - Stockton, CA (kilos)

	SQ	BP	DL	Total
Open				
52.5 kg				
D. Seymour	90	55	115	260
B. Harrison	102.5	50	100	252.5
60 kg				
R. Todd	160	105	172.5	437.5
67.5 kg				
M. Barna	170	125	197.5	492.5
S. Helmer	190	100	175	465
75 kg				
S. Johnson (BL)	187.5	157.5	232.5	577.5
Z. Clark	207.5	137.5	230	575
J. Kline	202.5	125	215	542.5
B. Barth	147.5	110	187.5	445
82.5 kg				
F. Siebert	187.5	157.5	235	580
M. Brown	215	127.5	222.5	565
D. Robnett	170	135	207.5	512.5
D. Doguetto	175	117.5	192.5	485
90 kg				
D. Eisenschmied	207.5	147.5	222.5	577.5
J. Doyle	215	137.5	202.5	555
100 kg				
A. Pinelli	265*	172.5*	215	652.5
B. Glagota	237.5	160	215	612.5
J. Alberts	190	115	232.5	537.5
110 kg				
R. Morris	300*	172.5*	292.5*s	767.5
R. Brown	212.5	130	237.5	580
125 kg				
M. Burrel (BL)	317.5	167.5	305s	790
R. Taverna	265	190*a	300*	755
125 plus kg				
S. Millard	247.5	155	262.5	665
L. Williams	237.5	140	237.5	615
Masters				
R. Taverna (125)	265	190*a	300*	755
L. Duran (67.5)	200	112.5	220	532.5
R. Brown (110)	212.5	130	237.5	580
E. Magin (82.5)	190	117.5	212.5	520
A. Pinelli (100)	265*	172.5*	215	652.5
F. Siebert (82.5)	187.5	157.5	235	580
D. Torrence (75)	142.5	97.5	172.5	412.5
F. Byrum (90)	205	117.5	227.5	550
L. Olsen (90)	165	127.5	222.5	515
P. Brighton (58.5)	87.5	37.5	135*	260
Women				
C. Taylor (44)	92.5	62.5	122.5	277.5
L. Pawlak (80+)	120	72.5	150	342.5
P. Brighton (58.5)	87.5	37.5	135*	260
Teenage				
W. Esau (90)	190t	107.5	190	487.5
A. Escobar (82.5)	100	165ta	195	460
A. Sikes (67.5)	127.5	107.5	137.5	372.5
S. Edwards (75)	157.5t	80t	160t	397.5t
J. Tomlin (82.5)	47.5	75	127.5	250

* Calif. State Masters Record. s-California State Record. a- American Record (teenage or master). t-Teenage Record. Meet Directors: Joe Randazzo and Joe Bernazzani. Judges: J. Randazzo, J. Bernazzani, J. Waters, G. Hunnicut, A. Kirshner, P. Wagner, J. Cain and L. Duran. Loaders: AM Perkins, Mr. Nash, Mario Rosas, Jeff Angelli, Dave Sanchez, Cecil Tomlin. Scorekeeper: Brandi Bernazzani, Mrs. Ron Morris, Ila King, Marla Marquez, Rich Tutusi. Announcers: Joe Randazzo and Alan Kirshner. Location: Edison High School, Stockton, California. Sponsor: Pete's Power House, Joe Bernazzani Realtor, and Liberty Photographic. Best Lifters: Steve Johnson (morning session) and Manny Burell (afternoon session). (Thanks to Joe Bernazzani for results).

A.D.F.P.A.
TOP 20 52 kg. 114

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from June 1, 1986 to June 30, 1987.

Please send a copy of all ADFPA meet results to Jim Gallagher, 301 Pine St., Glenolden, PA 19036. This will keep these lists as up to date as possible. Thank you.

Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1.	425 D. McDonald 12/7/86	290 D. McDonald 12/7/86	446 D. Nguyen 8/9/86	1058 D. Nguyen 8/9/86
2.	413 K. Bourque 5/14/87	265 P. Moore 4/18/87	430 K. Bourque 5/14/87	1052 K. Bourque 5/14/87
3.	410 L. Chapin 1/17/87	255 F. Garvey 11/16/86	424 R. Thompson 8/9/86	1041 J. Catalfamo 8/9/86
4.	385 D. Nguyen 8/9/86	245 D. Osborn 11/2/86	413 J. Catalfamo 8/9/86	1015 L. Chapin 1/17/87
5.	385 J. Catalfamo 8/9/86	242 J. Catalfamo 8/9/86	380 L. Chapin 1/17/87	990 D. McDonald 12/7/86
6.	370 K. Bauer 2/28/87	230 A. Cruz 11/2/86	369 R. Rupple 6/28/86	920 K. Bauer 2/28/87
7.	330 T. Muldoon 6/28/86	225 D. Nguyen 11/9/86	360 K. Bauer 2/28/87	876 R. Thompson 8/9/86
8.	314 D. Osborn 4/5/87	225 L. Chapin 1/17/87	350 D. Suzuki 7/26/86	849 R. Rupple 6/28/86
9.	314 M. Abresch 12/6/86	220 R. Rupple 6/28/86	347 J. Perry 4/11/87	849 T. Muldoon 6/28/86
10.	313 C. Webster 6/13/87	215 M. Abresch 12/6/86	345 J. Charkacis 12/6/86	837 S. Soukup 11/23/86
11.	305 V. Borjas 10/25/86	215 S. Soukup 11/23/86	344 S. Soukup 11/23/86	816 D. Osborn 4/5/87
12.	303 M. Lamb 3/8/87	210 L. Howe 12/6/86	336 D. Wilson 12/6/86	810 D. Wilson 12/6/86
13.	286 D. Wilson 12/6/86	209 K. Bourque 5/14/87	325 P. Wytrwa 6/7/86	789 C. Webster 6/13/87
14.	285 Waters 5/16/87	209 T. Muldoon 6/28/86	325 R. Drainer 6/28/86	785 D. Suzuki 7/26/86
15.	278 S. Soukup 11/23/86	200 C. Barvincak 4/18/87	325 M. Lamb 3/8/87	766 M. Abresch 12/6/86
16.	275 D. Suzuki 7/26/86	193 Aulridge 10/5/86	325 C. Mitchell 6/28/86	766 Aulridge 10/5/86
17.	275 S. Dale 2/28/87	193 M. Michels 5/2/87	320 L. Howe 12/6/86	766 M. Lamb 3/8/87
18.	270 Aulridge 10/5/86	190 K. Bauer 2/28/87	310 Rippeon 5/16/87	750 L. Howe 12/6/86
19.	270 C. Mitchell 6/28/86	187 D. Wilson 12/6/86	308 T. Muldoon 6/28/86	750 V. Borjas 10/25/86
20	270 J. Gedney 6/28/86	187 r. Thompson 8/9/86	308 C. Webster 6/13/87	740 J. Charkacis 12/6/86

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Texas Police Olympics
12 June 87 - Beaumont, TX

	SQ	BP	DL	Total
Women's Division				
48 kgs.				
C.J. Castle	220	110	285	615
75 kgs.				
S.E. Wares	270	135	295	700
Open Division				
67.5 kgs.				
M.R. Fragoso	275	220	365	860
G.H. Blazs	225	250	365	840
75 kgs.				
R. Herzog	430	290	430	1150
J.D. Thorton	400	280	400	1080
T.D. King	265	225	360	850
82.5 kgs.				
J.C. Bailey	515	380	525	1420
J.K. Simmons	540	320	450	1310
J.L. Pritchard	400	325	475	1200
90 kgs.				
N. Stepchinski	490	340	540	1370
M. Christian	440	355	480	1275
E. Joiner III	350	280	525	1155
100 kgs.				
J. Davis	600	425	630	1655
T. Ball	625	475	550	1650
K. Carter	540	385	590	1515
S. Krone	565	365	550	1480
110 kgs.				
J. Kalinoski	565	385	635	1585
D.L. Cavins	530	420	510	1460
J.P. O'Burke	405	320	465	1190
125 kgs.				
L. Granger	600	430	625	1655
R. Poss	540	450	550	1540
D. Echard	585	360	580	1525
M.A. Martin	500	370	550	1420
D. Cagle	425	315	380	1120
35-39 Senior				
75 kgs.				
L.R. Adkins	450	310	515	1275
M. Harrison	465	290	510	1265
J.D. Tully	350	285	370	1005
90 kgs.				
E. Godfrey	600	350	570	1520
H. Crauswell	575	340	585	1500
K. Keefe	500	300	600	1400
R. Lara	550	315	520	1385
T. Blevins	350	250	450	1050
110 kgs.				
W.J. Bryan	655	405	600	1660
L. Benavides	600	370	500	1470
D. Barber	570	390	505	1465
40-44 Senior				
100 kgs.				
J.R. Salinas	650	340	525	1515
R. Adkins	575	435	450	1460
P. Burkhalter	140	250	260	650
125 kgs.				
R. Roy	600	385	650	1635
K. Walker	540	300	565	1405
P. Fritz	570	365	465	1400
J. Coffman	450	330	450	1230

(Thanks to John Pettitt for results.)



Phoenix Federal Prison Classic
13 Jun 87 - Peoria, AZ

	SQ	BP	DL	Total
148 lbs.				
G. Jackson	285	205	375	865
R. Silas	250	—	—	—
165 lbs.				
K. Phasin	480	325	500	1305
J. Starks	290	315	380	985
R. Rodriquis	300	275	350	925
181 lbs.				
R. Flewellen	425	290	425	1140
R. Campbell	315	340	400	1055
A. Gay	325	225	425	975
M. Sylva	315	265	390	970
198 lbs.				
R. Strayer*	505	325	470	1300
R. Dechenne	390	325	380	1095
G. Irving	500	—	—	—
220 lbs.				
M. Nolan*	680	405	550	1635
G. Harris	525	360	525	1410
A. Batson	400	380	520	1300
D. Pace	410	360	515	1285
L. McComack	350	275	385	1010
242 lbs.				
T. Hopper*	800	500	700	2000
S. Grant	365	370	475	1210
D. Scott	325	375	425	1125
275 lbs.				
S. Isaac*	705	415	255	1375
P. Anderson*	500	330	520	1350
SHW				
T. Isaac*	915	540	750	2205

* Denotes Non-Prisoner. This was the first Phoenix Federal Prison Classic, and what a meet. The meet was held outside under a pavilion, and it was 113 degrees in Phoenix. In the 165 lb. Keith Phasin did some great lifting with a 1305 lb. total. Remember most prison lifters lift without suits, wraps, or bench shirts. In the 242 division Tony Hopper was using this day as a heavy day for the APF Seniors. Tony buried an easy 800 pound opener and blew it up like there was nothing on his back. Then moved to 860, again he blew it out of the hole, but got on his toes just before locking it out, and couldn't finish the lift. On just two attempts he blew 500 up on the bench, and then blew up 700 on the dead! Tony did an easy 2000 total on just 5 attempts. At 275 Steve Isaac was set to try an 830 lb. squat, to break the Arizona 275 lb. squat record. His second attempt at 800 lb. stalled about half way up. His week long camping trip with church teens had taken too much out of him. At SHW the stage was set, Tim Isaac (only 280 lbs.) was here to break the world record squat, and total for APF. Tim opened at a state record 915 lbs. which broke the APF state record and also was 12 lbs. heavier than Jon Cole's 903 lb. USPF state record. On his second attempt the bar was loaded to a world record 1015 lbs. Tim approached the bar very confidently, and in his usual wild way, he stood up very strong, but as he stepped back to set up, the bar which was loaded to the very ends, shipped downward, and they jumped back up and hit Tim in the back of the neck, immediately the bar crashed to the floor. As strong as Tom looked under the weight, he will not be denied the record too much longer. He finished with two easy benches at 540 lbs., where there was at least 30 lbs. more. But like Tony he wanted to save it for the Seniors. (Thanks to Samson Power Team for results).



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Greater Philadelphia Open
23 May 87 - Philadelphia, PA

	SQ	BP	DL	Total
Men's Open				
148 lbs.				
J. Subin	420	285	410	1115
A. Bransford	300	225	400	925
T. Sees	320	205	365	890
E. McGuinn	325	175	340	840
M. McFadden	260	140	270	670
165 lbs.				
J. Armstrong	450	330	450	1230
181 lbs.				
S. O'Kelly-BL	480	335	505	1320
H. Bindert	490	210	500	1200
C. Ferrell	420	250	500	1170
A. Wurz	365	260	430	1055
S. Cappelinna	385	225	405	1015
198 lbs.				
C. Craft	550	335	600	1485
C. Ohmacht	560	330	530	1420
R. Dollard	415	330	570	1315
220 lbs.				
J. Bott	620	430	590	1640
T. Puglisi	620	375	555	1550
J. Austin	520	330	505	1355
F. Sawcrese	400	275	450	1125
242 lbs.				
J. Granazio	660	445	655	1740
G. Shimko	630	460	610	1700
J. Apice	680	325	630	1635
P. Ramin	570	340	600	1510
J. Arena	640	225	590	1455
275 lbs.				
D. Pallio	800	440	700	1940
M. Laffey	640	465	595	1680
F. Crispo	505	430	630	1645
T. Deegan	600	375	600	1595
J. Curry	485	370	525	1380
T. Opitz	505	330	485	1320
SHW				
P. LeJarza	705	450	655	1810
D. Freiling	410	180	450	1040
Women-By Malone				
K. Evers	320	170	360	850
Y. Mellon	385	175	365	925
D. Borie	175	70	220	465
Teenage-Schwartz: 15-17				
C. Ferrell	420	250	500	1170
T. Opitz	505	330	485	1320
T. Sees	320	205	365	890
D. Freiling	410	180	450	1040
Teenage-Schwartz: 18-19				
T. Puglisi	620	375	555	1550
P. Ramin	570	340	600	1510
A. Bransford	300	225	400	925
F. Sancrose	400	275	450	1125
S. Cappelinna	385	225	405	1015
Masters Division				
J. Arena	640	225	590	1455
J. Austin	520	330	505	1355
J. Curry	485	370	525	1380
A. Wurz	365	260	430	1055

Another efficient meet by CFI. We would like to thank all involved and we are looking forward to seeing everyone in our upcoming meets which include the East Coast Powerlifting Championships and we have been granted the 1988 Peena State Powerlifting Championships. Again we thank you. *Robert Catalini, Patrick Fattore and Vincent Iannelli, CFI inc.*

George AFB Open
15 Mar 87 - George AFB, CA

	SQ	BP	DL	Total
Women's Division				
114 lbs.				
M. DiPace	125	90	230	445
K. Andren	100	60	180	340
123 lbs.				
K. Andren	115	75	175	365
132 lbs.				
M. Caldwell	285	150	315	750
4th attempt	300			
D. Bronner	170	120	230	520
v. Brown	110	75	225	410
M. Sneary	70	60	135	265
148 lbs.				
F. Ector	175	130	240	545
L. Floren	165	95	235	495
D. Hughes	135	90	270	495
K. Edmiston	165	95	235	495
165 lbs.				
K. King	155	100	230	485
Over 165 lbs.				
L. Stamper	215	130	300	645
Men's Division				
114 lbs.				
R. Gibson	145	150	270	565
4th attempt		305		
P. Croy	185	120	250	555
123 lbs.				
R. Fhelty	230	175	305	710
132 lbs.				
R. Hayes	225	130	330	685
148 lbs.				
M. Jarret	360	240	430	1030
S. Ries	305	245	400	950
S. Nakasaile	310	205	425	940
S. Pennington	300	250	385	935
165 lbs.				
R. Newton	450	275	450	1175
M. Pangelgimain	425	285	450	1160
C. Shirley	355	260	435	1050
M. Clancy	345	250	400	995
Jay Peterson	275	180	400	855
181 lbs.				
L. Truman	500	340	540	1380
K. Dutra	460	300	460	1220
D. Patterson	325	305	435	1065
S. Ralston	325	195	400	920
198 lbs.				
T. Gue	560	405	575	1540
R. Ward	500	350	580	1430
R. Smith	460	285	555	1300
J. McCarthy	470	290	540	1300
D. Ferro	420	310	475	1205
G. Auarado	345	355	455	1155
C. Holland	365	305	455	1125
D. Sierra	410	285	425	1120
220 lbs.				
A. Horne	600	420	650	1670
4th attempt			655	
S. Williams	455	310	520	1285
C. Howe	465	305	515	1285
J. Labarera	340	255	415	1010
242 lbs.				
D. Caldwell	730	435	730	1895
275 lbs.				
a. Corral	455	305	550	1310
M. Heibert	335	245	400	980
L. DiPace	290	195	405	890
SHW				
C. DeMatteo	300	220	400	920

The Second Annual George AFB Open was a big success with 48 competitors from four bases including 13 women. Thanks to SRA Jim Gray, SSgt Snell and the rest of the gym staff at George AFB for their complete support through the long day. They supplied free snacks, drinks, and smiles. Monkee Caldwell of March AFB won the outstanding women lifter trophy. She's on the comeback trail and this was her sixth contest in seven weeks. Lisa Stamper of Ft Irwin set personal records with he newborn baby watching from the crowd. Robert Gibson from March AFB in his first contest, held off a strong young Pat Croy from Ft. Irwin in the 114s. George AFB's own Mike Jarrett won the 148s. The contest of the day was between Bob Newton of March and Manny Pangelgiman of Ft. Irwin. Both went 9 for 9, but Bob's squat made the different, giving him First in the 165s and outstanding lightweight. Larry Truman from Edwards AFB beat teammate Kevin Dutra with fine lifts in the 181s. Tim Gue a teenager from March AFB, won the biggest class of the day and extended his winning streak to seven straight. Muscular Regan Ward from Irwin was second with a big 580 DL. Al Horne of Ft. Irwin won the 220 lb. class easily. Al went ten for ten and proved with his fourth attempt deadlift, that he is 'master'. I won oustanding heavyweight for March AFB. Thanks from all the competitors to the following people who gave their time: Capt. Bob Doyle-Edwards AFB, Head Judge Mike Merrill and Mike Reed of George Judges: Kay Franklin-Ft Irwin Scorekeeper: Gibert Moran of George and Guy Adams of Edwards Spotters: Ft. Irwin and March AFB for loaning weight equipment and to the Meet Director Jim Grey. (Thanks to Dusty Caldwell for results.)

Total Athlete-Lemon Bay High Bench Press Contest
6 Jun 87 - Englewood, FL

Women's Division		J. Rivera	310
L. Harriman	165	J. Land	290
135 lbs.		D. Fanti	250
J. Badger	250	220 lbs.	
D. ridenhour	205	L. Arthurs	530
S. Lachance	175	J. Craton	275
G. Rodvik	170	242 lbs.	
148 lbs.		D. Macri	460
E. Montgomery	330	M. Reich	460
165 lbs.		J. Ferrantelli	450
K. Marcinkowski	365	B. Phillips	385
M. Phillips	270	R. Masquelier	305
D. Puente	265	275 lbs.	
J. Linden	230	T. Peters	400
181 lbs.		SHW	
K. Harriman	435	D. Hawley	450
T. Booher	420	B. Palmer	445
T. Lang	380	N. Stewart	415
M. Goodwin	360	Masters	
K. Chelf	335	L. Arthurs	530
R. Silva	320	D. Macri	460
K. Moore	300	G. Arnold	415
198 lbs.		J. Ferantelli	450
M. Ferrantelli	420	D. Klusman	350
G. Arnold	415	H. Hutchinson	300

Meet Director: Kevin Farber Thanks to Frank and Hank at Total Athlete, Pete and Mike Taylor, Tom Hinck, Scott Duchame, Dave Halstead, Coco Hibbits, Tim Lang, Bill Cross, Ray Bauer, and Loisanne Farber. Thanks to Kevin Farber for results.



***Topping off the FIRST 1400 total by a WOMAN!**..is this 530 deadlift completed by Dawn Reshel, a guest lifter, at Jim Swanson's Midwest Open.*

Swanson's Midwest Open
21 Jun 87 - Rockford, IL

	SQ	BP	DL	Total
Women's Division				
132 & under				
B. Maxey (BL)	275	175	275	725
132 & over				
B. Boynton (BL)	260	125	300	685
Y. Hendricks	245	105	205	555
D. Reshel (GL)	580*	290	530*	1400*
Men's Division				
114 lbs.				
B. Davis	205	180	340	775
132 lbs.				
R. Morgan	250	145	325	720
J. Whitford	280	180	260	720
165 lbs.				
J. Gulley	395	230	480	1105
R. Day	350	235	425	1010
181 lbs.				
H. Perone (BL)	575	275	465	1315
T. Messer	425	275	500	1200
H. Darland	300	220	265	785
220 lbs.				
F. Jackson	585	385	610	1580
C. Brown	375	315	525	1215
D. Hamilton	435	305	450	1190
SHW				
G. Gustafson	525	310	560	1395

* World Record. Dawn Reshel set a world record in the squat (580) and deadlift (530) and also she set a WR in the toal of 1400. We were proud to have Dawn as our Guest lifter, it excited the lifters and the audience on her fantastic lifting abilities. The Swanson's Midwest Open Powerlifting Championships were held at the Knights Community Complex in Rockford, Illinois, utilizing the round system. Announcing was Gary Swanson and meet director Jim Swanson. Trophies awarded to 1st, 2nd, and 3rd place. Best lifter trophies in the women's divisions were awarded to Brenda Maxey and Brenda Boynton. Best lifter trohies in the men's divisions were to Hugh Perone and Flint Jackson. First place team trophy went to Swanson's Gym, Rockford, IL.

During the meet, audience and lifters had a chance to see some of the best lifting ever by a woman, Dawn Reshel. Special thanks to the people that helped, especially my wife Sheri, Gay Swanson, Greg Reshel, Jim Bengoa, Ed Zackery, Craig Gilliam and Wayne Goodman. Again Thanks to each and every person who lifted, judged, spotted and loaded. Special thanks to Dawn Reshel for guest lifting. (Thanks to Jim and Sheri Swanson for results).

Homestead AFB Iron Classic
2 May 87 - Homestead AFB, FL

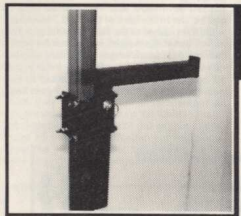
Women			
140 & Under			
G. Hudgins	105	155	260
140 & Over			
J. Pierce	225	455	680
L. Bell	130	300	430
M. Braatz	190	200	290
Lightweight			
M. Lumpkin	300	400	700
J. Pierce	225	455	680
R. Edmistury	225	400	655
J. Dematt	225	380	605
R. Rigney	185	340	525
S. Butler	215	300	515
Middleweight			
T. Mansen	315	505	820
R. Cook	285	425	710
K. Medlen	285	400	685
J. Williams	250	415	665
J. Williams	265	375	640
J. Flores	250	380	630
Light Heavy			
J. Rio	400	550	950
R. Raysor	395	500	895
M. Wisniewski	330	540	870
E. Lane	290	500	790
M. Monroe	235	390	625
Heavyweight			
J. Tremblay	500	585	1085
J. Tems	400	550	955
M. Mauler	405	520	925

The 1987 HAFB Iron Classic was a great success in both the number of lifters and the quality of their lifting. Powerlifting is a hidden sport down in South Florida, so power meets are few in number. Twenty six lifters competed in the event, which was witnessed by a crowd of more than 300 fans. Mrs. Jackie Pierce hoisted some unbelievable poundages in the women's division. Her 455 deadlift was done with room to spare. This lift was done without a suit or thick powerbelt. Jackie just gave birth to a baby girl about 8 months ago, so just imagine if Jackie really puts some training time in for a power meet. Lind Bell showed a lot of detemination by manhandling a 300 lb. deadlift on a second attempt. John Tremblay took 1st place in the heavyweight class and hoisted an easy 500 lb. bench. By the way, John is a member of the All-Air Force Team in the superheavyweight class. My little cousin, Jeff Teris hit a respectable 400 lb. bench and 550 lb. deadlift. Jeff accomplished these same lifts as teenager weighing around 185 lbs. a few years back. I would like to thank Greg Church for his help with this meet and Homestead AFB Power Team. Greg did a great job of judging and coaching throughout the meet. (Thanks to World Champ Gene Bell for results).

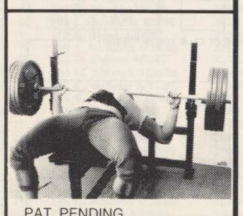
YMCA Midwest Bench Press Classic
21 Mar 87 - Decatur, IL

132 lbs.			
R. Bowlin	250		
M. Jostes	215		
148 lbs.			
D. Ellis	300	242 lbs.	
T. Cook	275	E. Long	455
J. Collins	215	M. McLeod	440
165 lbs.		M. Stearley	425
J. Fox	315	275 lbs.	
G. Pickens	305	L. Charlson	500
B. Houston	250	T. Phelps	410
181 lbs.		S. Talbott	340
J. Waggoner	380	SHW	
M. McKinney	370	N. Link	500
R. Young	370	T. Davis	430
198 lbs.		Womens	
B. Shannon	450	123 lbs.	
R. Neideffer	415	B. Rester	140
M. Carwyle	390	148 lbs.	
220 lbs.		A. Ray	115
L. Burrell	440	165 lbs.	
M. Severe	430	R. Linder	150
R. Dixon	410	D. Grimm	100

Team award - Springfield YMCA. Best lightweight lifter - Jay Dee Waggoner. Best heavyweight lifter - Lance Charlson. There were 50 entrants. (Thanks to Mike Wall for results).







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North Carolina Police	Nebraska State	National High School Juniors/Seniors (kg)	Colorado High School		California ADFPA	Eastern Mid-Atlantics	Mike Collet's Gym	IPF WORLD RECORDS (kilos)
	470 M. Nelson	160 B. Fagot	325 M. Sandoval	114 SQ	175 G. Hunnicutt			243.0 Inaba,H.
	275 M. Nelson	102.5 Williams	255 M. Sandoval	114 BP	115 G. Hunnicutt	210 L. Chapin	85 S. Jones	146.5 Cunha,J.
	415 L. Tran	190 R. Jones	375 M. Sandoval	114 DL	170 G. Hunnicutt			235.0 Inaba,H.
	1115 M. Nelson	417.5 R. Jones	955 M. Sandoval	114 T	460 G. Hunnicutt			577.5 Inaba,H.
	450 M. Nelson	205 R. Hernandez	420 W. Taylor	123 SQ	245 J. Cunha			240.0 Inaba,H.
	270 R. Steinshouer	132.5 Wilson	270 M. Harrel	123 BP	142.4 J. Cunha	280 R. Naylor	65 T. Jones	155.0 Isagawa,H.
	501.5 R. Steinshouer	200 Ford	420 Jesporson/Mars	123 DL	192.5 M. Mariano			289.5 Gant,L.
	1212 R. Sheinshouer	495 R. Hernandez	1030 M. Lucio	123 T	555 J. Cunha			625.0 Gant,L.
	525 R. Steinshouer	200 Guzman	450 W. Taylor	132 SQ	195 M. Yi			295.0 Bradley,J.
	305 R. Steinshouer	117.5 Wheat	290 M. Harrel	132 BP	130 J. Arenberg	340 P. Detore	195 E. Walley	180.0 Bradley,J.
	551 R. Steinshouer	210 D. Smith	475 G. Strickland	132 DL	207.5 M. Yi			300.5 Gant,L.
	1380 R. Steinshouer	505 Guzman	1140 W. Taylor	132 T	512.5 M. Yi			707.5 Bradley,J.
405 J. Wells	560 J. Olson	235 Jeter	500 T. Weber	148 SQ	235 L. Inamine			300.0 Jackson,J.
275 Wells	370 C. Brown	150 Stapleton	310 A. Battaglia	148 BP	165 R. Tsutsui	325 N. McKay	280 S. Pokorny	200.0 Hulecki,K.
480 Wells	620 D. Blue	250 Wonzo	540 S. Kogul	148 DL	235 S. Ames			312.5 Valineva,R.
1050 Wells	1455 J. Olson	610 Stapleton	1245 P. Lower	148 T	612.5 L. Inamine			735.0 Austin,D.
475 F. Thorton	620 R. Ward	260 Green	515 T. Evans	165 SQ	265 A. Guidry			327.5 Brides,M.
365 W. Hairston	429 C. Magistro	182.5 Friday	345 J. Buckner	165 BP	185 R. Sakaguchi	415 J. Young	315 J. Kopecki	217.5 Rouse,J.
485 Thornton	640 D. Blue	257.5 Blount	570 D. Pleasant	165 DL	282.5 A. Guidry			332.5 Inzer,J.
1230 Thornton	1642 C. Magistro	635 Green	1325 P. Lower	165 T	687.5 A. Guidry			850.0 Gaugler,R.
600 M. Sides	650 T. Smith	272.5 R. Impastato	545 C. Parker	181 SQ	267.5 McLaughlin			379.5 Bridges,M.
415 Sides	420 C. Magistro	165 R. Impastato	345 G. Chavez	181 BP	175 S. Vanotti	500 R. Clark	215 J. Huege	240.0 Bridges,M.
600 Sides	680 E. Nellor	290 Whitehead	575 D. Greenwald	181 DL	277.5 R. Cirigliano			357.5 Kumpuniemi
1615 Sides	1615 D. Hanel	677.5 Haley	1395 C. Parker	181 T	702.5 McLaughlin			952.5 Bridges,M.
605 K. Hall	685 E. Nellor	260 R. Thompson	600 C. Hinkson	198 SQ	290 M. Elwell			375.0 Hatfield,F.
430 Hall	485 M. Bullard	185 Byrd	390 T. Paul	198 BP	185 P. Markle	450 A. Garcia	380 M. Collet	255.0 MacDonald,M.
620 Hall	700 E. Nellor	275 R. Nunn	600 M. Bee	198 DL	287.5 M. Musto			372.5 Thomas,W.
1650 Hall	1730 E. Nellor	695 R. Thompson	1470 C. Hinkson	198 T	747.5 P. Markle			937.5 Bridges,M.
600 S. Barbour	750 M. Schellen	305 McLaughlin	625 M. Hepp	220 SQ	285 R. Paulick			400.0 Hatfield,F.
460 S. Carpenter	485 Myers/Bullard	172.5 M. Perkins	400 Whisman/Hepp	220 BP	197.5 T. Gilman	490 T. Curio	315 G. Huege	261.5 MacDonald,M.
670 Barbour	770 G. Torrance	320 M. Perkins	605 R. Cone	220 DL	320 K. Fisher			377.5 Cash,J.
1670 Barbour	1955 M. Schellen	775 M. Perkins	1540 M. Hepp	220 T	757.5 T. Gilman			952.5 Cash,J.
550 R. Smith	804.5 M. Schellen	272.5 B. Pruett	570 C. Bloomstran	242 SQ	310 L. Luke			393.5 Wohleber,D.
500 Smith	540 D. Behling	175 B. Pruett	400 D. Caranoi	242 BP	210 L. Luke	480 K. Wood	330 D. Roach	270.0 Magruder,J.
560 D. Moore	761 M. Schellen	272.5 Terry	620 C. Bloomstran	242 DL	295 R. Morris			395.0 Kuc,J.
1600 Smith	2039 M. Schellen	710 B. Pruett	1550 C. Bloomstran	242 T	812.5 L. Luke			1000 Kuc,J.
800 G. Ward	775 J. Drapal	320 Wentworth		275 SQ	347.5 M. Burruel			412.5 Waddington,D.
470 Ward	505 J. Drapal	220 Wentworth		275 BP	222.5 N. Staats	520 B. Heckman		278.5 Hardman,T.
750 Ward	760 J. Drapal	272.5 Wentworth		275 DL	305 M. Burruel			387.5 Noren,L.
2020 Ward	2040 J. Drapal	812.5 Wentworth		275 T	812.5 M. Burruel			1005 Hackett,E.
770 R. McKulsky	825 L. Webb	320 Guidry		SHW SQ	345 B. Hart			445.0 Fely,D.
460 J. Waddell	505 L. Webb	187.5 Guidry		SHW BP	232.5 R. Morre	555 J. Czawlytko		300.0 Kazmaier,B.
675 McKulsky	730 H. Nissen	262.5 Guidry		SHW DL	295 B. Hart			403.5 Noren,L.
1870 McKulsky	2000 L. Webb	757.5 Guidry		SHW T	825 B. Hart			1100 Kazmaier,B.

5th Annual Viking Open (ADFPA)
16,17 May 87 - Chicago, IL (kilos)

	SQ	BP	DL	Total
114 lbs.				
R. Thompson	130	75	197.5s	402.5
M. Infante	125	87.5	172.5	385
B. Davis	82.5	67.5	150	300
S. Bosacki	102.5	50	117.5	270
123 lbs.				
F. Higgins	182.5	140	177.5	500
B. Brink-F	100	52.5	120	272.5
132 lbs.				
B. Luna	175	110	177.5	462.5
G. Janotte	162.5	92.5	190s	445
J. Stirling	137.5	82.5	170	390
B. Wilson	115	97.5ta	155ta	367.5ta
R. Bowlin	85	115s	120	320
E. Drinis	75	97.5	117.5	290
148 lbs.				
B. Triphann	227.5	122.5	230	580
C. Parr	212.5	137.5	200	550
K. Hamman	202.5	122.5	220	545
D. Belt	190	112.5	235	537.5
K. Jensen	170	127.5	227.5	525
K. Coleman	192.5	115	205	512.5
J. Miller	177.5	122.5	175	475
A. Dahl	160	90	187.5	437.5
J. Warner-GL	232	120	260	612.5
165 lbs.				
G. Zweig	235	152.5	272.5	660
E. Bridges	250	140	250	640
J. Sikkema	250	147.5	235	632.5
D. Dunne	205	142.5	242.5	600
S. Leggett	260	117.5	220	597.5
B. O'Neil	202.5	162.5s	222.5	587.5
S. Noren	207.5	152.5	217.5	577.5
J. Thomson	212.5	137.5	227.5	577.5
B. O'Connel	217.5	155	197.5	570
K. Hook	215	117.5	222.5	555
R. Flores	182.5	125	215	522.5
F. Arrendondo	175	100	245	520
J. Borio	200	102.5	215	517.5
P. Meszaros	210	105	202.5	517.5
R. Gedney	165	122.5	202.5m	490m
R. Mitchell	120	57.5	130	307.5
K. Mitchell-GL	220	102.5	200	522.5
B. Lopez-GL	170	110	200	480
181 lbs.				
D. Hanel	250	160	282.5	692.5
M. Betts	272.5	167.5	250	690
B. Masuoka	232.5	155	237.5	625
J. Radichez	240	105	245	590
C. Stephens	220	142.5	222.5	585
M. Henry	215	140	217.5	572.5
B. Hagie	210	152.5	205	567.5
T. Unger	197.5	135	227.5	560
J. Johnston	200	150	207.5	557.5
198 lbs.				
B. Craft	285	175	317.5	777.5
E. Riley	272.5	170	305	747.5
L. Traub	260	160	300	722.5
J. Bassi	262.5	160	280	707.5
L. Rhodes	272.5	170	265	707.5
S. Laing	280	150	262.5	692.5
P. Spiess	240	160	275	675
D. Stevens	260	135	262.5	657.5
J. Newman	185	117.5	205	507.5
D. Lillpop	182.5	125	195	502.5
220 lbs.				
G. Durdan	287.5	190s	295	772.5s
F. Jackson	287.5	182.5	297.5	767.5
P. Jeffern	305s	167.5	292.5	765
J. Graham	285	160	300	745
R. Mirabal	260	175	260	695
A. Burlison	272.5	185	230	687.5
G. Frownfelter	255	160	265	680
S. Leedham	230	172.5	245	647.5
K. Sparks	227.5	157.5	240	625
G. Leininger	210	142.5	237.5	590
M. Stevens	215	127.5	245	587.5
G. Gulseth	205	115	212.5	532.5
J. Hettel	192.5	120	210	522.5
242 lbs.				
J. Murauskis	295s	182.5	292.5	770
M. Hodges	272.5	197.5	275	745
B. Witt	260	177.5	272.5	710
G. Villnow	227.5	170	242.5	640
R. Deason	200	125	210	535
C. Klehm	20	147.5m	20	187.5
275 lbs.				
M. Pigg	310	155	272.5	737.5
G. Gutbrod	275	172.5	255	702.5
R. Sadowski	237.5	120	257.5	615
J. Hartman-GL	200	135	212.5	547.5
SHW				
R. Kessler	315	185	300	800
M. Dobson	317.5	175	285	777.5
A. Boffo	295	170	245	710
P. Calcagno	247.5	182.5	242.5	672.5
WOMEN (Malone Formula)				
Dee Ellison	127.5	57.5	140	325
J. Suomi	130	62.5	150	342.5
P. Woods	182.5s	87.5s	185s	455s
E. Slusarczyk	145s	75s	125	345s
B. Brink	100	52.5	120	272.5
B. Mullins	127.5	75s	127.5	330
C. Sydow	102.5	60	122.5	285
J. Riel	110	52.5	115	277.5
D. Ensslen	107.5	42.5	105	255
F. Meyer-Brigge	107.5	55	115	277.5



The VIKING Trophy *made especially for the 1987 Viking ADFPA Open, on behalf of meet directors Dennis and Sandi Brady, whose next meet is the ADFPA Nationals, which they hope will be the greatest powerlifting meet in history. Brady photo.*

L. Kral	92.5	30	112.5	235
MASTERS (Schwartz Formula)				
R. Glumac	227.5	142.5	265	635
B. Luna	175	110	177.5	462.5
T. Unger	197.5	135	227.5	560
P. Calcagno	247.5	182.5	242.5	672.5
R. Flores	182.5	125	215	522.5
G. Leininger	210	142.5	237.5	590
B. Lopez	170	110	200	480
R. Gedney	165	122.5	202.5m	490
R. Deason	200	125	210	535
R. Bowlin	85	115	120	320
J. Stirling	137.5	82.5	170	390
R. Mitchell	120	57.5	130	307.5
C. Klehm	20	147.5m	20	187.5

F-female GL-guest lifter, these lifters lifted out of order from their weight classes and were ineligible for trophies. They are all drug free lifters. We would NEVER allow guest lifters under other circumstances. Best Lifters: 1st Bob Craft, 2nd Ed Riley, 3rd Fred Higgins Best Squat: Steve Leggett Best Bench: Fred Higgins Best Deadlift: Roger Thompson Best Team: B&W Gym S-state record TA-teenage american record M-masters american record. The Viking Open has become a meet that people from all over the midwest and other parts of the country come to. In the past, lifters from as far away as New Jersey and Texas have come to Chicago for what is becoming the most prestigious open meet in the midwest. So, when we found that a lifter from Nebraska was coming to lift we were pleased, but not surprised. The fact that he made the entire trip on his motorcycle made it interesting, but people have traditionally gone out of their way to make it to the Viking Open. But we had to admit being amazed when a lifter from West Germany phoned to let us know he was on his way! It seems Johnny Graham, stationed in West Germany with the Army needed an ADFPA meet to lift in to qualify for ADFPA Men's Nationals. Somehow he was able to work his leave and travel arrangements to lift at the Viking Open. Although the Viking Open has become a well-known meet, we never expected it to be an international event! But due to Graham's participation, we had lifters from 11 states and 2 countries lifting over a two day period. The spectators had their own international flair as 5 international champions attended representing the three powerlifting organizations. Cheering on all the lifters including their own were Judy Gedney, Maris Sternberg, Felicia Johnson, Donna Wicker, and Diane Frantz. Offering coaching to one of the master lifters and helping out other lifters in general was APF president and international champion, Ernie Frantz. Lifters were exposed to the kind of cooperation and help of true champions as they were assisted by world champs who judged, coached and offered encouragement from the stands. Upon entering the meet site at St. Gregory's in Chicago, the first and most impressive sight to greet the lifters was the trophy display. First through third place finishers were awarded sculpted vikings in gold, silver, and bronze antiqued finished. The original sculpture had been comissioned from an artist at the Art Institute of Chicago. This had been made into a mold by Buck Samson of Sculptures Elite in Ohio. After Buck delivered the statues to us at B&W Gym, we mounted each on a solid wood elevated base with god, silver and bronze plates. The results were spectacular! Fourth and fifth place finishers took home traditional trophies. All were about 22 inches tall with the first-third weighing over 15 pounds. Needless to say, we are shipping the Nebraska lifter his trophy which did not fit on his motorcycle. Finally, before getting into the meet itself, a word about cooperation. During the meet, representatives from Illinois, Indiana, and Wisconsin worked side by side judging, spotting, and working at the table and score boards. When the meet was over, some of these same people attended a meeting to discuss the next season's lifting schedule. We were pleased to see some new people interested in running meets and we worked out a schedule for lifters that allows them to go to a lot of meets and not have to choose one meet over another because of scheduling. There will be many open meets in addition to meets for novice, women, state championships, bench press meets and nationals. Some of the people involved in scheduling were unable to attend but sent their information about meets they want to run. Attending in person were: Indiana-Donna and Paul Wicker, Pat Malone; Wisconsin-Lee Graese, Stephanie Whiting; Illinoise-Dennis and Sandi Brady; Tom Rhind, Judy and Roger Gedney. We came up with a good tentative schedule. As soon as all dates are finalized we will have a three state schedule printed up available from us at B&W Gym. We caanot go further in this article without stopping to thank our help. As mentioned before, lifters from three states came to help. Some lifted one day and helped the other. One of these was Bob Triphahn from Eau Claire, Wisconsin who won the 148s. After his flight was finished lifting, there he was, spotting! The next day he judged all day along with Wisconsin ADFPA state chairdman Lee Graese who judged both days. Judy Gedney judged in between helping her lifters including husband Roger. Stephanie Whiting helped judge, alternating the chore with helping her young Wisconsin lifter. Joe Budde, who recently became an ADFPA national judge worked both days, as did B&W's Jim O'Dowd. Kal Sachs was on hand once again with his expert judging ecorps with state judge Becky Brink who judged one day and lifted the next. Both Becky and Kal plan to become national judges when they take the test in August at the ADFPA Men's Nationals in Chicago. Pat Malone managed to judge for a little while despite having to help his lifter and entertain new nephew Patrick. Donna and Paul Wicker were busy taking pictures of the meet for their magazine but Donna managed to judged quite a bit. Ruth Welding was with us once again to aid in national quality judging. All of the judges at this year's Viking Open were national judges or will be after the test in August. The meant that the judging was, as always, strict but fair. And apparently the lifters are learning that the Viking is just as strict as the nationals judging from the small amout of bombouts this year. The spotters, loaders, table help and scorekeepers were from B&W Gym, other guys in Illinois and a few were friends not involved in lifting but willing to volunteer their help. To Linda Dale, another trooper and a heartfelt thanks for giving us your weekend. To super spotters Ronn Adams, Shawn Reynolds, Bruce Timmons, Kevin Jensen and Bob Pieticha thanks again for a great job. making his debut as a spotter and soon to debut as a meet director, Randy Maddalone did a super job of spotting also. To all of the other people who helped, and there were a lot of you (over 40) we wish we could name each one individually but there just isn't space so please accept our THANK YOU! This year's Viking was scheduled only two weeks before Women's Nationals. Thus, many top women lifters chose not to compete. However, one national contender needed to qualify at a lower weight class. Dee Ellison came in at 110½ pounds but did more than qualify at 111. Dee totaled 325 kilos which is an elite total at 111. She only missed one attempt (her third bench) and will be a force to reckon with in Tempe, AZ. Dee won the women's division. Taking second was another national competitor now living in Indiana, Joanne Suomi. Joanne qualified in the 129 division for nationals. Illinois lifter Pat Woods, a new face to us, took third. She had trouble in the squat but finally managed her third, using it and her other attempts to set all new state records in the women's unlimited class. Edie Slusarczyk set new squat, bench, and total records in the 176 class and took fourth. At fifth place, 17 year old Bernadette Mullins set a new state bench record in the 154 class. We will try to schedule this meet farther away from Women's Nationals next year and will probably have a full women's division with weight classes and a woman viking sculpted trophy! The number of good lifters at 114 is steadily growing with Roger Thompson of Illinois in the lead. Roger came up with an ADFPA record deadlift twice, but his form wasn't quite strict enough. Look for Roger to break this record at nationals. Another lifter to watch at the nationals is B&W's Mike Infante who qualified for nationals in this his first meet. After tying the state bench press record, Mike led Roger at subtotals but Roger's superb deadlift which set a new state record gave him the win and tied the state total record. Bryan Davis of Eldena, IL took third and 16 year old Scott Bosacki of Green Bay, WI placed fourth. Only two lifters competed at 123. Freddie Higgins lifted in his fifth Viking Open and had his best total in the last year or so. It was good to see Freddie get three squats in. He will be a serious contender at the Nationals. Master champion Becky Brink was the only other competitor, lifting for team points with her B&W teammate. For once we had more lifters than trophies at 132 and some new faces. Master lifter Bob Luna from Milwaukee took first over George Janotte whose cheering section rivaled the Durdans. Bob set a new state deadlift record. Teenager Bob Wilson from Evanston, IL, placed fourth with master lifter Jack Stirling taking third. Russell Bowlin took fifth and set a new state bench record. Robert Triphahn won the 148s with a 580 total. Illinois teenager Chris Parr placed second. Kevin Hamman of Galesburg, IL placed third over Dennis Belt of Marion, IL. B&W lifter Kevin Jensen placed fifth then spotted all day the next day. Up until the deadlifts there looked like a real battle at 165. Then B&W's Greg Zweig pulled ahead of Ed Bridges for the win. John Sikkema joined us once again from Iowa and took the third place trophy home. David Dunne of The Gym in Chicago Heights took fourth and Steve Leggett of Wisconsin placed fifth. Steve also had the best squat in the meet, 260 kilos at a bodyweight of 165. At 181, Dwayne Hanel of Nebraska took first place over Matt Betts of Kansas. At subtotals, Betts was way out in front but by a narrow 2.5 kilos. At third was Chicago lifter Brett Masuoka. Wisconsin teenager John Radichel placed fourth with Chicagoan Charles Stephens taking fifth. The traditional battle at 198 involving Robert Craft and Ed Riley ensued once again with its traditional outcome. Bob Craft placed first over Ed Riley with Larry Traub placing third. Tying at 707.5 kilos and winning on bodyweight was Illinois lifter John Bassi over Les Rhodes. At 220 the lifting was intense as Greg Durdan and Flint Jackson passed the state deadlift record back and forth with Jackson finally getting the record but Durdan coming up with an 8 for 9 meet and the win. We can think of no better deserving lifter than Greg who gives so much time and effort not only to his own lifting but that of the young men he coaches. He is truly trying to help durg-free lifting grow at the level it so desparately needs growth-with the teenagers. Congratulations Greg. Third place by only 2.5 kilos went to Paul Heffern. Johny Graham made his trip from West Germany pay off as he took fourth place and qualified for nationals. Chicago lifter Ray Mirabal placed fifth. Jim Murauskis beat out state champ Mack Hodges to Gate honors at 242. B&W's Bob Witt finally settled down in the squat and placed third. Murauskis set a new state record in the squat with a 295 kilos attempt, and tied Hodges total record with 770. Gary Villnow took fourth over Roger Deason at fifth. All the way from Florence, Alabama, Marold Pigg totaled 737.5 to place first over Gary Gutbrod at 275. Wisconsin lifter Rich Sadowski took third. Rick Kessler of Indiana totaled 800 to win the superheavies. Mike Dobson did an impressive 317.5 kilo squat in taking second place. Fourth went to Anthony Boffo and master lifter Pat Calcagno took fifth. Up until this Viking Open interest in the master level of lifting did not seem very high. However, at this meet, 13 master lifters turned out to compete against each other on the Schwartz formula for five trophies. Many of these lifters placed in the open division or would have placed had they entered that division. Rich Glumac placed highest on formula and would have been third in the 181 open. Bob Luna placed second after winning the 132's. Galesburg lifter Terry Unger was the third place finisher. Pat Calcagno place fourth in both the masters and the superheavies. Rich Flores took home the fifth place award. Best lifter awards went to two lifters in the same class and to a lighter lifter. Robert Craft was best lifter followed by fellow 198er Ed Riley and B&W's 123 Fred Higgins. Steve Leggett had the best squat on formula, Fred Higgins best bench (as usual), and Roger Thompson best deadlift. The only disappointing note of the meet was the lack of team participation. Although B&W Gym is always happy to receive the team trophy to its case, it is a hollow victory when we are the only team entered. In this meet, B&W would have been tough to beat, but there were two other beautiful team trophies available for second and third place. The only qualification for a team is that they are registered ADFPA club and they pay the $25 team fee. Now that the listing of a system where a registered ADFPA team can enter as a team for free and others can register for the cost of becoming registered with the ADFPA. Would this get more teams to participate? We hope so. In closing let us remind readers that many of these lifters will be competing in the ADFPA Men's Nationals here in the Chicago area on August 1 and 2. Come out and support the best lifters in the United States, the ADFPA natural champions! (Thanks to Sandi Brady for results.)

Corrections...winners of the team trophy at the Ft. Hood Invitational were the Ft. Sill guys, notes Danny Akers, rather than Ft. Hood. Also, in the results of the USPF Masters Nationals (July *PL USA*), the women's scores were combined into one set of weight classes regardless of age group, however, the women actually contested the meet in age groups. There were 3 women in the 148 lb. class and age group, otherwise all the other girls were winners and National Champions in their age group and weight classification.

Ohio Classic
6,7 June 87 - Tallmadge, OH

	SQ	BP	DL	Total
Class II & Below				
148 lbs.				
D. Brunner	385	275	450	1110
J. Herman	370	275	440	1085
B. Matos	370	300	405	1075
165 lbs.				
H. Cole	480	310	510	1300
B. Cailor	455	285	530	1270
B. Grant	425	300	510	1235
D. Reep	470	280	440	1190
A. Brunner	430	285	470	1185
D. Menges	385	310	475	1170
J. Foreman	440	265	420	1125
A. Duke	400	255	450	1105
D. Reber	395	265	440	1100
P. Martz	355	235	435	1025
F. Karg	365	225	425	1015
181 lbs.				
J. Keeling	450	340	530	1320
M. Bidwill	425	355	520	1300
M. Gollo	470	305	525	1300
C. Erb	455	315	525	1295
G. Engler	460	285	540	1285
G. Cosmo	420	300	500	1220
J. Edwards	430	325	455	1210
D. Hopkins	405	290	450	1145
J. Mazor	425	270	425	1120
S. Schmidt	430	240	440	1110
C. DeLoye	405	275	425	1105
T. Fox	390	275	435	1100
198 lbs.				
J. Hayden	600	370	580	1550
D. Bartolet	550	370	570	1490
K. Slough	535	330	555	1420
F. Cervelli	535	345	510	1390
C. Risner	520	310	540	1370
M. Mattioli	500	360	480	1340
A. J. Henderson	540	300	475	1315
M. Hall	450	320	530	1300
R. Brown	465	350	485	1300
M. Mason	435	300	560	1295
J. Knee	455	275	555	1285
R. Wightman	350	205	505	1060
S. Camper	450	365	225	1040
220 lbs.				
D. Brenek	570	370	530	1470
L. Watson	555	370	510	1435
R. Feasel	450	425	550	1425
K. Eblen	475	330	600	1405
S. Parker	465	280	495	1240
G. Puckett	450	270	450	1170
M. Duvall	415	275	455	1145
242 lbs.				
T. Stockman	480	380	560	1420
D. Morgan	505	315	560	1380
P. Buccino	475	330	555	1360
SHW				
S. Wojtaluk	565	300	540	1405
D. Bartoe	405	355	505	1265
OPEN DIVISION				
114 lbs.				
R. Miller	300	140	295	735
S. Bowles	260	135	290	685
132 lbs.				
K. Franks	320	185	400	905
148 lbs.				
B. Dye	450	285	470	1205
165 lbs.				
W. Baird	605	300	565	1470
J. Brunner	505	350	510	1365
H. Cole	480	310	510	1300
D. Deubner	455	345	475	1275
B. Cailor	455	285	530	1270
B. Grant	425	300	510	1235
181 lbs.				
M. Chaffee	550	385	550	1485
N. Kirkendall	520	330	600	1450
D. Graham	535	325	525	1385
L. Mintus	560	325	460	1345
G. Engler	460	285	540	1285
G. Cosmo	420	300	500	1220
J. Edwards	430	325	455	1210
198 lbs.				
B. Billman	670	425	620	1715
G. McElroy	700	415	600	1715
S. Uhas	735	325	620	1680
A. Sclafani	600	410	635	1645
S. Martler	650	355	640	1645
J. Hayden	600	370	580	1550
T. Hardesty	575	400	525	1500
D. Bartolet	550	370	570	1490
D. Ramnytz	525	305	605	1435
M. Mattioli	500	360	480	1340
A. J. Henderson	540	300	475	1315
M. Hall	450	320	530	1300
S. Camper	450	365	225	1040
220 lbs.				
E. Bright	715	425	750	1890
M. Miller	655	465	575	1695
D. Blatnik	645	400	625	1670
D. Cheney	650	390	550	1590
K. Crew	600	360	580	1540
242 lbs.				
J. Burch	670	430	600	1700
S. Kovacs	665	375	630	1670
T. Stockman	480	380	560	1420
275 lbs.				
J. Homan	680	400	730	1810
G. Burch	740	420	650	1810
D. Case	605	475	650	1730
SHW				
C. Cunningham	685	420	585	1690
S. Lindway	670	300	560	1530
M. Lemponen	550	370	580	1500
Masters 40-49				
L. Stinson	635	380	660	1675
T. Shrider	475	275	460	1210
J. Dawson	440	310	450	1200
R. Kline	350	280	400	1030
Masters 50-59				
R. North	455	260	425	1140
Masters 60-69				
F. Safran	460	340	420	1220
B. Yoder	300	140	325	765

Outstanding Lifters: Class II & Below-Jeff Hayden, Open Division-Edgar Bright, Masters Division-Frank Safran Team Trophy: Body Builders, Inc. Les Cheney and Chuck North, owner of the Exercise Shop, would like to thank our outstanding helpers, spotters, loaders, and judges for making our 1987 Ohio Classic and Women's State Powerlifting Championships a tremendous success. A special thanks to Brechbuhler Scales, Inc., in Canton, Ohio and Wendy's Restaurant of Akron for their help. (Thanks to Les Cheney for the results.)

22nd British Championships
20 Jun 87 - Milton Keynes (kg)

	SQ	BP	DL	Total
52 kg				
J. Maxwell	177.5	90	207.5	475
			215*	
J. Clay	170	105	197.5	472.5
A. Franks	190	80	180	450
56 kg				
G. Simes	200	107.5	202.5	510
60 kg				
C. Lewis	205	140	227.5	572.5
S. Holloway	200	115	245	560
R. Kerr	220	110	227.5	557.5
Z. Almusawey	200	130	200	530
K. Singh	187.5	117.5	212.5	517.5
R. Powell	167.5	105	228*	500
67.5 kg				
E. Pengelly	242.5	150	260	652.5
C. Haynes	217.5	152.5	240	610
P. Newton	235	130	245	610
L. Burns	215	142.5	240	597.5
D. Dallen	220	110	260	590
75 kg				
V. Okeke	247.5	137.5	310	675
W. Reid	252.5	142.5	260	655
T. Jex	230	147.5	265	642.5
S. Walker	250	140	235	625
E. Wooding-Evans	225	142.5	247.5	615
K. Jackson	230	140	242.5	612.5
82.5 kg				
S. Powell	295	162.5	275	732.5
S. Calvin	272.5	130	310	712.5
M. Charles	262.5	142.5	295	700
K. Jane	245	132.5	295	672.5
A. Rodney	255	140	255	650
90 kg				
B. West	310	170	300	780
K. Bowen	280	172.5	305	757.5
C. Buchanan	270	180	305	755
100 kg				
T. Stevens	350	210	340	900
R. Farquharson	315	180	320	815
J. Biddulph	282.5	162.5	325*	770
D. Brooks	275	195	290	760
A. Browne	275	152.5	272.5	700
110 kg				
J. Neighbour	370	235*	335	940*
A. White	310	185	362.5	857.5
M. Savage	305	190	340	835
T. O'Neill	300	165	310	775
125 kg				
S. Spillane	365	220	320	905
J. Mercer	300	200	337.5	837.5
G. Poole	350	175	300	825
J. Cavalier	290	202.5	280	772.5
D. Carter	300	—	—	—
125+ kg				
P. Tregloan	352.5	197.5	330	880
P. Morgan	320	192.5	280	792.5

52 kg class - European junior champion, John Maxwell won his fourth Senior British title, adding as a bonus a new World junior record on the deadlift with 215 kg. European senior and junior silver-medalist, John Clay came second with an improved total just 2.5 kg behind. Newcomer Adrian Franks was not that far behind in third place. The competition in this class should now push these young men through the 500 barrier.

Gary Simes who has already won silver medals in World and European junior champs, now took his first Senior British title unopposed in the 56 kg class, with a new best total.

Clint Lewis won his fifth consecutive British 60 kg title against a good field. A British record bench attempt at 145 kg was unsuccessful. Steve Holloway avenged last year's bomb out by clinching second place with his last deadlift. Ron Kerr made a Scottish deadlift record but then failed at 232.5 in trying for second. Roger Powell excelled with a World record in the 50+ age group: a 228 kg deadlift.

67.5 kg class - Eddie Pengelly won his twelfth straight British, a great achievement for the eight times European champion. From the four following lifters, clustered around the 600 mark, we can hope that one at least will, in a couple of years, improve to spur Eddie back to his best form.

At 75 kg Victor Okeke won his first Senior British title with a world class deadlift. But this class showed no sign of international class.

The 82.5 class was open with reigning champion Mitchell suspended and runner-up Duffy absent. Last year's third placer Steve Powell needed only to make eight good lifts to win his first title by 20 kg ahead of former 100 kg lifter Selwyn Calvin.

The 90 kg class was also weakened by the absence of Caldwell and Vaughan. This enabled Bill West to win with a below average total of 780 kg.

The 100 kg class brought no less than three world champions on parade! Tony Stevens won his eighth consecutive British title with awesome inevitability. A 362.5 European squat record attempt eluding him through lack of incentive. World Masters champion Ralph Farquharson was only 5 kg below his best and obviously means to retain this title. World Masters champ at 90 kg, John Biddulph, at a light 92 kg, increased his own British masters deadlift record by 2.5 kg.

The best performance of the championship was undoubtedly that of European champion John Neighbour. In retaining his 110 kg British title he made a perfect nine for nine including a British benchpress record and increased the total record by no less than 17.5 kg. Aurthur White made a welcome return to the British platform and a 362.5 kg deadlift showed that he can come good again. An attempt at a European record 831 kg was unsuccessful. Mark Savage had been injured and made only a token total.

At 125 kg Sean Spillane collected his first British title with commanding strength. Newcomer John Mercer made nine good lifts to take second place and is a man to watch in the future. Dave Carter made an unlucky comeback, injuring himself on his first bench. In the absence of Andy Kerr, newcomer Peter Tregloan showed impressive strength in winning the super class in style. Only an over-optimistic deadlift attempt of 360 eluded. A young man with a big future.

That ended the championships, 46 lifters had taken part, a few more than last year. A handful of records from lifters young and old kept the spectators happy. Britain should again field a strong team for the World Championships this year. My guess is: Maxwell, Clay, Lewis, Pengelly, West, Stevens, Neighbour, Spillane, Treglo, and Savage, if fit. (Thanks to Andy Kerr for results).



Flower Power*...this is the arrangement that H.H. Carter received from his friends, the Tuzzolino's, after taking 2nd place in the National Masters.*

From TITAN SUITS...they just got a new 800 number (800-627-3145) which allows toll free calling from all 50 states. For Alaska lifters this is a fairly uncommon but welcome service. For the fall, coverage will be extended to Puerto Rico, the U.S. Virgin Islands, and major cities in Canada. Pete Alaniz, of Titan Suits, also points out that the U.S. Postal Service has a "new" C.O.D. policy. "Consumers can now pay for their mail order goods with either cash or personal checks made out directly to the company from which they're buying. Previous policy only allowed the Post Office to accept cash. What's the impact on the consumer? If everyone in your household works during the day or you can't be sure that someone will be in to receive a package from alternate carriers, you can request U.S.P.S. service. They'll attempt delivery once and if no one is in, will leave a notice, holding it up to 30 days. Often times this holding period is twice as long as that of other carriers. It's also good news for P.O. Box holders. If you're in one of these situations, ask the company you're ordering from about possible U.S.P.S. C.O.D. service."

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(2) HEAVY DUTY OUTSIDE COLLARS, (4) DUMBELL COLLARS
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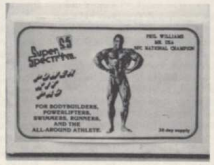
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ARNOLD SCHWARZENEGGER: 7 Time Mr. Olympia, "Nike's weight training shoes are a welcomed product for bodybuilders. It's certain that good fitting shoes designed for specific training can help in avoiding injuries in the gym."

JOE WEIDER: Trainer of Champions since 1937, "For over forty years, I've heard bodybuilders say that they wished there was a good shoe designed with heavy training of the type bodybuilders do in the weight room. I have a pair of the new Nike's and wear them when I train. I think they're great, and recommend them highly."

RICHARD HERRICK, M.D. Chief Medical Officer of the U.S. Powerlifting Federation, "From an orthopedic and pedorthic standpoint, there really is no other lifting shoe on the market that comes close to Nike's new weight training shoe."

Quotes made by the above celebrity fitness and bodybuilding experts read a bit like advertorial grist. I assure you, they were unsolicited. Knowing that you're still skeptical, however, and perhaps believe that your only tennies are good enough to train in, let's explore the -- ahem -- "soul" of the matter.

It's long been known that shoes are an athlete's most important piece of equipment, especially in the realm of injury prevention. This point was driven home recently by Dr. Randy Biggerstaff, Director of Clinical Services at the St. Louis Sports Medicine Clinic. He warned that "no matter what sport, the shoes are the most important piece of equipment because the feet are in almost constant motion."

Bodybuilders and other athletes who try to save a little dough by making do with worn-out sneakers in the weight training gym will, according to most clinical reports, "foot" the bill for a wide array of injuries to the feet, shins, knees, low back and other all-too-common ailments such as tendonitis, shin splints, damaged knee cartilage and stress fractures to bones.

The newly created Nike weight training shoe represents an elevation in design to state-of-the-art comfort, durability, stability, and design. Sure, there are other training shoes on the market that fit the bill in many regards. But you have to remember what it is we of the iron persuasion do. We lift weights. We don't jump, pivot, twist, or run. We don't need soft, cushiony landings. We need just the opposite. We don't need fliexibility, but rather stability. We certainly don't want lightweight shoes for running speed either. We need a shoe that is light enough to allow maximum mobility, yet strong enough to support tremendous stresses imposed during explosive lifting with heavy weights. Sort of like the space shuttle.

I have looked at many of the top-brand training shoes now on the market. Each has its advantage. For example, some are great for lateral stability for bodybuilders or powerlifters who squat with a narrow stance. Unfortunately, they are horrible when is comes to wide stance squats. Others are great for comfort and durability, but offer little support for the ankles and instep. Yet others have great lateral support but the sole is too flexible laterally for the support features to be of any value whatsoever.

These problems have all been solved by Nike. It doesn't suprise me to learn that many top stars like Arnold Schwarzenegger, Tom Platz -- and the Master Blaster himself -- are taking advantage of these important features Nike weight training shoes have to offer. Sales among foreign Olympic teams are soaring. It's strange that hi-technology-conscious Americans are only beginning to discover the Nike shoe. I suspect that the main reason is the fact that Americans are all-too-frequently swayed by glitzy advertisements. Nike has yet to advertise this shoe in their typical award-winning fashion (everyone has seen their posters by now). They'll soon learn that we iron freaks comprise a powerful market indeed.

Over the years of my lifting career, as a weightlifter, bodybuilder, and powerlifter, I have continually sought out the best there is in the way of equipment. That's what I do. That's me. It used to be that the Karhu shoe -- remember those? -- was the only shoe on the market that was good for weightlifters. Karhu of Finland had a virtual lock on that market. They proved lousy for powerlifters who squatted wide, however, because they had too little lateral support. Next came the Adidas shoes which fell out of favor quickly because they weighed a ton and were too fexible in the uppers. The early weight lifting shoe by Nike shared the same fate as the Adidas. But that was all ten or more years ago.

Really, I have found no shoes over my entire career that I was totally happy with. The Pumas I've been wearing up until now came closest to fitting the bill, but even they offered no lateral support for wide stance squatters, and were generally too narrow for most lifters. Lifters, you see, tend to have wider feet than your average pencilneck geek because of all the weight-bearing exercises they've been doing for years.

Now that I've squatted the big weights, and am on my way down in bodyweight to tackle Haney, Platz and Gaspari (joke), not to mention Eddie Coan in powerlifting (bigger joke), I'm satisfied that the Nike's will play a big part in my training.

Nobody's perfect. The new Nike weight training shoe has solved many nagging problems I, and others who (like me) demand perfection, have faced. But who can fight corporations as large as Nike, Puma, or Adidas? They've been telling us what's best of for us over the years. Well, I'm happy to report that Nike is going to listen this time! They not only solicited the advice of one of this nation's top strength coaches in initiating the current design, but they're going to listen in the near future and beyond, when it comes time to add features that will improve the shoe. Iff Arnold or Platz don't see to that, bet that I will.

I still have a few more record attempts left in these old bones, and whether I make them will, in large part, depend on my keeping those bones healthy.

For now, though, let me just say, "Thanks, Nike!"

Dr. Fred Hatfield -- "Dr. Squat" -- recently broke his own best-ever squat, moving the all-time greatest competitive lift in history to 1014 pounds. He wasn't wearing Nike's.

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Every shirt, suit, and brief is made at our own factory where the construction of the apparel is examined closely. Blast Shirts, Erector Shirts, and Groove Briefs, of course, all originated here, including some unique improvements on squat suits. Most of the other powerlifting supply companies have attempted copying our products. The main thing they miss out on is the science of it all. While they are busy trying to copy, we are busy improving our already superior products. Our highly kept secrets in designing and manufacturing, plus our original technological advances, separate us from the competition by a great distance. The equipment you get here is guaranteed to be the freshest ideas and proven principles made into a piece of your Power Gear uniform.

We enjoy helping you with the sport of powerlifting.

Sincerely,

John Inzer

John Inzer
Owner

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Inmate Olympic Qualifications
29,30 Jun 87 - London, OH

	SQ	BP	DL	Total
139 & under				
H. May	450*	220	505*	1175*
L. Hampton	445	235	445	1125
Hatcher	385	280*	420	1085
140-167 lbs.				
L. Flanagan	440	315**	520	1275*
D. Bein	450	220	515	1185
D. Radcliff	435	225	480	1140
J. Ferrante	385	220	440	1045
L. Abrams	315	245	365	925
163-185 lbs.				
W. Hightower	600	380*	620*	1600*
R. Tackett	475	250	505	1230
D. Acres	370	185	400	955
186-204 lbs.				
B. Dotson	580**	335	595	1510*
K. Roe	525	365*	600	1490
G. Swank	545	295	575	1415
205-224 lbs.				
G. Maddox	615*	385**	600*	1600*
B. Young	555	370	600*	1525
A. Colbert	555	320	570	1445
225 & up				
D. Cerrone	645**	470*	600	1715*
J. Wilson (BL)	600	435	595	1630

* New institutional class record. ** Ties old institutional record. BL- Best Lifter.

L.C.I.'s 4th Annual Ohio Inmate Olympics Qualifications showed our powerlifters to be in top form, and ready for the July 8th Olympics at London Correctional.

On June 29th, Henry "Boss" May took his 6th straight class win in the flyweights, qualifying for the Olympics for a 3rd straight year and making a USPF Class I (148) total, as well as a possible PL USA Top 100 (148) rating with his record 505 lb. deadlift, while "General Lee" Hampton took his 3rd straight runner-up finish, bringing up an attempted record 460 squat, which was called bad only due to a midpoint balance problem where in one side of the bar dipped momentarily, and novice Greg "Woody" Hatcher made his 1st showing with a record shattering 280 bench press, also pressing 295 which was called out on uneven extension, still leaving him with a great all around total.

The lightweights showed the return of last year's champion Lynn "Red" Flanagan, who, after a mere 3 months return to powerlifting, met the institution class bench record and exceeded the class total record on his way to an easy class win, while Dave Bein took runner-up with a 125 lb. increase over his December total in only his 2nd competition, with George Radcliff, past runner-up, coming in 3rd and outside lifter Joe Ferrante, from Blacks Health World, lifting in his 1st meet, making an impressive total for 4th, with novice L.D. "Squirrel" Abrams also making a good showing.

For the middleweights, another returning champion, Willie Hightower, set new class records in the bench, deadlift, and total on his wy to an easy win over novices Robbie "Big Tack" Tackett and Dan Acres.

The 2nd night opened with Billy "Hulk" Dotson taking the lightweights in the closest match of the competition, despite being only a month off of Ramadan fast and bare weeks off a kidney operation, winning over Keith "Slim" Roe, who brought a record 620 deadlift to his knees in an attempt to tie totals and win by bodyweight, but who just couldn't make it that night, and Greg Swank, who put up a fine fight but was at a disadvantage to the 10 pounds extra bodyweight both other lifters had over him.

The heavyweight class was again breezed to a win by Jessie G. Maddox who, inwinning the class for the 3rd straight contest, set new squat and total records, while tying the deadlift record with Billy "Moose" Young, who took runner-up place in his 1st meet, while the more experienced Alfonzo "Bubba" Colbert finished a neat 3rd, being unable to make up a 50 lb. deficit after the benches.

The superheavyweights were again won by Dino Cerrone, who tied his previous squat record and set a new bench record on the way to a new record total, while the heavier, but less experienced, "Big Joe" Wilson fell behind with a very impressive total for this, his 2nd competition.

Thanks to the following men who helped to make this our best competition yet: Brian Page and Mike Beweley, both from Black's Health World, Recreation officer Mike Stone, who judged and ran the records table both nights; Tex Rowe and Junior Brown, who also judged the 2nd night; and last, but, just as important, all of the men who loaded weights, spotted rolled wraps, wrapped knees and helped with lifting suits, for without them this competition would not have went nearly as smooth. (Thanks to Lee Hampton for results).



pictured: Designer and N.C. ADFPA Deadlift record holder, Al Gerard.

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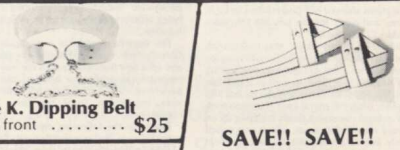


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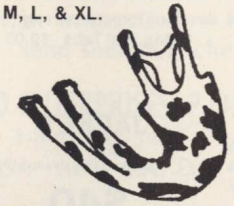
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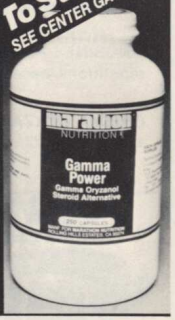
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	SQ	BP	DL	Total
181 Senior				
M. Green	360	340	475	1175
H. Glass	365	305	435	1105
198 Open				
D. Wilkinson	675	460	635	1770
G. Whitelead	655	380	705	1740
T. Brown	530	300	500	1330
W. Allen	500	300	475	1275
S. Glenn	390	400	435	1225
L. Chubb	360	330	400	1090
220 Open				
J. Trammel	600	455	575	1630
B. Williams	400	385	550	1335
A. Reeves	500	290	500	1290
W. Hibberts	435	300	500	1235
242 Open				
C. Cline	380	295	440	1115
T. Thomas	260	375	145	780
J. Glenn	145	480	145	770
242 Sr. Master				
J. Kirk	455	375	545	1375
B. Parker	450	205	515	1170
242 Senior				
T. McMillan	510	405	530	1445
J. Kirk	455	375	545	1375
T. Thomas	260	375	145	780
J. McClure	260	200	350	775
275 lbs.				
K. King	600	390	500	1490
R. McGorkle	440	365	500	1305
SHW				
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J. Trammell	455	M. Green		340
T. McMillan	405	W. Allen		300
J. Glenn	480	L. Rutledge		300
D. Wilkinson	460	B. Williams		385
S. Glenn	400	B. Hickey		225
G. McMullen	385	C. Chubb		330
W. Gregory	275	R. McCorkle		365
		G. Whitelead		380

A fine time was had by all as "Big" Ben Parker, a fire captain at 52 years of age, and the fireplug behind the success of this event both organized and lifted. The USPF will be a participant in the P & F Olympics from now on and P & F records have been recognized since last year's event. (Thanks to Richard Reno for results).

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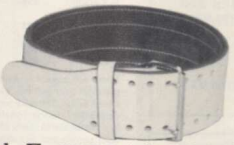
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Southern States Bench Press
25 April 87 - Stockbridge, GA

OPEN DIVISION

123 lbs.		275 lbs.	
B. Coleman	205	N. Busick	530
P. Rush	200	B. White	525
C. Padova	190	J. Waters	460
132 lbs.		L. Carter	450
R. Allen	290	L. Harris	420
R. Heckman	270	SHW	
A. Blakely	240	G. Pitts-BL	585
G. Bradley	225	J. Majors	540
T. Hester	205	D. Younginer	520
148 lbs.		J. Henderson	500
T. Conyers-BL	410	J. Coggins	480
J. Dobson	400	WOMEN'S DIVISION	
S. Richardson	340	123-132 lbs.	
R. Bass	325	L. Pribyl	210
S. Crabb	315	T. Green	170
165 lbs.		Over 132 lbs.	
K. Panzella	375	P. Hooper	225
T. Franklin	360	L. Ugolik	170
J. Skelton	360	MASTERS DIVISION	
J. Shavack	350	(Schwartz Formula)	
J. Lockett		Under 165 lbs.	
181 lbs.		I. Zwick	305
A. W. Ernest	445	T. Stalvey	265
J. Evans	445	165-198 lbs.	
W. Brown	440	L. Pennell	460
M. Gibbs	415	H. Nicholson	290
R. T. Gaskins	385	E. Cable	340
198 lbs.		P. Jolly	315
D. Padgent	475	M. J. Howe	315
L. Pinnell	460	198-220 lbs.	
C. Walker	425	B. Robinson	415
C. Shirley	405	C. Baumgartner	360
C. Roland	385	W. F. Smith	350
220 lbs.		K. W. Cornwell	350
J. Brewer	510	R. Roach	280
C. Leslie	475	Over 220 lbs.	
J. Deverville	470	L. Arthurs	500
D. Castellano	470	N. Bailey	365
S. Krome	465	J. King	375
R. Carson	455	L. A. Hardee	380
242 lbs.		J. M. Everett	400
R. Cassriel	505		
L. Arthurs	500		
B. Teems	445		
J. Glenn	430		

There was a great turn out for the meet with 18 attempts over 500 lbs., two attempts of 600 and one of 605. USPF rules were followed with world class lifter, George Herring, as the Head Judge. We would like to thank all of our judges, loaders, door people and our help at the table for making this a very exciting, enjoyable and profitable contest. We would also like to thank Mike Lambert for publishing all of our results and for keeping us informed about the world of Powerlifting. We hope to see you all at the 1987 Eastern American Bench Press Championship on Novemeber 7, 1987. We will have OPEN (10 classes, 1-5th place); NOVICE (10 classes, 1-5th place); TEEN (10 classes, 1-5th place); WOMEN (3 classes, 1-5th place); and OVER 40 (3 classes, 1-5th place) divisions with marble trophies from 18" to over 6 ft. tall. Contact Sandy Ellis at (404) 474-2633 for more info. (Thanks to Sandy Ellis, Olympic Equipment of Georgia, for results.)

ADFPA LA St. Championships
6 Jun 87 - New Orleans, LA (kilos)

	SQ	BP	DL	Total
123 lbs.				
S. Augustin-T	190*	127.5*	182.5*	500*
B. Fagot-T	165	92.5	172.5	435
B. Caston	122.5	100	147.5	370
132 lbs.				
B. Malkasian	185	110	182.5	477.5
D. Thomassie	182.5	120	155	457.5
R. Engel-T	127.5	85	145	357.5
P. Johnson-T	127.5*	67.5	152.5*	347.5
C. Noullet	102.5	102.5	140	345
148 lbs.				
T. Phillips	205	152.5	220	577.5
F. Caminita-T	182.5	137.5*	182.5	502.5*
S. Mouille-T	167.5	107.5	195*	470
T. David	165	75	157.5	397.5
165 lbs.				
W. Wellmeier	160	120	207.5	487.5
R. d'Aquin, Jr.	142.5	125	192.5	460
181 lbs.				
R. Impastato-T	250*	160*	240*	650*
198 lbs.				
R. Williams-T	242.5*	155*	232.5	630*
220 lbs.				
C. Stamm	265	165	260	690
M. McDowell	230	157.5	230	617.5
T. Fourcade	207.5	165	205	577.5
S. Brocato-T	217.5	122.5	217.5	557.5
242 lbs.				
G. Iadanza-T	227.5*	110*	200*	537.5*

*-ADFPA Teenage American Records *-Tied

14-16 ADFPA Teenage American Record The first annual ADFPA Lousiana State Championships were held at Brother Martin High School, New Orleans, LA on June 6, 1987. The meet's first lifter took the platform at 9:00 a.m. and the last pull was completed at 3:00 p.m. Although an open meet, many of the lifters were teenagers and several American teenage records fell. This is an indication that drug free lifting is alive and well on the youth level. Lifters setting records were Sean Augustin (River Ridge, LA) 123 pound class, Frank Caminita (Gretna, LA) 148 pound class, Steven Mouille (New Orleans, LA) 148 pound class, and Ricco Impastato (New Orleans, LA) 181 pound class. Augustin, Caminita, and Impastato are currently Lousiana High School state champions. Caminita, Impastato, and Mouille return for their senior seasons next year. While the number of lifters was small the qualitity of lifting was outstanding. There were 25 lifters representing the entire state. There were also 4 no-shows. The outstanding lifters were: Sean Augustin: 14-165; and Ricco Impastato: 181-SHW. Special thanks to all those who made th meet a success. Judges: Brother Bennet, Ray Hanser, "Sarge" Pendley, and Mark Songy. Table workers: Cindy McDowell, Frank Caminita, Sr., David Storm, Gordon Brown, and Nicky Mones. Spotters/Loaders: Brian Hope, Bryan LeBlanc, Henry Langhetee, Chris Hart, David Spera, jason Indest and "Chip" Romano. A very special thanks to our sponsor: Provance Chiropractic and Sports Rehab Clinic. An extra special thanks to Brother Bennet for his help, spiritually, physically, and psychologically; Ray Hanser for his sense of humor; and Paul "Sarge" Pendley for being a "great person". (Thanks to Randall Johnson for results.)

Firecracker 500
4 Jul 87 - Charleston, SC

Men's Open

114 lbs.		242 lbs.	
B. Miller	250	T. Hill	440
132 lbs.		D. Rogers	425
J. Edenfield	265	E. Fields	300
148 lbs.		275 lbs.	
D. Nance	315	N. Beckman	360
S. Deans	300	C. Adams	350
V. Rowell	300	R. Butler	350
165 lbs.		SHW	
T. Tilman	320	B. Sistare	460
R. Edenfield	280	Women's Open	
A. Patterson	275	148 lbs.	
181 lbs.		D. Requa	175
W. Luster (BL)	410	198 lbs.	
T. Sires	385	S. Ricafrente	165
G. Painter	360	Teen Division	
E. Washington	340	148-181's	
E. Logan	320	S. Deans	300
R. Grimsley	285	D. Polk	330
D. Williams	245	T. Tilman	320
198 lbs.		E. Logan	320
T. Tomlin (BL)	480	D. Graziano	250
C. Wallace	405	C. Turner	190
M. Reid	385	198-220's	
J. Robinson	375	J. Robinson	375
220 lbs.		M. Reid	385
D. Surell	440	J. Palmer	280
K. Golden	430	242-Super's	
D. Rogers	425	C. Adams	350
B. Rush	410	E. Fields	300
J. Palmer	280		

The Firecracker 500 Bench Press Tournament was held in Charleston, SC, July 4, and was sponsored by the Charleston Barbell Club, J.W.'s, C-Jay's, Ronny Hill Trophies, and Gene Philips Investigative Service. Thanks to John Wilson, Ron Litton, Frank Jessup, Dot Ricafrente, and many others for teh best weightlifting tournament SC has experienced this year. (Thanks to Ernie and David Surell, meet directors, for results).

A.P.F. Northeastern States Bench
July 87 - Lebanon, NH

Women		181 lbs.	
L. Piper	150	J. Ferreira	385
M. Morrison	125	D. Harvie	350
D. Pelkay	90	M. Petraska	200
Masters		198 lbs.	
J. Piper	350	J. Frappiea	285
Open		220 lbs.	
132 lbs.		G. Siuzdak	400
G. Vezina	185	J. Piper	350
148 lbs.		E. Billings	300
A. Schram	185	242 lbs.	
165 lbs.		S. Taylor	415
R. Whipple	285	J. Spaulding	375
V. Rodrigues	245		
D. Inman	220		

Best Lifter: Jorge Ferreria Team Standings: 1. Iron Masters Gym of Ludlow, Vermont, 2. Jodias Gym of Bellows Falls, Vermont Special thanks to everyone who helped run this meet: Tom LeBrun and my wife Jayne Taylor who were referees, Sharon Spaulding and Mrs. Edgar Billings who were scorekeepers, and the members of the New England Muscle and Fitness Gym, Iron Masters Gym, and Jodias Gym for their excellent help with spotting, loading etc. I would also like to thank the staff members of the Carter Community Building of Lebanon, New Hampshire who let us use their facility and equipment to run this fine meet. (Thanks to Scott Taylor, promoter, for results.)

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Jan Harrell...385 bench at 183 bodyweight, New A.P.F. World Record. "When you're the best you only use the best, **Super Spectrim's Power Kit Pac.**" (photo by Chris Ravazzolo)



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___ **Lean Body Mass** (90 Tabs) @**$19.95 ea.** _____

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22 AUG, Class I & Below and Lifetime Drug Free Meet (Enterprise, AL). Lanny Shepard, Box 105, New Brockton, AL 36351. 205-347-4513 (work), 205-347-3915 (home).

22 AUG, Western Plains Meet. J. Jones, Sorenson Rec Ctr, 4808 Cass, Omaha, NE 68132

22 AUG, All-Natural Eastern States Championships (teen, women, men, masters-ANPPC sanctioned - 10 years natural), ACL Sport Ctr, Box 101, Lindenhurst, NY 11757, 516-957-7373.

22 AUG, South Jersey Championships (men's open squat, bench, deadlift, and total, men's novice, women's open, seniors and teenage consolation div.), Wade's Gym, 1105 n. Delsea Dr., Glassboro, NJ 08028, 609-582-0001.

22 AUG, 2nd Annual Iowa State Fair Bench Press-Deadlift Contest (open, novice, masters, women, teenage, team), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.

22 AUG, USPF San Antonio(TX) Open, Rich Peters, Box 1753, Norman, OK 73070

22 AUG, Burke's Outdoor Deadlift, Dave Burke, Box 225, Alma, MI 48801

23 AUG, All-Natural Eastern States Open Bench Press Classic (ANPPC sanctioned - 10 years natural), ACL Sports Center, Box 101, Lindenhurst, NY 11757, 516-957-7373.

29 AUG, Open Bench Press, Joe Parente, W. Warwick Civic Center, 26 Webster Knight Dr., W. Warwick, RI 02893, 401-821-2567.

29 AUG, Eastern USA Police and Fire Powerlifting Championships, Mike Sides, Rt. 7 Box 760, Salisbury, NC 28144, 704-279-6027.

29,30 AUG, Budweiser Open, class II & below, collegian, military, masters, women, teen, open bench [men & women], Tom King, 2618 Berkshire, Augusta, GA 30909, 404-738-3924.

3 SEP, Bench Press Meet, Fred's Gym, 915 Greenleaf St., Allentown, PA 18102, 770-9333.

5 SEP, Apple Festival Bench Press (open, teen), Joe McDougal or Pete Hall, 102 2nd Ave. E., Hendersonville, NC 28739, 704-697-7160.

5 SEP, Northern California Novice Championships, Ron Morris, 1600 Mansfield St., Santa Cruz, CA 95062, 408-475-6019 or 724-3247.

5 SEP, Central States Open Deadlift Championships (men & women), Mike and Bob Bridges, Box 707 E. Illinois, Peoria, IL 61603, 800-445-6512 or 309-682-8924 (in state)

5 SEP, Virginia State Bench (open, masters, teen, female), John Shifflett, Box 303, Quinque, VA 22965, 804-985-3932 before 9:30PM

5 SEP, Northern Tier Open (men, women, teen, masters), Jack DeShields, 122-1 Glacier Dr., Minot AFB, ND 58704, 701-727-4884

5 SEP, USPF Des Moines(IA) Open, Rich Peters, Box 1753, Norman, OK 73070

6 SEP, Ironman Open Bench Press (teen, women, men), Jim Lawrence, 142 S. Wright Rd., Janesville, WI 53545, 608-756-9789.

6 SEP, Deadlift Open, John Sarich, 711 Westmount Hills Dr., London, Ontario, CANADA N6K 1B3, 519-471-1105

6 SEP, ADFPA Nautilus Last Fling Bench Press Contest, Dwight Politika, Nautilus Center, 400 S. Main St., Naperville, IL 60540, 312-369-6432 or Randy Maddalone, 312-420-7736.

6 SEP, USPF Albert Lea(MN) Open, Rich Peters, Box 1753, Norman, OK 73070

12 SEP, ADFPA Del Val Open (teen, women, open, masters) Best Lifters receive PL statues. Jim Gallagher, Power Shack, Holly & E. Madison, Clifton Hts., PA 19018, 215-626-0228.

12 SEP, Punx'sy Health & Fitness Center Bench Press & Deadlift, Bob Covert, Punxsutawney Health & Fitness Ctr, 919 W. Mahoning, Punxsutawney, PA 15767, 814-938-9321.

13 SEP, Connecticut Open Bench, Joe Steele, 54 Chamberlain St., New Haven, CT 06512.

13 SEP, ADFPA Indiana Women's State/ADFPA run jane run Open Women's Championships (sanction 87-14), Jann Prince, 2728 Brooklyn Ave., Fort Wayne, IN, 46804, 219-432-5227.

17-20 SEP, IPF World Junior and Masters Championships, Jose Guillen, Casilla 864, Lima 1, Peru, tel: 276400.

19 SEP, 1st annual Saratoga County YMCA Bench Press (open, women, teenage) Mike O'Connor, YMCA, 262 Broadway, Saratoga Springs, NY 12866, 518-584-6840 or 587-3000.

19 SEP, ADFPA Vermont State Championships and Women's Open, Chris Owens or Merlyn Crouse, Total Fitness, 58 Broad St., Lyndonville, VT 05851, 802-626-5430.

19 SEP, Graterford Powerhouse Open, Bob Felton, P.O. Box 244, Graterford, PA 19426, 215-489-4151 ext 369 or 372.

19 SEP West Penn Open, Leo Nobile or Richard Hurlbert, P.O. Box 99901, Pittsburgh, PA 15233, 412-761-1955 ext 267.

19 SEP, USPF Reverchon Class II, Teenage, Master, Women's Meet, Wayne Kemp, 3505 Maple, Dallas, TX 75219, 214-670-7720.

19 SEP, Southern Ohio Class I & Below (& masters, women), Claude Stevens, 565 Quimby, Circleville, OH 43113, 614-474-6822 or 6074.

19 SEP, (new date), Biggest Bench in Ohio, Mike Lelkari, 214 Locust St., Apt. 1, Belpre, OH 45714, 614-423-8312.

19 SEP, USPF 11th Annual Oklahoma Grand, Rich Peters, Box 1753, Norman, OK 73070

20 SEP, Open Novice Bench, Drug Testing, Gym Sports Inst. Inc., Max's Iron Den, 62 Rt. 4 East, Englewood, NJ 07631, 201-568-8538.

20 SEP, Atlantic Ocean Deadlift, Joe Steele, 54 Chamberlain St., New Haven, CT 06512.

26 SEP, (tentative) West Virginia Police and Fire Bench Press/Deadlift Championships (out of state lifters welcome. Open-Masters Division, limited entries), Paul Bickman, 618 Stealey Ave., Clarksburg, WV 26301, 304-622-0755 or 842-5729 leave message.

26 SEP, D'Amico's BP & DL Meet (open, women, masters), John Lucciola, 119 Adams, Canonsburg, PA 15317, 412-746-1275 (eves)

26 SEP, Southern U.S.A. Open, Open, Class II, Women, Masters, Open Bench, Fitness Connection, 314 W. Main St., Forest City, NC 28043, Jeff Bridges, 704-245-2557

26,27 SEP, Region II ADFPA Championships (open, masters, teen, women, limited to 1st 60 entries/day). Tina Hoehn, Wayne YMCA, 105 Park St., Honesdale, PA 18431, 717-253-2083.

27 SEP Italian American Games Powerlifting, Paul Mendez or Tom Swartzell, Weight City Gym, 359 Grand Ave., S. San Francisco, CA 94080, 415-583-8648.

SEP, Ft. Knox Military Open, Sports Director, CRD, Ft Knox, KY 40121, 502-942-2470 (afft 8)

3 OCT, Northern California Drug Tested Open (also masters, women, teenage), Joe Bernazzani, 2027 Grand Canal Blvd., Suite 34, Stockton, CA 95027, 209-476-1300 or 209-333-1702.

3 OCT, ADFPA Florida State Championships, Tom Trevorah, 411 Belmont Dr., Palatka, FL 32077, 904-328-4804.

3 OCT, New Hampshire Open Deadlift (men, women, masters), Don's Physical Fitness Ctr, 373 Pembroke, Concord, NH 03301, 603-225-4069

3 OCT, California State Masters Championships, Bill Ennis, 2324 Heather, Long Beach, CA 90291, 213-597-1684 (evenings)

3 OCT, Festival of Strength Bench, J. Ingram, 318 W 7th, Russellville, KY 42276, 502-726-7211

3 OCT, USPF Drug Free Regional (Atlanta), Rich Peters, Box 1753, Norman, OK 73070

3,4 OCT, Fire/Police "America's U.S. Grand Nationals", Gene Nelson, 9036 Mt. Shasta South Dr., Indianapolis, IN 46234, 317-271-2415.

3,4 OCT, Texas Cup (Open, Below Class I, Masters, Women, Teen), Jim Griffith, 303 Cedar, Bastrop, TX 78602, 512-321-5193 after 5 PM

4 OCT, ADFPA Del Val Bench Meet (teen, women, open, masters), Bench statues to Best Lifters, Jim Gallagher, Power Shack, Holly & E. Madison, Clifton Hts., PA 19018, 215-626-0228.

10 OCT, Central States Bench Press, Mike and Bob Bridges, Box 707 E. Illinois, Peoria, IL 61603, 800-445-6512 or 309-682-8924.

10 OCT, Bench Press & 2-Man Deadlift Contest (men & women), Mike Giardina, 990 Hudson Acres Dr., Pine City, NY 14871, 607-733-0145 after 5 PM.

10 OCT, Central California Open (open, masters, women, teenage), Gene Estrada, 526 Dana St. No. 4, San Luis Obispo, CA 93401, 805-544-0155 (evenings)

10 OCT, Greater Desert Plains Classic, Allen Pickover, P.O. Box 3997, Las Cruces, NM 88003, 505-522-4049 or 524-2154.

10 OCT, Arizona Bench Championships, Louis Sampedro, 1534 E. Grandview St., Mesa, AZ 85203, 602-898-7447 (8-10PM weeknights)

10 OCT, National Peanut Festival (open, class II & below, women, masters, police & fire), Mark Farmer, Rt. 8 Box 81-A, Dothan, AL 36301, 205-793-7655 (day), 792-6119 (after 8PM)

10 OCT, USPF Drug Free East Regional (Richmond, VA), Rich Peters, Box 1753, Norman, OK 73070

10 OCT, ADFPA Indianhead Open and Wisconsin Masters State Meet, Lee Graese, 413 S. Main, Rice Lake, WI 54868.

11 OCT, APF Badger State Open (men, women), Dawn Reshel, 3441 N. 98th St., Milwaukee, WI 53222, 414-466-8294.

11 OCT, Detroit Metro Open Bench, Fabian Wambsgans, 969 S. Claremont, Dearborn, MI 48124

11 OCT, 2nd Annual Mason-Dixon Open, Masters, Women's Bench Press and/or Deadlift & Total. (Separate contests and the total of the two) Mason Dixon Sports, Box 33, New Oxford, PA 17350, 717-624-2427.

11 OCT, Lake Erie Open (open, Class II & Below, Masters, Women), Dave McEwen c/o Black's Health World, 11934 Lorain, Cleveland, OH 44111, 216-252-1695.

16,17 OCT, APF/RCPF North American Open and Pacific Coast Championships, Ralf Schetter, Pacific Coast PL Fed., 1011 Johnson St., Victoria, BC Canada V8V 3N6, 604-381-3813.

17 OCT, Southeastern Championships (novice, open, women, masters), Troy's Gym, 115 W. Vine, Murfreesboro, TN 37130, 615-890-2633.

17 OCT, Minnesota Police and Fire Championships (ADFPA), Archie Langdon, 2552 13th Ave. N.W., Rochester, MN 55901, 507-285-1901.

17 OCT, Northern California Drug Tested Open Bench Press (masters, women) Paul Wagner, 6180 Tonzi Rd., Ione, CA 95640, 209-274-4333.

17 OCT, 4th Annual Fall Bench Press Classic, Dr. Darrell Latch, c/o Sirius Fitness, 400 6th Street, Charleston, IL 61938, 217-235-4994.

17 OCT, Atlanta Women's Open, Dick Reno, 2648 Oak Hill Dr. NE, Marietta, GA 30062, 404-971-8586 or John Coffee at 404-952-1744

17 OCT, Northern California Open, Novice & Masters Bench Press (separate handicap division), Christy Kling c/o Napa College, 2277 Napa-Vallejo Highway, Napa, CA 94558, 707-253-3222 or 527-7818 after 9:30PM.

17 OCT, 4th annual Northern Lights Bench Press, Jeff Pepin, 615 Montana Ave., Gladstone, MI 49837, 906-428-4366.

17 OCT, Tyler(TX) Open, Rich Peters, Box 1753, Norman, OK 73070.

17,18 OCT, Southern States Championships (Class I & Above, Class II & Below, Women, masters), Mike Stein, N. Miami Beach Parks and Recreation, 17011 NE 19th Ave., N. Miami Beach, FL 33162, 305-948-2990.

18 OCT, 7th annual Royal Racquet and Fitness Bench Press (men, women, masters), Frank Lupis, 110 Hawthorne Ave., Martinsburg, WV 25401, 304-267-6581 or 263-9248.

18 OCT, All Natural Mid West States Bench Press Open, ANPPC sanctioned 10 years natural, Jim Gray, McHenry County College, Route 14 Lucas Rd., Crystal Lake, IL 60012, 815-455-3700.

18 OCT, All Natural Midwest States Championships (teen, women, men, masters) ANPPC sanctioned 10 years natural, Jim Gray, McHenry County College, Route 14 Lucas Rd., Crystal Lake, IL 60012, 815-455-3700.

24 OCT, Southeast Arkansas Bench (teen - open), Tony Hamp/Mike Vinson, Box 691, Monticello, AR 71655, 501-367-5102 9 to 9 weekdays.

24 OCT, East Tennessee Bench Press, Gold's Gym, 404 Ash Street, Johnson City, TN 37604, Rob Johnson, 615-928-4100.

24 OCT, Southern California Class II and Below, Bernie Gagne, 310 E. 231st St., Carson, CA 90745, 213-835-5970.

24 OCT, North Carolina Residents Bench Press Championships (men's open, women, teen, masters), Phil Byers or Jeff Bridges, 314 W. Main St., Forest City, NC 28043, 704-245-2557.

25 OCT, Royal Spa/BUD LIGHT Festival Meet, Mark Oost, Royal Spa, 2101 Bloomfield, Hwy, Farmington, NM 87401, 505-326-2211.

25 OCT, Bench Deadlift Meet, Fred's Gym, 915 Greenleaf St., Allentown, PA 18102, 770-9333.

24 OCT, AAU Natural Bench, New Olympian Gym, 2437 White Plains, Bronx, NY 10467

31 OCT, Irving YMCA Class III and Below (and weight classes) and Open (by Schwartz), Karen Parker, Irving YMCA, 3200 W. Irving Blvd., Irving, TX 75061, 214-986-8800

31 OCT, Muscle Beach Venice Meet, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 213-399-2775

31 OCT, USPF Drug Free Far-West Regional (Las Vegas), Rich Peters, Box 1753, Norman, OK 73070

31 OCT, AAU Natural for Life New York City Open (mandatory polygraph), New Olympian Gym, 2437 White Plains Rd., Bronx, NY 10467.

31 OCT, Central Pennsylvania Open ADFPA Meet, Open, Below Class I, Teen, Masters, Women, Siegel Engraving, 109 East Market St., Clearfield, PA 16830, 814-765-3214 (24 hrs)

31 OCT/1 NOV, 14th Mountaineer Open (Novice, Women, Masters), David Jeffrey, Box 231, Parkersburg, WV 26102, 304-428-0100.

OCT, Red Stick Meet, Billy Roth, 14467 Lilac St., Baton Rouge, LA 70808, 504-273-0552.

7 NOV, Michigan Championships, David Burke, 3130 W. Monroe, Alma, MI 48801, 517-463-8620.

7 NOV, 2nd Annual Idaho State ADFPA Championships & Open, Steve Denison, 441 N. Garfield no. 4, Pocatello, ID 83204, 208-233-7749 or Andy Kotowski 208-785-6129.

7 NOV, Edward S. Hudson Memorial (Open, Masters, Class II & Below, Women), Ellen Cassidy, Physical Fitness Director, Downtown YMCA, 1600 Louisiana, Houston, TX 77002, 713-659-8501.

7 NOV, Smoky Mountain Open Bench, Keith Harris, Box 1727, Maryville, TN 37801, 615-982-3152

7 NOV, Eastern American Bench Press Championship TM (open, novice, teen, ladies, over 40), Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 30281, 404-474-2633.

7 NOV, USPF Drug Free Regional (Kansas City, MO), Rich Peters, Box 1753, Norman, OK 73070

7,8 NOV, East Coast Open (women, teens, masters, novice, open), CFI, 7025 Frankford Ave., Philadelphia, PA 19135, 215-333-6360.

8 NOV, ADFPA All American Bench Press (open, novice, women, masters), Geri or Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-474-6111.

8 NOV, Swanson's APF Open (men & women), (Rockford, IL) Jim Swanson, 1003 Wissmach Ln., Machesny Park, IL 61111, 815-877-2875.

12-15 NOV, IPF Worlds, Jan Monstad, P.O. Box 44, 1662 Rolvsoy, Norway.

14 NOV, Red Rose Championships (Lancaster, PA) (men's open, masters, women's), Lynn Heisey, 41 Village Dr., Mountville, PA 17554, 717-285-3401 or 717-393-8429.

14 NOV, Iron Man/Iron Woman Meet (San Jose Civic), Don Amini, 2632 Great Highway, San Francisco, CA 94116, 415-566-5588.

14 NOV, ADFPA Southwestern Classic, Louis Sampedro, 1534 E. Grandview St., Mesa, AZ 85203, 602-898-7447 (8-10PM weeknights)

14 NOV, Ark-La-Miss Championships (open, novice, masters, women, teenage), Twin Cities YM-CA, c/o Mike Reed, 1809 Glenmar St., Monroe, LA 71201, 318-387-YMCA.

14 NOV, USPF Drug Free Regional (Denver), Rich Peters, Box 1753, Norman, OK 73070.

14 NOV, Central Iowa Bench Press (open, novice, masters, women, teenage, team and deadlift divisions), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.

14,15 NOV, Auburn Open, Lee Indelicato, 40 Westwood, Auburn, NY 13021, 315-253-3188

14,15 NOV, Maryland State ADFPA Senior Championships (open, masters, women, teen, high school), Spero Tshontikidis, Bullis School, Potomac, MD 20854, 301-299-8507.

14,15 NOV, Virginia State ADFPA (open, masters, teenage, female), John Shifflet, P.O. Box 303, Quinque, VA 22965, 804-985-3932 before 9:30PM, 804-924-5860 days, until 3:30PM.

14,15 NOV, Eastern U.S.A. Open (open, class II & below, teenage, women, masters, bench), Bill Clary, 632-A Melanie Ct., Charlotte, NC 28205, 704-377-3915 or Bob Woodward 919-833-4940.

14,15 NOV, A.D.F.P.A. Omni Powerlifting Classic (men & women divisions), Omni 41 Sports Complex, 222 South Route 41, Schererville, IN 46375, Joe Brettnacher, 219-696-9700.

15 NOV, Ohio State Open Bench Press, Garry Benford, Columbus Central YMCA, 40 W. Long St., Columbus, OH 43215, 614-224-1131.

21 NOV, Atlantic States Championships (men, women, sub-masters, masters), Greg Kostas, Box 367, Whitman, MA 02382, 617-447-6714

21 NOV, Whittier Open (Class II and Above) and Novice (Class III and Below), Richard Gill, Uptown Gym, 12912 Philadelphia St., Whittier, CA 90601, 213-698-5196.

21 NOV, All Natural USA National Powerlifting Championships (teen, women, masters, men - ANPPC sanctioned - 10 years natural), ACL Sport Center, Box 101, Lindenhurst, NY 11757, 516-957-7373.

21 NOV, USPF Drug Free Regional (Dallas), Rich Peters, Box 1753, Norman, OK 73070

21,22 NOV, APF Men's and Women's Worlds (Dayton Convention Center), Larry Pacifico, P.O. Box 14152 N.R. Br., Dayton, OH 45414, 800-392-5496.

21,22 NOV, ADFPA National Masters, Doc Rhodes, 2108 25th Av, Gulfport, MS 39501

22 NOV, All-Natural USA National Open Bench Press Classic (ANPPC sanctioned - 10 years natural), ACL Sport Center, Box 101, Lindenhurst, NY 11757, 516-957-7373.

22 NOV, AAU Colonial America (non-tested), Frank Scavarda, Box 738, NY, NY 10462.

28 NOV APF-WPF Men's World Bench Press Championships (sanction APF S-161) (open and master), Pat McCoy, Ponder Boot Co., Ponder Bank Building, Ponder, TX 76259, 817-479-2611.

28 NOV APF Gulf States Meet (open, class II, women, masters, teen) Dan Lott, Rt. 4, Box 547, Sumrall, MS 29482, 601-758-4801.

28 NOV, USPF Drug Free Regional (Columbus, OH), Rich Peters, Bx 1753, Norman, OK 73070.

NOV, Ft. Knox Class II & Below, Sports Director, CRD, Ft. Knox, KY 40121 or James C. Hart 502-624-8428/1247 or 502-942-2470.

NOV, Air Force Training Camp, SSGT Ray Long, 912-926-6974 (w) or 912-922-4934 (h)

5 DEC, Eastern States Novice (men, women, sub-masters, masters), Greg Kostas, Box 367, Whitman, MA 02382, 617-447-6714.

5 DEC, Marysville ADFPA Open (masters, women) Ben Hart, 1267 Joseph St., Yuba City, CA 95991, 916-674-3061.

5 DEC, Swartz Creek Invitational, Lloyd Coon, 5119 Worchester, Swartz Creek, MI 48473, 313-635-2634.

5 DEC, "Battle of the East" (men's open & novice drug free, women's open, seniors & teen consolation div.), Wade's Gym, 1105 N. Delsea Dr., Glassboro, NJ 08028, 609-582-0001.

5 DEC, Greater Texas Powerlift Classic (Open, Below Class I, Master's, Women, Teenage), Doug Patterson, 1601 NW Dallas St., Grand Prairie, TX 75050, 214-263-4828.

5 DEC, Mid-West Open, Tom Beadle, Box B, Anamosa, IA 52205, 319-462-3504.

5 DEC, USPF Sooner Invitational, (Okla. City) Rich Peters, Box 1753, Norman, OK 73070

5 DEC, 4th Annual Southeastern Cup (Men's Open and Class II, Women's Open and Class II, Men's Masters 40-49 and 50 plus, Police & Firefighters division), Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (day) or 896-3839 after 9 p.m.

5,6 DEC, (new date), Teenage, Juniors, Submasters, and Masters Meet, Power Pros, Box 1246, S. Glens Falls, NY 12803 or Al Roberts 518-798-3740

5,6 DEC, 14th Annual Canton Open (open, teen, women, masters), Mark McNeil or World of Weights, 2315 Manchester Rd., Akron, OH 44314, 216-753-4525 or 699-5497.

5,6 DEC, Region 9 Collegiate Championships, Glen Venator, 1601 N.W. Dallas St., Grand Prairie, TX 75050, 214-263-4828.

12 DEC, East Coast Bench Press Open (men and women), CFI, 7025 Frankford Ave., Philadelphia, PA 19135, 215-333-6360

12 DEC, YMCA Open National Championships, Garry Benford, Columbus Central YMCA, 40 W. Long St., Columbus, OH 43215, 614-224-1131.

12 DEC, USPF Amarillo(TX) Open, Richard Peters, Box 1753, Norman, OK 73070

12,13 DEC, 4th annual New Jersey State ADFPA Championships, Hank Sisca, 97 Creek Rd., Andover, NJ 07821, 201-786-5999.

13 DEC, ADFPA Class II & Below, Fred's Gym, 915 Greenleaf St., Allentown, PA 18102, 770-9333.

19 DEC, Merry Christmas and A Happy Bench Press Open, Dave Cammon or Jerry Perroue, Flint YMCA, 411 E. Third St., Flint, MI 48503, 313-232-YMCA or 732-YMCA.

19 DEC, Belfast Open (USPF), Ed Flanders, Bay Area Fitness, RFD 1 Box 54, Belfast, Maine 04915, 207-338-BODY.

19 DEC, USPF Kansas City(MO) Open, Richard Peters, Box 1753, Norman, OK 73070

DEC, ADFPA "Raw" Bench Championships (to benefit Maryland Special Olympics), Brian Washington, 3506 Essex Rd., Baltimore, MD 21207, 301-944-4002 after 7 PM.

9 JAN, East Texas Open (Tyler), Richard Peters, Box 1753, Norman, OK 73070

9 JAN, Open High School Championships, Power Pros, Box 1246, S. Glens Falls, NY 12803 or Al Roberts 518-798-3740

9,10 JAN, Blue Ridge Classic, Open, Class II, Women's, Masters, Teenage, Bench Press, Pete Hall, 102 2nd Ave., Hendersonville, NC 28739, 704-697-7160.

23 JAN, Winter Nationals (Oklahoma City), Richard Peters, Box 1753, Norman, OK 73070

23 JAN, Louisiana State Meet, Garland Carroll, P.O. Box 214, Forest Hill, LA 71430, 318-748-8422

23 JAN, (new date) ADFPA Minnesota State Championships, Fred Bock, Rt. 6, Box 271, Mankato, MN 56001, 507-278-3616.

30 JAN, SMN "Drug Free" Powerlifting Meet, Roger Baker, Athletic Director, 4000 Cooper St., Jackson, MI 49204, 517-788-7560 ext 496.

30 JAN, 6th annual California Bench Press Championships, D.A. McCutcheon, 6719 Lucille Ave., Bakersfield, CA 93308, 805-399-7967.

30 JAN, Amarillo Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

30,31 JAN, USPF Women's National Championships (Austin, Texas), Jim Griffith, 303 Cedar, Bastrop, TX 78602, 512-321-5193 after 5 PM, Central Time.

JAN, 4th annual Greater Cincinnati Open Bench, John Sheshull, Speedy's Fitness Ctr, 927 Ohio Pike, Cincinnati, OH 45245, 513-752-9466

6 FEB, B.B.S. Deadlift or Bench Classic, David Burke, 3130 W. Monroe, Alma, MI 48801, 517-463-8620.

6 FEB, Northern Arizona Classic, Louis Sampedro, 1534 E. Grandview St., Mesa, AZ 85203, 602-898-7447 (8-10PM weeknights)

6 FEB, New York State High School Championships, Power Pros, Box 1246, S. Glens Falls, NY 12803 or Al Roberts 518-798-3740

6,7 FEB, USPF Texas State Closed (Houston), Richard Peters, Box 1753, Norman, OK 73070

13 FEB, Valentine's Day Bench Press Classic, Louis Sampedro, 1534 E. Grandview St., Mesa, AZ 85203, 602-898-7447 (8-10PM weeknights)

13,14 FEB, USPF Natural Nationals, Rich Peters, Box 1753, Norman, OK 73070, 405-366-1739.

14 FEB, U.S. 100% Natural Championships (ADFPA) (women, open, teen, high school, masters), Spero Tshontikidis, Bullis School, Potomac, MD 20854, 301-299-8507.

14 FEB, (tentative) California State ADFPA Class II and Below and Masters, Ron or Lynn Morris, 1600 Mansfield St., Santa Cruz, CA 95062, 408-475-6019 or 724-3247.

20 FEB, ADFPA Power Meet (teen, women, open, masters, class II), fabulous awards, Jim Gallagher, Power Shack, Holly and E. Madison, Clifton Hts., PA 19018, 215-626-0228.

20,21 FEB, USPF Oklahoma State Closed (Oklahoma City), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

21 FEB, APF Jr. State Meet, Jim Swanson, 1003 Wissmach Ln., Machesny Park, IL 61111, 815-877-2875.

27 FEB, Olympian Open, Claude Handsor, 20219 Fenmore, Detroit, MI 48235, 313-532-0705.

27 FEB, USPF Kansas State Closed (Wichita), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

5 MAR, ADFPA State Teenage Women, Lloyd Coon, 5119 Worchester, Swartz Creek, MI 48473, 313-635-2634.

5 MAR, Des Moines Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

5 MAR, El Dorado Open PL & Greater Arkansas Bodybuilding (open, below class 2, teen, high school, master, women), Bob Ross, 202 W. Grove, El Dorado, AR 71730, 501-863-6141 (day) or 501-863-4738 (night)

6 MAR, 3rd Annual Bench Press Championships (open and novice), Terry Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 312-377-7527.

12 MAR, Mingles Bench (open, novice, masters, women, High school), Dick Smith, 940-44th Ave., Winona, MN 55987, 507-452-2445

12 MAR, ADFPA Teenage Men's State Meet, David Burke, 3130 W. Monroe, Alma, MI 48801, 517-463-8620.

12 MAR, 3rd Annual Bench Press Championships (men, women, novice), Mike Giardina, 990 Hudson Acres Dr., Pine City, NY 14871, 607-733-0145 after 5 PM.

12 MAR, San Angelo Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

12 MAR, Warrior Power Meet VI (High School Boys and Girls), H. Waldron, Coyle-Cassidy High School, Adams and Hamilton Streets, Taunton, MA 02780, 617-823-6164.

12,13 MAR, Glens Falls Open, Power Pros, Box 1246, S. Glens Falls, NY 12803 or Al Roberts 518-798-3740.

19 MAR, Tyler Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

26 MAR, (tentative) California Drug Tested Men's and Women's Open, Dr. Alan Kirshner, P.O. Box 3292, Fremont, CA 94539, 415-657-1586 or 490-0680.

26 MAR, Michigan State High School Championships, Dan Skatzka, South Lyon High School, South Lyon, MI 48178.

26 MAR, Denver Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

26,27 MAR, Pennsylvania State Championships (open, novice, masters, team), CFI, 7025 Frankford Ave., Philadelphia, PA 19135, 215-333-6360.

26,27 MAR, USPF National Collegiates (Temple Univ.), Linc Gotshalk, 2011 Ferry Ave., #M-5, Camden, NJ 08104.

MAR, Massachusetts/Rhode Island State Meets (men, women, sub-masters, masters), Greg Kostas, Box 367, Whitman, MA 02382, 617-447-6714.

2 APR, Grand Rapids Open Bench, George Zender, 3552 Eastern N.E., Grand Rapids, MI 49505, 616-363-8955.

2 APR, West Texas Open (Amarillo), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

All Natural U.S.A. Powerlifting Championships ANPPC sanctioned 10 years Natural November 21, 1987

Teen, Women, Men, Masters
Location: Nassau Community College Uniondale, L.I., N.Y.

contact: ACL Sport Center
P.O. Box 101, Lindenhurst, N.Y. 11757
516-957-7373

TROY'S GYM

presents the 1987 Southeastern Powerlifting Championships

17 Oct 87

Novice, Open, Women, Men

Troy's Gym
115 W. Vine St.
Murfreesboro, Tennessee 37130

615-890-2633
(No Collect Calls)

SOUTHERN U.S.A. OPEN
Sept. 26, 1987

Open - 3 places, Class II - 4 places
Women - 10 places, Masters - 10 places
Teenage - 4 divisions - 3 places
Open Bench Press - 3 places

EXCEPTIONAL TROPHIES
Contest to be held at Spindale, NC

Contact: **JEFF BRIDGES**
314 W. Main St., Forest City, NC 28043
704-245-2557 or Keith Harris 615-982-3152

2,3 APR, Region 9 Championships (LeBossier Ramada Inn, Shreveport, LA) (open, class II & below, masters, women), Glen Venator, 318 NW 17th, Grand Prairie, TX 75050, 214-263-4828 or Mike Reed 318-388-0412.
9 APR, Boomer Classic, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
9,10 APR, New York State Teenage, Junior, Sub-masters, Masters Championships, Power Pros, Box 1246, S. Glens Falls, NY 12803 or Al Roberts 518-798-3740.
16 APR, (tentative) California ADFPA Deadlift, (tba) Dr. Alan Kirshner, P.O. Box 3292, Mission San Jose, CA 94539, 415-657-1586.
16 APR, 2nd Annual High School Bench Championships (open to high school boys, girls, teams), Mike Giardina, 990 Hudson Acres Dr., Pine City, NY 14871, 607-733-0145 after 5 PM.
16 APR, Kansas City Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
23 APR, Spring Nationals (Houston), Richard Peters, Box 1753, Norman, OK 73070
23 APR, Indiana State ADFPA, Dick Conner, the Pit, 400 Edgar St., Evansville, IN 47710, 812-422-0617.
30 APR, Michigan Senior Championships, Claude Handsor, 20219 Fenmore, Detroit, MI 48235, 313-532-0705.
30 APR, Albuquerque Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
1 MAY, (tentative) California State ADFPA Bench Press (women, masters, teenage), Ron or Lynn Morris, 1600 Mansfield, Santa Cruz, CA 95062. 408-475-6019 or 724-3247.
6-7 MAY, APF Jr. Nationals, (Naperville, IL) Ernie Frantz, 31 N. Broadway, Aurora, IL 60505.
7 MAY, ADFPA Bench Meet (teen, women, open, masters), Fantastic awards, Jim Gallagher, Power Shack, Holly & E. Madison, Clifton Hts., NY 19018, 215-626-0228.
7 MAY, Central Louisiana Open (Alexandria), Richard Peters, Box 1753, Norman, OK 73070
7,8 MAY, ADFPA Pepsi-Wendy's Eastern US Meet to benefit the Spinal Cord Society (open, women, teen, masters), Tom Wojcicki, 913 Park Ave., Windber, PA 15963, 814-457-5662.
14,15 MAY, USPF Nationa. Masters, Jan Shendow, 1968 W. 6000 S., Roy, UT 84067, 801-776-1873.
14,15 MAY, USPF High School Nationals (boys & girls), Power Pros, Al Roberts, Box 1246, S. Glens Falls, NY 12803, 518-798-3740.
20,21 MAY, USPF Maryland State Championships (women, open, masters, teen, high school), Spero Tshontikidis, Bullis School, Potomac, MD 20854, 301-299-8507.
21 MAY, B.B.S. Bendh & Deadlift, David Burke, 3130 W. Monroe, Alma, MI 48801, 517-463-8620.
21 MAY, Alamo Open (San Antonio), Richard Peters, Box 1753, Norman, OK 73070
28 MAY, 3rd Annual Stockton Open ADFPA (women, masters, teen), Joe Bernazzani, 2027 Grand Canal Blvd., Suite 34, Stockton, CA 95207. 209-476-1300 or 333-1702.
28 MAY, Little Rock Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
28,29 MAY, Teenage Open (tentative), George Zender, 3552 Eastern N.E., Grand Rapids, MI 49505, 616-363-8955.
4 JUN, New England States Novice (men, women, sub-masters, masters), Greg Kostas, Box 367, Whitman, MA 02382, 617-447-6714.
4 JUN, Michigan Powerlifting Committee Meeting at University Club of Michigan State University, Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.
4,5 JUN, USPF Junior Nationals, MAC Barbell, 1601 NW Dallas, Grand Prairie, TX 75050, 214-263-4828.
8 JUN, Tupper Lake Teenage, Junior, Open, Sub-masters, Masters, Power Pros, Box 1246, S. Glens Falls, NY 12803, 518-798-3740.
11 JUN, Pennsylvania Police Olympics, Det. Tom Miller, 14 Wood St., Pittsburgh, PA 15222, 412-355-8130.
11 JUN, Metro Detroit Open Power Meet, Fabian Wambsgans, 969 S. Claremont, Dearborn, MI 48124.
11 JUN, Muscle Beach Open (Galveston), Richard Peters, Box 1753, Norman, OK 73070
19 JUN, 4th "NO BOYS ALLOWED" Power Meet, for women of all ages and Men's Masters only, Siegel Engraving, 109 East Market St., Clearfield, PA 16830, 814-765-3214 (24 hrs.).
25 JUN, (tentative) Michigan Women's, Lynn Boshoven, 2454 Avon, Wyoming, MI 49509
25 JUN, (tentative) Michigan Men & Women Sub-Masters and Masters Championships, Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.
25 JUN, Summer Nationals (Dallas), Richard Peters, Box 1753, Norman, OK 73070
2 JUL, U.S. Deadlifting Championships (outdoors - Riverfront Park), Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.
2 JUL, 4th of July Spectacular (Wichita), Richard Peters, Box 1753, Norman, OK 73070
9,10 JUL, U.S.P.F. Senior Nationals (Las Vegas, Nevada), Rich Peters, Box 1753, Norman, OK 73070.
15,16,17 JUL, A.P.F. Senior Nationals (Men & Women), Gary Benford, Columbus Central YMCA, 40 W. Long St., Columbus, OH 43215, 614-224-1131.
16 JUL, SMN Open, Rog Baker, 4000 Cooper, Jackson, MI 49204, 517-788-7560 ext 496.
16 JUL, Sooner Classic, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
23 JUL, Cincinnati Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
30 JUL, Carlsbad (NM) Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
6,7 AUG, U.S.P.F. Boy's Teenage Nationals (Houston, TX), Rich Peters, Box 1753, Norman, OK 73070.
7 AUG, Flint YMCA Open Bench, Dave Cammon, 411 E. Third, Flint, MI 48503, 313-232-YMCA.
13,14 AUG, U.S.P.F. Open Nationals (Cincinnati, OH), Rich Peters, Box 1753, Norman, OK 73070.
20 AUG, B.B.S. Deadlift Meet, David Burke, 3130 W. Monroe, Alma, MI 48801, 517-463-8620.
20 AUG, San Antonio Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
27 AUG, Longhorn Open (Amarillo), Richard Peters, Box 1753, Norman, OK 73070
3 SEP, Iowa Open (Des Moines), Richard Peters, Box 1753, Norman, OK 73070
4 SEP, Albert Lea Open (MN), Richard Peters, Box 1753, Norman, OK 73070
10 SEP, Fall Tyler (TX) Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
17 SEP, 12th Annual Oklahoma Grand (Oklahoma City), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
24 SEP, Fall Nationals (Dallas), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
1,2 OCT, Mid East Natural Regional (Cincinnati), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
8 OCT, South Natural Regional (Atlanta), Richard Peters, Box 1753, Norman, OK 73070
15,16 OCT, East Natural Regional (Richmond, VA), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
22 OCT, West Natural Regional (Denver), Richard Peters, Box 1753, Norman, OK 73070
29 OCT, Far West Natural Regional (las Vegas, NV), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
5 NOV, N W Natural Regional (Sacramento, CA), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
12 NOV, Central Natural Regional (Kansas City), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
19 NOV, Mid Central Natural Regional (Memphis), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
26 NOV, So. Central Natural Regional (Dallas), Richard Peters, Box 1753, Norman, OK 73070
3 DEC, Sooner Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
10 DEC, Amarillo Open (Winter), Richard Peters, Box 1753, Norman, OK 73070
17 DEC, Colorado Springs Open, Richard Peters, Box 1753, Norman, OK 73070

P.S. when writing a meet director for information always include a stamped, self-addressed envelope (except for Canadian and other foreign meets) for him to return an entry blank to you, and if you call, don't call collect

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