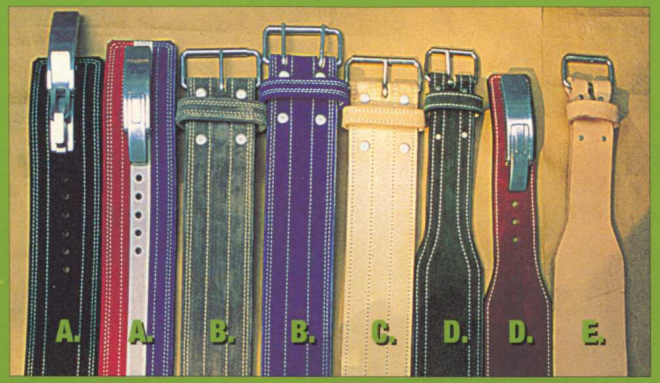
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ALL ELITE BELTS ARE MADE IN THE USA USING THE HIGHEST QUALITY LEATHER AND WORKMANSHIP AVAILABLE. ALL BELTS ARE LEGAL IN ALL FEDERATIONS. WE HAVE OVER 100 BELTS IN STOCK. CALL TO SEE IF WE HAVE ONE FOR YOU!!!

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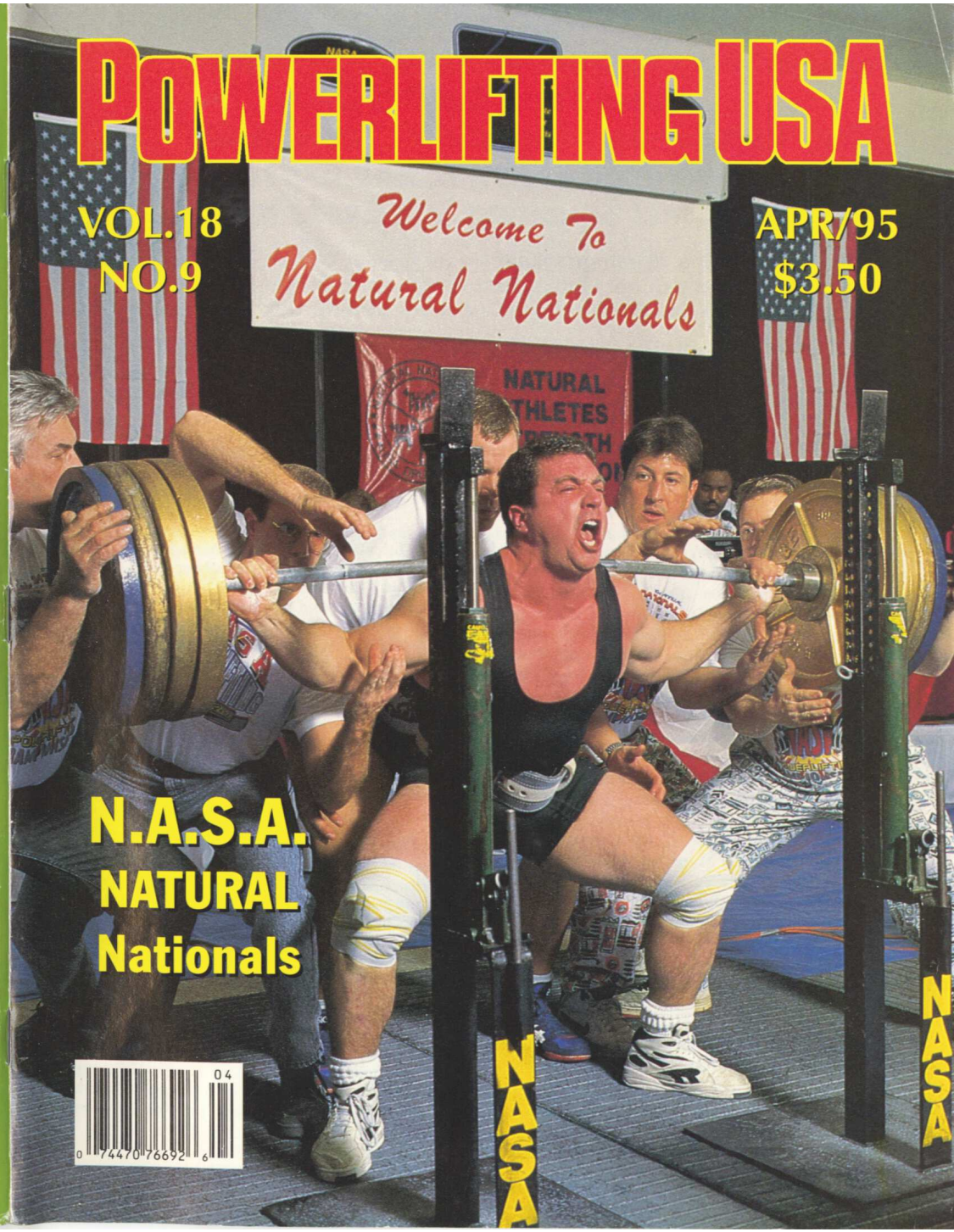
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VOL.18
NO.9

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N.A.S.A. NATURAL Nationals

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Every Time You Put On A Gold Medal™ SuperSuit® You Literally Wrap Yourself In Power, And Experience the Best Squatting Suit Ever Made!

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All Suits Shipped 2nd Day Air! Order Today And We'll Ship Your Gold Medal™ SuperSuit® By Second Day Air At No Extra Cost, So You'll Be Squatting Even More Weight Just A Few Short Days From Now!

You'll feel the difference the moment you put it on. It's tighter. Stronger. And much more durable.

Then, go ahead...do a few reps with it on. You'll feel how it literally wraps you in power. You'll realize the difference throughout the full range of the squat—from the very beginning of the lift, to the tremendous support you receive at the bottom of the lift, to the finish of the lift—a never before felt type of squat support, and without any undue discomfort in the upper body.

This is the kind of strength, support, and comfort that you've never gotten from any other lifting suit. Bottom line: You'll squat better in this suit than in any other suit. Period.

Why? Because you're wearing the *new* Gold Medal SuperSuit, Marathon's newest technological development in the science and art of powerlifting suits—a science that originated with Marathon over 17 years ago and has been continually advanced by Marathon ever since.

And we back this suit up with the only true performance guarantee ever offered to you on a lifting suit. That is, if this is not the best lifting suit you've ever worn, just return it for a full refund.

As you'll see, the Gold Medal SuperSuit sets a new standard in powerlifting performance, just as Marathon's lifting suits have done for years.

Why the NEW Gold Medal SuperSuit Is Different From All Other Lifting Suits Ever Made

Without a doubt, Marathon's new Gold Medal SuperSuit™ is the most technologically superior suit you can buy. It's the first lifting suit utilizing our new special fabric, which is anatomically designed to deliver maximum strength to the body's "Axis of Power" throughout the entire range of the squat. What does this mean? It's very simple.

What we've termed the Axis of Power are the three critical areas of your body that are used in the squat (and, for that matter, the deadlift also). These three areas are: 1) the lower back; 2) the gluteus and hip area; and 3) the hamstring and thigh area.

Quite simply, the more support you can get in the Axis of Power, the more you can lift. That's because the power-knit™ fabric literally wraps each of these critical areas in power. This is what the Gold Medal SuperSuit's fabric was anatomically designed to do...to provide you with never before realized support in these critical areas.

Let us show you why. . . .

The First Fabric With "Memory"

Over the years, the lifting suit market has been plagued with polyester substitutes of varying degrees of quality. Those fabrics are not designed for the purpose of powerlifting. As a matter of fact, once they stretch they tend *not* to come back to their tight fitting shape. Therefore, their use is limited as is their wear potential—no matter how many seams these manufacturers put in their product.

However, the fabric employed in Marathon's lifting suits has always been designed specifically for powerlifting. And the Gold Medal SuperSuit greatly improves on this tradition with the most advanced fabric ever developed. With over three years in development, working very closely with the best minds in the textile industry, we developed a fabric that is so unique, we had to coin a new term for it: "power-knit™ fabric."

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Marathon®
YOU'VE GOT ONE LIFE TO LIFT—MAKE THE MOST OF IT WITH MARATHON!

And what makes it so special is that is has memory. It will return to its original tight fit rep after rep, workout after workout, to give you the high performance squatting ability that you need for powerlifting. Other lifting suit fabrics *don't*. In fact, once they stretch, you lose any tightness you had.

Furthermore, our power-knit™ fabric is put together with the most advanced sewing techniques and equipment and the strongest possible seams. There's simply nothing else like it!

An Unheard-Of TRIPLE GUARANTEE

At Marathon, we've decided to give you an unheard-of TRIPLE Guarantee that puts our money where our mouth is. It's this...

1) The Performance Guarantee—The first (and probably never matched) *performance-based guarantee* for a lifting suit. Simply put, if you're not totally satisfied with the Gold Medal SuperSuit—if you don't find that it's the best suit you've ever worn, if it doesn't give you repeated high performance, or if you're not satisfied with its construction—you can return it within 45 days for a complete refund of every penny you paid, including shipping.

2) 2nd Day Air Delivery Guarantee —We guarantee that your Gold Medal SuperSuit will be shipped to you by UPS Second Day Air (Blue Label) *at no extra charge*, so you'll be squatting even more weight just a few short days from now.

3) Shipment Guarantee—Furthermore, we guarantee that if we can't fill your order by shipping the size you need when you order, we'll give you an automatic 25% discount off the price when your suit is shipped.

Order Yours Today!

With our Triple Guarantee, you have nothing to lose by ordering your suit today. And since we'll send your suit by Second Day Air, you won't even have to wait to try it.

To order, simply call the toll-free number shown below, or fill out the order form. If you phone in your order today, you'll have your suit within 2-3 days. And not a moment too soon.

1-800-321-5064

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Palos Verdes Estates, CA 90274
1-310-519-7111



Marathon's Gold Medal™ SuperSuit® $39.95
"The new standard of lifting excellence."

Please rush me the following:

☐ ***GOLD MEDAL™ SUPER SUIT®*** ☐ *Black* ☐ *Navy Blue* ☐ *Royal Blue* ☐ *Scarlet Red*

Color: *Indicate 1st, 2nd and 3rd choice by numbering the boxes.*

On all orders please include height, weight, chest, waist, and thigh measurements so we can fit you properly. If you're certain of your size (indicate in appropriate column of order form) sizes available are from: 24-52 in even sizes.

Size: *To insure proper fit please include measurement on all orders.*

☐ *Male* ☐ *Female* *Height*____ *Weight* ____*Chest* ____ *Waist* ____ *Thigh* ____

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Something Amazing Happened on the Way to the Platform and Its Just as True Today as When It First Happened Two Years Ago.

They Threw Away Their Favorite Kneewraps And Switched To Marathon's New Kneewraps—Just Before The Competition!

DATELINE: LAS VEGAS, NV—1989 SENIOR NATIONAL MENS AND WOMENS POWERLIFTING CHAMPIONSHIPS. As you know, it's simply unheard of for world class powerlifters to change *any part* of their equipment just prior to a competition. But that's exactly what happened here at the Senior National Powerlifting Championships when George Zangas—owner of Marathon Distributing Company—introduced the amazing DOUBLE GOLDLINE™ SUPERWRAP® 10 kneewrap to many of the lifters before their warm-ups.

Just imagine the best male and female powerlifters in the country putting on Marathon's new **DOUBLE GOLDLINE™** kneewraps, doing a couple of warm-ups and immediately throwing away their "trusted" kneewraps—the ones they came prepared to compete with!

Why did they throw their old wraps away? Simple. These experienced lifters *instantly* recognized the superior performance and quality of the **DOUBLE GOLDLINE™**. So they decided to use them in their three squat attempts during the actual competition!

The end result: Believe it or not, the **DOUBLE GOLDLINES™** allowed them to squat more weight, with better form!

These amazing results have led **Marathon Distributing Company** to make the following guarantee: If you don't find **Marathon's DOUBLE GOLDLINE™ SUPERWRAP® 10** to be the best kneewrap you've ever worn, just return them and **Marathon** will promptly refund *every penny you paid* — including shipping and handling charges — with no questions asked!

What Makes This Kneewrap So Special?

Here's why **Marathon's** new **DOUBLE GOLDLINE™ SUPERWRAP® 10** is so powerful.

- **THE BEST PERFORMING KNEEWRAP EVER!**

Marathon Distributing Company has developed a special manufacturing technology that not only provides the most outward tension, but also the greatest "comeback"™ of any wrap on the market! This exclusive "comeback"™ quality gives the **DOUBLE GOLDLINE® 10** kneewrap its superior performance and is the key to greater squatting.

- **LONG LASTING, HIGH-QUALITY!**

The high quality materials used in the **DOUBLE GOLDLINE™** kneewrap will provide consistently higher performance—better than any other kneewrap available!

- **UNEQUALLED COMFORT!**

An added plus is that the **DOUBLE GOLDLINE™** kneewrap not only out-performs and out-lasts other kneewraps, but is actually more comfortable to wear because of the specially designed fabric we use.

With all this, it's no wonder that after the competition the competitors said the **DOUBLE GOLDLINE™ SUPERWRAP® 10** is the best performing kneewrap they've ever worn!



*The **DOUBLE GOLDLINE™ SUPERWRAP® 10:** The best-selling kneewrap in the world since the day **Marathon** introduced it. Look for the **Marathon** trademarks! Don't accept substitutes!*

DOUBLE GOLDLINE™ Superwrap® 10

A product of Marathon Distributing Company

As mentioned earlier, **Marathon** guarantees your satisfaction or your money back! So send for your pair of **DOUBLE GOLDLINE™ SUPERWRAP® 10** today. You've got nothing to lose, and your squatting ability will improve like never before.!

1 pair $17.95 2 pair $31.95

To order your **DOUBLE GOLDLINE™ SUPERWRAP® 10** kneewraps, just call TOLL-FREE 1-800-321-5064 for immediate service. MasterCard, Visa and C.O.D.'s are accepted. If you wish to order by mail, use the convenient order form on the following page.

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High Performance Kneewrap

Superwrap® 10 Goldline™

A product of Marathon Distributing Company

All Marathon Suits & Wraps are **IPF Approved** for all competition
IPF
International Powerlifting Federation



The only kneewrap that out-performs the original GoldLine™ Kneewrap is our own new DOUBLE GOLDLINE™ Superwrap® 10. Goldline features heavy gauge material that gives you greater rebound for squatting the heaviest weights. Outstanding durability and comfort are also hallmarks of this top performing kneewrap.

1 pair $15.95 3 pair $39.95 (you save $7.90)

Superwrap® 10

Superwrap® 10 is the original break-through in strength and knee joint protection. It gives you great rebound for explosive starts for squatting the heaviest weights.

1 pair $13.95 3 pair $34.95

Superwrap® 2

Superwrap® 2 designed for long-lasting wear and for squatting heavy weights.

1 pair $11.00 3 pair $28.00

Superwrap® 3

Made from a strong elastic material with a soft cotton lining so that the wrap will not pinch the skin.

1 pair $11.00 3 pair $28.00

HEAVY-DUTY HIGH PERFORMANCE

WristWrap™

A product of Marathon Distributing Company

Marathon introduces, for the first time, a full-length (36"), high performance wrist wrap with velcro® bindings.

For benching, squatting, or deadlifting, nothing matches the support of the new full-length, heavy-duty wristwrap, and the convenience of velcro® tie downs.

HEAVY-DUTY HIGH PERFORMANCE WRISTWRAP
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THE ORIGINAL HIGH PERFORMANCE WRIST WRAP
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A support system for bench pressing that's so revolutionary, it's the only one ever to receive a U.S. patent (No. 4473908).

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- Excellent for the **overload training** necessary for developing "the big bench"
- **Proven** in world record-setting competition to be the finest bench shirt ever made
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- **All orders shipped within 24 hours**

The Blast Shirt $38.00

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Signature _____ Phone ( ) _____

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Publisher *Mike Lambert*

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We don't mean to overdramatize the "secret" aspect of this product, but everything the Russians did with their athletic programs was highly guarded. And this is no exception.

Now, due to our ongoing commitment to bringing legitimate, highly effective, and ethical sports supplements to the market, Marathon brings you **Russian Power Plus**, the purest form of Pfaffia Paniculata.

The Russian Advantage

It's easy to see why the Russians prized this natural nutrient so highly. These are just some of its advantages:

- **Increases strength dramatically within 2-4 weeks**
- **Builds lean muscle mass quickly**
- **Increases performance and endurance**
- **Anti-catabollic effect shortens recovery time**

In addition, this product carries Marathon Sports Nutrition's money-back 100% satisfaction guarantee.

A Brief History

The Japanese were the first to do in-depth research on Pfaffia Paniculata in the late 1960s. Those tests clearly revealed its anti-fatigue properties and its highly anabolic nature for strength- and muscle-building *without* undesireable hormonal side-effects.

Russian scientists further perfected the anabolic effects of Pfaffia Paniculata and by the mid-1970s were employing it successfully in their overall athletic and Olympic programs.

Until recently, due to the high cost of the product and limited supplies, it was not available to the general public at a reasonable price.

But now, for the first time, you can enjoy the full natural benefits of Pfaffia Paniculata, with the highest potency in the purest form at low Marathon value pricing.

Value Pricing

Although products containing Pfaffia Paniculata are currently offered by other companies at much higher prices, from $60 - $80 for 60 capsules, Marathon Sports Nutrition has broken the price barrier with the same high-quality Pfaffia Paniculata at much lower prices.

And while our prices are far lower, we want to assure you that the Pfaffia Paniculata in **Russian Power Plus** is of the same high quality and purity as that found in the higher-priced brands.

Each capsule of Marathon's **Russian Power Plus** contains 200 mg. of the purest form of Pfaffia Paniculata, with the highest concentration of the necessary key bio-available nutrients. This is guaranteed by laboratory analysis.

100% Money-Back Guarantee

If you're not satisfied with **Russian Power Plus** *for any reason whatsoever,* just return it for a 100% refund of every penny you paid.

IMPORTANT: Marathon's **Russian Power Plus** is 100% natural. It is derived entirely from the roots of Pfaffia Paniculata, which the best Russian athletes have used for many years. The purity and potency of this product are guaranteed by laboratory analysis.

For fastest service, call
1-800-321-5064 or clip coupon

Russian Power Plus™

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Signature_____
Phone (_____) _____

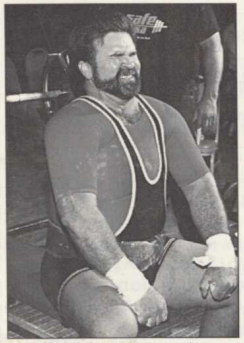
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Natural Nationals

NASA Natural Nationals (kg)
26-29 Jan 95 - OKC, OK

Natural	SQ	BP	DL	Total
148				
Broadhurst	225	105	260	590
165				
Zweig	237.5	147.5	275	660
181				
Harrison	260	137.5	277.5	675
Oliger	170	125	190	485
198				
Rennie	325	185	307.5	817.5
McCoy	290	172.5	325	787.5
Goodson	297.5	167.5	275	740
Boyles	282.5	145	265	692.5
Scott	232.5	145	255	632.5
Cross	230	170	230	630
220				
Malejko	335	231a	310	876
Johnson	310	182.5	320	812.5
Bales	215	137.5	182.5	535
242				
Angton	272.5	182.5	262.5	717.5
Trosper	240	150	262.5	655
275				
DeAnda	327.5	197.5	265	790
Tarras	295	205	275	775
Scheffler	242.5	162.5	260	665
SHW				
Allen	377.5a	232.5	275	885
McGuire	347.5	200	275	822.5
Munsey	327.5	187.5	302.5	817.5
Oyler	292.5	175	260	727.5
Sawyer	200	152.5	175	527.5
Masters 2				
165				
Skates	142.5	72.5	155	370
181				
Gretch	150	107.5	195	452.5
198				
Ites	147.5	132.5	200	490
220				
Johnson	245	152.5	245	642.5
Shackelford	200	142.5	190	532.5
242				
Smith	275	160	220	655
275				
Cheney	272.5	175a	245m	692.5m
Submasters 2				
132				
Young	170m	125w	205a	500w
148				
Meekins	152.5	122.5	215	490
165				
Zweig	237.5a	147.5	275a	660
181				
Oliger	170	125	190	485
Blanks	157.5	142.5	182.5	482.5
Fraley	127.5	117.5	172.5	417.5
198				
McCoy	290a	172.5w	325w	787.5a
Cole	285	145	295	725
Boyles	282.5	145	265	692.5
Cross	230	170	230	630
Rodriguez	235	137.5	232.5	605
Wisnieski	220	132.5	227.5	580
220				
Smith	220	172.5	265	657.5
Kivela	252.5	155	245	652.5
Payne	215	157.5	265	637.5
Robinson	195	177.5	250	622.5
McDonald	212.5	137.5	245	595
Thoni	215	137.5	195	547.5
242				
Trosper	240	150	265	655
275				
Kraft	292.5	190	292.5w	782.5w
Tarras	295	210a	275	775
Jones	310	167.5	242.5	720



NASA's Rich Peters.. psyches up.



***Barbara Talmadge** ripped up the record book (Allured photographs)*

Masters 3 Pure				
148				
Gonzales	62.5	82.5	62.5	207.5
165				
Williams	162.5	107.5	205	475a
Mason	120	25	218.5a	362.5
181				
Byas	235	150a	275a	660a
Alexander	205	122.5	252.5	580
Dodd	205	146	215	566
Sevy	167.5	100	192.5	460
220				
Harper	260	160	315a	735a
Tinsman	255	185	292.5	732.5
Page	157.5	185	210	552.5
242				
Weeks	285a	175a	272.5a	732.5a
Smith	237.5	112.5	200	550
275				
DeAnda	327.5a	197.5a	265a	790a
SHW				
Lips	302.5w	205a	272.5a	780a
Men's Pure Novice				
123				
Davis	157.5	112.5a	167.5	437.5
Bui	137.5	92.5	172.5	402.5
132				
Franklin	190	107.5	205	502.5
148				
Ewoldsen	240	132.5	220	592.5
Meekins	152.5	122.5	215	490
Gonzales	62.5	82.5	62.5	20.5
165				
Smith	262.5a	137.5	250	650a
Sable	217.5	145	235	610
Willis	205	110	230	545
Bernhard	182.5	145	172.5	500
181				
Byas	235	150	275	660
Douglas	227.5	137.5	262.5	627.5
Gill	215	125	245	585
Blanks	157.5	142.5	182.5	482.5
198				
Henderson	272.5	167.5	287.5m	727.5m
Hudgins	265	145	272.5	682.5
Green	240	150	240	630
Wheeler	205	117.5	230	552.5
220				
Malejko	335a	231a	310a	876a
King	292.5	177.5	272.5	742.5
Tinsman	255	185	292.5	732.5
Zimmer	265	165	252.5	682.5
Kivela	252.5	155	242.5	652.5
Graham	225	165	260	650
Skates	237.5	160	245	642.5
Robinson	195	177.5	250	622.5
Antenrieth	222.5	142.5	215	580
Page	157.5	185	210	552.5
242				
Foster	280	200	272.5	752.5
Oberle	247.5	180	307.5	735
Angton	272.5	182.5	262.5	717.5
Williams	242.5	192.5	250	685
Sullivan	250	160	272.5	682.5
275				
Broussard	280	192.5	260	732.5
Scheffler	242.5	162.5	260	665
SHW				
Harrington	305	250a	307.5a	862.5a

Dayon	230	200	232.5	702.5
Youth				
105				
Sevy	67.5	35	67.5	170
Pure				
123				
Davis	157.5	112.5	167.5.	437.5
132				
Franklin	190i	102.5	205	502.5
Qualls	182.5	105	210	497.5
148				
Okafor	252.5	137.5	265w	655w
Ewoldsen	240	132.5	220	592.5
Broadhurst	225	105	260	590
165				



***MISTER SMITH**...set a bushel of records in the 242 lb., Submasters 1*

Zweig	237.5	147.5	275	660
Sorenson	245	145	240	630
Willis	205	110	230	545
181				
Harrison	260	137.5	277.5	675
Skeens	245	165	255	665
Smith	230	147.5	250	625
198				
McCoy	290	172.5	325w	787.5
Henderson	272.5	167.5.	287.5	727.5
Cross	230	170	230	630
Wheeler	205	117.5	230	552.5
220				
Malejko	335	231a	310	876
Johnson	310	182.5	320	812.5
Tinsman	255	185	292.5	732.5
Fazola	262.5	155	250	667.5
Robinson	195	177.5	250	622.5
242				
Foster	280	200	272.5	752.5
Oberle	247.5	180	307.5a	735
Angton	272.5	182.5	262.5	717.5
Schilling	267.5	177.5	267.5	712.5
Sullivan	250	160	272.5	682.5
275				
DeAnda	327.5	197.5	265	790
Broussarnd	280	192.5	260	732.5
Jones	310	167.5	242.5	720
Scheffler	242.5	162.5	260	665
Keefer	215	150	227.5	592.5
SHW				
Sanders	365	227.5	272.5	865
McGuire	347.5	200	257.5	805
Oyler	292.5	175	260	727.5
Dayon	230	200	232.5	662.5
Masters 1				
181				
Byas	235	105	275	660
Sevy	167.5	100	192.5	460
198				
Close	265	145	255	665
Scott	197.5	115	220	532.5
220				
Harper	260	160	315	735
Tinsman	255	185	292.5	732.5
Page	157.5	185	210	552.5
242				
Hodges	287.5	150	322.5	760
Weeks	285	175	272.5	732.5
Seager	300w	125	227.5	652.5
Smith	237.5	112.5	200	550
275				
DeAnda	327.5	197.5	265	790
Peters	260	157.5	242.5	660
McAlister	227.5	150	235	612.5
SHW				
Sawyer	200	152.5	175	527.5
Juniors				
123				
Bui	137.5a	92.5a	172.5a	402.5a
181				
Smith	230	145	250	625
Strickland	195	100	187.5	482.5
Cole	145	105	205	455
220				
Zimmer	265	165	252.5	682.5
Marshall	250	147.5	240	637.5
Nimmo	232.5	167.5	237.5	637.5
Page	187.5	152.5	230	570
SHW				
Pjesky	220	142.5	182.5	550
Teen				
181				
Strickland	195	100	187.5	482.5
220				
Nimmo	232.5	167.5	237.5	637.5
High School Pure				
148				
Koup	147.5	97.5	170	415
198				
Stanchfield	200	140	202.5	542.5
Morgan	182.5	110	200	477.5
220				
Purviance	237.5a	117.5	247.5a	602.5
242				
Prothe	217.5a	140a	227.5a	585a
McAlister	182.5	85	150	417.5
SHW				
Kehn	205	122.5	205	532.5
Submasters 1				
132				
Qualls	182.5w	105w	210w	497.5w
148				
Okafor	252.5	137.5	265	655
165				
Garcia	260	150	260	670
Langhorst	210	147.5	215	572.5
Bernhard	182.5	145	172.5	500
Boyd	162.5	122.5	207.5	492.5
Jones	140	90	180	410
181				
Harrison	260a	137.5	277.5a	675a
Quinn	242.5	137.5	232.5	612.5
Johnson	205	142.5	262.5	610
Gill	215	125	245	585
Morgan	210	130	190	530
Nicodemus	190	127.5	202.5	510
198				
Betts	310a	177.5	260	747.5



***Sanders** rammed up an 804 squat*

Brooks	260	150	272.5	682.5
Scott	232.5	145	255	632.5
Grimm	207.5	150	267.5	615
Wheeler	205	117.5	230	552.5
220				
Hixson	290	177.5	255	722.5
Cox	227.5	127.5	182.5	537.5
Bales	215	137.5	182.5	535
242				
Smith	337.5w	210w	295	842.5a
Foster	280	200	272.5	752.5
Sullivan	250	160	272.5	682.5
Whitlock	170	100	195	465
SHW				
Sanders	365a	227.5a	272.5a	865
Oyler	292.5	175	260	727.5
Women				
97				
Talmadge	137.5a	65a	135a	337.5a
165				
Rogers	147.5	70	162.5	380
Women's Teenage				
114				
Maxwell	92.5	42.5	105	240
123				
Georges	92.5	40	115	247.5
132				
Ryckert	117.5	42.5	120	280
148				
Allen	125	62.5	135	322.5
SHW				
Russow	182.5	95	155	432.5
Women's Master Pure				
123				
Keeble	132.5	67.5	137.5	337.5
165				
Lamb	75	37.5	85	197.5
Women's Pure				
105				
Nable	117.5	57.5	105	280
114				
Chang	145	82.5a	177.5a	405a
Hills	115	80	122.5	317.5
Hudgins	77.5	40	92.5	210
123				
Robinson	117.5	57.5	173.5a	348
Keeble	132.5	67.5	137.5	337.5
132				
Hetzel	137.5	72.5	147.5	357.5
148				
Trosper	187.5a	92.5a	190	470
Grekoff	140	70	155	365
Martinez	107.5	75	130	312.5
165				
Wurzelbacher	85	60	145	290
181				
Renfro	132.5	75	155	362.5
SHW				
Curry	207.5	122.5	210	540
Women's High School Pure				
123				
Lyles	65	37.5	75	177.5
Women's Submasters 2				
123				
Robinson	117.5	57.5	173	347.5
Myers	107.5	60	115	282.5
132				
Hetzel	137.5	72.5	147.5	357.5
148				
Martinez	107.5	75w	130w	312.5
181				
Ward	75	42.5	90	207.5
Women's Masters 1				
123				
McGowan	112.5	67.5	145	325
181				
Payne	82.5	47.5	110	240
Women's Junior				
148				
Allen	125a	62.5a	135a	322.5a
Women's Pure Novice				
148				
Martinez	107.5a	75w	130w	312.5a
165				
Wurzelbacher	85	60	145	290
Women's Natural				
148				
Trosper	187.5	92.5	190	470
Women's Submasters 1				
148				
Trosper	187.5a	92.5	190	470
Women's Masters 2				
165				
Lamb	75	37.5	85	197.5
Women's Masters				
148				
Grekoff	140a	70a	155	365w
Hudgins	110	42.5	160w	322.5
Grech	72.5	37.5	85	195

m - meet record. a - American record. i - International record. w - world record. (Thanks to NASA for providing these competition results to *Pt. USA*)



***NASA Athlete of the Year** for 1994 was Shelby Jones*

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More From Ken Leistner

The column which appeared in *PL USA* a few months ago concerning itself with a proposed meet where no supportive suits provoked incredible response, both pro and con. Some of the responses were expected, others totally "off the wall". On the pro side, there are many who agree with many of the things that I have expressed through the years and with my wife's observations.

While everyone wants higher totals, there is an undercurrent of disgust with the use of supportive suits, shirts, underwear, and wraps. As one reader noted, "I was okay with suits and wraps until they came out with the underwear. That made me realize how ridiculous all of this was". No one said, "Let's ban the underwear". What most said was "enough of all of this stuff, let's go back to no suits and wraps". Others felt that there was a place for knee wraps, believing them to be protective in nature.

This is an argument that can go on forever as many believe them to be supportive and not protective in nature. As one PLer pointed out, "you couldn't use as much weight because your knees would be torn out, but maybe that's the idea, that you shouldn't use so much weight if you would be injured". The process of putting on a properly fitting suit was lamented by all, even those who think they should be used. No one was pleased with the prospect of wiggling into a powder covered suit, tearing up the skin, aggravating training partners helping to stuff the lifter into the suit, etc. "I always feel stupid and laugh, but rationalize it with the bigger numbers I lift", was a typical comment.



Iron Island Gym People*...(left to right) Ralph Raiola, Dr. Ken Leistner, Michelle Raiola, Ken's "adopted: son Greg (foreground), and Greg's John Carroll University teammates Matt Nelson and Ed Ash ready for some post-workout repast at the famous Johnny Russell's Oceanside Grill. (Kathy Leistner photograph)*

Many believed that we haven't yet seen the end product of technology. While all agreed that the suits were very well designed for the job they did and purported to do, "who knows what will be coming up in the next five or ten years. After all, when you think about the original white canvas type suits Zangas had, who would have thought we'd have the seams and new materials that you have today". This same reader still buys from Zangas!

Knee wraps got the same type of comments. "If everyone wears them, I have to"; "the wraps are much better than they used to be in my opinion"; "they hurt me when I wear them to train or in a contest, but how can I not wear them to do my best?". There was generally less resistance and antagonism against wearing wraps as opposed to suits. The worst criticism was reserved for the bench shirts. "I can see the arguments against wearing a suit for example, but the shirts? Guys talk about protecting their pec injuries but I agree with you. If you're injured, you shouldn't be using artificial support to bench even more". Many thought that the shirts (with the underwear) best demonstrated the absurdity of the sport. "There's no way I can use the benching shirts and not feel as if I'm cheating. Believe me, I've had a few battles in my head over this. I don't want to give up any advantages to other lifters but I know in my heart that wearing a bench shirt is b.s."

On the other side of the coin, there were many respondents who believed that "short of drugs or something else that could hurt you in the long run, I believe that the lifter should do everything possible to lift as much weight as they can". This was very representative. The analogy to using suits and wraps and shirts as one would a football helmet ("I wouldn't go on the field without a helmet if everyone else was wearing one") was very common. There is the belief that short of doing internal damage, there was nothing inherently wrong with wearing advanced equipment. "Many individuals have worked many years to develop new equipment for the lifter, why not take advantage of these things. It isn't like drugs where someone could get hurt and it's not morally wrong". "If everyone wears them, no one gets an unfair advantage". Others believed that anything goes, including drugs, but that's another issue. An interesting comment came from an Oregon reader: "I know when I explain that I wear all of this equipment, others not in the sport laugh (maybe not out loud). That's not my problem. I want to test my limits and if the equipment, like the most efficient techniques for each lift are out there, why wouldn't I use them?"

Interestingly, many, many of those who responded were caught somewhere in the middle. They didn't like wearing the apparel, were afraid to be at a disadvantage if they didn't, and didn't feel as good about themselves when they set records (personal or otherwise) when using their supportive gear. I think most readers feel that Inzer, Marathon, Titan, Elite, Crain and all of the other vendors in the sport provide products and services to benefit the lifters and incidentally make a profit. There was a very good "feeling" conveyed that "we want the products, these guys are doing a good job providing the products and standing by them, and they're not in it for the money alone". This makes it more palatable for many to use the support equipment also.

The desire for a "no frills contest" was very strong with some, while others stated an interest in lifting if "only to see what it would be like". Many older or more experienced lifters who were around in the 1970s when all wraps were banned expressed the most interest although many were convinced that "even if you had contests like this, someone would cheat to gain an edge". Certainly, as the many powerlifting federations have proved, there is room for numerous points of view. We will give further consideration to these meets and keep our readers informed. Thank you for all of the letters that were sent. All were very much appreciated.

CHAOS!!

"Somebody help... PLEASE!!!"



That's the cry going out from bodybuilders around the world who are trying to make some sense of the sports supplements market today. Perhaps you're one of the confused.

If so, then you know what we're talking about. You go to your local gym or health food store only to find shelf after shelf of products all claiming to be the latest and greatest miracle for muscle building. Hundreds of fancy bottles and packages scream out at you but you really don't know what to buy. You try to get some straight answers from the sales clerk only to find out that he or she is as confused as you are. Frustration!

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So you decide to study the ads in the muscle magazines and you end up even more confused. Each substance you read about sounds like just the thing you need. Things like OKG, Vanadyl Sulfate, Creatine, Whey protein, Yohimbe, Aminos and on and on. Which ones are right for you? Do you take this or that? You'd even like to try them all but you just can't afford them. WOW!! Why is buying supplements so darn confusing?

You're working out hard. You want your progress to continue. And you just know supplements will help. But which ones? If you're like most people, you end up trying some of this and some of that — spending lots of money and hoping...just maybe...sooner or later you'll hit on the winning combination. It must be out there. Right? But all that ends up happening is the more you look, the more frustrated you get.

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To see what Hot Stuff Double X looks like, turn to page 33.

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The Deadlift

Increase Your Deadlift Without Deadlifting

As told to POWERLIFTING USA by Bill Starr, Strength & Conditioning Coach, Johns Hopkins University

After Louie Simmons made mention of an article I wrote for *Muscular Development* in the late Sixties dealing with exercises to improve one's deadlift without actually doing the lift itself, I have received numerous letters and phone calls asking for specifics.

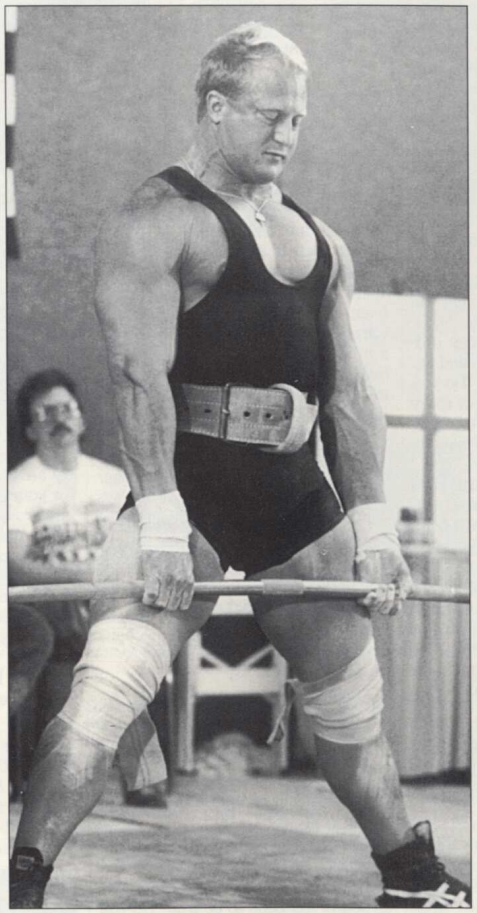
It was not really an original approach on my part to plan a program to improve a certain lift without actually working on that exercise. Many Olympic-style lifters improved their bench press by doing heavy dips and overhead presses. They did not want to do benches for these added unwanted weight to their chests, but often they wanted to test this lift or enter a power meet. Many were able to add 30 pounds to their benches and the only time they did the lift was in the warm-up room prior to competition.

Roger Quinn, an outstanding Olympic lifter from California, even came up with an ingenious routine to increase his squatting strength without squatting. He could not do squats because of chronically bad knees, but he worked all the groups involved in the lift isometrically. He was able to improve his squatting power and recovered from his heavy cleans and snatches easily.

Very few Olympic lifters ever deadlifted. The exercise just wasn't important to them, but occasionally there would be a challenge in the York Gym and we would test our back strengths. It didn't take long to find out that if an athlete could clean somewhere close to 400, he could easily manage a 600 deadlift at any time.

I was the exception to doing deadlifts for when I was in Indiana I had competed in several power meets and always found that my cleans and snatches were always stronger after the contests. Ernie Pickett, the heavyweight from Maryland and world record holder in the press, was another who liked to occasionally compete in power meets. But, like me, he never did deadlifts in training. We decided to enter the 1968 Senior Nationals in Los Angeles so we could visit Disneyland on Bob Hoffman's tab. In truth, lifting was rather low on our priority list. Ernie had just made the Olympic Team two weeks earlier and I was nursing a bad shoulder from lifting in the Trials. Neither of us had done any deadlifting in over three years until we warmed up at the meet, but we did well. I made the highest lift in my class and Ernie set a personal record with 750.

When I got back to York, John Grimek, Editor-In-Chief of *Muscular Development* asked me to write an article on our training methods. At that time, *MD* was the only publication in the country carrying any news and training information about powerlifting.



***The Deadlift** is a major contributor to every lifter's total, but in some cases it is so difficult to train that it is neglected. Bill Starr's training plan allows you to improve your deadlift without even doing the lift itself.*

The basic theory behind this concept is that if an athlete will work all the muscles involved in the act of deadlifting in a dynamic, overloading fashion, he will improve his deadlift without having to actually perform the movement. I have suggested this idea of many powerlifters who are having difficulty with their deadlift and in most instances they respond that they like to deadlift. Fine, do deadlifts. What this program will allow any lifter to do is to build some variety into his back routine and it is also quite useful during the off-season... or it's good when a lifter is stale from doing too much deadlifting or has some sort of injury which prevents him from working the lift as hard as he might like.

The deadlift is done by utilizing first the hips and legs, then the various large groups which make up the back: lumbars, rhomboids, lats and traps. Strengthen these muscle groups appreciably and proportionately and the deadlift will be stronger, regardless of whether the lift is done regularly or not. I've had several of my football players add 75 pounds to their deadlift during the off-season program which emphasizes lots of heavy, dynamic pulling exercises. The only time they ever try a deadlift is at the end of the year just to find out what they can do.

The specific exercises which will improve the deadlift are: power cleans, power snatches, clean and snatch-grip high pulls, good mornings, shrugs and working in the power rack. I am assuming everyone interested in improving his deadlift also does ample leg work for the legs play a major role in moving heavy weights in this lift.

The logic behind this program is so simple it's often overlooked. If an athlete starts this routine and can only handle 275x5 in the clean-grip high pulls, then over the following two months moves the poundage up to 375x5, he has developed a much stronger back. Likewise, if a lifter can only do 155x8 in the good morning at the beginning of the program and works this up to 225x8, his lower back has to be stronger. Same applies to the shrug. Add three hundred pounds to the lift and those stronger traps are going to be able to bring the deadlift to the finish much easier.

Another facet of strength training which seems to have gotten lost in recent years is that dynamic pulling movements build a different kind of strength than the more static ones. Whenever I have a lifter do heavy clean or snatch-grip high pulls for the first time, he always tells me his back got terribly sore, even if he had been doing heavy deadlifts regularly. The reason being, the explosive exercises activate so many more muscle fibers than a less dynamic movement. And this is one of the primary reasons that strength gains come without having to actually do deadlifts.

A hidden benefit from doing high pulls is that the line of execution has to be extremely precise. This is not the case with the deadlift for the bar can be guided back into its proper position rather easily since it is not moving upward quickly. But if the high pulls are not done correctly, the athlete will stumble forward or backward or, at the very least, not get good extension and height out of the lift. Learning the perfect line of pull is of great benefit to any powerlifter. Once he is able to master correct form for pulling heavy weights dynamically, he can easily transfer this skill to the deadlift itself. This was another reason why Olympic-style lifters excelled in the deadlift. Their line of pull was precise because of all the cleaning and snatching they did in training.

I included power cleans on my list of exercises since it is a terrific exercise to develop skills for pulling, but in a great many instances this exercise irritates the athlete's elbows or shoulders. This is especially true for older lifters. In the event the exercise is incompatible, substitute the power snatch. Seldom does this irritate the shoulders. It does not have to be worked heavy to be useful for the benefits come from learning the long, exact pulling motion, which, in turn, helps to move more weight in the clean or snatch-grip high pulls. Which, in turn, builds greater back strength to help lift more in the deadlift.

The power cleans and power snatches can be used as warm-ups for the high-pulls so light weights can be used. By light, I mean 135 or 145x3 in the power snatch and 175 or 185x5 in the power clean. The quick lifts will help set up the proper groove for the heavier high pulls and these are really the meat of the program.

There have been quite a few power rack programs written about lately, so I'll only mention the rack work briefly. The greatest benefit from working in the rack is to strengthen weak areas, so it is important for the lifter to honestly analyze his deadlift and determine what part of the lift needs more work. For example, if you know the hardest part of the deadlift is breaking the bar off the floor, utilize an extremely low position in the rack. You can either do an isotonic-isometric movement or a pure isometric contraction. If the middle is your weak point, set the pins a bit below your sticking point and do several sets of bringing the weight through that weak area or use an isotonic-isometric set for a twelve count. The top can be strengthened in this same manner. Keep in mind that a little goes a long way in the rack so I suggest only doing three or four sets at any one position per week. I also recommend doing the rack work on Fridays so you will have two days to recover.

Setting Up The Program

There are two different approaches to setting up a program to help increase the deadlift. One is to spread out the weekly workload over four days. This allows much more variety in the program, but many claim they cannot recover from this many days of pulling. There are, however, quite a few who prosper from this sort of routine.

The second approach and currently the more popular one, is to do two days of back work per week. This means the two days will be loaded with lots of work, which is fine if it fits your needs. The one problem with a two-day a week program is where to put the good mornings. They can be done with the other back work, but since they are so demanding, it is very easy to overtrain them. I really prefer doing them on a separate day, apart from any other back work. Do them right after squats and they are so much easier than when they are included with other back exercises.

You will find that when you first try this routine you will not be able to carry much of a workload. But after only a few weeks you will be handling much heavier weights at the top-end and also be doing more sets. This is good for increasing the total weekly workload is one way to build a solid strength base. From this foundation, you will be able to elevate massive poundages.

Suggested Routine for Four Workouts Per Week - Monday: power cleans: five sets of five clean-grip high pulls: four sets of three. Tuesday: power snatches: five-six sets of three snatch-grip high pulls: four sets of three. Wednesday: good mornings: four sets of eight. Friday: shrugs: five-six sets of five. Power rack: three-four sets at one position plus an iso hold for twelve seconds

Suggested Routine for Two Workouts Per Week - Day One: power cleans: five sets of five clean-grip high pulls: five sets of three Alternate these every other week with power snatches and snatch-grip high-pulls using the same formula as outline for Tuesday. Day Two: shrugs: six sets of five good mornings: four sets of eight unless you have don these on a separate day. Power rack: three-four sets at one position plus an iso hold for twelve count

If, for any reason, you do not want to do either power cleans or power snatches, then add in four-five more sets of high pulls in their place.

This is a beginning routine so as you grow stronger, steadily increase the number of sets for each exercise, with the exception of the rack work and good mornings. You can do this by adding in more lighter warm-up sets, more intermediate sets or by doing more sets with you top-end weight. Always try to increase you final set on all the high-pulls, good mornings, shrugs and power rack positions.

Should you feel that you have to do some deadlifting, do them on Mondays or on your first pulling day of the week. I suggest only doing them every three weeks while you try out this routine. And do them in behind some clean-grip high pulls. You will find that after you have completed the more dynamic pulls, the deadlifts seem to move upward much more quickly.

Some like to add in a few auxiliary exercises for their backs after they have completed their core work. Long pulls on the lat machine and chins are excellent. Back hyperextensions are also good, but I suggest doing these at the very beginning of the program for they are ideal warm-ups. Chins and long pulls fit in nicely with the good mornings, but if you're doing a two-day schedule, add them in after the high-pulls or on your first pulling day of the week.

Keep the weight light for the long pulls and the reps high, twenties, for three or four sets. Do four sets of chins. Do just as many as you can do and try to add one rep per workout. Back hypers should be done for twenty reps also.

This routine will provide you will lots of work with a great deal of emphasis on speed and perfecting the line of movement. It will give you a welcome change from your regular program and add some enthusiasm to your workouts. Doing something different will allow you to make some quick gains and this is always encouraging.

Put fifty to seventy-five pounds on the high pulling exercises, move your good morning up to 225x8, add two-three hundred to your best shrug, get stronger in the rack and you will deadlift more weight. This is guaranteed.

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TOP 100

For 242 lb./110 kg. USA lifters competing in results received from February 1994 through January 1995.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	942 Goggins, S..10/30/94	683 Confessore, C..11/6/94	820 Lavitola, N..11/20/94	2265 Goggins, S..10/30/94
2	914 Karwoski, K..7/31/94	617 Siegler, M..4/17/94	815 Stewart, B..9/18/94	2220 Leslie, C..7/3/94
3	881 Leslie, C..7/3/94	617 Anderson, C..6/25/94	804 Goggins, S..10/30/94	2193 Karwoski, K..7/31/94
4	859 Vogelpohl, C..11/6/94	600 Halbert, G..8/21/94	800 D'Iorio, M..3/20/94	2176 Vogelpohl, C..7/3/94
5	837 Siapanides, C..11/20/94	600 Patterson, K..11/6/94	793 Vogelpohl, C..7/3/94	2127 Siegler, M..4/17/94
6	832 Stewart, B..7/17/94	589 Leslie, C..7/3/94	782 Desmond, R..101,6/94	2116 Lavitola, N..2/5/94
7	821 Smith, S..3/20/94	580 Strange, W..3/26/94	770 Mills, M..11/5/94	2072 Stewart, B..7/17/94
8	804 Brown, L..3/13/94	570 Whitmire, R..3/27/94	766 Lloyd, H..11/6/94	2070 Mills, M..11/5/94
9	804 Trevino, R..11/6/94	560 Wakakuwa, F..7/23/94	760 Karwoski, K..7/31/94	2045 Barkman, M..10/22/94
10	800 Francis, M..7/31/94	560 Williams, D..7/30/94	755 Siapanides, C..10/2/94	2033 Donati, R..7/17/94
11	800 Donahue, S..10/22/94	555 Smith, M..5/7/94	749 Donati, R..4/24/94	2011 Smith, S..3/20/94
12	800 Mills, M..11/5/94	555 Barkman, M..10/22/94	749 Leslie, C..7/3/94	2011 Siapanides, C..11/20/94
13	800 Bott, J..11/20/94	550 Blakely, J..8/13/94	744 Hodges, J..5/29/94	1975 Brown, L..3/13/94
14	799 Lavitola, N..2/5/94	550 Lazzareschi, G..9/25/94	740 Cain, S..1/8/94	1973 Douglas, J..7/31/94
15	799 Douglas, J..7/31/94	545 Boone, R..8/27/94	738 Siegler, M..4/17/94	1973 Handridge, A..11/20/94
16	793 Cornett, R..11/6/94	545 Vogelpohl, C..11/6/94	733 Johnson, K..7/31/94	1965 Francis, M..7/31/94
17	790 McFerren, T..12/10/94	541 Toranzo, J..9/25/94	727 Brown, L..3/13/94	1925 Bott, J..11/20/94
18	785 Harless.. 1/21/95	540 Lavitola, N..7/3/94	727 Osborn, R..7/30/94	1923 Lloyd, H..11/6/94
19	780 Barkman, M..10/22/94	540 Gregus, S..8/27/94	725 Seeker, C..10/23/94	1923 Rowland, M..11/6/94
20	780 Muratori, D..10/22/94	540 Harless..1/21/95	722 Horton..6/25/94	1918 Hickey, D..7/31/94
21	777 Hickey, D..5/1/94	535 Austen, W..12/3/94	722 Francis, M..8/26/94	1915 Strange, W..4/17/94
22	777 D'Angelo, F..6/25/94	534 Donati, R..7/17/94	720 Douglas, J..6/22/94	1910 Cain, S..1/8/95
23	775 Arnold, E..6/4/94	534 Doan, D..10/9/94	720 Crenshaw, C..7/2/94	1906 Fletcher, D..5/7/94
24	775 Colbert..11/6/94	530 Little..2/21/94	720 Daniel..7/31/94	1901 D'Iorio, M..7/31/94
25	775 Futrell, T..11/19/94	530 Turner..7/31/94	716 Davis, W..8/27/94	1900 Arnold, E..6/4/94
26	771 Siegler, M..4/17/94	529 Johnston, J..5/21/94	710 Dimiduk, M..3/27/94	1900 Donahue, S..10/22/94
27	770 Gordon, G..3/19/94	529 McDonald, S..11/13/94	710 Barkman, M..10/22/94	1897 Cornett, R..11/6/94
28	770 Ford...11/6/94	525 Mixon, M..3/20/94	710 Weldon..11/19/94	1896 Mesa, M..7/31/94
29	766 Hammons, E..5/21/94	525 Ota, S/14/94	705 Johnson, J..2/12/94	1884 Gillespie, B..7/17/94
30	765 Palermo, P..3/26/94	525 Blake, A..12/17/94	705 Lark, D..3/13/94	1880 McKinstry..7/31/94
31	765 Grosso, G..8/5/94	523 Weaver, G..5/7/94	705 Koehnsen, C..3/20/94	1880 Muratori, D..10/22/94
32	760 Meza, M..7/31/94	523 Karwoski, K..11/20/94	705 Hickey, D..7/31/94	1880 Wilson, G..12/10/94
33	755 Moller, J..5/20/94	523 Donaldson, D..1/7/95	705 McKinstry..11/6/94	1879 D'Angelo, F..6/25/94
34	755 Donati, R..7/17/94	520 Dilso, J..2/6/94	705 Howard, K..12/10/94	1878 Johnson, K..7/31/94
35	750 Adams, J..6/22/94	520 Hummel, M..3/5/94	700 Pepper, M..2/19/94	1875 Cody...6/94
36	750 Cody..6/94	520 Lake, T..3/20/94	700 McCain, B..4/30/94	1875 Ford...11/6/94
37	750 Francis, L..101/5/94	520 Martiel..9/17/94	700 Cody...6/94	1873 Moller, J..3/20/94
38	750 Wilson, G..12/10/94	520 Weaver, J..11/19/94	700 Allen, D..10/15/94	1870 Gordon, G..3/19/94
39	750 Crenshaw, C..12/10/94	519 Orlando, G..5/7/94	699 LaBare, A..9/14/94	1868 Trevino, R...11/6/94
40	749 Boucher, D..3/20/94	518 Smith, S..3/20/94	690 Cohen, K..2/12/94	1865 Grosso, G..9/5/94
41	749 Klein, D..4/17/94	518 Goggins, S..10/30/94	688 Mason, J..11/12/94	1860 Dimiduk, M..3/27/94
42	749 Privitera, C..4/17/94	515 Walsh, R..12/11/94	683 Danison, S..4/30/94	1857 LaBare, A..9/24/94
43	749 Smith..10/15/94	515 Dilliber, T..1/28/95	683 Hood, J..11/19/94	1857 Smith...1/29/95
44	745 Halliwell, P..6/4/94	512 Kitani, R..7/30/94	683 Hogan, G..12/11/94	1856 Best, N..7/17/94
45	744 Rowland, M..11/6/94	510 Michael, R..2/20/94	680 Pigford, R..7/2/94	1840 McFerren, T..12/10/94
46	740 Siegel, S..6/4/94	510 Kaczor, J..5/1/94	680 Dunbar..9/10/94	1830 Crenshaw, C..7/2/94
47	738 Gillespie, B..7/17/94	510 Roberts, L..9/24/94	677 Rowland, M..11/16/94	1829 Koehnsen, C..3/20/94
48	738 Johnson, K..7/31/94	507 Taylor, K..8/27/94	677 Boyd..12/11/94	1825 Harless..1/21/94
49	733 Fletcher, D..5/7/94	505 Poison, J..2/19/94	677 Oberle..1/29/95	1820 Gonzales, D..4/30/94
50	727 Best, N..7/17/94	505 Bainstein, G..9/25/94	675 Wheatley..3/6/94	1820 Williams..12/10/94
51	727 Lloyd, H..11/6/94	505 Rabon, C..10/22/94	675 Arnold, E..6/4/94	1815 Halterman, M..4/30/94
52	725 O'Donnell, C..3/6/94	501 Stewart, C..2/19/94	675 Goines, G..8/13/94	1815 Babbitt..11/6/94
53	725 Dimiduk, M..3/27/94	501 Pletcher, D..5/7/94	672 Smith, S..3/20/94	1813 Privitera, C..5/1/94
54	725 Gonzales, D..4/30/94	501 Kelleher, S..5/29/94	672 Brock, T..4/17/94	1813 Davis, T..7/17/94
55	725 Wilson, D..9/11/94	501 Womack..6/19/94	672 Pletcher, D..5/7/94	1807 Danison, S..4/30/94
56	722 Jones..5/29/94	501 D'Angelo, F..6/25/94	672 D'Amodio, V..6/25/94	1807 Hammons, E..5/21/94
57	722 Davis, T..7/17/94	501 Moller, J..7/17/94	672 Gillespie, B..7/17/94	1807 Walsh, R..7/17/94
58	720 Henderson, B..4/9/94	501 Halterman, M..7/17/94	672 Mesa, M..7/31/94	1807 Patterson, R..7/30/94
59	720 Perry..7/4/94	501 Gaskin, M..9/17/94	672 Deveaux, T..11/6/94	1803 Perry...7/4/94
60	720 Cain, S..1/8/94	501 Blackston, K..10/9/94	670 Riddle, J..4/9/94	1802 Lark, D..3/13/94
61	715 Pigford, R..7/2/94	501 Gordon, G..10/16/94	670 Stephens, W..8/13/94	1800 Halliwell, P..4/23/94
62	710 Koehnsen, C..3/20/94	501 Rowland, M..11/6/94	670 Babbitt..11/6/94	1800 Rodenberg, S..12/10/94
63	710 Isabella, T..3/20/94	500 Deutsch..2/20/94	670 Wilson, G..12/10/94	1796 Mesa, J..11/12/94
64	710 Seeger, C..10/29/94	500 Seeker, C..4/9/94	666 Davis, T..7/17/94	1795 Palermo, P..3/26/94
65	710 Babbitt..11/6/94	500 Skorupa, J..4/10/94	665 Cunningham, P..4/10/94	1795 Pigford, R..7/2/94
66	710 Williams..12/10/94	500 Snowberger, T..4/30/94	665 Halterman, M..4/30/94	1791 Brock, T..4/17/94
67	707 Anderson, P..11/5/94	500 Brewer, R..6/5/94	665 Donahue, S..10/22/94	1791 Klein, D..4/17/94
68	705 Elvster..2/26/94	500 Paskall, E..6/25/94	665 Bott, J..11/20/94	1791 Hammons..11/19/94
69	705 Walsh, R..3/5/94	500 Hood, R..9/17/94	665 Rodenberg, S..12/10/94	1780 Siegel, S..6/4/94
70	705 McKinstry..3/6/94	500 Mills, M..11/5/94	665 Carter..12/10/94	1870 Davis, W..8/27/94
71	705 Patterson, R..7/30/94	500 Sullivan, S..11/5/94	661 Gordon, G..4/17/94	1780 Foster, S..11/20/94
72	705 D'Iorio, M..7/31/94	500 Crisp, E..12/3/94	661 Best, n..10/15/94	1779 Brunet, T..7/31/94
73	705 Mills, D..9/5/94	500 White, C..12/3/94	661 Hart..10/23/94	1775 Isabella, T..3/20/94
74	705 Mason, J..11/12/94	495 Belcher, C..4/23/94	661 Cornett, R..11/6/94	1775 Stephens, W..8/13/94
75	705 Hammes..11/19/94	485 Felton, S..2/19/94	661 Shanks, C..1/7/95	1770 Boucher, D..3/20/94
76	700 Bennett, D..3/12/94	485 Meaks, D..3/13/94	660 Gillingham, K..2/12/94	1769 Weldon..11/12/94
77	700 Patton, A..3/1294	485 Schroeder..5/29/94	660 Bockoven, J..2/26/94	1765 Little..2/21/94
78	700 Strange, W..4/17/94	485 Siapanides, C..7/17/94	660 Harper, R..8/27/94	1760 Jenkins, S..11/19/94
79	700 Ugwunane, E..9/94	485 McKinstry..7/31/94	660 Ugwunane, E..9/94	1755 Cohen, K..2/12/94
80	700 Kendrick..11/2/94	485 Aretz, R..7/94	660 Muratori, D..10/22/94	1750 O'Donnell, C..3/6/94
81	700 Brown, J..11/6/94	485 LaBare, A..9/24/94	660 Williams..12/10/94	1750 Colbert..11/6/94
82	700 DeFrank, S..12/3/94	485 Wilkenhiser, A..10/15/94	655 Phillips, B..3/13/94	1747 D'Amodio, V..6/25/94
83	699 Bruner, T..7/31/94	485 Lloyd, H..11/6/94	655 Graham, J..3/19/94	1745 Ugwunane, E..9/94
84	688 Walsh, R..7/17/94	480 Martin, G..2/19/94	655 Brennan, E..3/20/94	1745 Brown..11/6/94
85	688 Holmes..12/4/94	480 Clark..2/21/94	655 Quinn, D..6/22/94	1736 Osborn, R..7/30/94
86	685 Cunningham, P..4/10/94	480 Faiard, M..4/9/94	655 Mills, D..5/5/94	1735 Cunningham, P..4/10/94
87	685 Miner, D..5/14/94	480 Ford..11/5/94	655 Steele, G..11/5/94	1735 Lee, B..7/17/94
88	685 Stephens, W..8/13/94	480 Brewer, R..11/19/94	655 Elder, M..11/19/94	1735 Francis, L..10/15/94
89	685 Allen, D..10/15/94	479 Jelesiewski, A..4/94	650 Jackson, C..3/13/94	1730 Gillingham, K..2/12/94
90	685 Donnelly, M..1/28/95	479 Wright, D..5/7/94	650 Isabella, T..3/20/95	1730 Viver, R..5/15/94
91	683 Meadows, N..3/13/94	479 Newton, D..6/25/94	650 Huffman, D..3/27/94	1730 Young, C..11/6/94
92	683 Brock, T..4/17/94	479 Best, N..12/11/94	650 Jones, V..3/27/94	1730 Horton..11/27/94
93	680 Lessig, J..6/4/94	479 Allen, M..12/11/94	650 Perdomo, S..4/2/94	1730 Boyd..12/11/94
94	680 Rodenberg, S..12/10/94	479 Hood..1/8/95	650 Strange, W..4/17/94	1725 Terrelonte, P..7/2/94
95	677 Jones, S..3/20/94	475 Reeves, S..3/20/94	650 LeDoux, K..4/17/94	1725 Allen, D..10/15/94
96	677 Shiffer, D..4/24/94	475 Forristal, S..3/94	650 Miner, D..5/14/94	1725 Ellis, E..12/17/94
97	677 LaBare, A..5/7/94	475 Bahna..6/5/94	650 Daniels, D..5/15/94	1720 McCain, B..4/30/94
98	677 Davis, W..8/27/94	475 Jones, A..9/3/94	650 Solis, M..6/11/94	1720 Miner, D..5/14/94
99	675 Phillips, B..3/13/94	475 Dickerson, N..11/19/94	650 Ferrell, C..6/25/94	1720 Mills, D..9/5/94
100	675 Terrelonte, P..7/2/94	475 Maddy, F..11/19/94	650 Perry..7/4/94	1714 Young..8/20/94

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is $5. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for $18.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send $5 per certificate or $18.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7 1/4% tax).

NEXT MONTH... TOP 275s

Corrections: The total listed for Mary Warman, 132 lb. division, on the Women's TOP 20 listing was in error. It should be 1157 instead of 1218 - she's still Number One, however. Mike Mitchell was credited with 185 kilos in the deadlift in the 220 lb. Jr. Division at the WPC Worlds, however, the proper weight was 285 kilos, and the corresponding proper total was 782.5 kilograms. 67 year old Nick Lobue should have been credited with a 352 lb. bench press in the 198 lb. class in the results of the Goodwill Games. According to Troy Ford, the following corrections should be made in the results of the WNPF World Cup. McKinstry should be credited for a 460 bench in the 242 lb. police division. Connie Newman shoudlbe credited with a 185 100 205 490 and should be credited with a world title in the open and master 45-49 division. Brian Crowe should be credited with a 455 305 475 1234 at 148. Gary Heim should be credited with a 380 250 450 1080 at 181, police division. Robert Stephens should be credited with a second place in the 198 submasters with a 1485 total. Jerry Gorney should be credited with a first place in the 242 master 45-49 division. Chad Braden should be credited with a third place in the open 319 division. Beth Grater should have been credited with a 288 squat in the 97 lb. class, TOP 20 Women's rankings. We do make errors on the compilation of these lists, and we apologize. Please send corrections to "ERRORS," Box 467, Camarillo, California 93011.

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 of 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 "BIG DAWG" Deadlift Routine

as told to Powerlifting USA by Timothy Taylor

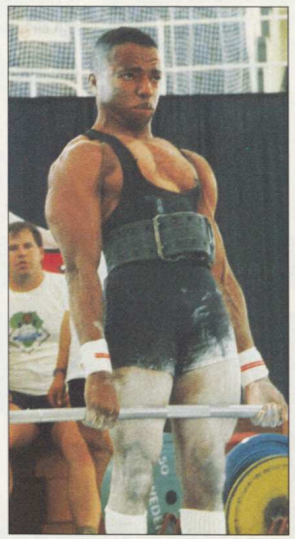
This cycle is for someone who can deadlift 500 lbs. and is trying to add 30 to 40 pounds to their deadlift. I squat lightly on the day I deadlift to keep myself in a groove for the squat.

The total routine looks like this: I. Deadlift Cycle (to follow). II. Deadlift off the block - 2 sets of 6-8 reps. III. Stiff Leg Deadlifts - 2 sets of 6-8 reps. IV. Squats - 135x8, 225x5, 315x3. V. Calves - 25 reps - toes straight. VI. Abs - 100 reps.

Deadlift Cycle: Week 1 - 225x10x3. Week 2 - 275x10x3. Week 3 - 315x8x3. Week 4 - 335x8x3. Week 5 - 365x8x2. Week 6 - 385x6x2. Week 7 - 405x6x2. Week 8 - 445x6x1. Week 9 - 465x3x1. Week 10 - 485x3x1. Week 11 - 405x1x1. Week 12 - rest. Meet - Good Day: Opener - 475, 2nd - 515, 3rd - 540; Bad Day: Opener - 475, 2nd - 500, 3rd - 520.

I always have two plans of action, because you never know how you will feel on the day of the contest. I do all my deadlifts over 400 lbs. from a dead stop. I train my shoulders and lats the day after I deadlift.

My best deadlifts are as follows: 450 pounds in the 114 lb. class; 562 pounds in the 123 lb. class; 578 pounds in the 132 lb. class; and 580 pounds at 143 lbs. My keys to lifting are: 1. Consistency. 2. Organization. 3. Focus. 4. Intensity.



***Taylor** is one of the greatest of deadlifters, seen above at the '94 Worlds . (Isagawa)*

PL: Who are you and where are you from? How old are you?

***TT:** I am Timothy L. Taylor. I am from Waycross, Georgia. I am 28 years old.*

PL: What do you do for a living?

***TT:** I am an E-5 in the Air Force. My job in the Air Force is supply computer systems analysis.*

PL: What are your best lifts and achievements in Powerlifting?

***TT:** My heaviest efforts are at 143 lbs.: 540 in the squat, 350 in the bench, and 580 in the deadlift. All of these were at local meets. My best at the national level is 501 336 573, all at 132 lbs. My best achievements are winning the 123 lb. class at the USPF Sr. Nationals the last four years and being at the top of the Powerlifting USA TOP 100 list the last 4 years.*

PL: Who has influenced you the most in your career?

***TT:** Everyone knows that I am sort of a Gene Bell pupil.*

PL: What do you feel are the best and worst changes in Powerlifting in the last ten years?

***TT:** The rounds system is the best. The worst is all the federations dividing the sport.*

PL: Early in your career, you lifted with the ADFPA. Why did you switch to the USPF?

***TT:** At the time, I had won all I could win in the ADFPA. It was before they started their Worlds.*

PL: Will you go back now?

***TT:** Maybe, but my goal right now is the IPF Worlds.*

PL: You have not been successful in winning the IPF World title the last 4 years. What did you do this year to prepare differently?

***TT:** I really improved my squat. I switched to a Centurion suit and to SST shoes. I studied Coan's squat video. Also, I have had two guys (Darren Holmes and Rich Stewart) working with me.*

PL: What makes someone a "Big Dawg" (as you say) in Powerlifting and who are they?

***TT:** It depends on the level of the contest. I feel Powerlifting is like basketball. You have guys who are 20 plus scorers in high school but their game is not good enough to be a star in college. Then you have college stars who are on the bench in the pros. In Powerlifting, the state level is like high school, the nationals is like college, and the IPF Worlds is for the pros. To be a Big Dawg you must win or total big at that level constantly. Some guys are Big Dawgs at one level, but few are big at all three.*

PL: Why the IPF Worlds?

***TT:** I feel the are Powerlifting's biggest stage. With what I totaled at the 1993 Worlds I would have won my class in all of the other Worlds, but in the IPF I only took a 4th. It is the only Worlds where winning the National title does not almost guarantee you a win. Also, it has the largest contingency of nations.*

PL: Who are the three guys that have impressed you the most in your last decade in the sport?

***TT:** Lamar Gant, Gene Bell, and Ed Coan.. with Dan Austin a close fourth.*

PL: How does each of these "dawgs" get the job done, and which is the Biggest Dawg of them all?

***TT:** The #3 Top Dawg is Gene Bell. This Big Dawg kills you with balance. He does not take the biggest bite in all three lifts, but he finishes in the Top 3 in all three.*

The #2 Top Dawg is Lamar Gant. Lifting against Lamar is like being on Death Row. Like an inmate waiting for his day, you are waiting for the deadlifts to start, so he can blow you away. But this Dawg can take a good bite in the other lifts also.

The #1 Top Dawg is Ed. Lifting against Ed is like being in a horror movie. He takes the biggest bit in all the lifts. Just imagine, you can be a 220 lb. lifter who totals over 2100, and still get beaten by over 150 pounds on one of Ed's bad days.

PL: How do you beat them?

***TT:** Ed is totally unbeatable. He lifts against himself. He goes to meets to set records, not to beat you. Your only hope is if he gets hurt or bombs. The next one would be Lamar. A 132 pounder with a big squat, bench, and a good deadlift, like a Todd Suttles, might get him, but they must go 3 for 3 in the squat and bench and pull 570 or higher. Gene Bell is the hardest powerlifter in the world to beat! He is probably the second strongest powerlifter in the world, next to Coan. He goes to win and lifts well all the time. To best Gene, you have to be very strong and go 9 for 9. Just ask some of the Big Dawgs he has battled and beaten.*

PL: Are you one of the Big Dawgs?

***TT:** At the National level, yes! At the IPF World level, I am just a dog making a little noise.*

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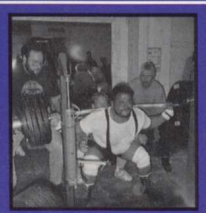
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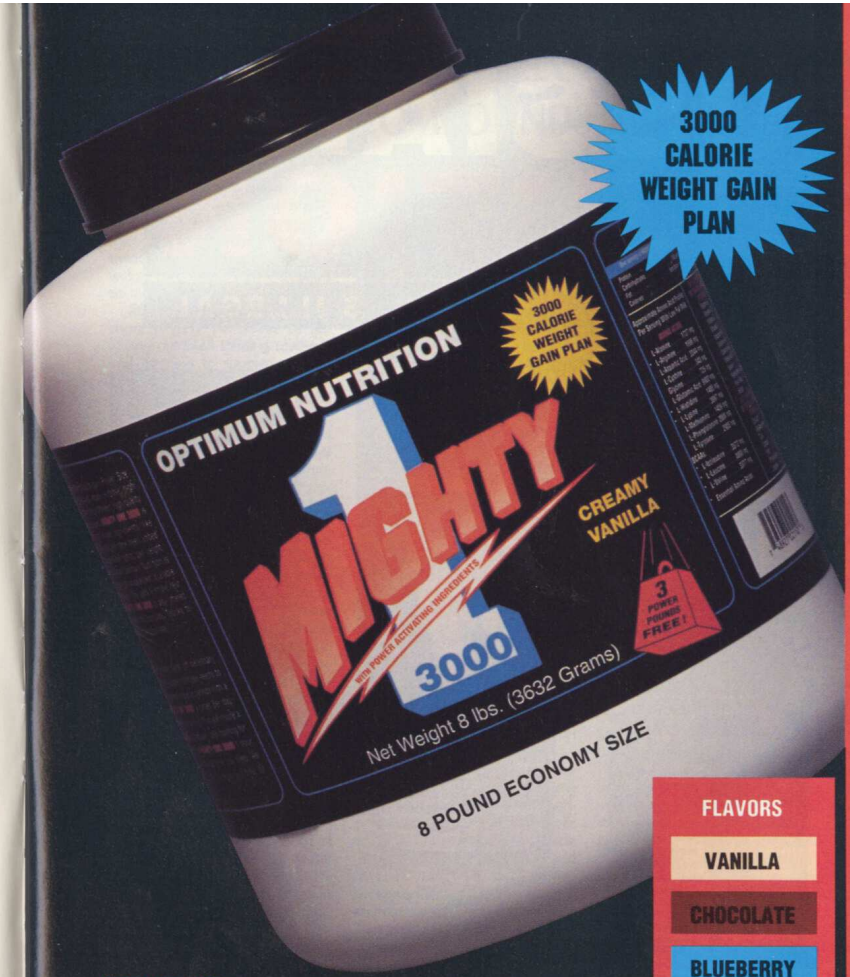
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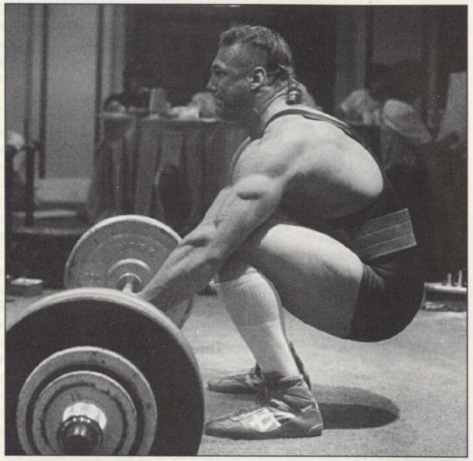
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LOW MOLECULAR WEIGHT COMPOUNDS in Powerlifting

as told to POWERLIFTING USA by Rick Brunner



***Drug Free Athletes** like Aaron Harden at the ADFPA Men's Nationals, face the challenge of keeping gains coming when they're near the top.*

The advanced level information contained in this article is for drug-free powerlifters with one or more years of consistent training experience. If that's you, I'll show you some valuable tools which will empower you with the ability to help transform you into an advanced or elite powerlifter in just 2 or 3 years of hard training. By using special methodics and specific sport supplements containing low molecular weight compounds (LMWC), you'll do it drug-free!

Many drug-free powerlifters are shortchanging themselves by following outdated training methods and listening to supplement and diet hype which only results in "trial-and-error" average gains in a world of steroid and GH-using chemico-freaks. Slow gains are unacceptable if one is to advance to the highest level in their sport. In the past, drug-free athletes have had the weights stacked against them. They get to a certain level drug-free and then their progress slows to a dead stop. Fortunately, new biochemical research has proven that drug-free powerlifters can compete with drug-users. In athlete trials using new training methods and special supplements containing specific low molecular weight compounds (LMWC's), increases in maximal strength, velocity, and strength-endurance are on par with those gains achieved by steroid users.

Experienced, well-trained drug-free powerlifters have a different response pattern to the changes in volume and intensity of training as compared with beginners and steroid users. Traditional methods of training and supplement use are usually inadequate if this level athlete expects to maximize gains in muscle mass and strength and make consistent long-term gains.

For Beginners, Gains Come Easy... In the case of the beginner lifter, almost anything they do in the gym will be accepted as a stress, and the body will adapt to such stress with an increase in strength and muscle mass. However, once the beginner gets a few months of training under his/her belt, the rate of the gains achieved earlier begins to slow and may even come to a screeching halt. The beginner, after a year or so of training, starts "trying" various training methods and exercises, as well as sport supplements. In many cases these new changes result in short-term increases in strength, but the gains are often small and not stable. The beginner graduates to having an "incredibly average" bench, squat, and deadlift, often times destined to stay at this level forever. Some powerlifters stuck in "beginnerland" choose the path of anabolic steroids and/or growth hormones while others remain drug-free, but stay on a perpetual plateau.

Gains Also Come Easier For Steroid and GH Users... There is no doubt that drug use in competitive sport is significant. Anabolic steroids, the strength and muscle mass builders of the 1970's and 80's, are being replaced by growth hormone (GH) of the 90's. Experienced drug-free powerlifters who have given their souls to the sport often come up short-changed because they can't compete with drug users. They're often discouraged, floundering in a sea of guesswork, hype and pseudo-science, being hooked into a training plan or supplement scheme that couldn't possibly work, no matter how hard they train. Powerlifting organizations promoting drug-free competitions are a start, but you don't have to settle for traditional drug free results when new technology will allow you to compete drug free with anybody.

Anabolic steroids and human growth hormones (hGH) offer only a temporary quick-fix approach to training. They make up for poor training methods, sloppy dieting and random supplement use, but the gains are short lived. Perhaps all you want from powerlifting is your day in the sun, that one big bench for example, only to slither back into the "incredibly average" powerlifter abyss. If all you want is a quick fix, than drugs may be your option. However, if you are willing to train drug-free for the long-term and you want to excel, then what I propose will be invaluable to you. Pay attention to every word. The parts I will present, if combined together, make a synergistically powerful training program for the experienced drug-free powerlifter like nothing else. No part stands alone.

Hormone Response to High Intensity Training... In simplified terms, the building of muscle is basically a two stage process. The first stage is called transcription and the second translation. If you can understand this process and its value in building muscle, you will be empowered with the knowledge to train drug free yet receive drug-like gains in strength; gains that will be stable training cycle after training cycle.

Each gene in the cell, which is a nucleic acid called deoxyribonucleic acid (DNA), automatically controls the building of another nucleic acid, ribonucleic acid (RNA), which spreads throughout the cell and controls the building of muscle proteins. The process of building RNA from DNA is called transcription. The RNA made in the cell nucleus then diffuses through the nuclear pores into the cytoplasmic compartment, where it controls protein synthesis.

When the transcription process increases, additional RNA is produced. When more RNA is produced, you have a much greater chance of building strength. If little RNA is produced, you have a slim chance of gaining at all. The training, diet and supplement programs of most drug free powerlifters are not producing additional RNA needed to increase protein synthesis. As a result, gains are nil!

So how can you increase these special workers called RNA whose purpose is to build muscle protein chains from amino acids? Here's the secret: Increase your production of anabolic hormones like testosterone and growth hormone through high intensity training. It's these hormones that stimulate the process of transcription.

To increase your bodies output of GH and testosterone naturally, with no harm and all the gains you'll ever need, you must increase the intensity of your training. Studies by researchers Pavo Komi and others from Finland, and Atko Viru of Estonia using elite lifters training under heavy loads show it is possible to increase serum free testosterone output by 30% and experience a ten fold increase in GH serum concentrations for up to one hour after the workout!

There is a threshold load, volume and muscle mass necessary to produce drug free increases in natural testosterone and GH concentrations during recovery from training. This means that if you don't pass the anabolic threshold, no extra anabolic hormones are produced. If no extra testosterone or GH are produced, transcription is not amplified. If transcription is weak, no muscle proteins are made. Many powerlifters do a poor job at surpassing the anabolic threshold. The result is they don't gain because the first stage of protein synthesis never gets started.

Each individual drug free experienced powerlifter has his or her own anabolic threshold to making greater gains. No two athletes are exactly alike. What may be high-intensity training for one may be low-intensity to another. If two athletes performed the same workout, chances are one would gain and the other would not. So, the first step is to determine your starting point on the intensity curve.

Taking drugs like oral and injectable anabolic steroids and growth hormone will increase transcription too, but the gains in protein synthesis will be unstable and the possibility of creating mutant RNA increases greatly.

Many athletes I talk with relate

the word intensity to total work or effort. This is an incorrect assumption. Intensity of training is the load or the ratio of a weight lifted divided by your one-rep-maximum (1 RM). For example, if your one-rep-max on the bench press is 300 pounds, and you perform a set at 250 pounds, then the ratio is 250/300 or 83% for that set.

In other words, intensity, load, or percent of 1 RM is a "quality" component of training. On the other hand, the "volume" of training relates to the total tonnage lifted in a workout, microcycle or mesocycle. Tonnage is calculated as reps times sets times weight lifted. Other components include the velocity or speed of executing the lift, and the muscle mass involved in making the lift, but these are often more difficult to measure. Large muscle groups worked intensively produce more anabolic hormonal output than do small muscle groups. Nothing is ever simple is it?

Many Powerlifters are working hard, but may be going nowhere... You must maximize a specific stress to training without grossly overtraining. It is not simply work, but work in the right direction. Many experienced drug free powerlifters are performing sets with low intensity (4-6 reps), thinking that if they lift heavy they will get hurt. With higher rep sets, there is no doubt the lifter is paying a price as the muscles are being stressed, becoming tired and sometimes sore. But, the anabolic hormones which must start the protein building process are low. The intensity of training is not high enough and little change in homeostasis occurs.

So, how can you produce more anabolic hormones to start the transcriptio process? You must increase the load of your training. In the long-term you must train at 85% of maximum or greater! Many powerlifters don't train near this level, choosing to keep their reps in the 4-6 rep range. If they did, they'd gain super strength and destroy their competition.

Does this mean that you'll be increasing your load (% max) every cycle until every lift you do is a single rep set with huge weight in order to create the stress necessary to amplify transcription? My answer is no, but you're close. In addition to the load of training, the volume of the load is also important, as is the velocity. As an example, let's say your max on the squat is 400 pounds, but you typically perform sets of 300 pounds (75% of 1 RM) for 8 reps. The intensity or load of a single squat is close to 100% of 1 RM while the 8 rep set is 75%. The "quality" of the single is in the range where we ultimately want to be, while the quality of the 8 rep set is not. But, the volume of the 8 rep set is high (300 lbs. x 8 reps) at 2,400 pounds, over a full ton! The volume of the single is only 400 pounds. To just look at volume would be misleading, but most lifters are focused on volume. There must be a progressive increase in both the intensity and the volume of such intensity in order to maximize the muscle protein building process. Just lifting at 90% of 1 RM tells us nothing without knowing the volume of this load. In other words, there must be a balance between load (intensity) and volume (tonnage), and this relationship is individual for each lifter. In analyzing a lifter's performance we look at the volume of training done in specific intensity ranges. This will determine the quantity and quality of the training necessary to elicit the proper anabolic hormonal response in recovery.

Make-Work Doesn't Cut It... It is common for powerlifters to lift with progressively heavier weights up to competition. Many training plans suggest progressing from sets which build strength endurance (5-8 reps) to ones of maximal strength (1-3 reps). For the average powerlifter this will work. Unfortunately, for the elite powerlifter, this method of progressive load increases is not very productive. True, the lifter will improve using traditional methods, and they may even have a good total in competition, but they will be far from their potential using this method and will eventually plateau permanently. The lifter is doing work, but this work is not stimulating maximal gains. Over time, many lifters don't go very far on such outdated methods. In contrast, new training methods with the help of LMWC's allow the lifter to train with much higher loads and for volumes at least double and sometimes triple traditional levels at such intensity. What this means is that high quality work using great quantity allows the drug- free lifter to surpass even the steroid user. But, the lifter must have help from LMWC's and a good base diet.

The Base Diet... The lifter's base diet must be high in proteins under heavy load and high volume training. High carbohydrate diets as recommended for endurance athletes just won't cut it. It is recommended that the lifter get 1.5 grams of protein for each pound of their body weight, daily. This amount of protein is high, and many athletes aren't even close to meeting it, so it's important to plan your 5-6 meals a day carefully. This breaks down to 40% protein, 45% carbohydrate, and 15% fat calories in the diet. At this mix of macronutrients, the gains in muscle mass and strength will be great and you'll burn off some fat.

You need to exercise caution when consuming large amounts of proteins. If you weigh 200 pounds, to get 300 grams of proteins daily is not an easy task. If you're not careful, you'll get the proteins, but you'll also increase your carbs and fats and you may overshoot your required calories, resulting in fat deposition. For this reason, additional high protein sources low in fats and carbohydrates such as amino acid mixes should be used immediately after training, and whey proteins during the day. You should greatly increase your consumption of water while on high protein diets like this one.

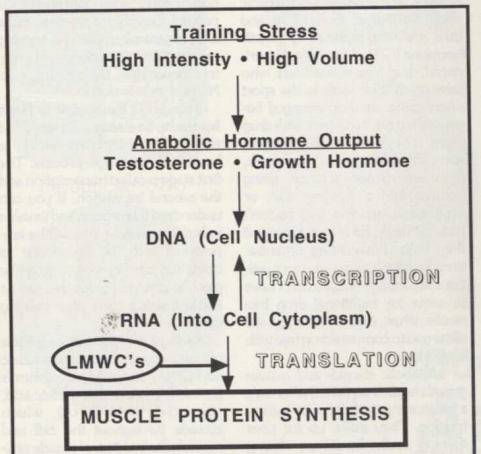
Weight gainers, optimizers, or most mass market whey proteins are not recommended because they are loaded with additives like glucose polymers (maltodextrins), sugars, and flavors which do little or nothing for high-level performance and add to the cost. If you need protein, then buy pure whey protein. Leave the sugar and flavors in the candy aisle. In regard to full profile amino acid mixtures (20+ amino acids), use them immediately after training because the whole idea of an amino acid is as an immediate source of high quality nitrogen for anabolism. Right after training the body is recovering from stress, and amino acids in powder or capsule form make sense. Tablets take too long to go to work and you'll miss an opportunity for increased muscle protein synthesis.

The Use of Low Molecular Weight Compounds in Translation... Now we're getting to the central concept of supplements. A systematic five year study at the Research Institute of Physical Culture in St. Petersburg, Russia, uncovered several natural compounds and crude extracts with protein building ability which are involved in RNA and protein synthesis in skeletal muscles during heavy load and high volume training.

Heavy load and high volume training increases transcription and the subsequent production of RNA which move from the cell nucleus into the cell cytoplasm. In the cytoplasm, RNA are responsible for collecting amino acids and building them into muscle protein chains. The active participation of special low molecular weight compounds (LMWC's) as stimulators of translation in muscle protein synthesis forms the base of our multi-year research project.

Translation is a rate limiting process in muscle protein synthesis so it's important to introduce LMWC's which will amplify this process and give us the most "anabolic bang" for our efforts. The investigation of special LMWC's in translation was initiated by Russian laboratories in the late 1970's. Since 1990, our laboratories and others have been aggressively studying various LMWC's for their ability to stimulate translation in muscle protein synthesis.

An animal model was developed using strength-trained rats training under heavy loads (weighted swims) which is useful as the first step in discovery of LMWC's that are potentially anabolic in human skeletal muscle. Individual LMWC's and those in complex as a crude extract of various natural compounds are fed to the rats immediately after training and in recovery, with any amplification of translation and muscle protein synthesis above and beyond baseline being noted. Useful anabolic LMWC's are then studied for toxicity and safety, and those found safe are then applied to strength/power studies with well-trained athletes.



The planned use of heavy load, high volume and high velocity training plus specific low molecular weight compounds (LMWC's) by experienced drug-free powerlifters will result in maximum muscle protein synthesis.

In the animal studies, several LMWC's have been isolated which are shown to amplify translation in muscle protein synthesis. While a number of these investigations are ongoing, I can list some compounds which definitely are useful and available right now. A word of caution: The only way these compounds are useful to building muscle mass and/or strength is if RNA has been produced, and the only way to produce additional RNA, aside from taking anabolic steroids and growth hormone, is to train with high intensity to stimulate the bodies own anabolic hormone output. The high rep sets as commonly used by drug users and beginners aren't going to do a good job at stimulating protein growth in the well trained drug-free bodybuilder, because it will not produce the maximum amount of RNA, even if the diet is high in proteins and micropeptide amino acids.



When You're Already Squatting 900, as is young Shane Hamman (above), what kind of enhanced training program and supplementation plan is required to break through the 1000 pound squat barrier

Listed below are some specific supplements and compounds which have been shown to amplify translation. Most of them are primarily taken in recovery at the end of and immediately following the workout, as this is where maximum protein synthesis occurs via enzyme (RNA-Polymerase, Aminoacyl-tRNA-synthetase), hormone (testosterone, somatotropin), and energetic (ATP-CP) activation processes.

1. AMINO ACIDS AND MICROPEPTIDES... Full profile amino acid mixtures are useful in recovery following heavy load training. Muscle proteins are composed of 20 different amino acids, so it's important that the amino acid supplement contain all of them. Amino acid tablets were once recommended, but now only amino acid supplements in either capsule or powder form are recommended because they are fast acting. By taking them at the end of a workout they will enter the muscle cells rapidly and amplify the translation process. Tablets, which take a long time to break down, are of less use for immediate biochemical interactions.

2. BIODIMERS... Supplements like Ribo-Syn which contain biodimers (joined compounds) such as pyridoxine-alphaketoglutarate, or amino acid and mineral alpha-ketoglutarates, amplify to the translation process in post-training recovery. Biodimers are extremely stable and are more easily absorbed than many monomers.

3. CREATINE MONOHYDRATE... Creatine supplements have been used in sport since 1989. Many athletes are using it improperly. Creatine supplements are most useful in recovery to supply needed energy during the protein building process of translation. It is recommended that from 5 to 8 grams of creatine monohydrate be used immediately following the workout. Creatine can also be used 45 minutes before a super high intensity workout at a dosage of 5 grams to supply fast acting energy during training. It is not recommended that creatine supplements be used all the time because the idea of training is to shock the body and cause it to adapt to the stress. Supplements before training often "candy-coat" the workout and the stress of training is reduced which is something you don't want to happen. In addition, the body will adapt to creatine, which is why it works best when cycled.

4. PLANT BASED CRUDE EXTRACTS... A number of plant based supplements have been developed which contain LMWC's with anabolic and restorative action. Retibol is considered a major anabolic during the heavy-load and high-volume training cycles. Ekdisten, which is rich in the phytosterol beta-ecdysone, and a number of other supplements based on the plant Pfaffia paniculata from Brazil may also be useful. Caution must be observed with any plant based supplement as the quality can vary greatly from sample to sample. Pfaffia paniculata has probably been over-hyped as an anabolic. It's a tragedy that this potentially useful supplement has been treated as a fad and hyped as the "Russian Secret" when Russian athletes, in fact, do not use it. Retibol and Ekdisten are both standardized from whole root and/or leaf for specific LMWC's and confirmed by laboratory analysis to ensure maximum potency. Pfaffia paniculata based supplements are sometimes cut (diluted) with arrowroot at the source in Brazil, yielding little or no anabolic activity, so be cautious.

Putting It All Together... The training of experienced drug-free lifters is much different than for beginners or drug users. The beginner is sensitive to training stress and reacts quickly with an increase in strength and muscle mass. The steroid or growth hormone user is able to artificially enhance the transcription process. The well-trained drug-free athlete has adapted to high rep/low intensity sets. In order to make great gains in strength like those achieved with anabolic steroids, they must train with an ever increasing intensity (load) and volume of this load.

Supplements containing low molecular weight compounds such as amino acids, creatine, phytosterols, and biodimers are then used to amplify translation in muscle protein synthesis. From my experience and the experience of leading coaches and trainers, the LMWC's allow the experienced lifter to handle progressively heavier loads with greater frequency than they could before, resulting in the maximum increase in muscle proteins post-workout and stable long-term gains that equal or surpass those achieved with anabolic steroids.

The future of sport nutrition will demand a greater accounting from supplement manufacturers. A supplement is simply a tool, and as such must be used properly, in the right training program to allow for maximum anabolic and restorative amplification. Most manufacturers are unprepared to advise athletes on the proper use of supplements and thus resort to making flavored shakes for beginners which have no place at the elite drug-free level. New training methods will play a greater role as they are the cornerstone to any and all specialized supplement use. Supplements are not magic strength builders, but rather components within the whole training plan of the experienced athlete. Good supplements are based on proper scientific research methods, not pseudo-science and marketing hype. Just remember the key words transcription and translation, taking their effects into account when you design your individual training plan, and you'll be far ahead of your competition, cycle after cycle.

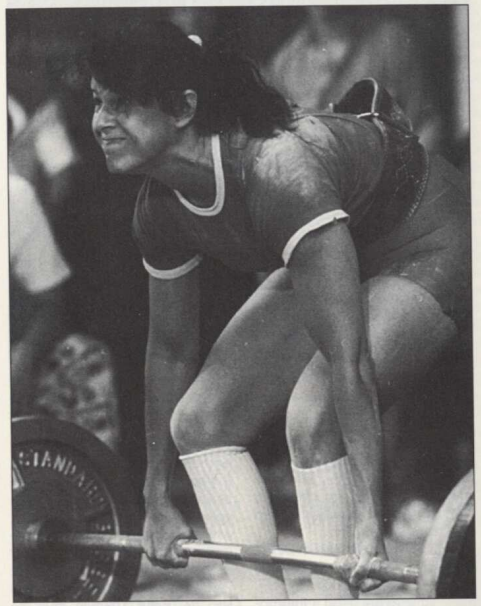
Rick Brunner is a frequent traveler to Russia and the recipient of two Russian sport science awards. He is the Director of Atletika Sport International and is actively involved in the research and development of new training, diet and supplement programs for elite drug-free strength/power athletes. For more information and a free detailed training & supplement guide for experienced powerlifters, contact Atletika at 800-621-2602.

INTERVIEW

Personal dialogue between PL USA Magazine and the Sport's Greatest Names.

Andrea Sortwell

as interviewed for Powerlifting USA by Bob Gaynor



***Andrea Sortwell** is a frequent competitor at the championship level.*

BOB: Give us some personal information on yourself.
ANDREA: *I am 34 and was born in Canada and I am now a dual citizen. I am self-employed as a commercial real estate appraiser and consultant.*
BOB: How did you get started?
ANDREA: *I toyed with weight training in high school and college, but wasn't serious. I joined a "Nautilus" club in 1980 after college to get back in shape. It had free weights in the back which I gravitated to. A lifter saw that I could bench my weight (135 at the time) and asked how much I could deadlift. I didn't know what a deadlift was, but after showing me, and after several warm-tips, I pulled 270. He suggested that I become a powerlifter and I was interested. He then showed me how to squat, which I was terrible at. But since I wanted to bench and deadlift I forced myself to learn how to squat. I entered my first contest 6 months later, and have never stopped competing.*
BOB: How long have you been training and competing?
ANDREA: *I have been training for 14 years and competing for 13 years. I am presently preparing for my 10th consecutive ADFPA Nationals.*
BOB: What are your best lifts?
ANDREA: *369 squat, 214 bench, 418 deadlift, 992 total in the 154 class. Also 935 total at 139 and 903 at 132.*
BOB: What are your future goals?
ANDREA: *My immediate goal is to total 1000 plus in the 154's. It is just a matter of putting my best lifts together at the same meet. After that (or at the same meet) I would like to do 1020, for "International Elite", which I have reached at 139, but not yet in the 154's. After that I will either try to push my total tip at 154, or perhaps drop back down to the 139's. I also would like to try and compete in as many consecutive ADFPA Nationals as possible. I am currently preparing for # 10. I would also like to squat 400 in the 154's.*
BOB: Do you follow any special diet?
ANDREA: *I eat a relatively low fat diet most of the year to make weight. I eat no more than 10% of my calories from fat, plus increase my aerobic activity. To those who have witnessed me in the sauna, they may think I only crash diet, but I actually eat very healthy most of the time.*
BOB: Andrea, please share with tis your training program.
ANDREA: *I compete 2 or 3 times a year. I prefer a 16-18 week cycle to prepare my squat and deadlift and 14 weeks for my bench. After each meet I start out very light (approx. 55% of my max) and condition with sets of 10. As I have aged I find that I need more recuperation time, and I now use an 8-day cycle, essentially lifting every other day as follows: Day 1 = squat, Day 3 = bench, Day 5 = deadlift, Day 7 = bench assistance. I also occasionally skip a deadlift workout to further rest my back, as I use it a lot in all my lifts. I approach my training with common sense and leave single maximum attempts for meets. I end my training with triples. In addition to proper nutrition, I try to get a lot of sleep.*
BOB: What advice would you have for beginners.
ANDREA: *Use common sense. Set achievable short term goals as well as more challenging long term goals.*
BOB: What do you feel the duties of a state chair are?
ANDREA: *A state chair should love the sport and be willing to give of their time, knowledge, energy and even some money to see that the sport is well promoted. They should want to share in all the local lifters achievements as well as disappointments.*
BOB: How do you handle being a lifter, meet director and state chair?
ANDREA: *I rarely lift locally. I try to have all local meets, whether I am directing or just helping, at a time that works around my competition training.*
BOB: What do you feel can be done to make powerlifting grow?
ANDREA: *If the USPF took drug testing seriously and looked at it as desirable rather than a hurdle then a merger might be possible. Then and only then the sport might be considered for the Olympics. Both of these results would help powerlifting grow.*
BOB: Andrea, how do you feel about steroid use?
ANDREA: *Different people are motivated by different things. Personal achievement and feeling healthy and strong are what drives my lifting. Drugs do not fit in that picture. It is becoming more and more apparent that the top drug free lifters can, in some instances, be stronger than drug users. This is because drug free lifters have the benefit of time, and fewer less severe injuries. The "ideal" future for powerlifting would have only one drug free organization, that is a true amateur sports governing body (i.e. not a private business). However, a reality check indicates that this will not happen unless the powerful segment of the USPF that wants to continue to take drugs and cycle around testing, is no longer in power. (I do not necessarily mean the majority of USPF lifters). If and when the USPF does more than pay "lip service" to drug testing, and implements a valid out-of-meet testing program, then a merger could be considered. For the future of the sport, I hope that happens.*
BOB: Are there any other comments you would like to make?
ANDREA: *I would like to thank my husband, Mitch Ratzloff, for handling me at all of my competitions, and for assistance with all my local powerlifting duties, Although he trains with weights, he is not a powerlifter, and still thinks I am crazy after all these years. Little did he know, after just one date, that when he came to watch me at my first meet, we would eventually marry, and he would spend the rest of his life traipsing around the country and the world helping me at meets. I would also like to thank my former coach and training partner, Lamar Gant, for sharing his infinite wisdom, Also, thanks to my other training partners, Lisa Noble (Hey, please "unretire"), Dan and Shauna Helkerh (Hey, call me!)*

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(continued on next page)

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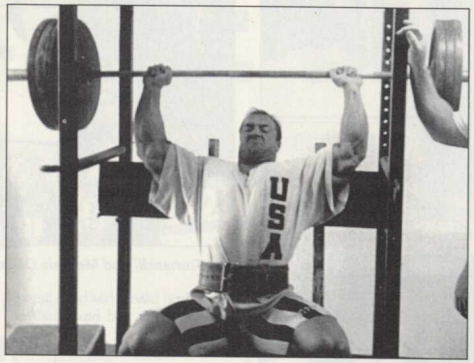
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TRAINING

Raising Work Capacity

as told by Louie Simmons, Westside Barbell Club



Professional Bodybuilding Star *Mike Francois trains at Louie Simmons' Westside Barbell Club in order to increase his work capacity.*

I believe it is every competitive powerlifter's dream to first reach a Master total, then to reach an Elite total, and then on to stardom. Well, there are two factors essential for success. The first is acquiring skill, not only in the three lifts, but also in special exercises. The second factor, and the most important - in my opinion, is raising work capacity.

As a contest approaches, most lifters will drop their volume by reducing sets and reps in the powerlifts as well as in their assistance work. This is a mistake. Correct volume can be calculated by the percent method of training.

Let's start with the bench press. This the easiest lift to explain because the bench press weights vary only by 5%, from 60 to 65% of a contest max with a bench shirt. Our 148 pounder, Darryl Calvin, has made an official bench of 391 by training with 10 triples with 245 (65%), with a total volume of 7350 pounds. By training with 270 for 10 triples, or 8100 pounds, Todd Brock has made a 450 contest best. Joe McCoy trains with 295 for 10 triples (a volume of 8850) and has benched 512 in a contest. Chuck Vogelpohl has an official max of 545. He performs his 10 sets with 315, which equals 9450 pounds. George Halbert has made a 628 bench in an official competition using 365 for 10 triples. His total volume is 11,550.

This is just a partial list of our bencher. Over the years our private club has produced 18 men who have benched at least 500 in official contests, in addition to three 600 pound benchers, all of whom have used this method.

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0-20	15

Let's talk about squatting and how to calculate volume. During the squat cycle the percentage one uses to train with will vary from 65 to 82.5% of a 1 rep max. My own data has shown that the best squat results occur in this percent range. In Eastern Europe, the same parameters have been established, with approximately 90% of the workload being in this range and 10% being above 82.5%.

How does one calculate volume? It's simple. Let's take a 700 pound squatter. He starts at 65% for 12 doubles, or 24 total lifts, at one weight, 455. Multiply 455 by 24, which equals 10,920 pounds. The next week he will jump 2.5%. This new weight, about 470, multiplied by 24 is 11,280 pounds, only 360 pounds more than the last workout. He will do 75% week 5 (490) for 10 sets of 2 reps. 20 X 490 = 9800 pounds. Week 6 is trained at 77.5%. Week 7 is trained at 80%, 560, for 8 sets of 2 reps (8900 pounds). At 82.5%, 8 sets of 580 for 2 reps is 9220. We jump 2.5% per week.

For the very strong (750 and above) the volume varies only 2000 pounds throughout the cycle, which is then repeated. Slowly the volume will increase as your max goes up. Picking the right special exercises is of great importance as well. When your volume is increasing and you are using the correct training percentages, but your powerlift fails to increase, you must plan your special exercises wisely to fortify your weakness in that particular lift.

The deadlift is trained by using several exercises that perfect form and produce strength. Five different types of squats are performed during the yearly cycle. Five styles of good mornings are used, as well as many lower back, upper back, and front and side abdominal exercises. We also do isometrics and isokinetics. We will use 3-5 exercises per workout, monitoring the weight and total volume. We then switch every 3-4 weeks to different exercises, carefully planning which exercises will build a particular lifter's deadlift.

Over 20 exercises are performed during the time between contests, which is generally 8 weeks. Each exercise will help increase strength in another exercise, which in due time will increase the deadlift. You can count the deadlift as part of your volume if you do them in your workout; however, the deadlift is very taxing. If you do them, start with 15 singles at 65%. Again, multiply the number of lifts by the weight on the bar. Using this total volume as a guide, reduce the number of lifts each week as you increase the weight. Keep in mind that only a few can make progress by doing deadlifts on a regular basis. Most people will experience a negative effect after 3 weeks of deadlifting. Never exceed 85% for your singles, and always follow them with upper and lower back work to build your particular weakness.

If you don't raise your work capacity from your last meet, you won't exceed your lifts at the next meet. To increase your work capacity, you could reduce the rest intervals between sets, increase your sets per workout (without exceeding the guidelines in the chart), or use special exercises that are carefully chosen to increase strength and perfect form.

In most cases, volume is increased with special exercises, not the classical lifts. Special exercises will not only increase volume but also correct lifting form. I hope this method will help you to reach your potential. Remember, there is not a special way for drug-free lifters to train, or masters, or even women. There is only the right way, by percents.

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POW!ER SCENE

The middle of this month should see some very, very big numbers posted. Anthony Clark, Tamara Rainwater-Grimwood, Curtis Leslie, and other top lifters will be competing in the inaugural IPA (International Powerlifting Association) meet, to be run by John Schaeffer. The meet is scheduled for April 15 & 16 in Lebanon, PA.

Tamara says that there will be amateur and professional divisions, with prize money awarded to the top professional winners. (The amateurs will have to be satisfied with trophies.)

Tamara will be using this meet as a warm-up for her later meets in 1995, and she's aiming down the road for a 1675 total at 181!! Anthony Clark is always a threat to break his own world record bench press of 739, so it should be quite a meet.

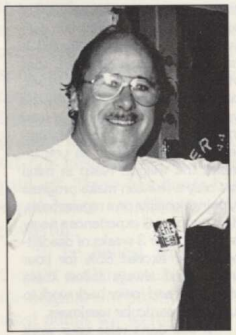
Out here in Southern California we've got a lot of meets in 1995, including the 1995 USPF National Deadlifts, at the beginning of June. After that, there's a meet almost every weekend for the next couple of months.



***Melody Jordan** in heavy training*



***Former World Champ** Vicky Hembree is back pumping iron.*



***Bernie Gagne** at his Powerhouse.*

Among those gearing up for those meets are the lifters at Bernie's Powerhouse. Bernie Gagne has been coaching lifters since his days in the Air Force back in the 1960's, and in 1986 he coached the U. S. women's national team to a world championship at the IPF's in Sweden. Past champions from Bernie's Powerhouse include Lorraine Costanzo, the first women to squat over 600 lbs., and Bernie's own daughter, Vicky Hembree, the first women to deadlift over 500 lbs.

Right now Bernie has about 10 lifters working out of the gym he has in his garage in Carson, including the husband and wife team of Melody and Kevin Jordan. Melody's been lifting for 11 years, and has put up meet numbers of 331 in the squat, 220 in the bench, and 341 in the deadlift, at 148. Kevin, at 220, has done 573, 347, and 529.

Vicky herself has gotten back in the gym, and is thinking about entering some meets, after a 13 year layoff.

Across the country, New York's Iron Island Gym has a lot of its lifters in competitions. When we went there to shoot a couple of segments for POW!ERLIFTER Video Magazine, we got to meet a few of them.

Frank DeMarco has been lifting for 2 1/2 years, and has done 650, 375, 575, at 242. Frank works as a physical therapist and as a personal trainer. Melanie Diamond, at 123, has done 275, 176, 336, and she also works as a personal trainer. Judy Tomaselli, who works the front desk at Iron Island, has been lifting for three years and has squatted 330 at 148.



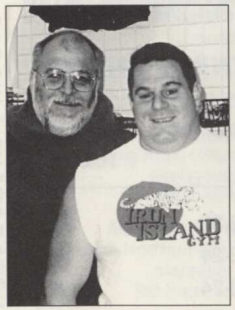
***Judy Tomaselli and Melanie Diamond** at Dr. Ken's Iron Island Gym.*

Coaching all these lifters is the gym's manager, the multi-talented Ralph Raiola. In addition to his work at the gym, Ralph serves as New York State Chairman for the APF. Before he began his involvement with lifting 25 years ago, Ralph was a singer, and opened for such acts as Joe Cocker and Sly and the Family Stone!

Also in the New York area is powerlifter and strongman Giovanni Rodriguez, who, when he's not competing in the WNPF, likes to bend spikes, rip telephone books, and do one finger deadlifts and pull-ups. We'll be doing some video shooting with Giovanni soon.

We met Giovanni when we shot video of Eric Klein, who keeps setting records in the "assisted" bench, and is getting a lot of publicity in the muscle magazines. When we saw Eric, he did an "assisted" 1300 lbs. The hardest part was getting that much weight to stay on the bar.

Our friend and photographer Bert Wagner has recently moved. He and wife Claudia purchased a home in Virginia, and are busy getting settled in. Bert and Claudia are still training clients, and Bert will be videotaping the IPA meet later this month, before he gets back on the lifting platform himself sometime this summer.



***Coach/gym manager/singer** Ralph Raiola & Frank DeMarco.*

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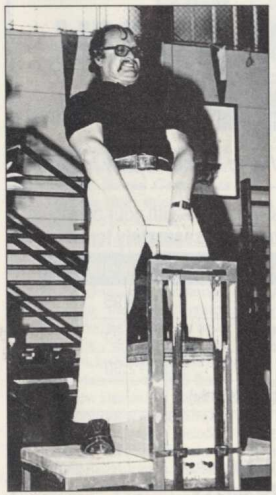
"Some sports pass away, while other sports rise to the top. In my opinion, Olympic lifting is passing away and Powerlifting is coming up more and more", says Norbert Wallauch, the founder and current president of the Austrian Powerlifting Federation.

"Powerlifting is a very simple sport. There is very little technique to master, and consequently the sport is easy to learn. I remember former European and World Champion Andy Kerr once said that you could take a kid off the street and teach him the three powerlifts in ten minutes. I believe he is right, the sport is just that easy to learn. Coaching is not that critical in powerlifting, anyone can do it. Powerlifting therefore is a sport for everyone ... young, old, men, women, even the physically challenged can do it."

"Olympic lifting, on the other hand, requires a lot of technique. It takes years of practice to master the sport. Most of the younger guys don't have the patience to be Olympic lifters, they want quick gains. In powerlifting, you can make quick gains. That's why I see powerlifting becoming the major strength sport in the world. But even with all the advantages that powerlifting has over Olympic lifting there are major problems in the sport that are keeping it from reaching it's zenith."

Wallauch slides back in his seat to contemplate the situation. It's obvious from the expression on his face that he is troubled by what he is about to say.

"First of all, I believe that powerlifting has to unify if it wants to reach an elite level in the world of sports. The federations have to come together. There are some federations with the same aims, but they remain separate ... like the U.S.P.F. and the A.D.F.P.A. That's not good for the sport. Some people will have to put their egos aside for the betterment of the sport. If they don't, the sport will never grow. All these federations only serve to decrease the credibility of the sport. We have all these different national and world champions. It's crazy and extremely confusing to the public. We also need to standardize the equipment and the rules for powerlifting. As it is today, I don't think you can compare European lifters with American lifters."



Norbert has an active lifting background

"The triple shirts and the double suits that some Americans use are not being used by European athletes. With this type of equipment it's like doing a different exercise ... like comparing a pole vaulter who uses a bamboo pole with one who uses a fiberglass pole. It's not fair. I'm not against new equipment. In fact, for the safety factor alone, I'm all for the use of good equipment. I was one of the first to vote for the bench shirt. Injuries were significantly decreased with the shirt. That's a fact. But a lot of this equipment is being produced just to make money. Ernie Frantz isn't interested in safety or in following the rules, he just wants to make money. We can't let people like that take over our sport."

Wallauch becomes even more tense as he talks about the current situation. A renowned Olympic lifter, powerlifter, and stone lifter himself, Wallauch seems personally offended by some of the injustices of the sport.

"The rules too are not being followed very closely by some of these federations. High squats and poor lockouts in the bench and deadlift are not uncommon in the states. I remember Ted Arcidi at the Olympia competition had his bench turned down by two judges, then Frantz came out and argued with the judges and they gave him the lift. A lot of the spectators laughed about the situation. With such cases we will lose our credibility. It's bad for the lifter and the sport. Arcidi is a great lifter, but if he is given lifts he doesn't deserve he will eventually lose his credibility."

"It's interesting to see a list of all time best lifts, but are these lifts really valid? I don't think they are. The cheating and the equipment ... it's not right."

"What about the drug situation?" I asked.

Wallauch wasn't too thrilled about the question. "I hate it when writers ask about drugs. It's not good for the image of the sport. If every article you read about powerlifting has to do with steroids, what type of impression do you think the readers will have of the sport? Too much is made of the drug issue anyway. You don't hear writers ask an artist or a musician if he takes drugs. They just admire their work. I love powerlifting. I think these doping questions are bad for the sport. It's getting to the point where you have to be ashamed to be a part of the sport."



***Norbert Wallauch** is the Chairperson of the International Powerlifting Federation's Media Committee. Here he is, above, with some members of the Committee at a get-together held during the 1993 IPF World Championships in Sweden. Left to right, Mike Lambert, Dennis Unitt, Norbert, and Jarmo Nousiainen. (photo courtesy J. Nousiainen)*

Wallauch pauses for a moment, then continues. "As far as the drug testing goes, I think it's crazy. I believe that testing for drugs between competitions is unethical. Testing should be done at competition. Think about this, if you stay home and drink alcohol, there is nothing wrong with that, but if you drink while you're driving, well, then you have done something wrong. The same should be the case with steroids. What you do at home should be of no concern to anyone else, but if you're caught using drugs in competition, well then you're in the wrong. That's the way it should be, but it's not.

In Europe the testing is very strict, especially in Great Britain. They randomly test there all the time. I know some athletes who have been randomly tested more than twenty times in one year. It's unfair. I believe random testing in the United States is against the law. That's another major advantage American lifters have over the Europeans. Hopefully, random testing will be outlawed here some day also. Then, everyone will be on the same playing field."

Again, Wallauch pauses for a moment and collects his thoughts. "I love powerlifting. I want it to become an Olympic sport someday. A world recognized sport. In order for that to happen, we all have to put our differences away and work together. Otherwise, like Olympic lifting, powerlifting could pass away."

STARTIN' OUT

A special section dedicated to the beginning lifter

DESCENDING SETS

as told to Powerlifting USA by Doug Daniels

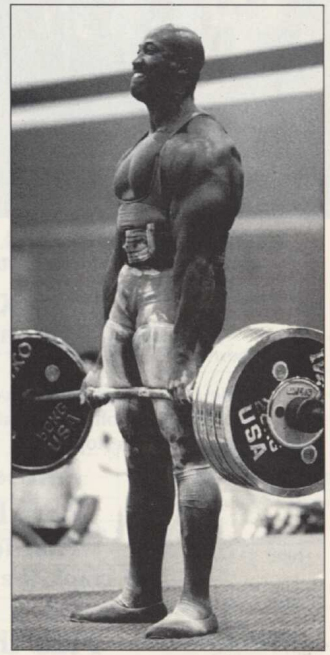
All lifters are looking for a different type of training method they can use in their endless quest for a bigger total. Some of these methods can inject variety into a routine while also coaxing the muscles to new levels. A method worth considering is descending sets. Basically descending sets involves doing a set of an exercise with a weight, upon completing the set, quickly decreasing the weight and resuming the set. This can involve decreasing the weight multiple times until the entire set is complete. This enables the lifter to continue the set past failure, increasing intensity far beyond those of mortal sets. As we all know, increasing intensity is a key to increasing results. Of course, there are effective ways to use descending sets in your training for best results.

Let's follow a typical descending set of machine overhead presses for an example. After the lifter has warmed-up he takes his top set with 200 pounds which can be done for 8 reps max. Upon reaching failure, the lifter sets the stack to a 20% lower weight of 160 pounds and resumes the set. This decrease in weight allows the lifter to get 5 more reps after failure with the original 200 for 8. The lifter than can reduce the weight another 20% or so to 120 and get more reps. The time between sets during a descending set should be only the time required to change the weight. As you can see, the muscle groups being worked are being subjected to an extremely high level of intensity. Of course, the lifter could still proceed with further weight reductions if desired or do additional sets, but I think you get the idea. After a set like this, you may not want to do another or may be unable to due to extreme muscle fatigue.

Weight machines allow the most efficient use of descending sets because the weight used can be readily adjusted. If you use dumbbells, you can set them up by you so they can be accessed when you descend weight each set. If you use a barbell, I would suggest preloading the bar so that the bar can be stripped down by just removing weights off each end. For example, if you're starting with 300 pounds and will go 260, 220 and finish with 200, load the bar so that 20 pounds can be taken off quickly from each side per drop. You will require alert spotters who have to keep in mind that you may fail on any rep at any time during your descending set. They must also keep the bar loaded so the weights stay in place and don't slide around or fall off. Because of all this, descending sets may be best used for assistance type work and not the 3 powerlifts.

As you may imagine, you can easily overtrain doing such a high intensity training. I suggest using descending sets for a period of 4-6 weeks and then go back to your more normal training methods. Start the first week by doing only one descending set reduction to get used to the feel of doing them. Going too hard too fast may result in an injury. You can go back to using descending sets whenever you feel the need for higher intensity. The 20% weight reduction I gave you is only an example. You may want to use a higher percentage reduction to insure you get more reps on subsequent sets. Experimentation and personal preference will be your guide here. Another advantage of reducing weight is that it will allow using better exercise form as you tire. Form can definitely suffer as the sets goes on. Not only will you reduce the chance of injury due to poor form, but you will exercise the targeted muscle groups more efficiently.

The off season is the best time to try descending sets in your training. Two descending sets would be all that's necessary or desirable. If you can do more, you did not push as hard as you should. You do not always need to go all out during a descending set, a 90-95% effort will still give good results. This may also be a good way to break into them. If you see your strength level start to drop off, you have probably overtrained. As I wrote earlier, limit your use of them to 4-6 weeks and only once weekly per exercise. Remember to warm-up properly and have all your weight drops figured out ahead of time. If you choose to do more descending sets, you must adjust your starting weight of the next sets, to reflect the fatigue your muscles have undergone. If you are using free weights, have alert spotters on hand who are on the same page as you are. Descending sets can be rewarding and challenging, use them in the most optimal manner to insure best results.



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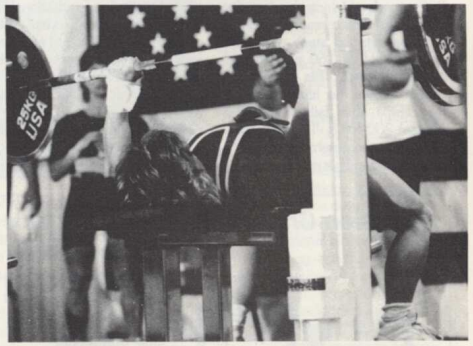
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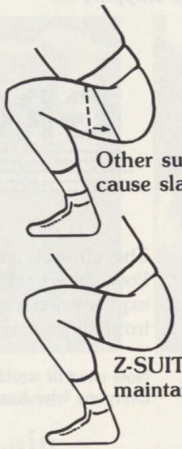
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INTERVIEW

Personal dialogue between PL USA Magazine and the Sport's Greatest Names.

SCOTT SMITH

as interviewed for Powerlifting USA by Bruce Citerman

BC: How old are you?
SS: *I am 23 years old and I live in Oakland, Maine with 2 time IPF Jr. World Champion, Leslie Look.*
BC: What do you do for a living?
SS: *I work as a CNA (Certified Nurse's Aid)*
BC: What is your athletic background?
SS: *Before I started lifting weights I played football, baseball, and raced BMX.*
BC: How did you get into weight lifting?
SS: *I started weight lifting to get stronger for football. After my first powerlifting meet, I lost interest in football and gave it up.*
BC: What major contests have you entered and what were the results?
SS: *1988-1990 USPF Teenage Nationals - 1st place and Best Lifter each year; 1991 USPF Sr. Nationals - 2nd place; 1992 - I was in a car accident and did not compete that year; 1993 USPF Jr. Nationals - 1st place; 1993 IPF Jr. World Championships Gold Medal - Bench Press and Total World Records; 1994 USPF Sr. Nationals - 1st place, Jr. World record Squat, Bench Press and Total, IPF Men's Worlds - Silver Medalist.*
BC: What was your routine for your Sr. Nationals victory?
SS: *Monday - Squat: Weeks 1-3 do 3 sets of 8 with just a belt, Weeks 4-6 do 3 sets of 3 with just a belt; Weeks 7-9 work up to 1 set of 3, Weeks 10-11 work up to 1 set of 2, and Week 12 work up to 1 single. Use a suit and wraps for Weeks 8-12 and always train deep!*

Wednesday - Bench Press: Weeks 1-2 do 3 sets of 8, Weeks 3-4 do 3 sets of 5, Weeks 5-8 work up to 1 set of 3, Week 9-11 work up to 1 set of 2, and Week 12 work up to 1 single. For Weeks 1-6, do not use a shirt. For Weeks 7-12, use a loose bench press shirt.

Thursday - Deadlift: Same sets and reps as the squat. (I would appreciate any suggestions or comments that might help my deadlift).

Saturday - Shoulders/Biceps
BC: What vitamins or supplements do you take?
SS: *I do not take any vitamins or supplements unless I go to John Mathieu's house, who is the owner of the gym I train at. I would like to thank John for all the help that he has given to me since I moved to Maine.*
BC: Why do you compete in the U.S.P.F.?
SS: *I compete in the USPF/IPF because I think it is the most recognized organization in Powerlifting.*
BC: What are your plans and comments on powerlifting?
SS: *My plays for powerlifting are to win an IPF Junior, Senior, and Masters World Championship, and hopefully to set world records in each division.*

As far as my comments on the sport of Powerlifting, I think that it is the greatest sport. My only problem with Powerlifting is the political B.S. involved with the many other different federations. It is my belief that there are only 3 federations worthy to represent Powerlifting - the USPF/IPF, ADFPA, and the APF.



***Scott Smith** giving his best effort at the '94 IPF Worlds in South Africa, trying to get the gold medal. (photograph courtesy Hiro Isagawa)*

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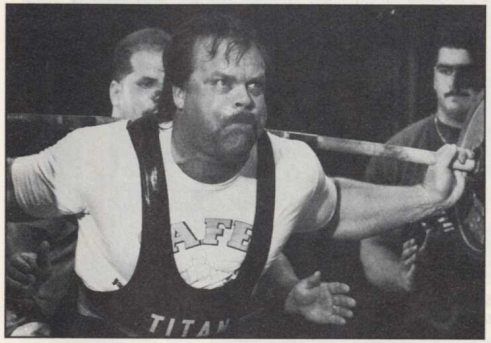
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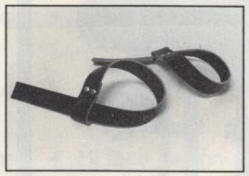
ANTHONY CLARK
1,025 Lb. Squat.
700 Lb.+ Bench



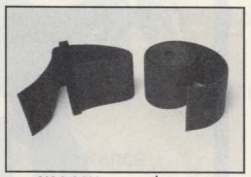
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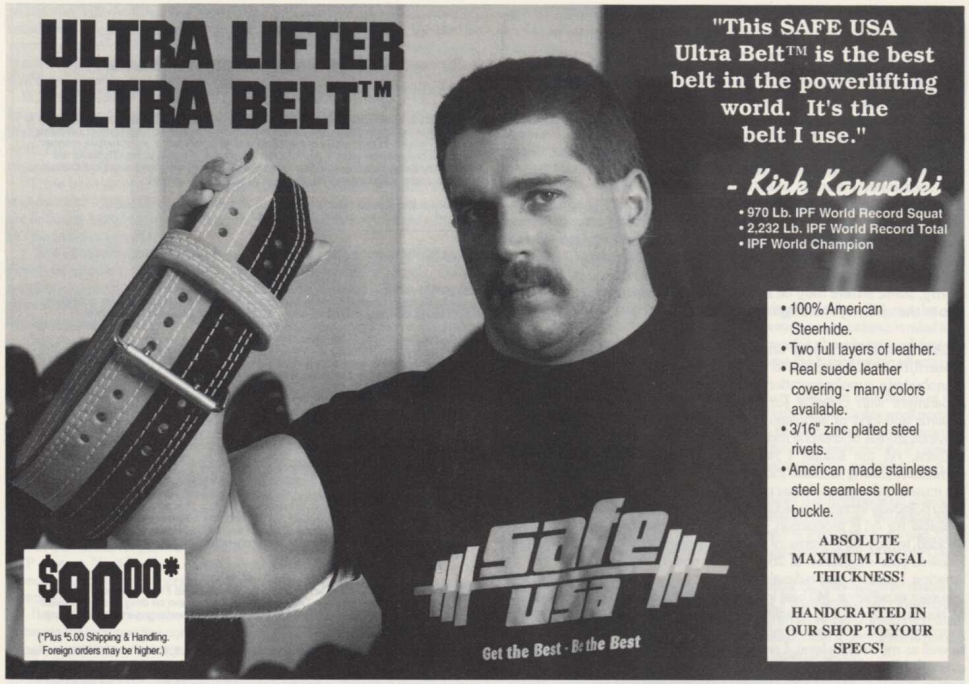


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Ask the Doctor

This column will answer questions about drugs used by athletes and 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 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: In your answer to a reader in a previous issue of *Powerlifting USA*, you stated you were conducting research on creatine monohydrate supplementation in weightlifters. Recently, I decided to experiment with creatine supplements. Because I am very skeptical towards any kind of supplements, I conducted an extensive search for previous studies of creatine monohydrate supplementation on strength in humans. All the studies I have read revealed a significant positive correlation among creatine monohydrate and phosphocreatine levels in the muscle. All suggested that creatine supplementation would more than likely positively increase muscular strength by increasing the amount of PC available for ATP production. Being the true skeptic I am, I reluctantly decided to buy 300 grams of creatine monohydrate from Marathon. I followed your suggestion of 25 g/day for one week and 15 g/day for the duration. I am a 37 year old male, drug free, 6' 1", 240 lb., powerlifter, with 14 years experience. My best total is 1795 lb., with a 725 lb. squat, a 385 lb. bench, and a 685 lb. deadlift. After two days of creatine monohydrate supplementation, I began to notice my energy level to increase drastically as well as my anxiety level. I really did not notice any real increase in my strength levels though. By the end of two weeks of supplementation I started doing two sets of heavy triples. My triples were so easy that I jumped up to my max. My triples are presently at what my max was 10 weeks ago. I really cannot believe the strength increase. At this rate in four weeks, I will no doubt add about 10% to my total. However, I am still skeptical as to the results. My diet has remained constant for the past six months. I regularly consume from 5000-5200 Kcal/day. I also do a computer analysis daily and prepare a menu consisting of 60% carbohydrate, 25% fat, and 15% protein. Although I know this is an optimal diet for high muscle glycogen levels, my diet has remained constant since my last total.

I am also currently doing a study on creatine monohydrate supplementation as part of my Master's degree thesis. Creatine supplementation seems to be an area worth exploring further. I am truly looking forward to finding out what your current study reveals and would like to add your study as a reference to my study. Sincerely, **Tom M.**

DEAR THOMAS: *In my research I found definite lean body mass and strength gains in athletes who used adequate dosages of creatine monohydrate. I used six bodybuilders and six powerlifters - half of each group were put on creatine monohydrate while the other half used powdered calcium carbonate. The average muscular weight gain was about 10 lbs. over an eight week period as against only a 4 pound gain in athletes who used the calcium supplement. As well there were significant strength gains in the group that used creatine monohydrate over the calcium carbonate group.*

I've copied below the information on creatine monohydrate taken from the October 1994 issue of DRUGS in SPORTS. As you can see there is enough confirmation from the literature to support the role of creatine as one of the few true nutritional ergogenic aids. All the best. Sincerely, ***Mauro G. Di Pasquale, M.D.***

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Edited by Mauro G. Di Pasquale, B.SC., M.D.

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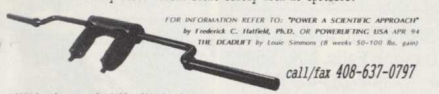
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Creatine Monohydrate
By Mauro G. Di Pasquale, M.D.

Creatine is obtained from food (especially red meat) and also formed in the liver from the amino acids arginine, glycine and methionine. Creatine is taken up by skeletal muscle, where it is phosphorylated to form creatine phosphate or phosphocreatine (PC), a high energy phosphate compound. The distribution of phosphocreatine in various tissues has been determined; skeletal muscle contains much more than other tissues.

All exercise draws first on intramuscular stores of ATP and creatine phosphate; initially these are replenished by anaerobic glycolysis. Aerobic metabolism (mainly of glycogen and fat, depending on whether the diet is primarily high in carbohydrates or fat) is the principal route of ATP resynthesis in activities lasting longer than 2 min., but can only maintain work-rates about 1/4 of those possible in very brief bursts.

PC is in equilibrium with, and acts as a backup source of energy, for ATP, the immediate source of energy for muscular contraction. The amount of PC present in skeletal muscle partially determines the length of time that maximum muscular work can be done. Once the phosphocreatine is depleted, ATP must be regenerated by the metabolism of glucose, fatty acids and ketones.

It has been shown that the PC levels of power athletes is higher than in endurance athletes or the general population. Power athletes such as sprinters are known to have higher percentages of fast-twitch fibers, which are richer in PC than slow-twitch fibers.

It is felt that of the many metabolic causes of fatigue, one of the more important ones is a decrease in the phosphocreatine level in muscle. Other possible causes are proton accumulation in muscle, depletion of the glycogen store in muscle, hypoglycemia and an increase in the plasma concentration ratio of free tryptophan/branched-chain amino acids.

Exogenous creatine and phosphocreatine is used by some athletes to try to increase the amount of phosphocreatine in muscle, and therefore to increase intensity and length of muscular contraction during short term, maximal efforts. Recently the use by athletes of creatine monohydrate (CM) has risen dramatically, There appears to be some truth in the advertised claims made for creatine monohydrate.

It is known that dietary creatine if taken in large amounts, can affect both serum and tissue creatine levels. One recent study has shown that supplementation with 5 grams of CM, four or six times a day for 2 or more days resulted in a significant increase in the total creatine content of the quadriceps femoris muscle. The increase was greatest in subjects with a low initial total creatine content and the effect was to raise the content in these subjects closer to the upper limit of the normal range. In this study no changes were apparent in the muscle ATP content. No side effects of creatine supplementation were noted. As well exercise augmented the increase in the total creatine content in the muscles exercised.

Recently it has been shown that oral creatine supplementation not only increases the total creatine content of human skeletal muscle, but also translates into, increased muscle torque during repeated bouts of maximal voluntary exercise. Several as yet unpublished articles are showing that oral creatine supplementation may increase both the intensity and length of muscular contraction.

Creatine also seems to effect muscle hypertrophy, In one recent study it was found that while creatine supplementation did not enhance endurance exercise performance, it did result in increased body mass. The reason for this hypertrophy may be due to the fact that by increasing the PC in muscle, more energy is available for protein synthesis. Under normal conditions muscle contraction places such a demand on ATP and PC that there is insufficient amounts available for active protein synthesis at the same time that muscle contractions are occurring.

We can maximize protein synthesis and minimize muscle catabolism by several means including: 1. increasing intracellular PC. 2. Sparing protein catabolism by providing adequate substrates for oxidation so that muscle catabolism is not needed to provide these substrates. 3. Increase the available amino acid (AA) pool in muscle cells so that AAs are available for protein synthesis.

Thus it seems that the use of CM, by increasing intracellular PC, may be one of the more useful nutritional supplements. However, one must keep in mind that there is no evidence that the continuous use of creatine phosphate translates into significant muscle and strength gains or enhances the hypertrophic effects of a high intensity training program.

During prolonged submaximal exercise there seems to be a failure of the exercising skeletal muscle to regenerate ATP at exhaustion. Only a small portion of this failure would be obviated by increased tissue creatine levels. Having a higher initial muscle phosphocreatine level for the regeneration of ATP pales as an energy source when compared to the usual metabolic pathways for ATP formation.

As well, it's possible that PC may play only a minor role in exhaustive exercise. A recent study has shown that during exhaustive stimulations, the greater the muscle fatigue, the higher the PC level at the end of stimulations. As well, they also found that PC and force levels did not depend on preceding levels of PC and pH.

Although more studies need to be done evaluating the ergogenic effects of CM, It would appear to be a useful supplement if used as directed - loading for 5 to 7 days using 5 grams four to six times a day on an empty stomach and then using 5 gr twice a day for a minimum of four weeks. If CM is useful, some results should be seen during the first few weeks of supplementation.



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ALL TIME COMMENTARY... Way back on March 4, 1949 the late, great John Robert Peoples pulled a load that set him apart from all others. His 725 1/2 DL at 198 bwt. is documented by the Greatest of all Iron Game Historians - David P. Willoughby in his book - *THE SUPER ATHLETES*. It stood the test of all comers including the heavyweights for well over two decades. It was not until PL became an organized sport that it was finally broken. The Cleveland derrick Vince Anello approached it and christened the Seventies by finally surpassing this epochal lift. His mighty hump inched it up into the realm of no-man's land. The eight hundred barrier was smashed. During the first week of February 1982 he registered a sky high 821 effort. One of the biggest shocks in PL came two weeks later when Okie's Walter Thomas duplicated this incredible feat. We knew that it would require a superhuman being to raise the record higher. Enter Ed Coan, whose 390 kg (859.8 lbs.) now remains the current ceiling. Using the to efforts of our current crop of DL stars on the latest *PL USA* TOP 100 list there seems to be no one even remotely threatening this record now. It will survive this century and may even endure the next. That is, of course, unless Ernie can work the kinks out of his hydraulic DL suit. Super belts in the next century may contain an anti-gravity micro chip activated by the molecular electrical discharges of a fully contracted set of spinal erectors.

We have four men who have topped 800. Number four is Steve Scialpi. Right behind him is Chip McCain's 799. Out of sight, but not out of mind. Our good buddy Mr. Duke, Ernie "The Ageless Wonder" Frantz, Keyhea, and Sly Anderson comprise the 350 kg. group (771.6). Besides McCain, the strongest tuggers of the Seventies include ex-Olympic lifter Ed Matz, Miller, Woods, Ballard, Joyce, Dignan and O'Brien. After almost 20 years, Pacifico's 720 ranks 64th and would have been 7th on the current PL USA list. Larry was unquestionably a better DLer than he is at answering letters or returning phone calls.

The 100 best all made 320 kg. (705.4) with only four men off the list at this figure, datewise. Fifteen more did the lb. equivalent 705 exactly, and fourteen others were as close as you get (317.5 kg./699.967). Mr. O. Sjiuwade is not listed because he is really Hoosier Robert Craft and didn't change his name until 1990. Think you may have made the TOP 200 - that took 685. NEXT MONTH - the 220 lb. DL king... he is one of only four men in History who has stood up with the big niner, and - of course - if I mention his name again, I will be accused of being redundant. *Herb Glossbrenner*

USA All Time TOP 100 Deadlifters-198
compiled by HERB GLOSSBRENNER

859	Coan, E	07JUL85
821	Anello, V	07FEB82
821	Thomas, W	28FEB82
800	Scialpi, S	14JUN92
799	McCain, C	15DEC79
793	Cash, J	01MAR80
788	Duke, B	08JUL84
777	Frantz, E	14JUN80
777	Keyhea, V	10NOV91
771	Anderson, S	27OCT88
766	Nellor, E	19FEB83
766	Pittman, R	16FEB86
766	Bell, G	12FEB87
766	Shannon, W	14AUG88
760	Payne, M	13DEC86
760	Matz, E	JAN75
755	Graser, B	31MAR85
755	Tullis, R	12APR86
755	Black, J	22NOV87
750	McQueen, J	30JAN82
750	Mickens, B	87
750	Chorpenning, J	22APR88
750	Humphrey, L	13FEB93
749	Halmes, R	15MAR81
749	Deloit, D	01FEB86
749	Feight, M	01NOV86
749	Whitehead, G	05DEC87
749	Miller, S	27AUG78
744	Mangialardi, S	13JUL80
740	Hilliard, T	09FEB85
740	Parigian, G	24MAR85
740	Castellano, D	14APR85
738	Woods, P	10NOV74
738	Bridges, M	04OCT80
738	Bush, K	12MAR83
738	Holland, S	10MAR90
733	Bullard, L	07APR79
733	Hatfield, F	07JUN80
733	Carola, N	01FEB81
733	Cribbin, J	27SEP81
733	Woods, R	12DEC82
733	Johnson, K	26JUL91
730	Joyce, M	76
730	Barry, S	20MAR82
730	Sewell, D	31JAN87
730	Herring, G	10AUG91
730	Meyers, T	18SEP94
730	Terry, C	24SEP94
727	Pointer, P	17MAR84
727	Lamuto, C	APR85
727	Person, P	12DEC87
727	Riley, E	22JUN91
725	Peoples, B	04MAR49
725	Mustakas, P	21OCT84
725	Thomas, R	06JUL85
725	Harris, A	29OCT94
722	Dignan, J	27MAY78
722	Shepard, K	26MAR83
722	Gipson, T	13AUG83
722	Craft, R	18MAY86
722	Malekjo, T	28JUN92
722	Dunagan, H	03JUL94
720	O'Brien, P	74
720	Pacifico, L	15APR76
720	Sutton, T	14SEP91
716	Jones, J	13JUL80
716	Long, R	12FEB86
716	Bryant, G	05FEB89
716	Byron, S	09JUL89
716	Gibson, M	07APR90
716	Seidal, R	20MAR94
716	McCoy, W	17JUL94
715	Capasso, M	27MAR82
715	Hamblet, D	21MAR87
715	Emiliano, J	15MAY88
715	James, G	20MAR93
711	Foster, N	27MAR82
711	Hayden, M	05JUN83
711	Mistric, L	05NOV93
710	Simmons, L	14MAY78
710	French, S	05OCT86
710	Murdock, S	15MAY88
710	Hernandez, L	24MAY88
710	Ferstler, G	07APR91
710	Wilson, T	04APR92
710	Wilmar	92
710	Baltimore, M	10SEP94
705	Sideris, J	14MAY79
705	Borden, D	09JAN82
705	Pharr, T	27MAR82
705	Cappola, J	04DEC82
705	Estep, R	12DEC82
705	McClaverty, K	05APR83
705	Schrader, T	21APR85
705	Johnston, R	12FEB86
705	Leslie, C	13DEC86
705	Christiansen, D	13DEC86
705	Kiltz, B	07JUN87
705	Johnson, K	01MAY88
705	Gay, D	11DEC88

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BRUCE WILHELM

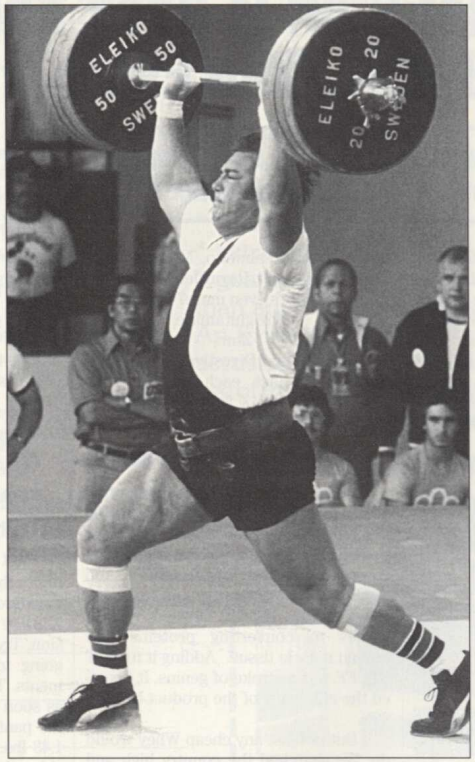
An In Depth Profile/Interview by Herb Glossbrenner

Bruce Wilhelm was unleashed on the world on July 13, 1945 in Watsonville, CA. Coincidentally, three days later in the white sands 50 miles NW of Alamogordo, a city in Southern New Mexico - the first atomic bomb was detonated. Was it a belated announcement of the Iron Game's most outspoken strongman? Watsonville, a quiet community in Northern California registered her protest 45 years later. It was the epicenter of the devastating 1989 - 7.1 Loma Prieta earthquake.

Bruce's unquenchable thirst to acquire great athletic strength became, through the years, a sounding board for his exuberant, extroverted personality. Some found his brash manner offensive. In the Iron World of patronizing politicians and wishy-washy wimps, I find his "tell it as it is" attitude a breath of fresh air.

It was March 1985 when fate intervened. It was after Bruce had retired from the combat arena, leaving his indelible mark in the annals of strengthdom. He was in Hawaii commiserating his terminated marriage. Cupid harpooned the great white whale - it was love at first sight. A poolside beauty grabbed his attention. Bruce, never known to be shy with the ladies, got her attention immediately. Moby Dick flopped down on the concrete beside her. His persuasiveness paid off. Yumi soon became his lovely Japanese wife. She is now 31 and Bruce is 49. Beauty soothes the savage beast. They are the proud parents today of two children: Jennifer (6) and Brian (8). Family life has mellowed the strongman and changed his perspective on life. As a competitive athlete he was the center of his own world. Now he revolves around his family. Every great athlete can become a legend his own mind if not his own time. After all the years shelling oysters, Bruce finally found his prize pearl. Bruce, who once kept company with crude dudes, distanced himself from former associates. The Japanese culture refined Bruce. "I'm not the easiest person to live with. Her tolerance made me want to change," Bruce confided. "I find myself never cussing around the house. I respect my family too much." These days his co-existence with others is much more bearable.

He proudly tells that both his kids, at age 5, could do 5 complete pullups (something the average redblooded 14 yr. old American boy can't do). Both like soccer. He does not encourage them to take up the weights. Pictures of his own lifting days grace the living room in full view. Both have watched his World's Strongest Man video tapes numerous times. They have found it outrageously funny. "Just in case they might be so inclined," Bruce explained "They can be anything they want in life with my blessings, as long as it's not a (expletive)".



***Bruce Wilhelm** with a 474 c&j at the 1976 Montreal Olympics (Berry)*

Bruce thrived on athletic achievement. His older brother Bob and Younger Steve made it a family affair. In Jr. High he grappled, swam and threw the shot, and punched a few mugs. In 1959, at 15, he got his first barbell. He quickly outgrew his beginners set and got into it heavy duty. He stood a shade over 6 foot and weighed 180 when he started. By his senior year he reached his full height - 6' 3" and filled out to 240. He did it all: water polo, shot, discus and wrestling. He was All American in both athletics and wrestling. When just a freshman he threw the shot further like a baseball than via the conventional style. This style hurt his elbow. In his senior year, after learning proper technique, he sailed the 12 lb. iron ball - 65' 8". Bruce saw his idols - O'Brien and Long - throw in the '60 Olympic trials and later on witnessed Gubner and Long at the '62 US/USSR Dual Meet, at Stanford Stadium in Palo Alto, CA.

So, it was no surprise that Bruce picked Stanford as his collegiate choice among numerous scholastic offers. He won the PAC Hwt. wrestling title there, going undefeated. An elephant never forgets. Bruce recognized an opponent as one who'd beaten him in high school The guy was then pinned in a whirlwind 16 seconds - a school record. He later transferred to OSU to concentrate on wrestling. He was National runner-up in Greco Roman grappling and 3rd in the Nationals - freestyle. He made the World Team, but untimely injuries kept him out of the spotlight (torn knee cartilage, sprained ankle and separated shoulder).

So, back to the shotput. Bruce, always a southpaw, chucked the 16 lb. iron ball 66' 1/4", at the time a left handed World Record, His best ever throw was 68' 9" in an impromptu competition. He bettered that by 1/4" in practice and threw the hammer (only 2 turns) 179 feet. He also spun the discus an impressive 205' 9". By 1970 his bwt. climbed to 275 and he'd taken up W/L. Wilhelm also tried a few power meets and won, but never trained on them.

Uncle Sam interrupted his education and he was stationed at Ft. Benjamin Harrison, outside Indianapolis, IN. Bruce made contact with Winston Binney, Indiana's strongest man (1st teenager in the World to clean 400 lbs./1961). They made connections and Binney drove down from South Bend. Announcing their arrival beforehand they pulled in the driveway at Ron Hale's garage gym in New Castle (Hale was the 1969 165 lb. Sr. National P/L Champ). Our usual Sunday afternoon workout became an important event. Winston put on quite a show and clean and jerked 400 lbs. Bruce, whose best at the time was 375, was equally impressed. Bruce predicted that not only would be doing that amount in the clean and jerk soon, but someday he'd snatch it! A boisterous outburst or a prophecy? I wasn't sure at the time, but I never forgot it.

Weightlifting soon became the full time focus of his talents. He improved by leaps and bounds. In 1974 he was Sr. National runner-up by just 11 lbs. (330 snatch, 419 clean & jerk, 749 total). The following year (1975) he won his first National title (336 430 = 766) by a 22 lb. margin. Bruce earned a trip to the World Championships in Moscow and improved dramatically. He snatched 369 and jerked 441 for a 7th place finish. The Pan Ams in Mexico came shortly thereafter. Bruce developed a bad case of dysentery (don't drink the water) and spent three miserable days before he lifted, not expecting to earn the crown. Two bottles of Pepto Bismol later, Bruce rose to the occasion and met his Cuban opponent - Fernandez. It was like two runaway locomotives coming head on. Bruce lifted excellently, especially in his weakened condition. He snatched 363 and jerked a personal best - 468! He was only 5 1/2 lbs. shy of the gold medal, but earned a great deal of respect for his courageous performance. His 832 total moved him up several notches on the world SHW ladder.

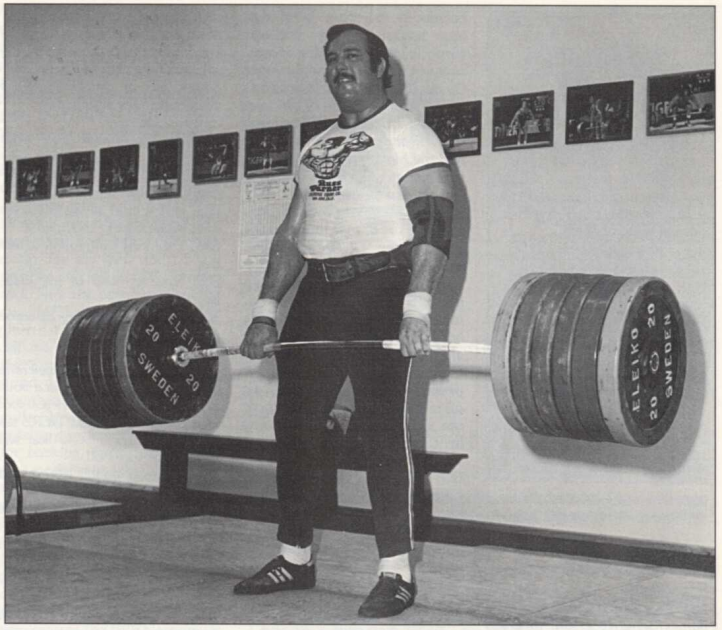
Olympic year rolled around. At a meet in Glendale, CA he made his all time best clean and jerk - 485 - on May 1st. Bruce won the Nationals by a 49.5 lb., margin over Texan Sam Walker. He lifted a 374 snatch and 474 clean and jerk for an 848 total. His landslide victory earned him a coveted berth on the Olympic Team going to Montreal, Canada. At the Games he gained a surprise silver medal in the snatch event with a tremendous lift of 380 1/4 lbs. Bruce clean and jerked 474 in the second event and was in 5th with an aggregate of 854 lbs. During the lift he strained a knee ligament. He valiantly tried a P/R equalling 485 going for the overall bronze medal finish. He cleaned it, but couldn't execute full strength in the second phase. Due to the injury, he missed the jerk. So, Bruce took home one medal instead of two, as well as a badly swollen knee. Nevertheless, it was a remarkable demonstration of intestinal fortitude.

Following the Olympics, Bruce underwent knee surgery. He was born with Osgood-Slaughter's Disease, a congenital bone defect. It caused a painful protuberance of the knee called a tibular tuberosity. It was removed and they re-attached the patella tendon, but he may have pushed his recovery a bit too fast.

Bruce was physically unable to defend his National title in 1977, reinjuring himself in a tune-up meet. Earlier in the year he traveled to Vilnius, Lithuania for the Friendship Cup Tournament. He placed 2nd there with 358 and 452. It was there his knee problem flared up again. By August he'd healed sufficiently to eclipse Patera's long standing (5 years) American snatch record of 386 1/2, when he lifted 391.3. Later that year he became the first American to snatch 400 (402.3 at Bakersfield, CA. I vividly recalled his forecast of only 7 years earlier).

Wilhelm held himself together long enough to earn a high 5th place finish at the Worlds that fall in Stuttgart. His showing drew considerable attention and he was invited to participate in the Worlds Strongest Man competition. ("Strength is his realm and none could overwhelm - Wilhelm"). He came out the winner and turned more than a few heads. The event was aired nationwide on CBS' SPORTS SPECTACULAR. He was voted *Strength and Health* magazine's LIFTER OF THE YEAR, winning the tally by a considerable margin. Bruce retired from active W/L competition due to recurring elbow and knee problems, but defended his WSM title in July 1978.

The competition was even tougher the second time around. Bruce was at full strength and big as a house at 326. It came down to the final event - the tug-o-war. His semi-final pull against Sweden's massive Lars ("Large") Hedlund was extraordinary. Bruce won and both men required oxygen afterward due to the smog, heat and exhaustion. Wilhelm faced the Levittown Leviathan in the final pull. It was Don Reinhoudt, 5 times World Powerlifting Champion. At 6' 3"/344 he was the biggest man in the contest (18 lbs. heavier than Bruce). He was a most formidable foe and a bit miffed as well. Bruce had been chiding him for the benefit of the TV cameras (everybody eats up that Muhammad Ali stuff). It was a titanic struggle. Bruce figured that Don may have underestimated him, and Bruce - an opportunist from the word "GO" - rose to the occasion. Wilhelm overwhelmed and took home all the marbles. Don trained like a demon, his mind on revenge for '79. The rematch between these two Superstars never transpired. Bruce had his elbow operated on and was unable to participate. Don won the WSM the next time around and we can speculate until the cows come home as to what might have been.



***Bruce Had Pulling Power.....** he pulled this 661 pound/300 kilogram deadlift for 11 reps back in 1980*

HG: Bruce, you are one strong (expletive)! What made you decide to concentrate on W/L and not P/L?

***BW:** The main reason was that I wanted to go to the Olympics. W/L is an Olympic Sport - P/L isn't. I was best suited for explosive movements. Heavy squats and deadlifts for prolonged periods could have wrecked my knee sooner. I couldn't have beaten Reinhoudt on the powerlifts anyway.*

HG: Neither could anyone else. What were your powerlifts? Did you ever try a max on them?

***BW:** Yes, at different times over the years. In 1973 I Olympic style (bar high on neck) squatted 775. Power style with knee wraps I did 800. I never practiced deadlifts, but had a lot of back strength from power cleans (best 462). When my knees were really bothering me, I resorted to this style. In 1977 I did 793 deadlift. It was a one time deal. I benched 562 w/ a pause in 1980 after specializing on it a while. That's 2155 - no big deal for a SHW, but not too shabby for an Olympic lifter.*

HG: No, indeed. What were some of your other best lifts?

***BW:** 485 press on a incline bench of about 40 degrees. Unassisted, I cleaned a pair of 207 1/2 lb. dumbbells and pressed them 5 reps simultaneously on a 45 degree incline bench. I did a pair of 187 1/2s for 13! Front squat - 515x3, rack jerk - 551, jerk behind the neck - 573.*

HG: Who is the best Superheavy Powerlifter of All Time?

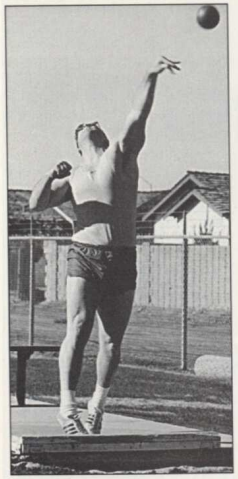
***BW:** No question in my mind - it's Reinhoudt. His 2420 lasted 7 years. Kaz beat it by only 5 lbs. Don wore no belt or wraps nor any of today's supportive gear. Kazmaier did. Remember, Don had nobody to push him. If they'd met, head to head, Don would've creamed Bill. I may have ruffled Reinhoudt's feathers at the WSM, but I'll give credit where credit is due - he was the best.*

HG: What about Cole? Is he the Greatest Amateur Athletic Strongman of All Time?

***BW:** Using your criteria of combined W/L and P/L total, the proof is in the pudding. Stats don't lie. He deserves that title. I have no problem with that. Cole weighed 283. Don broke his 2370 by 50 lbs., but he was 70 lbs. heavier. If Jon could've weighed 300, he'd have done 975 625 925! That's my opinion.*

HG: What about Anderson?

***BW:** Come on, Herb. I've previously told you I can't compare anyone with Paul. The Mega-Monarch of Might was one of a kind. He's in a class all his own. If anyone has a problem with that let their Id tussle with their Ego until Turkish prisons become tour-*



Bruce was a superlative all-round strength athlete. (Frank Biondi)

ist resorts!

HG: Who are your other favorite powerlifters?

BW: Two were Hugh Cassidy and James (Gene) Roberson. Roberson weighed only 280 and blew Terry Todd off the map - high bar squat, no wraps and he quit at age 23. If he'd continued, he would have done 2300. After a 30 year layoff, he's back now, winning World Masters titles. Cassidy beat Williams and won the '71 World Power Meet. He had balanced lifts - good in all of them. His form was impeccable, bottomed out on his squats and wore no supportive stuff.

HG: Who do you admire most in Weightlifting?

BW: Schemansky, Vlasov & Patera. Schemansky's career lasted 25 years. When he retired at 46 he could still c&j 400. He was the only guy in W/L to win 4 medals in 4 different Olympics. He set 29 USA records and 24 World Records and was National, World, and Olympic Champ. After 3 major back operations returned at age 38 and broke the World Record snatch with 362. He almost beat Vlasov (URS) in '62, a man 11 years younger than himself. Vlasov was the first streamlined SHW with great muscularity. He was a scholar as well - five times World and Olympic champ; 6 times European champion and he set 32 World Records. If it were not for the changing of the guard, he'd have won '64 Olympics in Tokyo. If you believe that B.S. story that Zhabo outsmarted him you must still believe in the tooth fairy. Yuri later became a writer and was very outspoken about the oppression of the Russian people under Communist rule. Patera was one of the strongest men of all time. He set 18 USA records and was Pan Am and National champ. He had the highest 3 lift total of all time behind Alexeev - 1397-3/4! He was 2nd to Vasily at the 1971 World Championships in Peru and won the bronze medal in the press at the '72 Munich Olympics. He was the first man in the World to clean 500 lbs. (503 - Nov. '69) before Alexeev did it. Injuries kept him from reaching his full potential. His 485 press at '72 California State meet was, in my opinion, the greatest strict press ever. He quit weightlifting after the '72 Games and spent the next 20 years pro-wrestling because you can't make diddly in amateur weightlifting.

HG: What about Alexeev?

BW: He was one strong mother. His will was indomitable. He intimidated everyone except me. I really got cranked training with him,

HG: Why couldn't you beat him?

BW: Because of my (expletive) knees, you knucklehead. What are you, another Bob Beatty?

HG: Speaking of him - what about your color commentator days on the tube? Were those guys a bit slow grasping things?

BW: Oh, man! How many times do you have to tell them what a kilo was? Beatty didn't give a (expletive) about W/L. His mind was off in the French Alps skiing somewhere. Mussberger was too patronizing. At the WSM I heard him telling a colleague to get it finished before we fall apart or drop dead of heat exhaustion. Lynn Swann was the worst.

HG: I got the feeling they enjoyed ridiculing the lifters.

BW: Yeah, they got off showing the lifters falling on their (expletive), grunting loudly with wide open mouths like a fish on dry land trying to suck oxygen. They played up Paul Jordan's injury to the public - big time - showing it over and over. Paul even was invited to their 25th anniversary show, They know the public gobbles that stuff up like....

HG: Like Steve Neece on a Dodger dog?

BW: You took the words right out of my mouth.

HG: What killed tile coverage of W/L and P/L on T.V.?

BW: At the Tokyo World Cup, the IWF (Ajan) got 165 grand. It was too costly for ABC to pay.

HG: What did the athletes get?

BW: A royal (expletive)–ing!!

HG: What of Terry Todd?

BW: Very odd. The only guy I know who has a vendetta trying to discredit a legend. He has surpassed me - in one category - a whole lot more enemies

HG: Sri Chinmoy?

BW: Ole Sly Chimney Boy - what a farce that ole geezer was. The sooner were forget all that (expletive) the better off we'll be.

HG: Isn't it true all his followers went broke buying knee pads?

BW: You're starting to sound like me.

HG: You are one of my idols, Bruce.

BW: I think there may be some hope for you after all.

HG: Tony Fitton?

BW: A great guy. He's welcome at my house for sushi and a bowl of rice pudding anytime - you too!

HG: I've got some great HERB tea I can bring. It's a brew that will knock your socks off.

BW: Sounds good. Where did you find it?

HG: John Ford got it for me while he was in Vietnam. The guy didn't want to give it up. John buried him in a rice paddy overlooking Saigon. Before I forget - what did Alexeev do on the powerlifts?

BW: I could never pin him down on that subject. He was evasive.

HG: However, you did pin him in arm wrestling. Moby Dick struck again, silent and deadly like a thief in the night.

BW: Surprised the big puppy - I did. He strained his milk or something and couldn't lift in the Record Makers at Vegas. I really felt bad about it.

HG: Some claim you sidewinded him. You told me the particulars. Mike would censor it if I printed it.

BW: (expletive)! I'd never do anything so despicable. What I told you is the way it really happened. Do I lie?

HG: No sir! Never! Could a Powerlifter switch to W/L and become successful?

BW: Absolutely: Ikei and Henry already have, It proves you can. A good coach is essential.

HG: What about Ed Coan?

BW: Unquestionably the best P/L probably ever. He'll be the first to do 2500, but he'll be 242. With a 425x2 power clean he claims, he'd be very successful at W/L. If he'd allow me I'd be glad to train him. He'd be doing 396 snatch and 485 c&j in 6 months - guaranteed!

HG: Why has W/L died while P/L has flourished?

BW: P/L is more accessible. O/L is being run by self serving people. They are nearsighted to the big picture, We need 25,000 doing W/L. W/L's biggest holdback is discouraging P/L'ers or other athletes from coming into it. Powerlifters have been brainwashed into believing it's too complex to learn - it's not! Some may try it on their own and become discouraged. A knowledgeable coach is important to show them how - correctly. They've been told W/L takes great coordination and technique. P/L takes more coordination. Backing out of the rack with 1000 lbs, takes the utmost control... making sure you don't get the bar oscillating. It could cause a bad vibration that makes the teeth rattle and could cause your spine to drop through your (expletive) and break your neck. It takes great coordination to time the bar's whip and control it down and back up. If you get out of the groove - forget it, you're dog meat. Technique? Wrapping is a real technique. You got to get 'em on and off before you lose circulation and gangrene sets in. Powerlifting takes more concentrated thought for a long duration than W/L. An explosive movement like a snatch is so fast you don't have time to think. Boom! It's done.

HG: It sounds strange to hear a top weightlifter defending powerlifting.

BW: Bruce speaks the truth. You don't win World W/L titles with technique alone. My closest buddies are Power People. Take Cole and Patera for example. You don't get any stronger than them. The bottom line is power. That's what it's all about. The USWF doesn't have anyone that is really strong anymore - except Henry, and he has nobody to push him to improve. That's why W.L has gone to the dogs.

HG: What about Antonio Krastev?

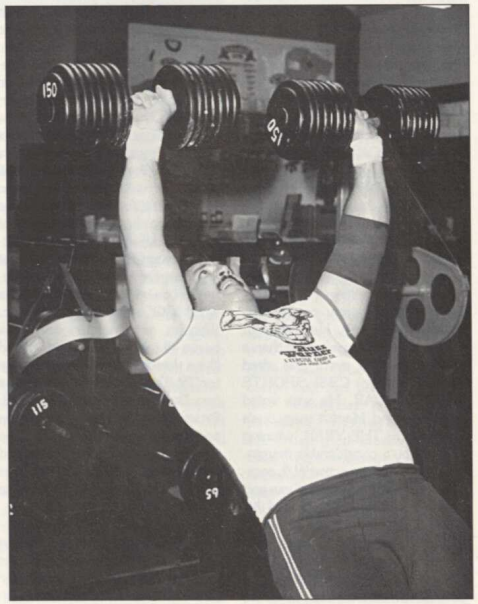
BW: The USWF blew it - big time! They had a golden opportunity. They didn't want him. Somebody had a cockamamy idea that he was a troublemaker, a disruptive influence, undisciplined? B.S.! Here's a guy who snatched 476 and clean and jerked 556 officially. He did 485 and 573 in practice and jerked 600 from the rack! He's also capable of beating any SH P/Ler in the World had he given it a chance. A great athlete, 385 lbs. and strong as a bull, and that's no bull! I had a sponsor lined up for him - George Steinbrenner. George could've pulled strings and got him citizenship pronto with his big bucks for backing. He'd have been a sure medalist in Atlanta. Can you imagine the inspiration he'd have given our guys at the Olympic Training Center? It would have lit a fire under Henry and spurred him. W/L is singing its swan song and some want it that way. Blame a small group of people with close political ties with Ajan. Anyone who crosses the IWF hierarchy is politically beheaded. Now Krastev has flown the coop to Canada. We've lost the goose who lays golden eggs. Our loss is not necessarily their gain. Canada has killed off their lifters with drug testing fanaticism. It's a crying shame.

HG: Could P/L ever be in the Olympics?

BW: Sure it could, but not the way it is now. All the supportive suits, wraps and shirts would have to go. You couldn't have nine guys on stage hovering over you as you squat. No crazy theatrics like head-butting, slapping and yelling. The present circus atmosphere would not set well with the IOC. The IPF must not align with the IWF. That would be a disaster. They would not be satisfied until they absorbed P/L and took control. The first step to becoming an Olympic sport would be for the USPF to absorb all the lesser organizations within. Everyone must merge and work as a functioning unit. United we stand, divided we fail. All the squabbling, petty jealousies and differences must be shelved (easier said than done). That would be a big step in the right direction.

HG: Bruce, thanks for your enlightening honesty.

BW: I just call it like it is. I can take the heat and I'd like to see anybody try to get me out of the kitchen.



Bruce W. had great pressing power, especially with heavy dumbbells.



Bruce with his American Record snatch of 391 1/4 lbs. - August 1977, San Francisco, CA (Kitson photo)



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In Dedication....



Henri Soudieres, a man who won numerous National Masters Powerlifting titles and who set scores of records along the way, died a little after 4AM on February 16th, of complications following an accident in which he broke his hip. He was 88 years of age. Up until the accident, and despite the long term ravages of Parkinson's Disease, he was still able to bench press his bodyweight of around 178, notes his good friend Rex Monahan. Henri's commitment to lifting spanned the astonishing period of almost 3/4s of a century. He began lifting at age 14, and - according to John Gorton - Henri was at one time the Physical Director of the "French Sporting Club" on West 48th Street in New York City. John met him at a contest there in 1937, and they remained lifting friends since that time. Henri literally witnessed generations of lifters come and go, and he outlived many of them, but the most remarkable characteristic of Henri was how he continuously retained his pure love and enthusiasm for the simple act of lifting weights for 74 years. A retired mail carrier, he had resided at the Veteran's Home of California (located in Yountville) in recent years. Unmarried, he will reportedly be buried next to his mother, back in New Jersey.

For Your Review.... this month we look a 2 new books and 2 videos...first off is Randy Strossen's new ***IRON MINDS: Stronger Minds, Stronger Bodies*** book. Randy is the author of *SUPER SQUATS* and has also been writing columns for *IRON MAN* Magazine for some time. This book is a compilation of the first 60 installments of his *IRON MAN* column, which emphasizes the relationship between mind and muscle. Randy is a Stanford educated Ph.D. There are many references to squats, benches, deadlifts and some of their greatest practitioners throughout the 60 chapters of this book and since the underlying motive of bodybuilders, olympic weightlifters, powerlifters, and any kind of gym bum or bummette is to get bigger and stronger, this is valuable information. See the ad for the IronMind Enterprises line of products, including his new book, on page 37 of this edition of *POWERLIFTING USA*. — We've also had a look at the new Winter edition of **POWIERLIFTER Video** Magazine, Issue No. 9, which includes 3 new 'star' workouts, including Anthony Clark's 'fast and fierce' back workout, which involves real weights and real effort. Anthonly predicts that he will try an 800 lb. bench press around October or November of this year, and he is hoping for an 1100 lb. squat and 2500 lb. plus total this spring, and he may just be at the USPF Seniors again. There's some coverage of the WPC Worlds and some highlights of Bull Stewart's new Deadlift tape - he has a super physique and this is a super video production. Next the cameras travel to catch a Betsy Ojanen workout in Phoenix (she starts her squat workout with 1/2 hour of stretching!). Other features include footage of Dr. Ken Leistner's recent Deadlift meet, an update on Bob Seibold, Paul Chek on Squatting Stability (try clamping a ball between your legs when you squat, or how about using your weight belt on your legs instead of your waist?). The California Monster Bench Press meet is highlighted, and Jay Schroeder offers up some bench grip tips in Coach's Corner. The NASA World Bench Press Champion offers his own tips as well. There is some mind-boggling and, at times, humorous footage of C.T. Fletcher, who is HUGE, in a recent bench press workout. Check out how C.T. feels he stacks up against drug free bench phenom Mike Hall. (for ordering information, see page 25 of this edition of *PL USA*).... We also viewed a highlights video from the **ADFPA National Masters** Championships that was excellent. It comes from Brenda Gillaspy of Video Art Productions, 1040 Dorothy Street, Lakeland, FL 33801, 813-686-1202. The quality of the video image, the music, the editing, etc. were excellent. According to Brenda "We would like to become the 'exclusive' video production company for the A.D.F.P.A. and other organizations and be available to tape all major events. We will provide a promotional tape of the events in broadcast quality format and also handle tape sales for competitors. We will set up a table and take orders during the events." ... the long promised Rickey Crain book... *To SQUAT Or Not to Squat That Is the Question?* is now available. Dr. Ken Leistner has provided a review: *"As with all new powerlifting books, the question is always one of "is there anything in there that I can use". Even the most atrociously written book will be eagerly embraced if there are a few practical tidbits that can be utilized in the gym that week. For those new to the sport, the history of powerlifting "booklets", instructional courses, tapes, and books is generally dismal. Despite the fact that many of the top names have affixed their names to various means of communication about the sport, the only thing communicated is often the fact that the champs genetic gifts, favorable body leverages, uncommon ability to build strength, or pure dumb luck has allowed them to succeed. Many programs, techniques, and approaches did not and never would work for the average lifter. Considering that it will for the most part, be the average lifter who purchases the courses, many have had limited application. In some cases, the information was decent but the writing or tape format was so poorly presented that it only succeeded in confusing the interested lifter. Again, for those short on history, Rickey Crain is much more than some "older" lifter who still lifts well. He has been in the sport since the age of eight and as importantly, has always taken a non-technical, straight forward path to his personal athletic success. Simply, Rickey discovered the "secret" to being strong and continued to apply those principles. Yes, his secret is the same one that works and will always be applicable to the average lifter: work hard, progressively overload the muscle, do so consistently, and just to emphasize the point again, work hard! While many are looking for more, there just isn't anything else. His emphasis on technique, with the understanding that one's particular body build will affect stance and descent, is accurate and practical. Rather than state, "this is how I do it, now you do it too", he provides a variety of programs, rep by rep, that have worked for him and some that haven't. The level of humor and lack of self aggrandizement is a pleasant change from the arrogance so often found in many top athletes and, of course, what you get is pure Rickey. I always found Rickey to be fun to be around and this comes through clearly in the text of To Squat .... This makes for an enjoyable as well as a useful read, one that goes quickly. The cartoons, photos, asides, quips, and observations borne of over thirty years as a powerlifter makes this book pleasant, useable, and a great addition to one's lifting library."* (for information on how to order this book, see the Crain's Muscle World Advertisement on page 77)

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THE AMERICAN POWERLIFTING FEDERATION PRESENTS

The 1995 Nationals Season:

American Powerlifting Federation

May 13-14

APF Junior Nationals & Senior Qualifier
Ramada Beach Resort, Daytona Beach, FLA.
contact meet director Kieron Kidder: 904-761-8201
Qualifier: no previous Senior National Champs; open to male and female lifters; no total necessary to enter

June 3-4

APF Master and Teenage Nationals
Sheraton Gateway Suites-OHare, Chicago, Ill.
contact meet director Ernie Frantz: 1 800-537-5532
Qualifier: open to males and females; proof of age required; no total necessary; age 40 and up, or age 19 and below

July 15-16

APF Men s and Womens Senior Nationals
Holiday Inn BrookHollow, Dallas, Texas
contact meet director James Capart: 214-253-8575
Qualifier: totals listed must be done within 1 year of this meet, totals accepted from sanctioned meets of any federation

Men s Class:	114	123	132	148	165	181	198	220	242	275	308	SHW
Total	807	1003	1100	1329	1450	1603	1703	1810	1870	1906	1921	1930

Women s Class:	97	105	114	123	132	148	165	181	198	SHW
Total	493	526	694	806	822	840	855	870	875	880

TRAINING

Power Excel Three Lift Random Rotation Nine Week Peak

as told to Powerlifting USA by Greg Reshel, Power Excel

If you like to train aggressively you will love these routines. If you like to challenge yourself with new training ideas and maybe don't like getting stuck in a rut with the same old routines every time, you must try peaking with this routine. Your body will never be able to adapt to it and your mind will have to be tough to stay with the program. After completing this program a three lift meet will be a breeze! You will need to adapt to doing low rep sets in the big three lifts as your primary stabilization work and you will enjoy this routine as it has a lot of variety to keep you from getting bored. If you have hit a plateau or are beginning again after a lay-off, this routine will sharpen your skills and increase your conditioning as you peak your strength.

The fact that the random rotation routine is aggressive dictates that you do not peak longer than 9 weeks or you will likely be overtraining. The random rotation routine will ask you to do some sets with very little rest in between. We want you to finish the first set indicated and, after putting the weight down, count to ten and immediately begin the next set. All this will become obvious as we explain the details of the routine. Keep accessory work to a minimum and keep it light for this routine is too challenging to allow you to have anything left for more heavy work. We like to keep this style routine simple in its overall pattern bit mix up the sets an reps to keep you on your toes. We have learned to love the random rotation routine for it's effectiveness and yet we are humbled by the work involved. If you have the guts then follow along with me as we explore the random rotation routine.

I will use a 30 year old man weighing 165 lbs. as the subject for this presentation. If you are young and/or highly conditioned you will have to push through this routine as fast as you can to get the most out of it. If you are older, a novice, or deconditioned, you will need to move somewhat more slowly through the workout. This random rotation routine will work for nearly everyone provided they push through it as quickly as possible. My subject has a 400 lb. squat, a 260 lb. bench press, and a 450 lb. deadlift. These are the max numbers I will use to determine the set/rep tables. You will perform the squat on one day with leg assistance work (I will only indicate the squat and leave the assistance work out because it will differ too much with each individual case). You will perform the deadlift next, two to three days later, with back assistance work. You will perform the bench press two days later with upper body assistance work. Highly conditioned athletes should throw in a fourth day of whole body assistance work on the day before you squat. I will show three days per week and the set/rep schedules for each of the three powerlifts. To change the numbers to fit your maximum abilities simply divide your maximum by the max lifts of our subject. Then take the resulting number and multiply it by each of the numbers in the tables to determine your personal set/rep schedule.

The schedule will show two working set "groups" for each training day in each powerlift. The principle is to perform multiple sets at the weight indicated with as little rest as possible (10 seconds is a target time). Rest 2 to 5 minutes between working set groups and then perform group set number 2 with as little time between sets as possible at the target weight indicated. Do not change the weight in a working set group between individual sets. Use full gear. If you are squatting and are wrapped tight with suit up and belt tight, do not remove any equipment between sets in a working set group. If you are in full gear for your squats, resting longer than 10 seconds will not help you as it will only deplete circulation. Keep your gear on and rest only long enough to re-rack the weight and get a couple of breaths (in the bench press, sit up and breathe and then lay back down right away). This is more tough mentally than physically as you will not feel strong on the last set of a working set group. You have to be aggressive, stay sharp, and dig deep to complete the working set groups! Remember, squat on one day, deadlift 2 to 3 days later, and bench press two days after your deadlift. You back will not be fresh for bench press day so you will have to concentrate even harder to get good form. You may feel flat while training sometimes, but you will get hellaciously strong and mentally tough, which can only improve your meet performance! Good Luck!!

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SQUAT - warmup as needed to perform the working group sets indicated in the chart!

	Group Set #1	Group Set #2
Week 1	1 set of 5 reps and 1 set of 3 reps at 265	1 set of 4 reps and 1 set of 2 reps at 290
Week 2	1 set of 6 reps and 1 set of 2 reps at 275	1 set of 2 reps and 1 set of 2 reps at 305
Week 3	1 set of 3 reps and 1 set of 5 reps at 280	1 set of 3 reps and 1 set of 2 reps at 320
Week 4	1 set of 1 reps and 1 set of 6 reps at 285	1 set of 1 reps and 1 set of 2 reps at 330
Week 5	1 set of 3 reps and 1 set of 2 reps at 305	1 set of 3 reps and 1 set of 1 reps at 340
Week 6	1 set of 5 reps and 1 set of 1 reps at 305	1 set of 1 reps and 1 set of 3 reps at 350
Week 7	1 set of 4 reps and 1 set of 2 reps at 325	1 set of 1 reps and 1 set of 2 reps at 365
Week 8	1 set of 2 reps and 1 set of 2 reps at 330	1 set of 2 reps and 1 set of 2 reps at 345
Week 9	Open - 365, 2nd - 405, 3rd - 425	

DEADLIFT - warmup as need to perform the working group sets indicatted in the chart!

	Group Set #1	Group Set #2
Week 1	1 set of 4 reps and 1 set of 2 reps at 335	1 set of 5 reps and 1 set of 3 reps at 275
Week 2	1 set of 2 reps and 1 set of 2 reps at 340	1 set of 6 reps and 1 set of 2 reps at 275
Week 3	1 set of 3 reps and 1 set of 2 reps at 350	1 set of 3 reps and 1 set of 5 reps at 275
Week 4	1 set of 1 reps and 1 set of 2 reps at 360	1 set of 1 reps and 1 set of 6 reps at 295
Week 5	1 set of 3 reps and 1 set of 1 reps at 370	1 set of 3 reps and 1 set of 2 reps at 295
Week 6	1 set of 1 reps and 1 set of 3 reps at 380	1 set of 5 reps and 1 set of 1 reps at 295
Week 7	1 set of 1 reps and 1 set of 2 reps at 390	1 set of 4 reps and 1 set of 2 reps at 245
Week 8	1 set of 2 reps and 1 set of 2 reps at 305	1 set of 2 reps and 1 set of 2 reps at 245
Week 9	Open - 380, 2nd - 440, 3rd - 475	

BENCH PRESS - warmup as needed to perform the working set groups as indicated in the chart!

	Group Set #1	Group Set #2
Week 1	2 sets of 6 reps and 1 set of 3 reps at 175	1 set of 10 reps and 1 set of 8 reps at 155
Week 2	2 sets of 5 reps and 1 set of 4 reps at 180	1 set of 10 reps and 1 set of 6 reps at 155
Week 3	1 set of 8 reps and 1 set of 3 reps at 175	1 set of 12 reps and 1 set of 8 reps at 155
Week 4	2 sets of 5 reps and 1 set of 2 reps at 190	1 set of 12 reps and 1 set of 6 reps at 155
Week 5	3 sets of 3 reps and 1 set of 1 rep at 205	1 set of 8 reps and 1 set of 8 reps at 175
Week 6	3 sets of 2 reps and 1 set of 1 rep at 225	1 set of 15 reps and 1 set of 8 reps at 155
Week 7	2 sets of 3 reps and 1 set of 1 rep at 235	1 set of 10 reps and 1 set of 6 reps at 155
Week 8	1 set of 1 rep and 1 set of 3 reps at 240	1 set of 12 reps and 1 set of 6 reps at 155
Week 9	Open - 235, 2nd - 255, 3rd - 275	

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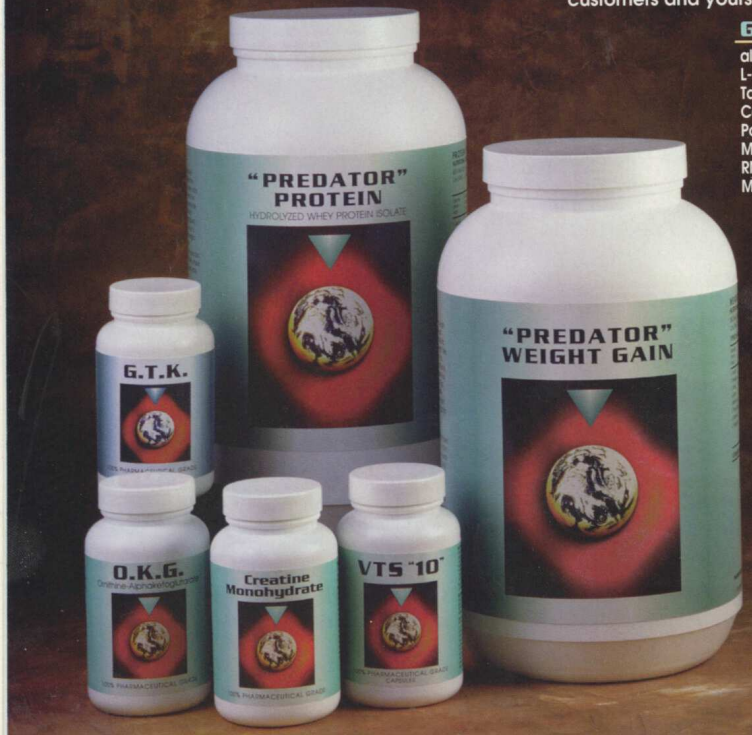
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Bulletin Board... this is the place to look for organization news and notes... *"A new and exciting powerlifting federation has been borne out of your desires to lift and be a part of an organization which stands for integrity and unity. We all realize the need to unite and strengthen our sport. However, in the recent past, all we are seeing and hearing is how one federation is assassinating another. And even within the federations, favoritism and prejudice are discouraging both the newer and older lifters. We all know what a legal squat is and how it should be judged. Yet, for very disheartening reasons, we see time and time again the elements of politics and favoritism prevailing. I could go on and on speaking about similar injustices concerning making weight, repeating attempts and so forth, but I propose that you are all too familiar with these travesties. As former Chief Technical Officer, International Referee and Pennsylvania State Chairperson for a powerlifting organization other than the* **IPA,** *I have seen first hand the frustration and discontent which breeds among lifters because of the outrageous incompetence of officials, meet directors, and most of all senior committee and board hierarchy. I encourage you to stand up for what is right and equitable. Lift in meets where you feel will be represented fairly, judged fairly, and treated fairly. Powerlifting needs you for it's consequential growth and integrity. The I.P.A. along with it's officers and lifters represent fairness and equality. Our amateur division is strictly drug tested, and a violation will result in a lifetime ban from the I.P.A. Our officers and board members are all lifters who are sensitive to your needs and expectations. Our State Chairpersons are both experienced and upstanding. Our executive committee is comprised of some of the sport's finest personnel. We hope that you will become involved with the I.P.A. Our future is together! Meets are being organized now in many states, Canada, and abroad. The I.P.A. Championship events have been scheduled for 1995. Also, a schedule of I.P.A. meets will be available soon. You can inquire about the I.P.A. by writing to: John Schaeffer (I.P.A. Pres.), 102 N. Third Street, Womelsdorf, PA 19567, (610) 589-5213"* Terry Grimwood - the**IPF World Bench Press** Championships drug test results have been announced: "The following lifter was tested and found to be positive:- Frank Pfraumer (GER) - steroids and testosterone. This lifter is suspend from international competition and setting records for a period of three years, commencing 2nd. December 1994. The following lifters were tested and found to be negative:- Women, Chang Lia-Hsiu (TPE), H Heinliuoma (FIN), A. Moser (GER), L. Belova (BLR), S. Savina (RUS); Men, K. Pavlov (RUS), A. Sivokon (KAZ), A. Eriksson (FIN), K. Bernhard (AUT), Y. Gustavsson (SWE), V. Kravchenko (UKR), G. Warr (USA), R. Kollman (GER), J. Tchelobichikov (RUS)."

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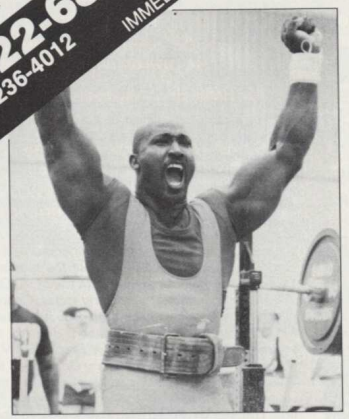
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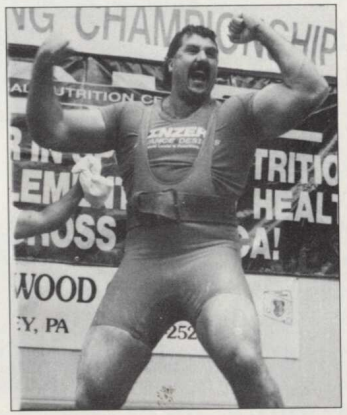


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USPF President's Message... by Peter Thorne. IPF World Competition is exciting. The IPF has 72 member nations. You can feel the energy in the hotel as lifters from all over the world gather to compete. I enjoyed hanging out with the American Masters in Slovakia. The great Inaba, from Japan, set a world record in his first masters performance. I went on to South Africa for the Worlds. Athletes from virtually everywhere on earth were there. There was even a team from the tiny island nation of Seychelles. The elevator ride to my room on the 42nd floor was a brief meeting place with people with different looks and languages. There were friendly exchanges though we often could not communicate with words. The entire hotel and venue was buzzing for the duration of the competition.

To end 1994 there was Finland and the World Bench Press Championships. The lifting was great. The Finns loved the competition and packed the house for the meet. Two active platforms kept the spectators busy. Virtually around the clock TV coverage blanketed Scandinavian TV. At night we could see the big lifts again in slow motion. The people of Scandinavia are considerate. Jari Tahtinen found I liked to walk in the cold. The next day he presented me with a pair of floral thermal pants.

International excitement will be coming to the United States. The 1997 IPF World Bench Press Championships will be held in Dallas, Texas. This meet was awarded by the IPF Congress to John Inzer. With John Inzer putting on the meet the excitement is mounting already. Inzer is sure to provide surprises and excitement to World Competition and lots of media coverage for powerlifting.

I will devote my full time to the sport of powerlifting. I believe in the potential of the sport to grow in mainstream popularity. I believe the athletes must be treated like athletes in other major sports. I could write a book on the possibilities of the sport. It appears to me this can be easily achieved. Yes, there are some obstacles. Yes, there are a few people who do all they can to keep the sport from growing. They have an agenda that is opposite to the best interests of the sport. Like the spoiled two-year old their response is always "no". There are places for them to go where their agenda is welcomed. It is not in the USPF. There is the issue of unification. I look to meet with and talk with all parties and explore all possibilities. This is my commitment.

I have just returned from Philadelphia, PA, and the USPF Junior National Championships. Kimberle and Robert Keller put on an outstanding championship. Several World Records were broken as young people from across the country competed for a chance to represent the USPF at the IPF Junior World Championships in New Delhi, India, in July. Professional drug testing technicians were busy throughout the two-day meet as the USPF initiated its new drug testing program. I am now preparing to go to West Virginia for the USPF Bench Press National Championship. I expect to see great competition as lifters vie for a place on the USPF World team going to Ostrava, Czech Republic in June.

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Drug Testing is an issue at the core of the integrity of the sport. I have made this a personal issue. I take it personally when there is any failure to provide all USPF athletes fair and impartial drug testing using the latest scientific principals. There is a banned substance list. Use of the substances is against the rules and in some cases against the law. Each USPF lifter can expect to be drug tested at any USPF meet. He or she must know the rules. All national records must be drug tested. I am committed to the testing program being absolutely fair for everyone. The rules will be enforced. This is essential to the development of the sport. A new day has come. I am pleased to say that the USPF is recognized as becoming a leader in this field. Our program closely matches the USOC program with added integrity on the testing process. The IPF has modified its program in line with the USPF program. I ask all lifters to be familiar with the rules. Any lifter is subject to drug testing at any USPF meet. Failure to comply or pass the test will result in appropriate penalty. Let's all work together to make 1995 the year of powerlifting. Anyone who wishes to get involved on the state level or help in any way feel free to contact me at the USPF National Headquarters (1-800-500-9727).

USPF National Headquarters Message.. We are entering the time of year when many of the states will be holding their state championships. The USPF National Headquarters office gets calls every day from athletes wanting to know where competitions will be held. If we have the information we are happy to direct them to all competitions in their area. Please submit your competition schedule so that we can provide information on competitions in your state.

The USPF has just held the Junior National Championships and Junior World Team qualifier, and the Bench Press National Championship and Bench Press World Team Qualifier. The Collegiate Championships will be March 24-25, in Baton Rouge, Louisiana. Vince Moser has been busy getting ready for the Master's Nationals and Masters' World Team Qualifier in Washington State. Please contact Vince or the National Headquarters office for information on the Master's Championships. John Lilly will serve as meet director for the High School National Championship on April 28-30, in West Virginia. This is always a great championship for the younger members of the USPF. Paul Fletcher will host the USPF Men's and Women's National Championship and World Team qualifier in Baton Rouge, Louisiana, on July 21-23. Qualifying totals for this championship are as follows: USPF Women's Nationals: 97 lb. weight class - 518 lbs., 105 - 562, 114 - 601, 123 - 639, 132 - 672, 148 - 744, 165 - 760, 181 - 778, 198 - 826, 198+ - 870. USPF Men's Nationals: 114 lb. weight class - 788 lbs., 123 - 953, 132 - 1085, 148 - 1289, 165 - 1399, 181 - 1488, 198 - 1570, 220 - 1653, 242 - 1700, 275 - 1725, 275+ 1758.

We get calls asking questions about many different areas of the USPF. This month begins the inclusion of a question and answer section in this column. If you would like to have an answer to a question please submit it in writing to the USPF National Headquarters office, P.O. Box 2170, Kilgore, TX 75663. We will publish your question and our response as space permits. Note that frequently asked questions will receive priority.

Question: If I qualify for the Senior Nationals in a weight class can I change that weight class when I get to the Nationals?

Answer: Yes, in certain instances. Here is the rule: Qualifying totals may be set in a specific weight class and be valid for more than one weight class greater than the qualifying class, but not for a weight class below a declared class. If the lifter had competed at a lower bodyweight class and made their qualifying total for that class, he/she may compete at the lower weight class if he/she weighs in within the limits of that class, and no more than one other lifter from his/her team is entered in that class. (Example: A 181 lb. lifter who totaled 2,000 lbs would be qualified for this year's Men's Nationals in the 181 lb. class and all classes above the 181 lb. class. He would not be qualified to lift in any lower classes unless he had lifted in those classes and made those qualifying totals.) A lifter who elects to lift in a higher weight class shall also weigh within the limits of that class.

Question: What are the bodyweight categories in a USPF competition?

Answer: USPF BODYWEIGHT CATEGORIES are as follows: Men - 52.0 kg Class up to 52.0 kg (114.50 lbs), 56.0 kg Class from 52.01 to 56.0 kg (123.50 lbs), 60.0 kg Class from 56.01 to 60.0 kg (132.25 lbs), 67.5 kg Class from 60.01 to 67.5 kg (148.75 lbs), 75.0 kg Class from 67.51 to 75.0 kg (165.25 lbs), 82.5 kg Class from 75.01 to 82.5 kg (181.75 lbs), 90.0 kg Class from 82.51 to 90.0 kg (198.25 lbs), 100.0 kg Class from 90.01 to 100.0 kg (220.25 lbs), 110.0 kg Class from 100.01 to 110.0 kg (242.50 lbs), 125.0 kg Class from 110.01 to 125.0 kg (275.50 lbs), 125.0+kg Class from 125.01 to unlimited (over 275.50 lb). Women 44.0 kg Class up to 44.0 kg (97.00 lbs), 48.0 kg Class from 44.01 to 48.0 kg (105.75 lbs), 52.0 kg Class from 48.01 to 52.0 kg (114.50 lbs), 56.0 kg Class from 52.01 to 56.0 kg (123.50 lbs), 60.0 kg Class from 56.01 to 60.0 kg (132.25 lbs), 67.5 kg Class from 60.01 to 67.5 kg (148.75 lbs), 75.0 kg Class from 67.51 to 75.0 kg (165.25 lbs), 82.5 kg Class from 75.01 to 82.5 kg (181.75 lbs), 90.0 kg Class from 82.51 to 90.0 kg (198.25 lbs), 90.0+kg Class from 90.01 to Unlimited (over 198.25 lbs)

Question: I would like to run a meet. How do I get started?

Answer: The first step would be to call the National Headquarters office at 800-500-9727. We can get you the Sanction Application form and provide you with the name, address and phone number for your State Chairman. We have also just completed a "Guide for USPF Meet Directors" and you may request that for a small fee. The fee to sanction a USPF meet is $25.00. The USPF National Headquarters office will also send your meet flyer out to USPF members. The fee is very reasonable for this service and may save you money since we will use bulk-rate postage.

Please send your questions to the USPF, Box 2170, Kilgore, TX 75663.

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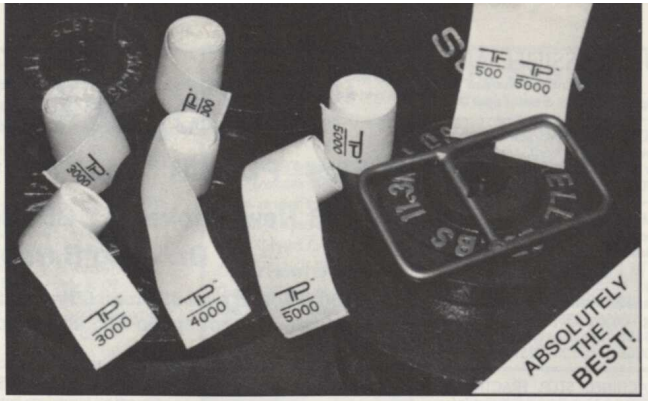


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Kinross Powerfest
3 Dec 94 - Kinchelor, MI

	BP	DL	T
Pure 123			
Lee	205	385	590
148			
Lee	300	460	760
Foster	155	280	435
165			
Hull	240	420	660
Hall	220	440	660
181			
Partin	300	450	750
Vernier	300	450	750
Wilkinson	290	380	670
Murphy	255	415	670
Campain	205	400	605
Contreras	190	255	445
198			
Huey	365	—	365
Tucker	305	475	780
Stevenson	295	—	295
Verdusco	275	460	735
Hartford	275	400	675
West	265	340	605
Watson	250	465	715
Masunas	235	405	640
220			
Clark	175	315	490
Faulkner	—	475	475
Strand	—	405	405
242			
Lomas	305	510	815
Pure Novice 181			
Wilkinson	290	380	670
Murphy	255	415	670
198			
Tucker	305	475	770
Stevenson	295	—	295
Hartford	275	400	675
Masunas	235	405	640
220			
Clark	175	315	490
Faulkner	—	475	475
Natural 181			
Wilkinson	290	380	670
Murphy	255	415	670
198			
Tucker	305	475	780
Stevenson	295	—	295
Hartford	275	400	675
Masunas	235	405	640
Submaster 181			
Wilkinson	290	380	670
198			
Tucker	305	475	780
Hartford	275	400	675
Master I 198			
Stevenson	295	—	295
220			
Clark	175	315	490
Master II 181			
Murphy	255	415	670
220			
Faulkner	—	475*	475
Master Pure 181			
Murphy	255	415	670
198			
Stevenson	295	—	295
220			
Clark	175	315	490
Faulkner	—	475*	475

* state record Meet Director: Roy Faulkner. Meet Coordinator: Mike Yeadon. Gym Director: Lou Markstrom. Meet Officials: Crowley, Boswell-Bey, McPherson, Yeadon, Tomlin. For the first time the KCF Powerlifting Club held a "Bench and Deadlift" meet which was hosted by Roy Faulkner who showed his great spirit by setting two NASA state records in the deadlift by way of master's II division and master's pure division. The Chuck Saches Body Shop crew did a nice job of running the platform. Steady performer Brown Lee at 148 set a KCF record bench with a lift of 300 lbs. Physique star Ed Huey showed his ability with a 365 bench, which was only five pounds shy of tying KCF record. Battle of the day was in the 181 lb. class with Mark Partin taking first place on bodyweight against Mr. Coffee himself, Pat Vernier. Most improved went to Mike "Nitro" Verdusco, who, since September, has put 55 pounds on his total. Many thanks to all of the meet personnel for all of their dedication and the lifters who gave it their best under limiting conditions. (Thanks to Tex Stevenson for results.)



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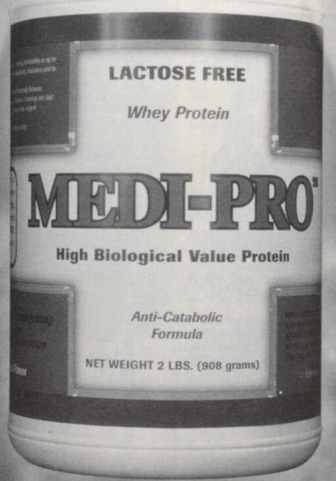
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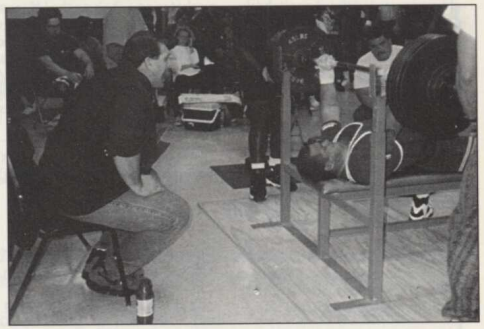
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Monster Bench Classic IV
29 Oct 94 - Norwalk, CA

Women Open			
97 to 122		A. Moretin	420
L. Merickel BL	160	R. Combs	405
123 to 148		C. Forno	360
M. Lomonaco	100	242	
149 to 165		F. Sanchez	470
T. Mundkowksy	135	R. Cosio	430
Juniors 20-23		M. Garcia	400
R. Smith BL	360	B. Marsh	340
E. Guljosa	300	S. Williams	315
C. Boardman	285	275	
F. Stallone	235	D. Marr	420
Teen 17-19		275+	
A. Smith	285	B. Meek	485
M. Villalobos	210	L. Hedrick	410
Teen 14-16		Submaster	under 181
T. Smith	360	S. Mann	275
J. Thomas	135	181 and over	
C. Forno	130	B. Marsh	340
Men Open 132		Master 40-49	
T. Orozco	300	B. Meek BL	485
148		A. Welson	430
S. Kato	325	C. Forno	360
P. Surface	320	D. Thomas	360
J. Shahbaghlean	280	D. Ladislau	350
M. Phillips	250	B. Tralongo	330
165		B. Evans	300
B. Tralongo	330	Master 50-59	
D. Hayes	305	L. Hedrick	410
181		R. Shields	350
K. Tate	440	D. Smith	305
G. Lomonaco	370	Master 60-64	
D. Coleman	350	G. Smith	285
198		S. Colella	280
S. Merickel	425	J. Wunderlich	240
D. Centeno	330	H. Merickel	165
B. Evans	—	Master 65-69	
220		F. Riggio	250
D. Smith	455		

Another grand turnout for the American Eagle Gym's very own Monster Bench Press Classic IV contest held in Norwalk at the Knights of Columbus. The competition ran smooth and very exciting thanks to our very own Chuck LaMantia of Strength and Power Productions. When he announces a meet everyone has fun and no one leaves confused. The lifters kept the spectators on the edge of their seats while Chuck LaMantia's announcing inspired everyone to participate in each lift. We would like to thank our expeditor who lost weight chasing everyone down for their next lift, Joshua James. Our scorekeepers Kelly LaMantia and Charles Anderson for co-producing the results which took a lot of figuring. A special thanks to our littlest of the LaMantia's, Catherine, for adding a female touch to the chalk. A very big thanks goes out to our judges Ella Popou, Frank Riggio, Chuck LaMantia, a head judge, Eli Valderramma, Jack Wunderlich, and to our spotter/loaders Michael Vercoe, K. B. Aubry, and model, singer, actor, Scott Johnson who was there working for us through the whole meet. A special thanks to the Knights of Columbus in Norwalk, CA, for producing good food at prices McDonald's would have been jealous of. Neptune Industries High Performance Product had a dragster with model out front of the contest and added excitement to the meet. The Deep Tissue Center, located in Norwalk, a company that deals with sports injuries, was on location to supply help with muscle warm-ups and attending to any injuries. In our women's open Laree Merickel at 120 walked away with the 36" Best Lifter trophy. In our teen division Richard Smith took first and just beat out his two first place brothers for the Best Lifter trophy. Our well-respected light weight lifter, well renown for his bench record, Ken Tate weighing 173 pushed up a mighty 440, barely missing 455. Our massive heavyweight in the 242s open pressed an astonishing 470, our well-known and respected Fred Sanchez. We're keeping our eye on him. We at the American Eagle Gym expect a 500 from him very soon. The ever famous lawyer Brian Meek took first place in the open and best lifter in the masters. Our only big scare of the day was when Frank Riggio, our 69 years young, dropped 260 pounds from the top on his pecs. Very bruised, but OK. If you ever want to put on a well-expedited meet, please ask for the best - Chuck LaMantia of Strength & Power Productions 714-994-5198 is your man. Beautiful sculptured bench trophies were made by Steve Diablo Arts and 2nd and 3rd by Los Altos Trophy Shop. Remarkable job. (Results from Sherry Houston)



Frank Sanchez benched 475 and took Best Lifter at the Monster Bench Press Classic IV in Norwalk, CA. (photograph courtesy Sherry Houston)

USPF Police & Fire Nationals
17 Sep 94 - Roanoke, VA (kg)

Open 114					
A. Gardner	30	60	55	145	
Senior 148					
K. Fredette	127.5	105	170	402.5	
Senior 165					
W.Mouton	202.5	145	220	567.5	
D. Rizzardi	202.5				
Senior 198					
W. Mosher	160	115	205	480	
Open 220					
S. Orange	275	167.5	227.5	670	
Senior 220					
K. Fulton	295	182.5	215	692.5	
F. Levy	180	127.5	192.5	500	
Grandmaster 242					
B. Thompson	252.5	157.5	240	650	
Senior 275					
T. Crockett	102.5	125	182.5	410	

The 1994 Police & Fire Nationals made up for what it lacked in numbers with quality. The meet was held in the Radisson Hotel located in downtown Roanoke, VA, and every lifter went home with only one thing on their minds, and that was "class act". Ann Gardner started the lifting by taking the 114 pound division. Ann represented the Roanoke City Prosecutor's Office. Kevin Fredette from Winslow, Maine won the 148 pound crown. Wilford Mouton from Hampton, Virginia nipped Douglas Rizzardi from Haymarket, Virginia for the 165 pound crown. William Mosher from Hillsdale, Michigan was the 198 pound winner. Steve Orange from Roanoke, Virginia won the 220 pound class with some impressive lifting. Big Kenneth Fulton, all the way from Canon City, Colorado, posted the biggest total of the day to nip Fred Levy from the Oklahoma Highway Patrol to take the 242 pound crown. Grand Master Bob Thompson, Homicide Detective for the Roanoke Police Department posted some very impressive lifts. The only thing Bob was more excited about, other than his lifting, was retiring from police work in just a few months. I would like to wish Bob the best of luck, and I know the only reason he's looking forward to retiring is so he can devote more time to lifting and being with his wonderful family. Trenton Crocket from Wytheville, Virginia was the 275 pound victor. Best of luck to these lifters who plan to travel to Melbourne, Australia for the World Championships. (Thanks to Tommy Buzzo for these results)

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Women under 140		165	
H. Mason	90	D. Williams	320
Women over 140		181	
B. Gordon	215	D. Newman	360
Master		198	
D. Newman	360	R. Wade	450
R. Kuhn	420	B. Frieden	365
E. Poole	405	220	
C. Barnett	380	S. Chalmers	460
Teen		R. Walsh	410
G. Partello	275	P. Craig	405
B. Schoenman	240	242	
Open 123		G. Gordon	475
S. Beninato	260	E. Poole	465
132		R. Sneeden	325
J. Bishop	220	S. White	—
148		275	
B. Barrows	265	G. Messenger	520
J. Hummer	255	HVY	
		B. Uhlig	465

(Thanks to Power 'N Fitness for the contest results.)

USPF Drug Tested Extravaganza
5 Nov 94 - Westport, CT (kg)

Women	SQ	BP	DL	Total
C. Ranieri	125	60	137.5	322.5
T. Sevene	110	62.5	137.5	310
N. Caruso	105	52.5	120	277.5
M. Dzamba	95	37.5	107.5	247.5
S. Sachs	90	50	107.5	247.5
E. Beyrich	87.5	50	105	242.5
F. Miller	82.5	45	100	227.5
B. Powers	110	42.5	87.5	240
Teen Women				
F. Miller	82.5	45	100	227.5
Teen Men				
A. Divine	167.5	105	200	472.5
J. Sylvia III	155	82.5	167.5	395
R. Robinson	125	62.5	160	347.5
J. Nelson	112.5	67.5	137.5	317.5
Juniors				
D. Altieri	202.5	145	207.5	555
Novice				
P. McDougall	242.5	135	215	592.5
M. Piscatelli	215	140	202.5	557.5
S. Rutigliano	167.5	100	182.5	450
M. Rugani	157.5	95	190	442.5
R. Arena	197.5	147.5	202.5	547.5
M. Pisano	177.5	105	205	487.5
M. Plescia	162.5	97.5	200	460
E. Wintringham	167.5	110	200	477.5
K. Hampton	162.5	117.5	190	470
P. Ryan	125	80	172.5	377.5
G. Lemire	182.5	137.5	215	535
J. Lanza	145	102.5	160	407.5
M. Gerin	187.5	105	172.5	465
Police				
L. Capozzi	340	195	255	790
K. Buckingham	187.5	97.5	205	490
B. Porilio	60	132.5	60	252.5
Submaster				
B. Saenz	232.5	137.5	252.5	622.5
M. Piscatelli	215	140	202.5	557.5
R. Bennett	192.5	130	225	547.5
E. Nelson	140	100	160	400
Master				
C. Ryan	210	102.5	232.5	545
F. Pfister	180	105	242.5	527.5
S. Rutigliano	167.5	100	182.5	450
G. Krupa	165	107.5	180	452.5
E. Wintringham	167.5	110	200	477.5
148				
D. Rivera	145	77.5	157.5	380
P. Ryan	125	80	172.5	377.5
165				
F. Johnson	3250	152.5	217.5	620
R. Rawn	200	132.5	207.5	540
F. Pfister	180	105	242.5	527.5
M. Rugani	157.5	95	190	442.5
181				
J. Galligan	272.5	182.5	250	705
J. Sylvia	255	125	237.5	617.5
G. Brukardt	200	125	220	545
M. Bennett	205	115	222.5	542.5
K. Buckingham	187.5	97.5	205	490
M. Plescia	162.5	97.5	200	460
198				
L. Capozzi	340	195	255	790
J. Cholewicki	272.5	197.5	250	720
B. Saenz	232.5	137.5	252.5	622.5
R. Boisvert	227.5	127.5	227.5	582.5
R. Bennett	192.5	130	225	547.5
E. Wintringham	167.5	110	200	477.5
K. Hampton	162.5	117.5	190	470
220				
P. McDougall	242.5	135	215	592.5
M. Pisano	177.5	105	205	487.5
M. Gerin	187.5	105	172.5	465
242				
F. Mastri	260	157.5	215	632.5
R. Arena	197.5	147.5	202.5	547.5
275				
B. Mimnaugh	292.5	155	90	537.5
SHW				
G. Lemire	182.5	137.5	215	535

Best Lifter: Light- Joseph Galligan; Heavy- Lou Capozzi. Team: Police- Stratford Police Department; Overall- Southside Gym. The Ultimate Powerlifting Extravaganza was promoted by Gerald Sylvia, president of HARDCORE Promotions, Inc., at Bedford Middle School in Westport, CT. The contest was drug free and drug tested by method of polygraph and urinalysis. Sponsor Gerry Raccio of Elite Power & Fitness supplied his Eleiko weight set for the platform. The head judge was Gerry Raccio and side judges were Bill Kelley, Ponch Sylvia, and Lloyd Weinstein. Spotter and loaders were Kevin Emery, Leon Hopkins, Dan Jackson, John Mages, Chris Mola, Barry Schuller, Gary Sylvia. Joe Sartarelli was the announcer; his assistant was Olivia Caruso and Mike Malvasi was the expeditor. Cheryl and Pam Burpos were the score keepers. Aside from the most common divisions, Police and Fire, Novice, and Special Olympian, were also offered. Eight women competed and first place was earned by Cheryl Ranieri who weighed in at 51.1 kilos and lifted a formula total of 316.86 kilos. The largest division was Novice and first place was earned by Peter McDougall who weighed in at 92.3 kilos and lifted a total of 592.5 kilos. Many state records were broken on November 5. Jacek Cholweicki from Elite Power & Fitness in Hamden, CT, chose this USPF sanctioned competition to qualify himself for the Canadian Nationals. Two best lifter trophies were awarded: The lightweight title was earned by Joseph Galligan from New York, who weighed in at 80.9 kilos, squatted 272.5 kilos, benched 182.5 kg., and deadlifted 250 kg. The heavyweight title was earned by Lou Capozzi, a polcie officer from Stratford, CT, who weighed in at 88.6 kg., squatted 340 kg., benched 195 kg., deadlifted 255 kg. South Side Gym of Stratford, CT, received the team trophy.

We received many comments commending a team that traveled from New Jersey. The members of the Body Chemistry team, coached by John Wardel, expressed lots of enthusiasm and team spirit. Special thanks to Westpoprt PAL, Gerry Raccio owner of Elite Power & Fitness from Hamden, CI, Cheryl and Pam Burpos, LaLa Caruso, Kevin Emery, Leon Hopkins, Dan Jackson, Bill Kelley, Marie, John Mages, Mike Malvasi, Chris Mola, Joe Sartarelli, Barry Schuller, Olivia Sylvia, Poncho Sylvia, Tanya Sylvia, Lloyd Weinstein. Thank you for all your help. (Thanks to HARDCORE PROMOTIONS, Inc., for providing the results of this fine competition.)

LCI Meet
17 Dec 94 - Lima, OH

Novice 144	SQ	BP	DL	Total
Shedron	350	250	450	1050
Mason	310	305	365	980
Comargo	350	205	425	980
Nord	320	190	340	850
162				
Evans	420	270	475	1165
Turner	205	175	265	645
Rice	150	145	275	570
185				
Cook	360	305	425	1090
Sheeler	285	315	405	1005
Goetz	315	225	450	990
Clay	280	205	415	900
Hooker	250	185	425	860
Copley	205	215	385	805
204				
Marshall	435	300	500	1235
Tucker	385	250	450	1085
225				
Hahn	460	350	525	1335
Reams	—	—	—	—
Open 144				
Everardo	510	280	450	1240
Price	385	200	450	1035
162				
Fraley	515	285	460	1260
Parish	400	205	435	1040
185				
Gaines	685	320	600	1605
Rivers	500	300	525	1325
Johnson	—	—	—	—
204				
Reels	575	360	630	1565
Green	580	385	575	1565
Phillips	555	370	555	1480
224				
Shadduck	560	350	600	1510
Warren	450	320	525	1295
Huston	450	250	505	1205
225				
Wilburn	450	365	660	1475
Williamson	—	—	—	—
Master				
Risner	540	305	500	1385
Cunningham	430	245	460	1135

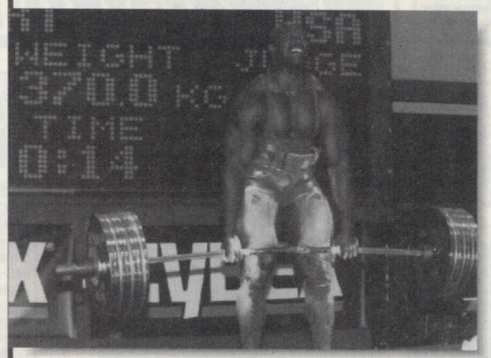
Once again LCIhad another fine and outstanding powerlifting meet. Thanks go to the fine judging of the outside judges and all the spotters. New records were set by Gaines with a 685 squat and Everardo with a 510 squat. Best lifters were Gaines and Reels. A great job, gentlemen! But with special thanks go to the LCI Rec. Dept. staff. They have done another fine job at home of the Flyers! (Thanks to Willie "The Wiz" Hightower for providing these contest results to *POWERLIFTING USA*.)

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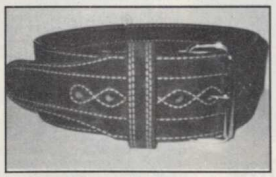
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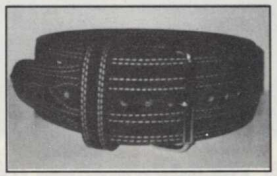
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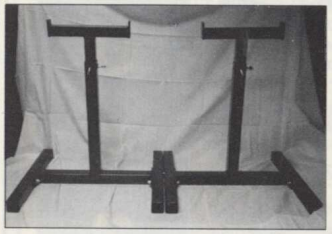


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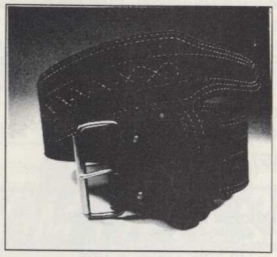


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19, 20 Nov 94 - Vandenberg AFB, CA

Women		220 Military Open			
114 Civilian Open		P. Hall	795		
K. Emery	262.5	220 Military Submaster			
148 CivilianOpen		J. Valdez	567.5		
L. Adams	430	220 Civilian Open			
S. Nashimoto	250	R. Teixeira	720		
165 Civilian Masters		B. King	680		
G. Buerki	372.5	K. Wheeler	612.5		
Men		J. DeFoor	580		
165 Military Open		J. Keigley	530		
M. Drake	542	220 Civilian Master			
A. Stoopin	510	B. King	680		
165 Military Submaster		K. Wheeler	612.5		
D. Mobley	575	J. DeFoor	580		
165 Military Master		242 Military Open			
P. Jacques	485	K. Canzater	632.5		
165 Civilian Jr.		M. Bennett	607.5		
A. Stoopin	510	M. Hellekson	592.5		
165 Civilian Open		R. Smith	547.5		
M. Drake	542	242 Military Master			
165 Civilian Submaster		K. Canzater	632.5		
D. Mobley	575	242 Civilian Open			
181 Military Open		A. Hardridge	895		
J. Frugoso	617.5	S. Foster	807.5		
J. Courtenay	595	S. Rhodes	577.5		
181 Military Submaster		242Civilian Submaster			
R. Davis	640	S. Foster	807.5		
181 Civilian Jr.		G. Adams	600		
J. Williams	590	242 Civilian Master 40-4			
181 Civilian Open		K. Canzater	632.5		
F. Pitassi	637.5	242 Civilian Master 50-5			
J. Frugoso	617.5	D. Skaggs	472.5		
181 Civilian Submaster		275 Military Open			
R. Davis	640	L. Madkins, Jr.	870		
181 Civilian Master		T. Bonner	855		
F. Pitassi	637.5	275 Civilian Jr.			
198 Military Open		R. Cote	612.5		
V. Elliott	717.5	275 Civilian Open			
R. Dale	695	B. Meek	877.5		
198 Civilian Jr.		L. Madkins, Jr.	870		
R. Dale	695	P. Leonard	780		
J. Hardgrove	580	T. Morris	727.5		
198 Civilian Open		D. Tooker	555		
V. Elliott	717.5	275 Civilian Submaster			
K. Scott	565	D. Tooker	555		
198 Civilian Master 40-45		275 Civilian Master			
V. Elliott	717.5	B. Meek	877.5		
198 Civilian Master 60+		275+ Civilian Open			
M. Garry	515	T. Talt	782.5		

Overall Best Lifters: Military- Jeon Madkins, Jr., Civilian- Anthony Hardridge. (Thanks to TSGT Nelson J. Adams for these competition results.)

WNPF Northern USA
11 Sep 94 - Piscataway, NJ

Bench Press		220 Master 60-64			
132 Teen 17-19		McCray	370		
Shoop	200	242 Junior			
148 Lifetime		Toranzo BL			
Lykes	330	5351			
148 Master 45-49		242 Lifetime			
Pierce	275!	Toranzo			
165 Junior		5351			
Spingarn	380	242 Submaster			
165 Lifetime		Morgan	335		
Ross	315	242 Master 65-69			
181 Junior		McGuire	290		
Nolan	285	Deadlift			
181 Submaster		148 Master 45-49			
Hensen	380	Pierce	400		
Motichka	285	165 Junior			
181 Master 40-44		Spingarn	470		
Crawford	350	181 Junior			
198 Junior		Nolan	455		
Scheid	355	181 Open			
Blunt	330	Poinsett	530		
Coolen	290	181 Submaster			
198 Lifetime		Motichka	515		
Mitchell	370	181 Master 40-44			
198 Novice		Crawford	515		
Emert	—	198 Junior			
198 Submaster		Scheid	465		
Mitchell	370	Blunt	425		
220 Open		198 Novice			
Lanza	385	Emert	500		
220 Lifetime		220 Open			
Hartzman	370	Lanza	550		
220 Submaster		220 Submaster			
Alexandre	400	Bruneau	520		
Hartzman	370	242 Novice			
Bruneau	330	Velez	450		
220 Master 40-44		242 Submaster			
Lamb	320	Morgan	520		
Women	SQ	BP	DL	Total	
123 Lifetime					
Dvis	320	170	365	855	
148 Junior					
Ulrich	250!	175!	285!	710!	
148 Lifetime					
Ulrich	250	175	285	710	
165 Master 40-44					
Craft	230	130	30	660	
Men					
132 Submaster					
Shockey	225	200	350	775	
148 Teen 14-16					
Scott	315	210	385	910	
148 Master 45-49					
Pierce	—	—	—	—	
165 Lifetime					
Ross	400	315	430	1145	
Hall	325	280	430	1035	
165 Police					
Gengo	400	295	450	1145	
165 Master 40-44					
Sikes BL	540!	335!	525!	1400!	
181 Teen 17-19					
Menendez, Jr.	350	240	400	990	
181 Novice					
Watson	450	290	475	1215	
181 Open					
Poinsett	470	300	530	1300	
181 Submaster					
Rivers	450	350	460	1260	
Motichka	420	285	515	1220	
Esposito	—	—	—	—	
181 Master 40-44					
Crawford	535!	350!	515!	1400!	
181 Master 45-49					
Logue	505	290	430	1225	
198 Novice					
Tillman	510	315	480	1305	
198 Master 40-44					
Hansen	525	360	545	1430	
220 Novice					
Hughes	305	255	35	875	
220 Master 40-44					
Menendez, Sr.	475	270	485	1230	
220 Open					
Chapman	500	380	540	1420	
Jones	450	310	470	1230	
220 Master 45-49					
Jones	450	310	470	1230	
220 Police					
Wood	500	305	525	1330	
242 Novice					
Velez	480	275	450	1215	
242 Submaster					
Morgan	500	335	520	1355	
275 Submaster					
Sullivan	475	365	475	1315	

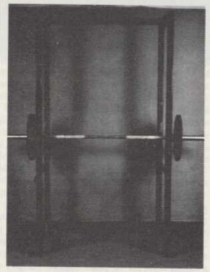
! WNPF American record. Thanks to the entire staff, especially Ken Gaines and Terry Mahone. Joel Toranzo returned to the WNPF after a two year layoff. He broke the American record in the life-time and junior division with a lift of 535 lbs. He is only 22. Thanks to the 60+ lifters that supported this meet. (Thanks to WNPF for the meet results.)

FCI Talladega Inside/Outside
15 Oct 94 - Talladega, FL

132	SQ	BP	DL	Total
A. Wooten	350	280	450	1080
E. Bates	210	235	375	820
T. Boyce	250	180	330	430
760				
B. Sparling	135	140	320	595
148				
J. Williams	475	370	490	1335
165				
S. Randolph	450	350	450	1250
C. Flemming	450	290	425	1165
G. Morris	430	275	455	1160
T. Palmer	405	320	435	1160
181				
P. Yates	525	375	550	1450
A. Harry	460	305	550	1315
J. Hendrix	300	290	325	915
198				
G. Phillips	525	270	600	1395
J. Boon	405	335	550	1290
L. Roberson	400	295	425	1120
220				
J. Crowley	620	420	550	1590
K. Thomas	600	365	570	1535
R. Anderson	600	325	605	1530
J. Colbert	575	360	575	1510
242				
I. Francis	700	360	625	1735
D. Allen	685	340	700	1725
G. Crayton	375	345	375	1095
275				
M. Hastings	350	400	350	1100
SHW				
T. Gant	405	390	535	1330

Best Lifters: Light- J. Williams, Heavy- I. Francis. Once again FCI Talladega had a successful inside/outside power meet winning the national bureau prison two years in a row. Big "Dread" Ira Francis set his eyes on breaking his record, and what a break it was was. Opening attempt was 700 in the squat. He went on to break his old record of 705 with 750. What a lift it was! The powerlifters of FCI Talladega would like to thank Powerlifting USA. (Thanks to Perry "Ice" Davis, Barbell Club President, for providing the results of this competition.)

LOUIE SIMMONS' POWER EQUIPMENT



REGULAR POWER RACK

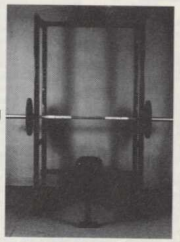
Hole spacing every 2 inches
Will hold any size man

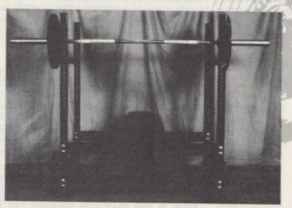
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COMBO RACK

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Perfect for powerlifting
2 inch and 1 inch hole spacing
Bench removes in seconds

645.00*





POWER BENCH RACK

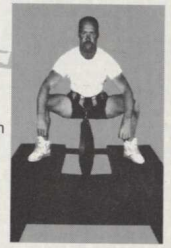
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Less stress on the back

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SAAS Sixth Annual Bench
4 Dec 94 - Park Ridge, IL

Teen Men (14-16)		D. Surita	235
114		148	
T. Greene	175	J. Lange	250
R. Krueger	95	T. Glanopulos	225
123		165	
M. Manfredini	125	C. Smith	410
132		D. Trancoso	395
A. Sesso	165	J. Gaffin	375
148		D. Moreci	350
I. Wierzbicki	170	K. Hedrich	345
181		N. Marinis	340
A. Praninskas	195	J. Weiss	315
R. Vickers	185	M. Polsc	310
198		F. Lopez	310
M. Marrello	155	J. Egizio	300
242		S. Smason	300
R. Krueger	215	M. Smith	225
Teen Men (17-19)		181	
165		C. Brown	360
J. Walter	280	K. Taalman	335
A. Lubinski	280	S. Kuch	330
R. McCormick	225	R. Ruthenberg	315
181		D. Spitale	290
M. Davino	360	A. Schumer	130
198		198	
J. Garcia	330	T. McCray	445
S. McHugh	300	J. Trancoso	420
220		S. Goodrich	405
J. Praninskas	305	F. Weissmuller	400
275		P. Rodriguez	315
B. Buckman	255	A. Weis	260
Women Open		D. Koopmann	245
104		220	
K. Malone	85	R. Haynes	440
116		M. Edelstein	390
J. Anderson	130	R. Rodriguez	380
129		M. Collet	355
M. Kaplan	145	H. Rechmond	350
139		T. Fink	335
K. Hummel	85	J. Park	280
I. Bobak	80	242	
148		R. Whitmire	550
B. Steele	120	P. Kletz	430
154		S. Ziccarelli	415
M. Krolik	90	R. Pietrowski	415
176+		J. Matishak	405
S. Thoms	230	D. Davis	380
C. Ogg	195	M. Christensen	320
Women Master		J. O'Connell	265
111		275	
C. Flores	100	M. Simmons	510
116		D. Neilson	455
K. Friedman	85	P. Dopona	425
E. Morris	75	G. Krueger	410
122		A. Oliver	385
N. Dorner	115	L. Seymore	350
129		R. Van Eck	325
S. Blesser	115	SHW	
148		J. Johnston	475
M. Ferry	110	M. Payne	450
176		Submaster Men	
J. Lopushonsky	85	165	
176+		T. West	300
S. Thoms	230	S. Rosenthal	240
Master (45-54)		181	
176+		D. Schmidt	370
C. Ogg	195	D. Kingsmill	320
Master (65-69)		M. Messenger	250
176+		J. Maher	250
B. Tenorio	90	198	
Men Open 123		T. Orchell	370

On Sunday, December 4, 1995, Sprint/ Centel of Illinois SAAS (Strong Athletes Against Steroids) Powerlifting Team held its 6th Annual Bench Press Championships. With over 130 lifters from five states ages 12 to 81, the contest was the most successful of all the SAAS meets. Michael Collet, founder of SAAS, began the meet with a dedication to J. Kyle Braid, a 16 year old high school sophomore from Melbourne Beach, FL, who ten months ago took his own life as a direct result of the use of anabolic steroids. Speaking before the meet was Kyle's aunt and uncle, Mr. and Mrs. Paul Lundberg of Park Ridge. Chelsea Collet, a fifth grader from Park Ridge, began the meet by singing the Star Spangled Banner to the crowd of over 300 athletes and spectators in the field of Maine East High School. Before the trophies were given to the winners, Michael Collet gave out the highest award SAAS presents. The Earl Davis Sportsmanship award is given to the person who demonstrates putting others before himself. This year's award was presented to Marvin Bornschlegl of Morton Grove. There were four teams of ten lifters competing in the meet. The results follow: Team Krueger of Michigan and the Sprint/Centel SAAS Team tied to take and share first place, each earning the total number of points available - 70. In third place the Evanston team Army of Excellence earned 66 points. In fourth place and scoring 60 points, Fred Belcastro to lead his newly developed novice Kaplan JCC team to an impressive beginning. It takes many people to run a meet. We send our thanks to the many people who offered their valuable time to the SAAS organization to benefit drug free sport and competition. A partial list of the helpers at the meet follows: director - Michael Collet; national anthem singer - Chelsea Collet; announcer - Len Bole; refreshments - Angie Collet; weigh-in - Cerise Ogg, Kathy Hummel, Ray Chavez, Officer Terry; lights - Ray Haynes; door - Bernice Pelletier; scoring charts - Sydney Thomas; judges/spotters/loaders - Ray Chavez; clothing/T-Shirt sales - Michelle Collet; scoring table - Joan Condell, Jane Colyer, Joan and Bill Lampert, Leni Collet, Rose Manfredini, Scott Kohl, Merrilee Lundberg, Fred Weissmuller, Carl Christoff; judges/loaders/spotters - Marvin Borschiegl, Rafat Rihani, Irv Reimer, Ray Chavez, Kathy Hummel, Ken Hedrick, Ray Haynes, Cerise Ogg, Earl Davis, Steve Elis, Rich Gluman, Officer Terry, Art Virta, Mark Christensen, Marc Manfredini, Brian Buckman, Pete D. and Jim. Thank you all for your help and support. (results courtesy Leni Collet)

SAAS Kops & Kids Bench Press
26 Jun 94 - Park Ridge, IL

Lightweight		Boffa-190	275
Trancoso 160	375	Arroyo-130	85
Malmberg 135	230	Middleweight	
Moreci-165	345	Fink-220	345
T. Nichlin-140	90	Walker-198	325
Driskill 178	270	Bornschlegl-240	285
Derose 160	160	Stien-170	235
Alvarez 190	250	Deanda-275	385
Rizzo 130	145	Deanda-114	80
Sitkowski-150	80	Lopez-240	210
Malone-97	75	Arroyo-165	115
Lightheavy		Med. Heavyweight	
Koopman 198	225	Ziccarelli-220	400
Nagel-148	260	Marsala-215	325
Trentadue-175	180	Sostre-250	335
Davino-178	330	Mickle-170	260
Schmidt-181	350	O'Brien-288	425
Lampert-150	115	Evans-155	160
Terry-165	315	Johnson-200	200
Marello-185	135	Buckman-250	250
		Heavyweight	
		Glass-145	175
		Milam-230	275

Over 100 spectators gathered at Maine East High School to watch the first annual SAAS Kops and Kids bench press championships in June 26,1994. This was the first time Strong Athletes Against Steroids (SAAS) ran a meet designed specifically to bridge the gap between police and teenagers in a drug free competition. 22 teams made up of one police officer and one teenage youth from his/her jurisdiction joined forces to copete in one of the five weight classes. Every police department in the state of Illinois was invited to participate. SPRINT/ CENTEL of Illinois funded the competition.

SPRINT/CENTEL of Illinois and the SAAS volunteers are what keeps Strong Athletes Against Steroids going. This educational organization is dedicated to drug free sport and competition. The following people helped to bring together this Kops and Kids Meet: Susan Grillo - application design, Fred Shreck - time keeper, Bill Nesbit - photography, Rafat Rihani, Mark Christenson, Duane Mellama - spotting & loading, Earl Davis, Rich Flores, Art Virta - judges, Ray Chaves - weighing, Leni Collet - announcer, Jane Colyer, John Mancino, Betty Terorio, Rick Goumak, Katy Flores, Bill Lampert, Joan Lampert - scorekeepers, Nick and Susan Grillo - refreshment sales, Bernice Pelletier - mailing/door person, Chelse Collet, Michelle Collet - t-shirt sales, Mike Collet - Meet Director/Founder. For information about the dangers of steroids or other performance enhancing drugs, or information about the coming meets, or if you need Michael Collet to speak to your group or organization about drug free sport, call the SAAS Hotline 1-800-722-7932 (1-800-SAAS-YEA). Submitted by Leni Collet, 214 North Ashland Avenue, Park Ridge, Illinois 60068, SAAS Secretary.

ADFPA Longmont YMCA Powerlifing
10 Oct 94 - Longmont, CCO

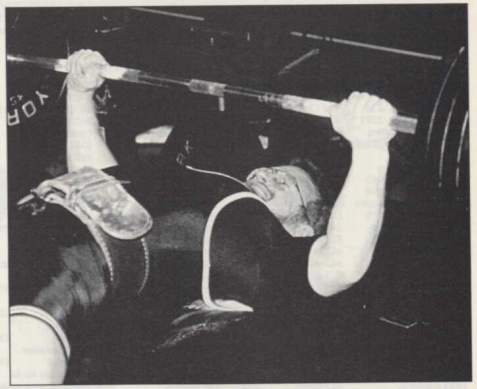
Women Light	SQ	BP	DL	Total
K. Horton-113	120	70	220	410
Women Middle				
T. Kemper-125	245	125	285	655
C. Martell-121	160*	70*	200*	430*
S. Viney-125	—	—	—	—
Women Heavy				
G. Austin-133	235	140	250	625
C. Jaraszewski	240*	135*	270*	645*
H. Mitchell-143	190	95	185	470
Teen				
J. Lantini-153	355	255	385	995
Master Light				
G. Burt-177	30	195	430	925
S. Vaught-177	250	245	310	805
A. Galant-119	135	105	135	375
R. Vaughn	—	—	—	—
Master Heavy				
D. Taylor-229	570*	365*	550*	1485*
D. Barkee-194	460	365	510	1335
Men Open 132				
S. Simmons	225	225*	315*	765*
165				
B. Kinerson	440	250	525	1215
A. Dao	370	265*	480	1115
M. Quatrara	380	235	490	1105
M. Aquilar	245	—	—	—
181				
B. Boner	620*	285	500	1405
L. Jones	480	265	555*	1300*
D. Lercher	450	250	425	1125
198				
D. Barkee	460	365	510	1335
F. Safford	370*	250*	560*	1180*
220				
B. Hickman	550	300	500	1350
R. Ackerman	365	225	400	990
275				
M. Wendt	620*	365	600*	1585*
M. Cooper	570	370*	560	1500

* state record. Three lifters were tested, representing 10.7% of the lifters competing in the meet. (Thanks to Jim Abbey and Nadine Medina-Archuletta for providing these contest results.)

Grafton Correction Institution
4 Jul 94 - Grafton, OH

145	SQ	BP	DL	Total
Whiteher	375	285	430	1090
Phelps	375	260	—	635
165				
Foster	525*	290	525	1320
Schrekendgost	360	250	415	1025
Spears	—	—	—	—
181				
Priester	555	345	555	1455
Killingsworth	535	365*	425	1325
Koston	315	315	405	1035
Burks	—	—	—	—
198				
McClane	505	320	560	1385
Johnson	430	415*	535	1380
Burt	450	405	520	1375
Gurriero	405	310	465	1180
220				
Jenkins	550	380	630	1560
Foti	135	420	135	690
242				
Perry	720*	435	650	1805*
Quaterman	505	300	450	1255
SHW				
Robinson	545	335	535	1405
Ambler	435	365	530	1330
Richardson	425	375	500	1300
Master 40-44				
Priester	555*	345	555*	1455*
Buckner	505	345	505	1355
Reese	505	385*	465	1355
Brooks	505	280	365	1150
Little	300	255	420	975
Master 45-51				
Leeks	600*	365*	485	1450*
Weeks	465	255	505*	1225
Simmons	275	165	300	740

* new record. We would like to thank the warden, Mr. Carl Anderson, for allowing us the opportunity to lift. We would also like to extend our appreciation to the Recreation Department's staff Mr. John Chambers- Rec Administrator, Mr. Gary Burt, Ms. Shannon Tandarich, and Ornette Gardenhire- Rec Specialists, they all helpd this event be the success it was. Thanks! We thank the spotters, loaders, judges, and Askew & Brandon (score table) for a job well done. To the lifters for showing the courage to get the job done. We want to recognize Big Perry in the 242's who squatted 720 lbs. also deserving of recognition are the ones who lifted in the masters. They set records in just about every category. This was our first time ever having a master's meet, and we hope to have even more lifters participating in it for the next meet. (Thanks to Dwayne Askew, sport director, for the results.)





Kops & Kids Kompetitors... *above, Officer John Terry of Carpentersville PD, and, below, 250 lb. teenager Brian Buckman. (courtesy M. Collet)*

USPF 2nd Annual Iron Man
3 Dec 94 - Clemson, SC

Women		S. Case	319
L. Markus	137	SHW	
E. Rogers	110*	H. Terry	385
D. Pate	83*	Deadlift	
Men Master (40-49)		Women	
C. Davis	341	S. Honeycutt	286*
D. hardy	341	Men Master (40-49)	
M. Thomas	303	M. Thomas	529
H. Terry	385*	D. Crain	512*
D. Crain	286	C. Davis	501
T. Caterisano	253	Men Master (over 50)	
Men Master (over 50)		R. Swaim	551
J. Shoaf	303	J. Shoaf	402
Collegiate 148		Collegiate 123	
R. Etheridge	264	J. Richey	402*
B. Montgomery	253	148	
165		R. Etheridge	462*
J. Abell	341*	B. Montgomery	407
S. Knowles	314	165	
181		S. Knowles	501
J. Smith	297	J. Abell	424
198		181	
T. Mash	330	J. Smith	468
G. Grabert	292	R. Wilkes	424
C. Kerns	292	198	
220		T. Mash	540
M. Helinsky	347	G. Grabert	523
J. Windlam	275	275	
242		B. Lever	661*
P. Caputo	424*	Open 114	
Open 123		A. Arndff	325
B. Stanfill	264	123	
132		J. Richey	402*
B. Butts	203	B. Stanfill	336
T. Hedrick	203	132	
148		K. Mackey	369*
R. Etheridge	264	B. Butts	347
165		148	
J. Abell	341*	R. Etheridge	462*
C. Hines	336	165	
S. Knowles	314	S. Knowles	501
181		S. Pardue	490*
C. Folford	308	J. Abell	424
J. Smith	297	181	
198		G. Stapelton	529
S. Williams	413	G. Stolfrod	490
G. Grabert	292	J. Smith	468
D. Greene	275	M. Kennerly	451
T. Caterisano	253	R. Wilkes	424
220		198	
R. Reeder	501*	G. Grabert	523
H. Downey	446	D. Greene	523
B. Kelly	418	220	
H. Staats	336	H. Staats	650
242		H. Downey	644
P. Caputo	424	T. King	529
C. Brown	369*	242	
E. Wright	363	E. Wright	633
B. Gomez	325	C. Brown	501*
275		275	
M. McCarson	479	B. Lever	661*
		S. Case	518

* SC single lift record. Best Benchr Lifter- R. Reeder; Team- Clemson Weight Club. Best Deadlift: Lifter- H. Staats; Team- Clemson Weight Club. The USPF 2nd Annual Clemson Iron Man Contest was a great success, and many South Carolina single-lift records were set. The contest was held on the campus of Clemson University and was sponsored by the Clemson Weight Club. There were a total of 51 lifters from South Carolina, North Carolina, and Georgia. I'd like to thank the lifters and the referees for the success of the contest. The referees included Jerry Beckham, Sam Pardue, Roger Lanegan, Tom Booth, Shane Simmons, Paul Madden, Julia Lark, Scott Case, and myself. This was a bench and/or deadlift meet so the lifters could choose which lift to compete in. This was also the first USPF drug-tested contest in South Carolina. The drug testing was random urinalysis conducted by a USPF rug testing officer Roger Lanegan, who helped out tremendously throughout the contest. The contest had four divisions– women's (by formula), men's master (40-49, 50 and over, by formula), men's collegiate, and men's open. I hope all the lifters enjoyed the contest, and I hope to see you next year! Meet Director: Dan and Julia Lark and Paul Madden. (Thanks to Dan Lark for these results.)

ADFPA Badger Championships
8 Jan 95 - Milwaukee, WI

Women 1	SQ	BP	DL	Total
S. Sullivan-111	285!	162!	321!	760!
L. Kilbury-127	250	155	360	765
S. Davis-121	260	180*	285	725
S. Tschumperlin-110		200	120	260
580				
Women 2				
L. Kantor-160	355	195	380	930
C. Lezon-133	315	140	275	730
C. Birts-136	255	130	320	705
H. Alston-179	300	120	280	700
Men 114				
R. Cinker	240	175	275	690
132				
P. McCormick	275	215	360	850

ADFPA President's Message.... I attended my first power meet in 1963. Since that time there have been many changes in the sport. A lot have been for the better, but some have not.

Through the 1960's and 70's changes were slow and hard fought, but they did occur, and were for the most part for the improvement of powerlifting. During this period of time there was one organization and one set of National Championships.

In the late 70's and early 80's the A.D.F.P.A. began to take shape. The need for a drug free organization was apparent. With the formation of the A.D.F.P.A. there was a drug tested organization and a non-drug organization. What more did the sport need?

Today there are at least 18 associations. Some are tested, some are not, some say they are testing, some say they will test if they suspect you; some have tested and non-tested divisions in the same contest.

I have been a supporter of powerlifting for over thirty years, and the A.D.F.P.A. since it's inception. I want to see both grow. I do not wish to harm any one person or organization. I would personally love to be involved in the re-unifying of powerlifting. This is something that must be done.

In recent months I have read and heard numerous statements, promises, complaints about this or that organization. I will not air my complaints, personal opinions or rumors. I will present some factual information.

Powerlifting left the A.A.U. because the A.A.U. could not provide the freedom and leadership that powerlifting needs. Now there are some saying the A.A.U. is the salvation of powerlifting. Many of those saying that were not involved with powerlifting in the 70's when this took place. Working together, not creating new organizations, will be the salvation of powerlifting.

The A.D.F.P.A. drug tests at every meet. Anyone wanting to see the results from a certain meet can contact the National Office.

We do suspend lifters who fail. Our current suspension list contains over thirty lifters.

We follow accepted testing procedures. If we use urinalysis we test our samples at Nichols Institute in San Diego, California.

If we use polygraph we use registered polygraph examiners and follow the procedures recommended by the American Polygraph Association. The American Polygraph Association has fairly strict guidelines as to the number of tests per day. Call them at 615-892-3992, and then tell me how some organizations claim to test 100%. Doing that many tests would be a violation of the law in some states, and not accepted by the American Polygraph Association.

Some organizations say they will blood test. Call the I.O.C. Lab (1-800-233-0393) and obtain the information on blood tests. If you can find a lab or someone who will guarantee you better results, let the I.O.C. know.

Some organizations are now allowing tested and non-tested lifters to compete together, and saying their organization is drug free. I guess the definition of drug free must be revised.

The A.D.F.P.A. was accused of trying to sneak into the I.P.F. The facts are as follows: The A.D.F.P.A. was contacted, and they in turn wrote to the I.P.F. I have letters from the I.P.F. officials inviting the A.D.F.P.A. to attend their most recent congress in South Africa. The reason the A.D.F.P.A. declined to go was that they would have had to give up the three year drug free period.

The A.D.F.P.A. was not founded on being drug free for the day of the meet, or having the ability to beat a drug test. The A.D.F.P.A. will never compromise it's drug free period.

The A.D.F.P.A. has, and will continue to offer drug tested meets with fair and consistent judging. The rules of the A.D.F.P.A. will apply to all. If this is what you feel powerlifting is all about the A.D.F.P.A. is for you.

The A.D.F.P.A. extends an open invitation to other organizations to discuss ways to unify powerlifting.

Bob Gaynor, President, A.D.F.P.A.

148				
M. Castro	400	270	610	1280
D. Keller	450	245	485	1180
D. McCabe	385	255	435	1075
B. Schickert	280	240	450	970
R. Schaefer	240	180	340	760
165				
J. Walters	445	305	470	1220
J. Shields	470	260	475	1205
J. Murphy	405	270	490	1165
D. Mont	415	245	455	1115
J. Catalanello	275	225	425	925
D. Wiktorek	—	—	—	—
181				
R. Zangel	490	435*	505	1430
J. Krueger	505	245	490	1240
J. Faber	400	300	530	1230
A. Williams	385	315	500	1200
S. Bristol	385	285	425	1095
B. Hou-Seye	325	—	—	—
198				
O. Sijuwade	540	365	640	1545
S. Schaefer	505	330	510	1345
T. Holmes	465	330	425	1220
J. Gresser	440	305	475	1220
J. Klarkowski	405	270	—	with-
drew				
220				
C. Kujawa	550	335	605	1490
K. Belisle	585	380	520	1485
T. Green-Sanchez	520	295	565	1380
R. Blackmon	430	320	510	1260
242				
S. Cain	720	450	740	1910*
J. Lowey	515	350	550	1415
S. Zahn	435	400	460	1295
275				
R. Vivier	650	460	630	1740
C. Wausarski	475	360	535	1370
M. Becker	405	335	585	1325
SHW				
R. Sadowski	500	295	570	1365
Master Men				
J. Krueger-172	505	245	490	1240
J. Martinicki-176	465	290	525	1280
F. Padron-177	350	300*	430	1080
R. Haase-164	285	215*	350	850
B. Sullivan-179	490	320	470	1280
Master Men				
J. Twet-258	345*	300*	425	1070
T. Birts-270	550	340	530	1420
R. Sadowski-276	500	295	570	1365
R. Morton-213	380	270	415	1065
D. Wood-184	300	285	300	885
D. Murphy-243	—	—	—	—

* state record ! American record King's Gym– and owners Dan and Jennifer Kingsley– again hosted a terrific meet for the third year in a row. Thanks are due to many. Thanks to the national judges Tom Gregor and Dennis Brady who traveled to judge at the meet. Thanks to Roar and Roxane O'Hearn for announcing all day and running the table. Table help from Chris Twet and Beth Vivier too for helping at the table. Henry Tobias ran the platform during the morning session along with six volunteers. Ryan and Brian Eckart organized the platform during the afternoon. Tonya Dilly judged all day, beginning with weigh-ins at 7 a.m. Bruce and Sue Sullivan judged during the afternoon session after competing in the morning session. Chris Tuhy helped set up, sell cards, run the door, and clean up. Many records were set. Sue Rasor Sullivan set four American records in the 45-49 master women 111 class; Sullivan was also best lifter over eight women. Shawn Cain was the best lifter with a total of 1910. Shawn's total was a state record. Shawn is a former world and national champion, and he looks ready for world competition in 1995. Miguel Castro was second best lifter; Castro's lifts included a 610 deadlift at 148. Fifty year old James Krueger was best lifer in the master class with a 505 squat in 181 class. (Thanks to Robert Crawford, meet director, for providing the contest results.)

MDSA Deadlift Nationals
17 Dec 94 - Grafton, ND

Open Only		Submaster 165	
Men 123		G. Grahn-39	400
B. Gregg	270	Master 198	
181		G. LaBelle	355
S. Friday	585	220	
198		B. Mozis	515
C. Johnson	480	Closed Only	
220		Men 220	
M. Ricker	635	P. Hanson	465
P. Hall	630	Master 198	
J. Dorsher	530	G. LaBelle-55	355

Judges: Darwin Jacobson, Donovan Sturgeon, Gary Grahn, and George LaBelle. Loader/ Spotters: Paul Hanson, George LaBelle, Mike Eklund, and Dave Sturgeon. These meets were held at The Collegiate Fitness Center in Grafton, ND, and were held in conjuction with the MDSA Northern Nationals Bench Press Championships. Starting the meet off was Bill Gregg, who broke Thor Midby's All-Time record at 123 and was very close with 300– he is a very exciting lifter and had the whole audience behind him with each attempt. Shawn Friday moved into the #2 slot at 181 on the All-Time Rankings and also broke Tom Elmendorf's North Dakota record– only Spike Lambert is ranked higher than Shawn. Byron Mozis made valiant effort with 550 on his 3rd attempt and is 48 years old– great lifting, Byron! Newcomer Paul Hanson had 500 up but was called for hitching– the 500 would have broken Richard House's Minnesota mark. Chris Johnson made his MDSA debut setting a non-resident record in level 2 198 class with a nice 480– Chris came all the way from Sterling, VA, for this contest. Gary Grahn now has 400 to his credit– he is getting to be a good deadlifter and will be a master lifter in a year– watch for him as he matures into this fun sport. The battle of the day was at 220 between Pat Hall and Michael Ricker. Hall was called for hitching 660 and Ricker missed 665 twice– Pat is currently ranked #3 at 220 with his 630, and Michael is #1 with 655. John Dorsher missed the 198 class and tried a personal record 575 but missed– John is ranked #14 at 198. George LaBelle set another 55-59 master record. I would like to thank the Collegiate Fitness Center for letting us hold the meet there– it was to date the largest MDSA meet ever held in the state of North Dakota. Sincere thanks to everyone who helped make these meets successes. Next year's Deadlift Nationals are scheduled for December 16th in Vermillion, SD (!) and will be held along with the 1995 MDSA Northern Nationals Bench Press Championships. (Results of this competition provided by Darwin Jacobson.)

A.D.F.P.A. Corner

The ADFPA CORNER brings you up-to-date news, important information and articles of interest every month. Our goal is to keep lifters and coaches informed, involved and excited about drug free powerlifting competition. We thank all who have supported the ADFPA and drug free powerlifting. Your work keeps the organization going! If you have suggestions for future articles or would like to send information, contact Stephanie Whiting, 4768 Barbara's La., Stevens Point, WI 54481

West Virginia Lifting News... From state chair Paul Sutphin - "We had a great 4th Annual Raleigh County YMCA Powerlifting and Bench Press Championships with over 50 competitors from 5 states. Over 24 WV state records were set or broken." Drug free powerlifting is growing in WV. In addition, "I gave the referees exam to five candidates." Congratulations to Paul and the West Virginia ADFPA organization.

From Cyndi Regan, ADFPA Drug Education Committee Chair (This is a continuation of Cyndi's previous article on supplements) Supplements may deter you even though you think they are helping? There are few, if any, guarantees that your supplements have been produced according to high manufacturing standards or that they can achieve their claimed health benefits. For instance, labeling is not regulated so, the ingredients are not always as the label implies. The dosage could actually be lower or higher than the label indicates. Finally, buyer beware! In some bottles, harmful additives and contaminants not mentioned on the label have been identified. If you have a health problem, taking something outside of your medication may be harmful to you. Check it out! Hindsight is nice, but it may put you out of competition. READ, CHECK and ASK QUESTIONS... it's the only body you will ever have!

WDFPF News from Judy Gedney, WDFPF Secretary General... The WDFPF is currently accepting bids for the 1996 & 1997 competitive seasons. The final selection of bids will be made during the WDFPF annual meeting on Friday, October 27th at 1:30 pm in Sussex, England. Send bid information for any of the following meets to me at your earliest convenience. The materials will be mailed to the voting reps in preparation for our meeting: The WDFPF North American Championships; The WDFPF Masters, Teenage & Junior World Championships (July/August timeframe); The WDFPF Bench Press World Championships (Sep/Oct timeframe); The Open World Championships (late Oct/early Nov)

A note of interest: the US will be hosting the Summer Olympics in 1996. This might be a good time to place a bid for the Masters, Teenage and Juniors Championships inviting the membership to competition here in the US. They would then be able to travel on to see the Olympics.

Our WDFPF World Record package has been updated to include all the 1994 championships. For a copy of this material, send $1.50 worth of stamps to cover postage and printing costs to: Judith M. Gedney, WDFPF Secretary General, Brophy Hall, Western Illinois University, Macomb, IL 61455.

From ADFPA Women's Committee Chair, Sue Rasor... The annual Women's Committee meeting will be held in conjunction with the ADFPA Women's Nationals in St. Louis on Friday, May 5, 1995 at 3:00 pm. Send agenda items to Sue Rasor, 4-1/2 Mile Rd., Racine, WI 53402

A.D.F.P.A. National Meet Qualifying Totals

Men's Contests	*114*	*123*	*132*	*148*	*165*	*181*	*198*	*220*	*242*	*275*	*SHW*
National's	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
Collegiate's	665	770	900	1065	1190	1245	1340	1355	1365	1375	1385
ADFPA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFPA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFPA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFPA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
ADFPA Master's	A Total in a Sanctioned Meet										
ADFPA High School	A Total in a Sanctioned Meet										

ADFPA Women's	*97*	*104*	*111*	*116*	*122*	*129*	*139*	*154*	*176*	*176+*
Nationals-open &life	496	535	562	617	639	694	739	766	777	876
Collegiate's	415	445	465	485	505	525	560	610	675	755
Masters 35-44	347	369	391	402	419	441	468	507	562	628
Master 45 or over	A Total in a Sanctioned Meet									
Teen (14-19)	335	355	380	390	405	425	455	490	545	610
High School	A total in a Sanctioned Meet									

ADFPA GYM AND COACHES DIRECTORY

The ADFPA Gym and Coaches Directory was created in order to provide individuals with a listing of drug free training facilities and coaches whose philosophies are consistent with the mission of the ADFPA. This listing will furnish the following information; the gym's address, phone number, and contact individual. The contact individual should either be the gym's owner or a coach or lifter who trains at that facility.

The primary goal of this directory is to attract new lifters to the sport by supplying them with a gym and knowledgeable individuals who can help them get started in drug free powerlifting. This directory can also be helpful to the lifter by providing a contact individual who can provide training and meet information. It can also be helpful if you're traveling and need a place to train. To get your gym in the directory, send a $3 check made out to the ADFPA: Stephanie Whiting, 4768 Barbara's La., Stevens Point, WI 54481.

All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813) 687-6268, Louis Baltz, Owner.

Athlete's for Christ Power Team, Western Illinois University, Powerlifting Club, Macomb Salvation Army Community Center, 505 N. Randolph Ave. Macomb, IL 61455, (309) 837-4824 (M-F 3-5pm, Sat 10-12pm)

Brown's Gym, 611 S. State St., Clarks Summit, PA 18411, (717) 586-3481, Owner - James D. Brown

Bulldog Power & Fitness Club, 1350 Home Ave., Suite L, Akron, OH 44310, (216)630-2766, FAX (216)630-3651, Bruce Dowling, Owner

Charleston Barbell Club, Powerlifting Team, 3735 Dorchester Road, Charleston Heights SC 29405, (803)863-6143, 744-6216, Coach: Ernie Surell

Coastal Fitness, 5140 Sellers Rd., Shallotte, NC 28459, (910) 754-2772, Owner/ Manager: William Mark Jones.

Cyborg Power Shop, 04281A Country Road 15 D Bryan, Oh 43506 (419)636-4585, Owner: Ernie Fleischer

Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518, (203) 287-1973, Gerry Raccio, Owner, CT State Chair.

Galt Fitness, 1067 C Street, Suite 117, Galt, CA 95632, (209) 745-0695, Coach - Fred Kendall

Joe's Gym, 4468 W. 26th St. Erie, PA 16506 (814)833-3727

Jungle Gym & Fitness Center-Kent, 122 Railroad Ave. S., Kent, WA 98032, (206)852-2442 FAX (206)852-8369, Tyler Malejko LMT/ Meet Promoter.

Mathieu's Fitness Center, 4260 Fairfield, P.O. Box 325, Oakland, ME 04963 (207)465-7102, Coach: John Mathieu

Muscles and Fitness, 2509 E. Washington Ave., Madison, WI 53704, (608) 249-4227. Owner: Brian Briggs

Nomad Powerlifting Team, 47 South Gobi Circle, Sparks, NV 89436, (702) 42409544, Coach - Thomas Lowder.

Pacific Power Outlaws, 452 A Street, Daly City, CA 94014 (415) 992-1114, Coach: John Ford

Pathways Personal Training and Powerlifting, 519 Broad Ave., Gulfport, MS 39501, Owner/ Trainer - Gary Smith, (601) 868-3289

Powerbuilders Gym, 1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas.

Power Pit Gym, 1763 Arnow Ave. Bronx, NY 10469 - 3326 (718) 379-9823 Coach: Felicia Frestan & Eli Stern

Serious Members Gym, Inc., Exit 118 Rte. 17, Fair Oaks, NY 10940, (914) 343-0412, Coach - Frank Dias

Sheridan Recreation Center, 3325 W. Oxford Ave. Denver, CO 80236, Coach: Eddie Canoza, (303) 761-2241

Strength and Power Productions, Competition Set-Up - Platforms - Seminars - Audio - Announcers, 15213 Santa Gertrudes, La Mirada, CA 90638, (714) 994-5198, Charles LaMantia

The Power Gym, Inc. 405 Main St., Taylor, PA 18517, Coaches - Joe Moceyunas, Bob Granko Sr., Bobby Jr. and Jamie, (717) 562-PUMP

Thorbecke's West Gym Inc. 100 East Western Avenue, Goodyear, AZ 85338, (602)932-2773 Coach: Mike N. Wonyetye

Warrior Weight Room, Coyle-Cassidy High School, Adams and Hamilton St., Taunton, MA 02780, (508)-823-6164 Ext 580, Coach-Howard Waldron.

ADFPA East Coast Champs
10, 11 Dec 94 - Queens, NY

Women 111	SQ	BP	DL	Total
G. Scarpulla	195	90	225	510
116				
J. Davis	310	180	365	855
R. Zepeda	205	125	290	620
C. Dimmick	135	100	205	440
122				
D. Johnson-Cane	275	145	305	725
E. Stein	290	145	290	725
M. Sarris	270	125	275	670
139				
M. DeGennaro	365	190	410	965
J. Klein	270	120	285	675
S. Walheim	260	110	260	630
A. Otero	205	110	270	585
154				
P. Linder	305	155	310	770
F. Fisco	190	90	250	530
176				
L. Belsito	415	225	420	1060
176+				
Z. Paredes	290	135	310	735
K. Faller				
Men 123				
C. Maynard				
148				
J. Jacobs-47	520	265	500	1285
J. DeMatteo	420	350	420	1190
J. Campbell	360	200	410	970
R. Murphy	370	220	370	960
165				
K. Davis	500	315	530	1345
R. Clark	480	310	515	1305
R. Falcone, Jr.	460	350	450	1260
C. Choy	500	300	450	1250
J. Wilkes	410	330	480	1220
J. Gengo	430	290	450	1170
T. Dunn	410	250	370	1030
F. Pagano	390	200	380	970
181				
G. Dally	540	265	570	1375
B. Marchetti	515	325	530	1370
G. Brukardt	490	285	480	1255
F. Garcia-Larios	500	265	480	1245
J. Conway	370	300	425	1095
P. Panza	475	260	225	960
198				
R. Wagner	780	400	660	1840
B. Callahan	635	375	590	1600
J. DeFoor	555	380	550	1485
Q. Nieves	550	315	485	1350
R. Conti	485	320	520	1325
F. Smalls	440	370	470	1280
J. Kardum	630			
D. Nugent	475			
S. Canzoneri GL	550	360	550	1460
220				
M. Marino	670	430	670	1770
J. Malandrino	580	420	560	1560
J. Backos	535	350	500	1385
R. Stark	480	320	505	1305
M. Matwick	455	315	510	1280
J. Regan	450	275	495	1220
T. Smith	380	270	420	1070
M. Dingee GL	580	370	560	1510
242				
R. Walsh	655	515	635	1805
L. Thompson	580	400	605	1585
J. Hulak	550	360	580	1490
G. Groff	560	375	520	1455
R. Landman	500	380	570	1450
J. Dvis	500	345	530	1375
J. DeMatteo	415	300	415	1130
275				
D. Nettles	810	370	675	1855
S. Zedella	535	315	580	1430
J. Cirilli	540	390	500	1430
SHW				
T. Schott	880	420	660	1960
M. Riddick	300	490	400	1190
Teen Light				
Guerrieri-19-175	450	320	500	1270
Divine-19-159	390	250	430	1070
Napolitano-15-155		370	215	440
1025				
Conti-15-157	400	200	410	1010
Phlson-16-150	235	125	330	690
Teen Heavy				
Rivano-19-190	475	360	500	1335
Smalls-19-195	440	370	470	1280
Thumser-19-197	375	265	490	1130
Hatzinger-18-194	315	185	440	940
Yarrobino-16-185	300	165	345	810
Manekas-16-200	300	140	350	790
Masters Light				
Andrade-43-163	435	220	455	1110
Teen Heavy				
Ginenthal-65-199	460	280	460	1200
Mshinisi-52-240	650	325	490	1465
Cerrato-52-242	525	400	510	1435
Vicente-57-185	350	305	470	1125

Once again, the third annual ADFPA East Coast Championships gathered some of the best lifters in drug free powerlifting. Highlights of the meet included the lifting of national champs Jackie Davis, Michelle DeGennaro, Linda Jo Belsito, and teen sensation Maria Sarris. On the men's side, highlights included the lifting of world champion Rob Wagner, Dave Nettles, Ron Walsh, Jeff Jacobs, Mike Marino, Tom Schott, and masters national champ Dave Ginenthal. I would like to thank Ray Madden and his wonderful Monolift that kept the meet running smoothly. Thanks to Pete from Titan for supplying the best lifters with Centurion Squat Suits. Thanks to John from the Missing Link Energy Bar Company for his wonderful bars. Thanks to Supplement City in Elmont, NY, for their continued support. Without the help of Charlie Schroeder, Marie Borillo, and Ned and Mary Cramer, the meet would not have run as well as it did. Also, a special thanks to my friends Mark, Greg, and Sal for all of their help and support. Thanks to Pete Gisondi, who is always willing to help. (Thanks to Meet Director Craig Safran for these contest results.)

1st ADFPA Arkansas State
3 Dec 94 - Ft. Smith, AR

Women	SQ	BP	DL	Total
SHW Master				
T. Pennartz OL	315	205	315	835
Men				
132 Teen 14-15				
E. Muich	315	200	340	855
165 Lifetime				
D. Wickliff OL	410	290	440	1140
181 Lifetime				
R. Landman	455	265	460	1180
198 Lifetime				
M. Vinson OL	690	415	610	1715
198 Open				
D. Stewart	315	215	445	975
220 Lifetime				
R. Sadoski	545	345	610	1500
220 Open				
D. Mahan	625	355	645	1625
220 Master II				
L. Easter	365	245	405	1015
242 Lifetime				
P. Gerdes	545	345	545	1435
242 Open				
P. Gerdes	545	345	545	1435
275 Lifetime				
F. VanHoozer	450	385	525	1360
275 Submaster				
F. VanHoozer	450	385	525	1360
Bench Only				
SHW Lifetime				
B. Mason		450		

Many thanks to the spotter/loaders- Don Youngblood, Chris Obana, Larry Kye, and Allen Young; the side referees- Nikki Putman and LaRheta Tinsman; the table personnel- Stephanie Young, Monica Merdidith, and Elizabeth Tinsman; and the lifters who attended the meet. We survived this first championships with no injuries to the lifters or spotters, and no bomb-outs. As this was the first ADFPA meet in Arkansas, all of the above lifts are state records. (Results provided by Tom Tinsman)

ADFPA Outlaw Christmas Open
11 Dec 94 - San Francisco, CA (kg)

Girls Teen		S. Waits	190
J. Printon-80kg	70	220	
Special Olympian		S. Pena	150
J. Printon-80	70	242	
Women Open		N. Best	217.5
P. Ty-50.5 lb	70	D. Rivera	182.5
P. Whiteside-53	42.5	275	
P. Belt-80	87.5	A. Pete	215
J. Printon-80	70	319	
J. Kaanapu-SHW	95	C. T. Fletcher	272.5
Women Novice		C. Sanders	237.5
S. Cabezas-53	32.5	SHW	
M. Gilson-80	65	L. Contreras	205
Women Master		Men Masters	
J. Kaanapu-SHW	95	132	
Men Novice		J. Clemente 52	115
N. Yee-132 lb	92.5	165	
J. Schneider-165	82.5	T. Pena 44	120
T. Wyckoff-181	107.5	K. Gardner 55	110
Drapaniotis-198	115	181	
J. Kim-242	197.5	B. Seymour 55	92.5
R. Cline-275	137.5	198	
Men Teen		J. Morris 40	137.5
G. Quesada-181	92.5	D. Dienelt 50	152.5
Men Submaster		220	
J. Sermeno-148	130	S. Downs 40	142.5
G. Rogers-165	127.5	A. Tiano 56	167.5
T. Wyckoff-181	107.5	242	
D. Tamori-220	175	F. Carle 41	197.5
C. Fletcher-319	272.5	S. Kaanapu 50	147.5
C. Sanders-319	237.5	J. Jue 58	157.5
Men Open		275	
132		R. Cline 41	137.5
J. Shapiro	95	J. Staley 45	160
148		R. Surabian 47	200
M. Marciotti	170	319	
165		H. Mederios 41	210
R. Levering	160	SHW	
198		L. Contreras 41	205

(Thanks to John Ford for the these meet results.)

A.D.F.P.A. Corner

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION ---

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STREET ADDRESS | CURRENT REG. NUMBER

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AREA | TELEPHONE NO | DATE OF BIRTH | AGE | SEX | U.S. CITIZEN YES | U.S. CITIZEN NO

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In recognizing the need for Drug-Usage Detection, I agree to submit to any testing procedures deemed appropriate by the ADFPA or it's agents and shall accept the results and consequences of such tests.

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Mountaintop, PA 18707
717-474-2662

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ALL ADFPA MEMBERSHIPS EXPIRE 12/31

IF UNDER 21 HAVE PARENT INITIAL

SIGNATURE _____ DATE _____

Iron Island Bench Press
11 Dec 94 - Oceanside, NY (kg)

Women 114		198	
C. Capone		J. Bartlett OL	232.5
57.5		T. Torcasso	230
C. Garcia OL	95	G. Scognamiglio	180
Men 123		R. Nocella	167.5
S. Leistner	50	E. Green	150
132		W. Capone	130
D. Langone	125	220	
B. Oshrin	60	K. Slack	230
148		C. Taylor	227.5
J. Manochio	140	J. Predergast	217.5
A. Zullo		D. Bornstein	215
127.5		S. Mariani	215
M. Torcasso	125	N. Confessore	200
P. Ryan	95	K. Wilson	192.5
K. Cittadino	65	M. Carthy	182.5
165		M. DeMatteo	162.5
J. Verilli		M. Bradley	162.5
137.5		T. Flynn	155
T. Tishler	120	B. Risch	145
P. Terlonge		242	
117.5		C. Anderson OL	275
181		S. Kelleher	227.5
J. Principthal		M. Allen	217.5
202.5		L. Casolaro	210
D. MacDonald		T. Robinson	207.5
192.5		R. Falcone	172.5
C. Cabanillas	165	275	
A. Barroso		F. Peccoraro	232.5
147.5		D. Martin	217.5
J. Antignani		J. Piccirillo	217.5
142.5		L. Gonzalez	205
V. Ferraiuolo		308	
97.5		T. O'Riordan	205
R. Belson	80	T. Hall	210

Once again, Ralph Rakela and the Iron Island staff and platform crew under the direction of Mike Schmieder produced a mistake and injury free meet. The lifting, thanks to a large number of lifters who traveled from MA, CT, and NJ, was of the highest caliber. The place battles at 181 and 198 were unbelievable exciting. Chris Capone and Caroline Garcia were quite good, with Garcia of the Bronx really being top quality. Sol Leistner, Vinnie Ferraiulo, and Kyle Cittadino gained valuable experience as teenagers, while Ken Slack proved to be unbelievable as a 47 year old master lifter, winning the open 220 too. Bill Oshrin went three for three an while Darin Langone was disappointed with only his opener, he is a very strong bencher at 132. At 148, Ryan will improve with experience. M. Torcasso and A. Zullo showed good power, but John Manochio is one of the best natural lifters in the Metro area. No suit, no wraps, no shirt, no handoff, just excellent benching strength. My wife and Gene Tripodo got newcomer Pat Terlonge through nicely, while Tishler continues to improve. Flynn's Gym Joe Verilli was the winner at 165. Things really heated up at 181. Dr. Belson lifted in his first meet; life begins at 64! APC Connecticut state chairman John Antignami was a bit off, edged out by teammate Barroso. As strong as Cabanillas is, he was in with two buzz saws. Massachusetts lifter Dave MacDonald and Jordan Principthal, Confessore protege, went to the wire with Jordan winning with a huge 446. W. Capone is an angular lifter needing more meet experience. Newcomers E. Green and R. Nocella did quite well, just behind the big boys in the top three. G. Scognamiglio was very classy, but Tony Torcasso would have been too much for anyone but the man who beat him, John Bartlett of MA, 512 to 507– wow! The 220s were a huge class. Master lifter Flynn came in hurt as did bagpiper Bradley. Wilson, Carthy, and Neil Confessore had off days while comeback kid Mariani looked powerful. Bornstein continued the Massachusetts production with three for three and a PR 473, edged out by local J. Predergast. Young Chris Taylor is a great bencher and looks it and in another great battle, was just beaten 507 to 501 by Ken Slack. The 242s were brightened by the cheering of Roger Falcone's wife. Robinson took PRs to Massachusetts and was in just behind Casolaro, who had a tough day. He's good though, and will be back to challenge men like Mark Allen, who, surprisingly, was a Massachusetts lifter with three for three and PRs galore. Big Sean Kelleher was out of position on his opener, got it easily the 2nd, but was thrown off for his third attempt. His 501 was not up to Cord Anderson's opener of 606, but whose is? Cord wanted 628, but twice it was no go. He is awfully impressive. Gonzalez picked up experience at 275. Connecticut's Piccirillo finished as the heavier man in a tie with brand new lifter D. Martin. Winner was good area lifter Frank Pecorraro, popular and very strong. Tom O'Riordan has forsaken the platform director's post at the Iron Island Gym for the platform. His 451 was a laugher at his new 278 bodyweight. Grimwood's Todd Hall was in his first meet and only got the opener, but he is huge and strong. Terry Grimwood always had good lifters and exciting platform moments for the crowd, and Todd and Terry's pre-attempt psyche up was classic. Great judging from Dave Abramson, Mary O, Elaine Kunkel, Ann Tuite, Terry Grimwood, and Joey Almadovar. Great spotting by Mike Schmieder, John D'Augustino, Charles Florio, Frank DeMarco, Bill Sid, and NJ APF chairman John Bott. Mark Marowitz and Marie Bott, expeditors extraordinaire, and great coaching from Kathy Leistner. A great meet to conclude 1994. (results by Dr. Ken Leistner)

Finnish Junior Championships
15, 16 Oct 94 - Pietasaari (kg)

56 kg	SQ	BP	DL	Total
P. Lundelin	150	95	170	420
J. Holopainen	150	92.5	170	412.5
J. Nukanen	130	90	145	365
R. Niemi	102.5	95	157.5	355
60 kg				
J. Airio	197.5	122.5	200	520
R. Peltoniemi	190	102.5	190	482.5
J. Vuorisalo	170	110	202.5	842.5
J. Suilta	180	95	202.5	477.5
S. Nieminen	185	102.5	190	477.5
R. Haaparanta	155	112.5	182.5	450
T. Harkonen	160	95	165	420
J. Huovinen	170	77.5	165	412.5
T. Kolari	137.5	70	167.5	375
67.5 kg				
T. Ahonen	215	135	260	610
T. Orava	215	117.5	210	542.5
P. Torvinen	200	122.5	215	537.5
M. Syrjala	182.5	105	215	502.5
M. Parviainen	170	110	190	470
M. Rajala	175	100	195	470
J. Oliikkala	175	120	175	470
K. Syrjanen	180	105	180	465
J. Seppanen	170	90	170	430
J. Sundell	155	90	150	405
T. Ranne	130	85	140	355
H. Ikonen	140	135		
75 kg				
M. Parviainen	222.5	145	327.5	605
H. Nystrom	232.5	137.5	225	595
T. Heikkinen	225	140	227.5	592.5
T. Turpeinen	210	155	225	590
J. Vanttinen	200	162.5	200	562.5
S. Sohlman	190	120	240	550
H. Kopola	180	127.5	220	527.5
M. Bjorklund	205	110	200	515
J. Honkanen	170	100	185	455
82.5 kg				
J. Ruchonen	260	160	240	660
M. Tervonen	245	145	245	635
S. Sukoinen	235	150	240	625
90 kg				
P. Leppakangas	260	167.5	260	687.5
T. Vaananen	250	152.5	260	662.5
R. Salin	247.5	135	260	642.5
T. Miettinen	240	160	230	630
T. Paavilainen	215	115	210	540
100 kg				
M. Kunnari	240	182.5	280	702.5
J. Karkainen	250	160	260	670
H. Lehtoaho	210	132.5	220	562.5
M. Lalli	190	120	200	510
K. Kokko	215			
110 kg				
A. Kivimaki	235	160	220	615
P. Viennonen	215	125	220	560
J. Martikainen	220			
125 kg				
P. Muhonen	270	180	270	720

(Thanks to Heikki Orasmaa for these meet results.)

6th Indian Summer
22 Oct 94 - Goshen, IN

Natural	SQ	BP	DL	Total
Teen 181				
Morgan	440	240	500	1180
Master 220				
Jverink	505	250	560	1315
Golden Master 132				
Hoyt	220	140	250	610
Men 132				
Wider	340	165	365	870
165				
Guthrie	505	315	545	1365
181				
Kind	415	290	445	1150
198				
Tinkersley	390	315	530	1235
Herron	415	325	475	1215
Paschal	385	250	425	1060
220				
McKee	425	275	560	1260
242				
Goodman	575	315	530	1420
Hornady	525	315	470	1310
275				
Cain	590	400	660	1650
Open				
Women 198				
Boshoven	500	300	475	1275
Men 181				
Gaines	455	300	500	1255
198				
Berryman	575	325	530	1430
275				
Orick	650	540	510	1700

Best Lifter: Greg Guthrie. Special thanks to Mike Wider, Roosevelt Lewis, Lynne Boshoven, Jenny Albert, and former ADFPA national champion Dee Coates, who did a great job as head ref. (Thanks to Jon Smoker for providing these contest results.)

Northeastern Regional at SCID
10 Dec 94 - Dallas, PA

123	SQ	BP	DL	Total
Colon	345	165	350	860
132				
Gibbons	365	210	455	1030
148				
Conley	330	270	435	1035
Meeks	300	260	375	935
Toores	375	185	300	860
165				
French	550	340	570	1460
Favinger	500	285	500	1285
Mull	500	290	475	1265
Fogan	415	325	420	1160
Salcedo	360	270	460	1090
Shelton	300	275	450	1025
181				
Diaz	610	325	575	1510
Nalaschi	575	290	560	1425
Nalet	510	250	575	1335
Szewczuk	510	260	530	1300
Mathis	470	325	480	1275
Williams	430	275	500	1205
Sanders	360	310	490	1160
Knowles	360	285	400	1045
198				
Connolly	725	435	640	1800
Clouden	630	325	580	1535
Cole	540	275	590	1405
Hall	385	300	500	1185
Manzer	405	235	440	1080
Mason	injured			
220				
James	780	385	700	1865
Waters	540	330	630	1500
McFee	500	340	470	1310
Harris	400	350	510	1260
Perry	425	250	500	1175
Smith	425	275	450	1150
Terraforte	705	—	—	—
242				
Crenshaw	750	400	675	1825
Williams	710	450	660	1820
Betts	540	390	585	1515
Jackson	475	350	575	1400
275				
Pigford	735	380	650	1765
Putt	660	425	640	1725
Fisher	525	380	560	1465
Craig	475	310	475	1260
SHW				
Dotter	710	375	640	1725
Rodriguez	675	430	610	1715

Teams: Dallas 45, Retreat 17, Coal Township 10, Waymart 9. Best Lifters: Light- French; Heavy- Connolly. (Thanks to Wm. Turner for the results.)

Michigan All Power Holiday
17 Dec 94 - Grand Rapids, MI

Women 198	SQ	BP	DL	Total
L. Boshoven	555	300	500	1355
Master 198				
J. Jeurink	605	265	550	1420
Master SHW				
W. Allies		350	557	
Open 198				
R. Smith		425		
Open 220				
D. Smith		180	360	

Michigan All Power hosted a holiday meet December 17, 1994, which started out as a bench and/or deadlift but Jim Jeurink and Lynne Boshoven decided to post a total. Lynne set a Michigan state record squat with 555 and was close to lockout with a 330 bench. Jim set a personal record squat and total. Walt Allies had an excellent day with a personal record bench and deadlift. Rich Smith tied his all time best bench at 198 and was close with a 440. Doug Smith pulled a personal best deadlift. Beautiful awards were presented by Jon Smoker. Michigan All Power will be hosting both full power and single lift meets throughout 1995. For information please call 616-538-3420. (Results of this competition courtesy of Lynne Boshoven)

Power Excel Animal Fall Bench
13 Nov 94 - Milwaukee, WI

Women 123		M. Czarra	225
R. Camilo	110	220	
148		B. Ruehl	345
E. Klipatrick	85	Men Open 132	
Teen 132		P. McCormick	205
P. McCormick	205	165	
198		S. Guthrie	290
M. Walczak	150	181	
242		B. Yanny	235
J. Young	320	220	
Masters 181		D. Walker	405
P. Boldt	190	242	
198		J. Kelly	350

(Thanks to Power Excel for these contest results.)

APA Masters Bench Press
3 Dec 94 - Port Charlotte, FL

181 Master 40-44		B. Rosenfield	325
M. Pardue	305	C. Becks	260
J. Steele	230	220 Master 40-44	
181 Master 50-54		D. McMillan	500
W. Hansen	305	220 Master 45-49	
181 Master 60-64		F. Daley	400
T. Trevorah	290*	220 Master 50-54	
198 Subaster 33-39		R. Sumrell	420*
K. Harriman	485	242 Master 40-44	
T. O'Malie	345	C. Nelson	355
A. Yearby	disq	M. Hogan	335
198 Master 40-44		242 Master 50-54	
S. Byer	320	P. Quartuccio	325
198 Master 60-64		275 Submaster 33-39	
		D. Burnette	disq

* world record, disq – disqualified. This year's event took place at the Quality Inn in Port Charlotte, FL. Lifting quality was excellent and sportsmanship was great. Unfortunately two lifters have been barred from APA competitions. Ironically, both lifters were to be honored at the Powerlifter of the Year awards banquet that evening. In one case, the lifter entered several divisions of two contests that date (this contest included). There was a contest deadline and deadline for meal reservations. The lifter had the promoter order extra trophies, and purchase an extra dinner out of pocket. The lifter took home several awards and his check promptly bounced. After written notification, the lifter did nothing to correct the situation. It is because of competitors like this that promoters are getting out of the habit of accepting personal checks from anybody. A small handful ruin it for all! The other case was a repeat of the past. After extra awards were ordered for this lifter and a meal at the banquet was paid for out of the promoter's pocket the lifter was a no-show! Why? Because, as in the past, this competitor has felt that because he is a "world class" lifter he should be weighed-in 12 hours before the other competitors. In other words, at a contest where there is early weigh-ins the day before the contest, he should still have the privilege of weigh in earlier than the rest of us "ordinary" lifters. Sorry, it does not got that way! Anyway, this was sufficient enough reason to stiff the promoter. I can honestly say after promoting several years, that I have never run into this sort of problem with local level lifters. They seem to understand the rule book and why it was written better than anybody. Thankfully, there is only a very small handful of guys with an attitude around. They ruin it for everybody! Kent Harriman and Burt Rosenfield won the respective Master and Submaster Best Lifter titles. Not only are these two gentlemen great athletes, they show great sportsmanship as well. Guys like these really show the public what our sport is all about. Ronald Sumrell of Lakeland, FL, and Danny McMillan of Gaston, NC, wowed the audience with some incredible lifts. Both athletes had been drug tested within a week of the contest. At 51 years of age Ron benched 420, while at 42 years of age Danny benched 500 and just missed 525 with an uneven lockout. Young guys, take heed, these guys keep improving with age. Special thanks to Verlinda McMillan and my wife Jayne. You both ran an excellent score table. Believe me, it can be taxing, and it is a function that most do not receive enough thanks for. I would also like to thank the spotters for doing a great job and Pete Quartuccio for an excellent job as a referee. Most of all, I'd like to thank you guys who lifted for making it a great day, and putting up with the problems related to my vehicle breaking down and slowing things up a bit. I look forward to next year's event. (Contest results provided by Scott Taylor)

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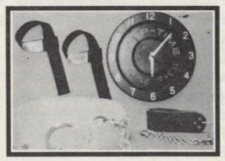


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WNPF New Jersey State/ Open
20 Nov 94 - Piscataway, NJ

Bench Press				
Women				
105 Lifetime				
Aloisio	125!			
114 Lifetime				
Harvey	120			
123 Youth				
Feeney	110!			
123 Lifetime				
Feeney	110			
148 Lifetime				
Gwiazda	120			
148 Open				
Gwiazda	120			
148 Novice				
Gwiazda				
165 Lifetime				
Daunarummo	160			
Men				
148 Master 45-49				
Pierce	280!			
148 Lifetime				
Huber	270			
148 Police				
Huber	270			
165 Police				
Christino	320			
181 Open				
Manzo	305			
Ingalls	—			
181 Novice				
Manzo	305			
181 Police				
Wingate	260			
198 Lifetime				
Patrick	415			
198 Open				
Patrick BL	415			
Belmont	335			
198 Novice				
Federowicz	335			
198 Submaster				
Ehrhardt	415!			
Hensen	380			
Mitchell	365			
220 Lifetime				
Hartzman	360			
Damesquita	340			
D. Herder	320			
220 Novice				
Cancilla	360			
Fox	330			
D. Herder	320			
220 Submaster				
Hartzman	360			
220 Police				

Women	SQ	BP	DL	Total
105 Lifetime				
Aloisio	210	125	215	550
114 Lifetime				
Harvey	—	—	—	—
123 Submaster				
Schneidmill	330!	475!	340!	845!
148 Lifetime				
Ulrich	300	185	300	785
Gwiazda	190	120	310	530
148 Open				
Gwiazda	190	120	310	530
148 Novice				
Gwiazda	190	120	310	530
Santiago	175	95	240	510
148 Junior				
Ulrich	300*	185*	300*	785*
Men				
132 Lifetime				
Levitt	275	235	365	875
132 Submaster				
Van Doren	285	190	390	885
148 Teen 14-16				
Neff	375	250	400	1025
Benevento	315	180	405	900
148 Open				
Brown BL	500	270	485	1255
148 Submaster				
Brown	500	270	485	1255
148 Master 45-49				
Pierce	405	280*	405	1090
165 Novice				
Jones	300	230	450	1010
181 Teen 171-19				
Menendez, Jr.	375	240	420	1035
181 Lifetime				
Poinsett	465	330	540	1335
Watson	450	300	500	1250
181 Open				
Poinsett	485	330	540	1335
181 Novice				
Gregan	275	225	350	850
181 Submaster				
Rivers	400	360	450	1210
McDaniel	460	280	460	1200
181 Master 40-44				
Voltaggio	325	220	405	950
198 Teen 14-16				
Szyarto	360	330	405	1085
198 Submaster				
Graifer	450	330	480	1260

198 Novice				
Graifer	450	330	480	1260
220 Junior				
Dey	390	300	440	1130
220 Lifetime				
Damesquita	525	340	500	1365
220 Open				
Labirt	520	380	440	1340
Koch	475	210	500	1185
220 Novice				
Labirt	520	380	440	1340
Biese	475	325	450	1250
Dey	390	300	440	1130
220 Submaster				
Snaczko	450	250	500	1200
Reid	405	285	450	1140
220 Master 40-44				
Ferraina	430	365	580	1375
220 Master 45-49				
Jones	430	315	505	1260
220 Police				
Dey	390	300	440	1130
242 Lifetime				
Velez	500	285	500	1285
242 Master 40-44				
Gomes	575	400	600	1575
275 Master 40-44				
Vaccaro	600	375	610	1585
Caldwell	605	380	560	1545
Sullivan	500	375	470	1345
275 Police				

Caldwell	605	380	560	1545
275 Novice				
Mihalik	365	365	525	1255

American record Holders: Vincent Brown and Herman Patrick

Best Lifters: Eighty plus lifters attend this contest in Piscataway, NJ. New Jersey is becoming one of the largest states for the WNPF. We are holding five meets in NJ in 1996, which is good news for all the drug free lifters in this state. I want to thank everyone for helping out at this contest. WNPF President Ralph Peace, the Old Man, Tim, Gene, Robocop, Joe, Ralph, Jimmy Judge, Sleppy Lou, Moody and Danny and everyone else. Thanks to the lifters from NJ and the surrounding areas for supporting this meet. This meet was held the same day as an APF meet, and we didn't know this until everything was sent out. We hope the APF meet was successful also. Team standings: 1. Kodiak, 2. T.O.A.M. This team competition is becoming a great thing in the state of NJ. (Thanks go out to the WNPF for providing these competition results.)

Female Senior Nationals
12 Oct 94 - Quebradilla, PR

97	SQ	BP	DL	Total
N. Feliciano	155	60	60	375
105				
N. Lopez	85	60	170	315
114				
K. Martinez	200	75	215	490

123				
M. Mercado BL	300	110	265	675
A. Valentin	175	80	200	455
J. Quiridongo	190	65	180	435
E. Rosa				
132				
E. Mendez	175	75	200	450
181				
M. Figueroa	335	135	265	745
R. Silva	225	90	290	605
198				
S. Garcia	135	80	210	425

Junior Nationals

114				
G. Rivera	255	135	315	705
R. Acuna	230	120	225	575
123				
H. Cruz	320	150	330	800
O. Fernandez	300	125	350	775
L. Espinal	175	70	225	470
132				
N. Irizarri	370	225	340	935
A. Falcon	305	220	360	885
148				
E. Miranda	500	300	450	1250
J. Concepcion	425	180	415	1020
A. Lugo	350	240	300	890
C. Fernandez, Jr	360	145	360	865
C. Corchado	315	170	350	835
J. Alamo	265	165	280	710
J. Lopez	230	150	250	630
165				
R. Cruz BL	600	340	475	1415
O. Blas	510	310	500	1320
A. Calderon	440	265	455	1160
C. Flores	365	265	430	1060
N. Cruz, Jr.	350	180	395	925
E. Rivera				
181				
H. Millan	570	275	560	1405
C. Cortes	520	385*	490	1395
M. Morales	500	250	430	1180
G. Aldarondo	385	265	375	1040

114				
G. Rivera	255	135	315	705
R. Acuna	230	120	225	575
123				
H. Cruz	320	150	330	800
O. Fernandez	300	125	350	775
L. Espinal	175	70	225	470
132				
N. Irizarri	370	225	340	935
A. Falcon	305	220	360	885
148				
E. Miranda	500	300	450	1250
J. Concepcion	425	180	415	1020
A. Lugo	350	240	300	890
C. Fernandez, Jr	360	145	360	865
C. Corchado	315	170	350	835
J. Alamo	265	165	280	710
J. Lopez	230	150	250	630
165				
R. Cruz BL	600	340	475	1415
O. Blas	510	310	500	1320
A. Calderon	440	265	455	1160
C. Flores	365	265	430	1060
N. Cruz, Jr.	350	180	395	925
E. Rivera				
181				
H. Millan	570	275	560	1405
C. Cortes	520	385*	490	1395
M. Morales	500	250	430	1180
G. Aldarondo	385	265	375	1040

A. Calderon	440	265	455	1160
C. Flores	365	265	430	1060
A. Calderon	340	230	380	950
N. Cruz, Jr.	350	180	395	925
E. Rivera				
181				
H. Millan BL	570	275	560	1405
C. Cortes	520	385*	490	1395
M. Morales	500	250	430	1180
G. Aldarondo	385	265	375	1040

E. Gonzalez	515	260		
198				
Fernandez, Sr. BL	625	365	610	1600
J. Cruz	580	250	475	1305
J. Jimenez	540	295	470	1305
J. Echevarria	500	260	485	1245
J. Rodriguez	450	295	400	1145
F. Torres				
J. Robles				
F. Romos				
220				
C. Feliciano	515	350	535	1400
Y. Lopez	525	360	500	1385
L. Gonzalez	505	350	475	1330
J. Gonzalez	500	315	470	1285
J. Velazquez	420	225	405	1050
R. Patrana	400	190	405	995
242				
N. Cruz, Sr.	535	290	550	1375
F. Gonzalez	550	340	450	1310
O. Orengo	510	330	460	1300
J. Morales	500	340	420	1260
275				
P. Ramos	625	275	485	1385
L. Carrasquillo	440	240	550	1230
J. Cardona	475	290	460	1225
SHW				
A. Sanez	95	95	225	415

* national record. (Thanks to Puerto Rico Powerlifting Federation, Tomas Calderon - President & Carlos Fernandez - Sec/Treas. for the results.)

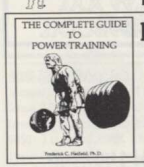
3rd Annual Muscle Den BP
3 Dec 94 - Burlington, NC

150				
R. Keesee	315			
J. Modlin	315			
R. Crespo	315			
G. Imboden	315			
B. Turner	300			
165				
T. Wade	390			
K. Sizemore	280			
181				
D. Dawkins	515			
W. Lynch	475			
J. Rice	330			
V. Martin	285			
198				
K. Jay	430			
D. Smith	400			
H. Orr	340			
L. Miller	320			
220				
E. Jones	480			
K. Price	460			
R. Williford	430			
L.Whitehead	430			
R. Mangum	430			
242				
W. Austen	535			
E. Crisp	500			

C. Wilson	500			
R. Purgear	370			
W. Hamby	370			
275				
J. Raynor BL	615			
T. Scearce	535			
C. Orr	480			
SHW				
J. Baldwin	605			
F. Hough	540			
B. Hall	500			
D. King	445			
Women				
B. Kepley BL	325			
G. Knight	215			
K. Giannatasio	175			
E. Williams	120			
Masters				
J. Baldwin BL	605			
L. Lynch	505			
C. Orr	480			
K. Jay	430			
W. Hamby	365			
Teen				
M. Hawn BL	420			
K. Mann	345			
C. Bright	300			
C. Brandon	265			

(Thanks to Terry McAlister for the meet results.)

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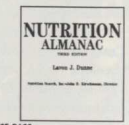
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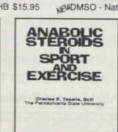
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B. Gregg	160			
165				
M. Dyrness	265			
198				
C. Johnson	275			
220				
P. Hall	465			
Submaster 165				
G. Grahn-39	230			
SHW				
C. Schneider-39	400			
Master 198				
G. LaBelle-55	235			
275				
P. Sullivan-52	405			
SHW				
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A. DeGood	175			
Teen 181				

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Men 148				
B. Entzi	205			
165				
T. Claeys	290			
D. Sturgeon	240			
181				
R. Diede	245			
198				
M. Eklund	290			
J. Knisley	270			
220				
E. Gudmundson	360			
P. Hanson	315			
K. Bjork	305			
242				
B. Huber	430			
J. Szklarski	320			
300				
C. Brown	275			
Submaster 220				
L. Burke-38	310			
SHW				
C. Schneider-39	400			
Master 198				
G. LaBelle-55	235			

Judges: Darwin Jacobson and Charlie Hoffman.
Loaders/ Spotters: Paul Hanson and Mike Eklund.
These meets were held with the MDSA DL Nationals. Looking back at this meet I'll always remember it as the meet Donavon Sturgeon competed in his fifth weight class. Gail Diede set a MDSA record despite missing 100 and 105. Ann DeGroot was very close with 210 on her 2nd and 3rd. Mike Dyrness was between classes and tried 285 twice but it wouldn't go on this day; I'm sure that we haven't seen the last of him as he is competitor. Chris Brown was just one of the many lifters from Jamestown, ND, who did well; he is just a beginner and will be submaster his next birthday. James Szklarski was the only entrant from Grafton and not only did he set a level 3 North Dakota record, he also broke Duane Frank's All-Time record. Bruce Huber set a South Dakota record lifting in his first MDSA contest. He showed no fear of the heavy iron and tried a big 440 on his 3rd attempt. Another newcomer, Kevin Bjork, hit a level 3 limit 305 while using only an 18" grip. Paul Hanson is the first lifter from Baudette, MN, to compete in the MDSA. He was between classes and missed 320. It's been awhile since we've seen Eric Gudmundson. He missed the 198 class by 3.25 pounds and was very close with 290. He is strong and will get better with experience. Mike Eklund tried 300 on his 3rd. He is from Roseau, MN, and unselfishly did a lot of loading at this meet. Rick Diede broke the ND level 3 record and tried 255. Him and his wife Gail own Muscles Gym in Jamestown, ND. Tom Claeys never wore a bench shirt and pushed up a nice 290. Brent Entzi lifted in his first meet and only missed 215. Brad Durick was the only teenager to compete. We plan on holding an MDSA meet in his hometown of Bowbells, ND, in the future. Pat Hall stunned everyone when he broke Tom Iverson's All-Time record by 15 pounds. Larry Burkle took a shot at Larry Robinson's All-Time record and finished with a North Dakota record. Big Randy Hermanson looks better each time that we see him. He just missed 435. Pat Sullivan did 405 after missing it on his 2nd. Gary Grahn set a personal record 230. Crowbar Schneider finished with a 400 Bench. Chris Johnson tried 295 twice. Thanks to everyone who helped! (Results of this competition provided courtesy of Meet Director Darwin Jacobson)

Powerhosue Gym Winter Classic (kg)
11 Dec 94 - Fountain Valley, CA

Bench Press		**B. Meek**	**210***
132 Women Open		275 Law/ Open	
C. Lindaur	45	K. Scott	192.5
148 Women Open		275 Law/ Master (40-49)	
C. Shibata BL	85	D. Carter	182.5*
97 Master (40-49)		**Deadlift**	
N. Jones BL	50*	132 Women Open	
123 Junior (19-23)		C. Lindaur	105
A. Bailey BL	55*	148 Women Open	
114 Law/ Open		C. Gensler BL	182.5*
H. Pham	105	S. Hashimoto	110
4th attempt	115*	198+ Women Open	
114 Junior (19-23)		M. Lazan	102.5
H. Pham	105	97 Master (40-49)	
4th attempt	115*	N. Jones BL	102.5*
123 Open		165 Law/ Open	
G. Shiroma	77.5	J. Morency	102.5
123 Junior (19-23)	132	123 Men/ Open	
R. Clemins	85	G. Shiroma	122.5
148 Open		132 Men/ Open	
D. Volkerding	117.5	R. Clemins	157.5
148 Master (40-49)		132 Master (60+)	
J. Diaz	117.5*	J. Hughes BL	137.5
148 Law/ Open		P. Neyer	182.5
M. Lawsin	130	132 Junior (19-23)	
148 Junior (19-23)		R. Clemins	157.5*
D. Volkerding	117.5*	148 Junior (19-23)	
165 Open		L. Taylor	175*
G. Kline	170	148 Law/ Open	
C. Turner	162.5	M. Lawsin	232.5
G. Jordan	142.5	165 Open	
J. Ford	140	C. Turner BL	282.5*
V. Tanabe	112.5	M. Waldrop	255
165 Master (40-49)		G. Kline	232.5
P. Pagenkopp	130	V. Tanabe	210
165 Junior (19-23)		165 Junior (14-18)	
C. Turner	162.5*	V. Cortez	165
J. Ford	140	165 Junior (19-23)	
165 Law / Master (40-49)		C. Turner BL	282.5*
D. Schlemmer	125	165 Law/ Open	
181 Open		R. Hinds	165
R. Sanchez	182.5	181 Open	
C. Meier	155	J. Fragoso	282.5
181 Master (60+)		M. Waldrop	242.5
H. Merickel	80	J. Neyer	222.5
Open 198		181 Junior (14-18)	
R. Fedkiw BL	207.5	A. Castaneda	160*
R. Dale	202.5	181 Junior (19-23)	
S. Merickle	192.5	J. Fragoso	282.5*
198 Master (40-49)		198 Open	
G. Caulford	177.5*	R. Fedkiw	305
B. Evans	130	D. Lewandowski	255
198 Junior (19-23)		D. Muro	240
R. Dale	192.5*	J. Busby	235
198 Law/ Open		198 Submaster	
R. Creger	195	E. Orlowski BL	227.5
198 Law/ Master (40-49)		J. Sorian	205
G. Caulford	177.5	198 Master (40-49)	
198 Master (50-59)		J. Evans	170
R. Gomez	135	198 Law/ Open	
198 Master (60+)		R. Creger	265
S. Colella	130	J. Busby	235
220 Open		198 Law/ Submaster	
R. Dunham	215	J. Sorian	205
A. Morentin	187.5	220 Open	
220 Submaster		J. Woods	185
P. Johnson	160	220 Master (50-59)	
K. Jordan	157.5	D. Smith III	205*
B. Moulas	137.5	L. Negriff	182.5
220 Master (50-59)		220 Junior (19-23)	
D. Smith III	212.5*	K. Holderman	250*
L. Negriff	160	220 Law/ Submaster	
220 Law/ Open		R. Birch	265
R. Dunham	215	220 Law/ Master (40-49)	
220 Law/ Submaster		G. Jones	277.5
R. Birch	165	242 Open	
P. Johnson	160	G. Hogan	310
220 Law/ Master (40-49)		S. Hert	220
G. Jones	137.5	242 Master (50-59)	
242 Open		J. Hannefield	185*
D. Paul	185	275 Open	
242 Submaster		B. Meek	310
D. Paul BL	185	K. Scott	275
242 Master (50-59)		275 Master (40-49)	
D. Smith BL	140*	B. Meek	310*
J. Hannefield	137.5	275 Law/ Master (40-49)	
275 Open		D. Carter	250
B. Meek	210	SHW Guest Lifter	
275 Master (40-49)		H. Hill-305 lbs	365

* state record. Powerhouse Gym, Fountain Valley, California, nestled in the coastal area of Orange County, was the event site of the first ever 1994 Winter Classic Push or Pull Championships sanctioned by the USPF. This event was in conjunction with the Law Enforcement participation. Best lifters were awarded in each division of the Bench Press and Deadlift. There were 68 registered lifter sizing from an ectomorphic build to the more structural metamorphic strength. Many were first time lifters and a few comebacks from recovering injuries. All in all, each have made exceptional lifts and a few were state records. Many thanks to the guest lifter Hank "D'Man" Hill, Powerhouse Gym employee, who posted a 365 kg. (804.5 lb.) lift only to tie his previous state record set in September 1993. Special thanks to the following referees: F. Pitassi, R. Pitassi, J. Mazmanian, R. Bolton, T. Harris, G. Burki, S. Dennison, and D. Mobley. Also to our volunteers who worked diligently to keep the lifters on the move like clock work: D. Elliott, B. Pitassi and forgot your last names) Gary, Dave, Chuck and Paul. To Los Altos Trophy (my friend Marty) for the superb and colorful art work on the awards. Finally, the staff of Powerhouse Gym who showed great friendship and "make yourself at home" type atmosphere to the spectators. This event was hosted by Magnum Power Productions. (Thanks to Vic Elliott for these contest results.)

POWERLIFTING USA BACK ISSUES

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Sep/90 ... APF Seniors, WDFPF Worlds, APF Juniors, World Bench Press Championships (Lain benches 712!), TOP 100 242s, ADFPA TOP 20 148s

Dec/91... Jewish Hercules of Cleveland, IPF Jr. Worlds, John Neighbor, Mary Jeffrey, Knee Cap Pain, O.D. Wilson Dies, TOP 100 123s, ADFPA TOP 20 220

Mar/92 ... Women's TOP 20, Natural Nationals Bench Press, Powerlifters are Better Lovers, The Hardest Lift, TOP 100 165s, ADFPA TOP 20 SHW list.

Jun/92 ... Baddest Bench in America, ADFPA Women's, Heisey Deadlifts 925, DASH Hawaii Meet, 'Love' by Dr. Judd, TOP 100 220s, ADFPA TOP 20 132s

Jul/92... USPF Jrs., Elastic Muscle Energy, Chris Siapanides Workout, Tom Overholtzer, ADFPA Lifetime Nationals, TOP 100 242s, ADFPA TOP 20 148s.

Aug/92... ADFPA Men's, IPF Women's Worlds, USPF Masters, NASA Masters, APF Teen/Masters, Drug Free Training, TOP 100 275s, ADFPA TOP 20 165s

Oct/92 ... Chris Confessore Profile, ADFPA National Deadlift, Paul Anderson, Lean Body Mass, Residual Effect Training, TOP 100 114s, ADFPA TOP 20 198s

Nov/92 ... IPF World Jr/Masters, Stretch & Release, Negative Thinking - Pt. I, Steve Scialpi Deadlift Workout, TOP 100 123s, ADFPA TOP 20 220 list.

Dec/92... WDFPF Worlds, Team USA/Spain, Vic Kennedy Workout, New Wt. Classes, World's Strongest Man, OKG, TOP 100 132s, ADFPA TOP 20 242s.

Mar/93... WNPF Worlds, WDFPF World Bench Press, Deep Tissue Therapy, Joe McAuliffe, Karl Saliger Interview, TOP 100 181s, ADFPA TOP 20 114s

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s

Jul/93... ADFPA Women's Nationals, Pro Powerlifting, Coan Squat Video, Strategic Deadlift Initiative, Novice DL, TOP 100 275s, ADFPA TOP 20 165s.

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s

Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

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Nov/93... Ed Coan Interview, Anthony Clark Benches 735, Doug Ortiz Bench Workout, Reverse Grip Benching, TOP 100 132s, ADFPA TOP 20 242s.

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Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Testing Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 100 181s, ADFPA TOP 20 114s

Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s

Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paul Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

Sep/94... ADFPA Men's, USPF Men/Women's Sr. Nationals, Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.

Oct/94... Paul Anderson Tribute, IPF Jr. Worlds, Safety Squat Bar, Carrie Boudreau Interview, The AGE FACTOR, TOP 100 132s, ADFPA TOP 20 242s

Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.

Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Tim Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s

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East Coast Open Bench Press
3 Dec 94 - North Hills, PA

Teen		J. Borner	400
S. Russeck	260	J. Hirsch	385
165		242	
P. Nickolaou	315	J. Rigous	405
S. Russeck	260	275	
M. Impo	255	M. Reis	530
198		R. Ebner	425
T. Covert	420	SHW	
M. McLeod	370	J. Wells	550
K. Riccardi	350	Master	
220		R. Malmed	300
C. Peters	430	B. Boynes	335
		J. Copland	285

(Thanks to Atlas Gym for providing the results.)

SCI Central Varsity Meet
10 Dec 94 - Rockview, PA

114	SQ	BP	DL	Total
L. West	330	210	350	890
123				
C. Kendricks	485	170	425	1080
132				
E. Nieves	470	250	455	1175
Hodges	440	270	445	1155
D. Sumner	440	195	435	1070
Garris	375	190	375	940
Miller	270	200	330	800
148				
S. Orosz	535	330	525	1390
Hairston	465	320	525	1310
C. Newton	455	260	470	1200
Harris	435	210	525	1170
165				
McClean	550	300	610	1460
D. Baines	580	320	520	1420
Hightower	565	300	500	1365
Travis	470	285	475	1230
Glaser	400	230	445	1070
A. Noble OL	700	375	650	1725
Ashby	550	315	575	1440
198				
R. Jordan	725	375	645	1745
Solomon	610	325	575	1510
Jones	575	315	525	1415
Brown	640	—	—	—
Polk	550	—	—	—
B. Phillips OL	870	460	720	2050
Lloyd	570	310	570	1450
Bailey	550	305	550	1405
Dorsey	450	350	525	1325
Harper	550	—	—	—
242				
G. Wilson	750	460	670	1880
T. McFerren	790	420	630	1840
Howard	675	300	625	1600
Murphy	475	365	650	1490
Ritz	450	330	440	1220
275				
G. Davis	725	390	600	1715
Davis	700	400	500	1600
SHW				
L. Jewell	705	385	630	1720
Hicks	735	380	580	1695
Johnson	650	390	650	1690
Papas	675	375	625	1675

Team Scores: Rockview 72, Somerset 35, Cresson 21, Huntingdon 14, Smithfield 7. Meet Director: Tom Peterman. Asst. Director: Ken Cooper. Rockview Coach: Ed Schnars. Officials: Brad Powell, Bob Gaynor, Tom Giordani, Ken Scheasley, Doug Newton, Larry Trumbo. Announcer: Robert Smith. Scorers: Donald Monohan, James Holloway. Commentator: Gene McGuire. Stats: Ken "Hawk" Morris, Wayne Pritchett. On Saturday, December 10, 1994 SCI-Rockview hosted the D.O.C. Central Division Varsity Powerlifting Meet. The top four qualifiers in each weight class from the four divisions in the state will participate in the D.O.C. Championships at SCI Huntingdon on March 25, 1995. Mr. Bob Gaynor (ADFPA President) and Mr. Tom Peterman worked hand and hand to make this event possible. We greatly appreciate the time and effort that these two gentlemen placed into making this event possible. We would also like to thank all of officials, spotter/ loaders, stat crews and the culinary department for keeping the meet running smooth. A special thanks to the Rockview lifters association for supplying sandwiches for the lifters during the meet. (Thanks to Tom A. Peterman for the results.)

FAX your results to PL USA at 805-987-4275

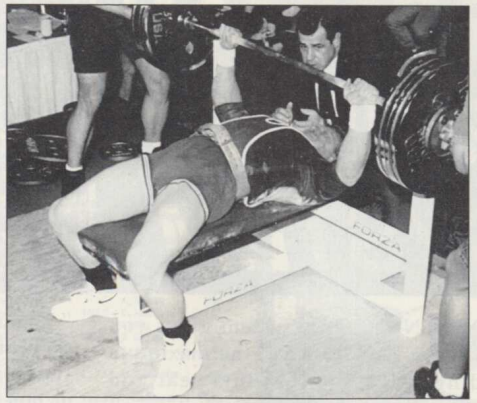
USPF Northwest BP/DL
7 Jan 95 - Medford, PA

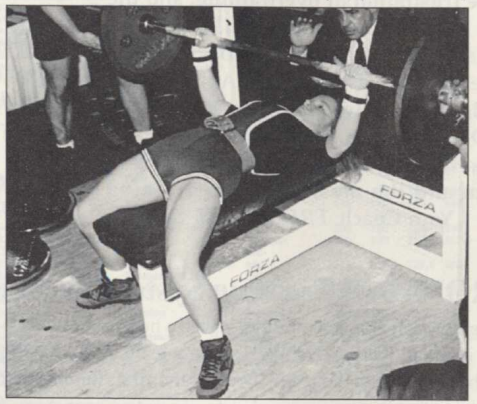
Masters 40+		T. Griffin	165
165		S. Heany	154
L. McAllister, Jr.	330	L. Ranney	146
181		148	
Kenyon	341	A. Archambault	165
198		**Women Master 123**	
Sekermestrovich	352	G. Camp	115
220		165	
J. Griffin	503	J. Hamblin	181
G. Miller	352	181	
D. Frosland, Jr.	275	C. Anderson	159
242		**Deadlift**	
D. McIntosh	363	**Master 40+**	
R. Ferns	—	132	
275		L. Muth	424
R. Pratt	429	148	
M. Malone	369	K. Long	440
Masters 50+		198	
181		C. Simpson	523
D. Hawkins	308	D. Godard	468
198		Sekermestrovich	451
T. Camp	347	G. Miller	523
220		D. Frosland, Jr.	451
G. Nelson	363	242	
B. Shaw	330	C. Shanks	661
242		R. Ferns	490
E. Anderson	344	**Master 50+**	
Master 60+		242	
198		E. Anderson	424
D. Frosland, Sr.	341	**Master 60+**	
Novice 148		181	
M. Schroeder	281	B. Ramarud	501
T. Grogan	—	198	
165		D. Frosland, Sr.	352
D. Boutwell	286	**Novice 165**	
181		B. Love	424
A. Adams	325	181	
D. Steinwald	225	A. Adams	529
198		198	
D. Brogan	402	T. McGaughey	551
D. Messenger	363	D. Wilson	490
J. Chapman	352	G. Ramsdall	380
T. McGaughey	325	220	
G. Ramsdell	308	K. Frison	529
220		P. Zweigert	501
J. Allen	396	242	
P. Zweigert	308	D. Donaldson	551
242		SHW	
N. Pischitelli	402	C. Chandler	440
275		**Open 165**	
M. Stam	462	D. Thurman	523
J. Rodriguez	407	A. Green	473
V. Shaw	363	181	
R. Cox	358	M. DeBeliso	551
SHW		D. Bliss	518
C. Chandler	352	198	
Open 165		J. Chapman	545
D. Thurman	424	220	
181		J. Capello	622
B. Beebe	407	**Teen 123**	
242		T. Gury	259
D. Donaldson	523	132	
Teen 123		C. Cavin	286
G. Morgan	225	148	
T. Gury	132	E. Thomas	556
132		R. Godard	451
A. Snyder	159	165	
148		J. Capello	534
M. Foster	259	A. Schlacter	347
E. Thomas	259	181	
T. Munroe	220	C. Ware	369
R. Godard	214	275	
165		T. Perrigan	380
A. Duff	220	**Women 123**	
A. Schlachter	176	T. Larum	236
242		132	
S. McConochil	264	S. Heany	325
275		C. Hobbs	203
T. Perrigan	259	148	
Women 114		A. Archambault	281
S. Fisk	126	V. Stephenson	275
A. Reher	104	165	
123		R. Bengard	253
N. Brown	99	**Women Master 181**	
132		C. Anderson	264

(Thanks to Gus Rethwisch for the meet results.)

USPF Only the Strong Survive
10 Dec 94 - Wateville, ME

Wom Open 105	SQ	BP	DL	Total
C. Jablon	203	104	242	551
114				
B. Tewksbury	198	115	236	551
123				
C. Knapp	275	132	264	672
132				
L. Cool	225	115	275	584
S. McCrossin	143	99	231	473
A. Comber	143	83	170	396
148				
C. Boudreau BL	402	248	490	1140
H. Beaufait	264	148	253	666
A. McAllister	248	115	275	639
Men Open 114				
E. Steward	159	104	214	479
123				
A. Snipes	225	121	259	606
148				
K. Fredette	281	220	330	865
M. Donovan	270	203	363	837
165				
R. White	485	253	479	1218
G. Buck	352	236	462	1052
181				
S. King	418	303	435	1157
198				
D. Harling	462	358	473	1295
M. Ayers	407	236	451	1096
P. Ciarrocchi	352	276	407	1025
220				
J. Smith BL	639	363	661	1708
K. Freyer	540	330	501	1372
B. Marcoux	314	264	385	964
242				
T. Poliqin	622	374	545	1543
J. Giard	418	358	451	1229
275				
S. Quimby	551	352	512	1416
Bench Press				
Women Open 105		K. Fredette	220	
H. Couture	132	M. Donovan	203	
C. Jablon	104	165		
114		S. Burton	352	
B. Tewksbury	115	181		
132		S. King	303	
L. Cool	115	M. Sellinger	308	
S. McCrossin	99	198		
A. Comber	83	D. Harling	358	
148		P. Ciarrochi	264	
C. Boudreau BL	248	T. Merchant	242	
H. Beaufait	148	M. Ayers	236	
A. McAllister	115	220		
165		G. Tevanian	473	
P. Frost	209	R. Pomeolw	352	
198		K. Fryer	330	
L. Look	242	T. Bernier	314	
Men Open 114		B. Marcoux	264	
E. Steward	104	242		
123		N. Clark	402	
A. Snipes	121	T. Poliquin	374	
148		J. Giard	358	
M. Diaz	270	275		
		S. Quimby	352	





Father-Daughter World Records.. *Tasha Griffin with 165 lbs. at 123 lbs. and 16 years of age, and Jack Griffin with 503 lbs., weighing 208, at 40 plus years of age, at the USPF Northwest BP/DL.(Brain Baertlein)*

Women Master Powerlifting: 1. Corinne Knapp, 2. Henrietta Beaufait, 3. Arlene Comber, 4. Kathleen Woodbrey. Women Teen Powerlifting: 1. Christy Jablon, 2. Amy McAllister, 3. Brodie Tewksbury, 4. Lindsey Cool, 5. Nikki Guimond, 6. Stephanie McCrossin. Women Master Bench Press: 1. Henrietta Beaufait, 2. Arlene Comber, 3. Kathleen Woodbrey. Women Teen Bench Press: 1. Heather Couture, 2. Brodie Tewksbury, 3. Christy Jablon, 4. Lindsey Cool, 5. Amy McAllister, 6. Stephanie McCrossin, 7. Nikki Guimond. Men Master Powerlifting: 1. Kurt Freyer, 2. Hal Mulholland, 3. Tom Stewart, 4. Richard White, 5. Scott King, 6. Mike Donovan, 7. Paul Ciarrocchi. Master Bench: 1. Norman Clark, 2. Kurt Freyer, 3. Hal Mulholland, 4. Scott King, 5. Wayne Viger, 6. Mike Donovan, 7. Paul Ciarrochi. Men Teen Powerlifting: 1. Shaun Quimby, 2. Ben Farrell, 3. Albert Snipes, 4. Elijah Steward. Men Teen Bench Press: 1. Shaun Quimby, 2. Tim Merchant, 3. Albert Snipes, 4. Elijah Steward. (Thanks to March 1995 POWERLIFTING USA Coverperson and new International Powerlifting Federation Women's Committee Chairperson Shelby Corson for providing these meet results.)

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I certify that the above answers are correct and that I am eligible in accordance with the rules of the U.S. Powerlifting Federation.

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WNPF Florida Champs
18 Sep 94 - Daytona Bch, FL

Bench Press		275 Police	
148 Novice		Bradford	435
Tindal	280	275 Teen 17-19	
198 Lifetime		Rios	380
Ciola	330	319 Lifetime	
242 Master 40-44		Frierson	430
Buzzo	420	Deadlift	
242 Master 60-64		198 Lifetime	
Bradford, Sr.	270	Ciola	530
275 Submaster		Squat	
Bradford	435	198 Lifetime	
		Ciola	540

Women	SQ	BP	DL	Total
114 Police				
Nebeltt	160!	85!	200!	445!
148 Junior				
Denson	225	110	325	660
148 Police				
Jones	225	100	225	550
181 Lifetime				
Newbold	380	200	340	920
Men				
148 Open				
McQueen	470	300	440	1210
148 Novice				
McQueen	470	300	440	1210
148 Lifetime				
Clarke	580	330	500	1410
148 Police				
Clarke	580	330	500	1410
165 Teen 14-16				
Jones	245	240	325	810
165 Open				
Major	500	325	440	1265
165 Submasters				
Major	500	325	440	1265
165 Lifetime				
McKenzie	490	310	485	1285
165 Police				
McKenzie	490	310	485	1285
181 Novice				
Streetman	375	255	380	1010
198 Lifetime				
Ciola	540	330	530	1400
198 Submaster				
Meyers	680	350	730!	1760!
198 Open				
Francis	600	360	520	1480
198 Police				
Francis	600	360	520	1480
220 Lifetime				
Woodside	—	—	—	—
220 Police				
Jenkins	550	400	570	1520
242 Lifetime				
Turnquest	600	450	630	1680
242 Master 40-44				
Fernander	650	330	610	1590
275 Lifetime				
Jenkins	675	460	670	1805
275 Submaster				
Smith	535	330	630	1495
319 Lifetime				
Rolle	760	400	600	1760

! WNPF American record. Best Lifter: Tee Meyers. Thanks to the GA Crew- Corey, Pit, Jeff, Scotty, Terry, De'Vonne, Adrienne. Thanks to the Orlando Crew- Tom Harrier, Bob and Elaina Bolster. The Bahamians came into Daytona Beach to show the US lifters a thing or two. Thanks to the Bahamians and Python Nutrition for their support. (Thanks to the WNPF for providing these competition results.)

4th Upper Austrian Bench
5 Nov 94 - Bad Ischl (kg)

Women		S. Weiermann	152.5
52 kg		R. Hinum	145
M. Braun	85.5	M. Perusch	145
56kg		100kg	
L. Szcurck	42.5	T. Schediberger	205
60kg		L. Weigert	200
S. Krebs	75	H. Neumuller	190
K. Kamenar	42.5	R. Stallberger	187.5
67.5kg		J. Stoger	180
R. Beer	75	J. Zawadzky	160
75kg		J. Schmiedt	160
M. Ecker	45	J. Oppeneder	140
82.5kg		G. Kny	130
D. Pflugimayer	100	110kg	
Men 56kg		A. Mitter	200
M. Cecon	102.5	R. Maichen	142.5
60kg		125kg	
M. Nasirbacht	92.5	R. Kases	240
67.5kg		K. Auer	140
R. Lettner	130	125+kg	
H. Pirzl	112.5	D. Lasthofer	215
75kg		Juniors	
G. Reiter	152.5	F. Dallinger	175
C. Layer	150	E. Cuneyt	150
P. Lulek	115	R. Lettner	130
82.5kg		S. Weiermann	152.5
H. Schoenbrunn	172.5	S. Letiner	102.5
T. Loitelsberger	152.5	Master	
E. Cuneyt	150	J. Schmiedt	160
W. Katits	150	M. Perusch	145
A. Pichler	140	P. Lulek	115
R. Volgger	137.5	Police	
S. Letiner	102.5	L. Weigert	200
90kg		W. Katits	150
F. Dallinger	175	P. Lulek	115
		M. Bauer	130

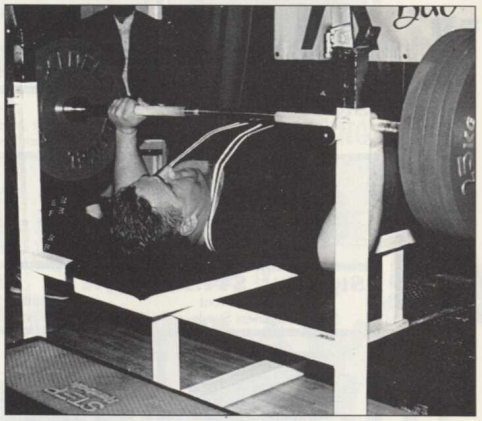
(Thanks to Karl Auer for the competition results.)

NASA Louisiana Nationals
11 Dec 94 - Alexandria, LA (kg)

Bench Press		Pure 148	
Pure Novice 132		Goodwin	137.5
Bonneau	112.5	165	
198		Arteberry	165
Johnson	137.5	Submaster I 148	
220		Parker	145
Davis	182.5	198	
275		Davis	182.5
Broussard	190	Submaster II 198	
SHW		Hardin, Jr.	155
DaYon	192.5	242	
Junior 148		Hairston	175
Gravelle	60	275	
Master 165		Thomason	217.5
Williams	137.5		

Women 132	SQ	BP	DL	Total
MeHojah	115	62.5	125	302.5
Men				
Pure 165				
Herring	205	140	267.5	612.5
242				
Boyd	292.5	185	307.5	785
275				
Broussard	282.5	190	262.5	735
SHW				
Dayon	207.5	192.5	227.5	627.5
Pure Novice 132				
Bonneau	150	112.5	170	432.5
165				
Herring	205	140	267.5	612.5
181				
Didlake	200	147.5	240	587.5
FinFrock	140	110	190	440
198				
Frink	200	150	240	590
Hortman	210	120	227.5	557.5
220				
Alford	225	132.5	227.5	585
242				
Campbell	227.5	147.5	250	625
275				
Broussard	282.5	190	262.5	735
SHW				
Dayon	207.5	192.5	227.5	627.5
Submaster I 148				
Parker	170	145	182.5	497.5
165				
Holland	210	110	207.5	527.5
198				
Frink	200	150	240	590
Submaster II 181				
Gravelle	145	95	167.5	407.5
242				
Boyd	292.5	185	307.5	785
Hairston	272.5	175	262.5	710
Campbell	227.5	147.5	250	625
275				
Thomason	—	—	—	—
Natural 148				
Smith	200	105	195	500
Green	125	75	152.5	352.5
165				
Herring	205	140	267.5	612.5
Vincent	205	135	182.5	522.5
242				
Hairston	272.5	175	262.5	710
275				
Broussard	282.5	190	262.5	735
SHW				
Thibodeaux	307.5	197.5	295	800
DaYon	207.5	192.5	227.5	627.5
Junior 165				
Herring	205	140	267.5	612.5
181				
Didlake	200	147.5	240	587.5
4th attempt			258.5	

(Thanks to NASA for providing these meet results.)



Reinhold Kases *is the new Austrian Bench Press Record Holder with a 542 lb. effort in the 275 lb. class. (photograph courtesy Karl Auer)*

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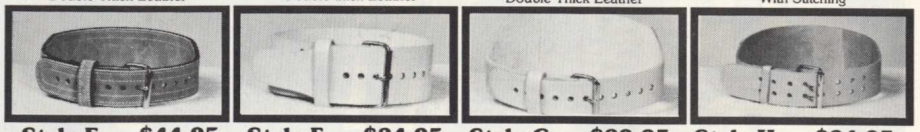


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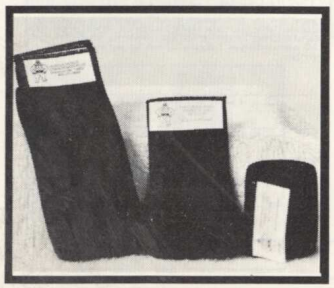
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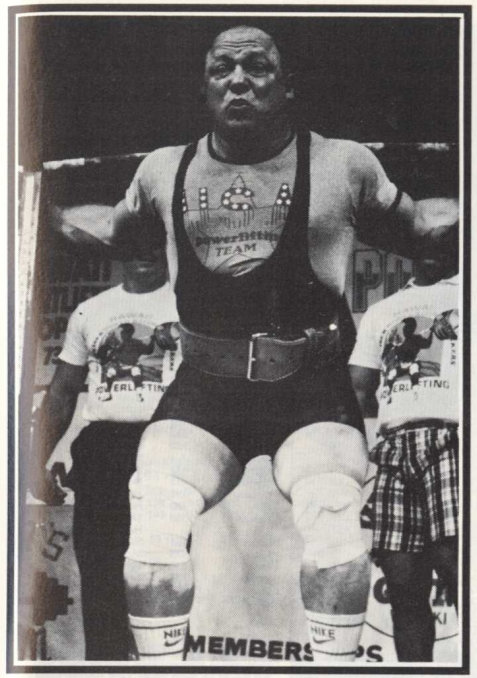


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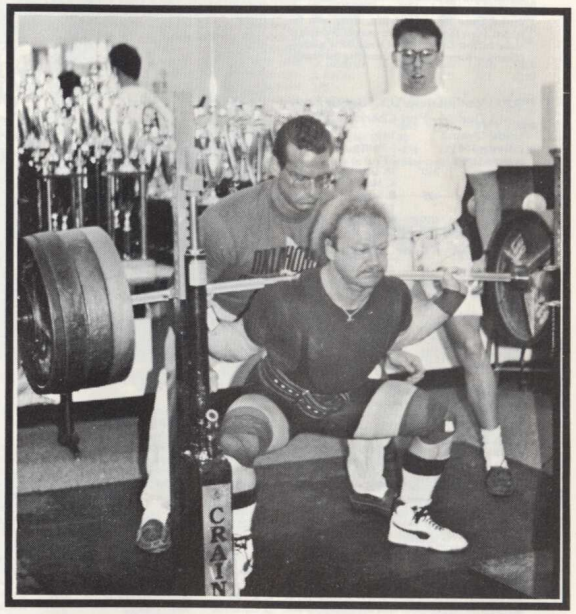
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USPF Deadlift Nationals
18 Sep 94 - Vinton, VA (kg)

Women		T. Nance	272.5
114		275	
L. Woddington	110	S. Super	245
123		SHW	
D.Kyle	115	B. Surls	327.5
SHW		Master	
K. McClellan		148	
Open Men		L. Eggleston	182.5
114		181	
P. Hile	205	B. Poff	227.5
F. Provenzano	160	J. Mahoney	227.5
165		220	
M. Xavage	245	40-44	
181		J. Messinger	272.5
T. Pardue	260	D. Waters	267.5
M. Blackwell	217.5	55-59	
198		R. Boothe	227.5
G. Key	240	242	
G. Levi	195	B. Lilly	237.5
242		D. Minton	235
M. D'Iorio	337.5	275	
		B. Phillips	312.5

Athletes from many states, traveling from as far West as California and North as Rhode Island to gather at the historical Radisson Hotel, located in downtown Roanoke, Virginia to take part in the 1994 USPF Deadlift Nationals. The meet didn't have the number of competitors that had been expected, but quality wasn't sacrificed, and the lifting was superior. Phil Hile, Senior National Champion, nipped Roanoke's own Frank Provenzano for the 114 pound crown. Battling for the 181 pound division, Travis Pardue finished a bit better than Mike Blackwell. And Big Mark D'Iorio, who traveled all the way from Rhodes Island to claim his Number One ranking back, fell short with jet lag, hanging on his back. Buddy Surls from the fine state of South Carolina broke the 700 pound barrier with a 722 in the SHW class. Larry Eggleston, who hung up his referee blazer to lift, impressively carried home the masters title, along with the record. Many thanks to all who worked tirelessly to make the first USPF Deadlift Nationals a success. (Thanks to Tommy Buzzo for providing the results)

APA Southeastern U.S. Bench Press
3 Dec 94 - Port Charlotte, FL

Special Olympics		148	
J. Brower 150*		J. Pearce	300
Women Open		181	
K. Roberts	240*	M. Guerra	465
Teen 13-15		K. Marcinkowski	440
C. Hogan	135	R. Sarge	425
Submaster		198	
K. Harriman	485	K. Harriman	485
K. Marcinkowski	440	S. Byer	320
G. Newcomb	415	T. Miller	280
Master 40-44		220	
D. McCmillan	500	M. Ferrantelli	505
S. Byer	320	D. McMillan	500
M. Pardue	305	R. Lawrence	475
J. Steele	230	242	
Master 50-59		C. Nelson	355
R. Sumrell	420*	275	
Teachers		R. Lademan	525
J. Steele	230	B. Quinn	480
Open 132		H. McInenly	475
C. Hogan	135		

* world record. Meet Director: Scott Taylor. Score table: Verlinda McMillan and Jayne Taylor. Judges: Pete Quartuccio, Jane Taylor, and Scott Taylor. Meet Site: Quality Inn, Port Charlotte, FL. I would like to thank the spotters, Verlinda McMillan, my wife Jayne, and Pete Quartuccio for doing one fine job to make this event well run. I would also like to thank the lifters for being very patient when my van, with the weight sets, broke down and put a delay on things. Lifters traveled from as far as Connecticut, Virginia, North Carolina, and Georgia to participate in this year's event. Some very fine lifts were registered. Unfortunately, some feel they can bounce checks after entering several divisions and two contests held the same day. After failure to make good on the amount due, after receiving written notice, that particular lifter lost his placing (1st) in the contest and the next guy in line gets the title. Another lifter apparently felt that because he was world class that he could weigh in 12 hours earlier than the rest of the guys. (This was on day one of two-day weigh-ins.) Sorry guy, the rule book does not specify that anybody of any status has partial treatment over the rest of the lifters. I don't believe any federation offers this priority service. If they do, they are a joke. Who wants to weigh-in legit, and then compete against a guy who is 20 pounds out of the class contest day? I don't! The only other problem was minor and corrected. If entry forms and rule book specify a certain uniform, long pants or baggy shorts will not cut it on the platform. A couple of guys got irked after being called on it. That's what sanctioned competition is all about, though. The judges can have no doubt in their mind in a sanctioned contest. Uniform violations create doubt, no matter how minimal it may be in some cases. It was great seeing guys in the same weight classes cheering each other on (even when the other guy beat them). Lifters like this make it a pleasure to run a contest. They also reflect a positive impression with others who are spectating and not familiar with the sport. I look forward to next year's meet. (Thanks to Meet Director Scott Taylor for results.)



Mark D'Iorio and Phil Hile at the USPF Deadlift Nationals (Buzzo)

2nd Mad Dog Bench Press
17 Sep 94 - Muskogee, OK

Teen 114		P. Edwards	275
C. Johnston	150	165	
148		D. Duvall	315
B. Adams	230	T. Hrasch	270
D. Gutierrez	225	181	
165		B. Purser	350
M. Masteron	290	220	
198		K. Brownfield	610
H. Carter	285	R. Cuff	320
I. Stevens	150	R. Gutierrez	315
220		242	
C. Wadsworth	275	R. Hood	500
Open 148		B. Briggs	325
		SHW	
		D. Chaffin	535

Highlights of the day include Ron Hood's incredible 500 bench press at age 49 and weighing only 225, and Kim Brownfield who benched 610 at 220. Brownfield had a near miss at 620 at lockout, and will now go up a weight class and attempt some very big lifts in drug free competitions. (Thanks to Sugar Lynn Brownfield, wife of meet director Kim Brownfield, for providing the contest results.)

SAC Deadlift Open
8 Oct 94 - Bridgeport, CT

Women Open		P. Ryan	360
T. Antignani-123	275	185	
Novice		B. Barrozo	465
J. Peretti-174	330	205	
Master		B. Risch	525
B. Brooks-162	400	225	
Men Open 145		R. Falcone	520

The Stratford Athletic Club held its first deadlift even on October 8, 1994, which was non-sanctioned. It benefited St. Vincent's Medical Center's "Swim Across the Sound", which funds a wide array of cancer pre-screening program. An enthusiastic crowd cheered on the seven participants. The lifters responded with all out pulling. Teresa Antignani smoked a 275 pound effort to win the women's division. (She also designed the T-shirt that was given to all who entered.) Albino Barrozo in his first meet showed unlimited potential with a 465. Roger Falcone won the heavyweight with a gut-busting 520. He improves each outing. All lifters set personal records. Head judge and MC concluded the program with an Olympic lifting exhibition. Many thanks to Bob and Carol Maraezi for use of their fine club; Marilyn Goldstone liaison to St. Vincent's, Cindy Fallon, and Karen Kaminsky SAC employees; side judges- Jay Piccarillo (1994 APF Junior champ), John "21 Arms" Selk; and last, but not least to Rich Syx and Kirsten of channel 34 for taping the event and interviewing the competitors. Fifteen hundred dollars in pledges were collected. (Thanks to John Antignani, ADFPA state chair, for providing these competition results.)

7th Annual Elkhart Bench
3 Dec 94 - Elkhart, IN

Natural		Brandenburg	450
Women 104		Carter	365
Ferretti	115	Skiver	—
Teen 148		Larry	—
Burke	290	Master	
198		Hardy-181	320
Decker	250	Williams-242	360
220		Ruehl-242	360
Horner	290	Varwig-198	310
Hawley	240	Goble-198	320
McCormick	225	Men 132	
Men 132		M. Wider	160
Muldoon	260*	148	
Simmons	235	Loftus	310
148		165	
Loftus	310	Adams	275
Sake	285	181	
Coats	270	Carrara	390
165		198	
Robinson	340	Havelka	350
Brown	315	220	
181		Williamson	380
Carrara	390	242	
Norman	300	Corum	435
198		Westfall	430
Smith	405	Kelly	380
Schoenebeck	395	Bogart	375
Havelka	350	275	
Rowlon	330	Jones	475
220		Harris	350
Nichols	485*	SHW	
Ruehl	360	Brandenburg	450
Bragg	350	Carter	365
242		Women 198	
Corum	435	Boshoven	315
Gresham	415	Novice	
Dequen	395	Men 165	
Kelly	380	Huber	250
Williams	360	181	
275		Hardy	320
Nieport	565*	Norman	300
Jones	475	Mallory	245
Gray	450	198	
Howard	425	Kollars	270
Brown	425	220	
Johnson	420	Sadowski	400
Harris	350	275	
SHW		Bausley	335
Griffith	545	Cunic	320

* meet record. Best Lifters: Novice- John Sadowski; Natural- Ron Nieport; Open- Anthony Jones. Special thanks to: Steve Wider, Gina Haupill, Jenny Albert, Mike Bogart, Mike Hawley, Lynne Boshoven, Mike Slater, Dee Cortes, and Rachael Smoker. I am really proud of everyone who entered this meet. It has a well-deserved reputation for begin a prestigious event, and I think all the lifters responded in kind. I hope the lifters who placed fourth or lower take some satisfaction in knowing they did so in a very competitive meet, as opposed to one, say, that has many different categories, so you basically find your niche and get your first place trophy unopposed. And hopefully, too, it will motivate them to train harder and come back next year and place higher. That's the way it was 23 years ago when I started competing and that's the way I believe it should be. At 132 Greg Simmons broke the meet record but had to settle for second behind Tim Muldoon, who broke the record twice, finishing with 260. The 198s were very close: Neil Schoenebeck couldn't quite make the 405 he needed to tie Rich Smith and win on bodyweight. The 242 open was also quite close: Corum got the 435 he needed on his third attempt to beat veteran Nate Westfall by five pounds. The 275s were loaded: Ron Nieport won going away with a meet record 565, breaking a record Tokarski set back when he was coming up, but the rest of the pack was very tight, with just give pounds separating fourth through sixth. This class was the class act of the meet and goes back to what I saying in my editorial comments. So I hope none of those lifters were too disappointed, because they shouldn't be. My hat goes off to all of them. At SHW Tom Skiver tried to break his unofficial drug free all time record by opening with 640. Called for slightly raising his glutes, the lift was just a hair short of being locked out. This opened the door for Jim Griffith who won with a nice 545. The masters were also very close and first time lifter Dave Hardy won with a nice 320 at 175. Owner of the Total Fitness Gym in Mishawaka, IN, he proved to all of his members that he really knows what he's doing. And in the novice division, John Sadowski came in looking like a ripped 215 lb. bodybuilder and put up an impressive 400, which would have won the open 220 also. This marked the end of the inaugural year of the Central Bench Press League, a loose affiliation of independent promoters in the Midwest and the Team Championship went to Skiver's Gym, the Samarian team from Cadillac, Michigan. (Thanks to Meet Director Jon Smoker for these results.)

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Record Breakers at the Mountaineer... 50 year old Dave Marchette and Candy Moraczewski (D. Jeffrey)

20th Mountaineer Open
12,13 Nov 94 - Parkersburg, WV

Women 97	SQ	BP	DL	Total
P. Guidone	159	94	203	457
T. Oxler	143	83	176	418
132				
A. Wackerly	88	77	187	352
148				
M. Morris	70	55	154	277
198+				
C. McClellan	380	154	380	914
C. Douglas	341	170	253	766
Below Class II 123				
A. Owens	—			
148				
M. Bailey	308	214	407	931
R. Bratruy	192	148	264	600
181				
A. Duke	407	264	435	1107
198				
E. Viney	402	236	501	1140
A. Contini	165	165	198	529
W. Tanner	187	121	165	473
220				
M. Trupo	523	330	507	1361
D. Howell	451	303	485	1240
275				
S. Wells	270	—	—	—
Open 132				
R. Durst	374	242	429	1047
M. Garcia	281	231	325	837
165				
C. McNeil	203	—	—	—
181				
D. Lass	562	402	540	1504
220				
P. DiDonna	473	303	468	1245
275				
J. Orick	584	501	578	1664

The 20th Annual Mountaineer Open held at West Virginia University at Parkersburg was small in numbers this year but not in quality. This year's meet was highlighted by two American records in the bench press. Candy Moraczewski, a WVUP math professor, benched 154 pounds to establish a new mark in the 40-49 age group and a 402 bench by another WV school teacher Dave Marchette in the 50-54 age group. Both lifters are headed for the World Cup in Puerto Rico to break their own records. The meet saw the return of national competitor Dan Lass with the 181 class with ease. Mike Trupo also returned to the platform in winning the 220 class after a three year layoff. Henrys Dynatorium from Canton, OH, brought several lifters and dominated the women's division. Junior world team member Crystal McClellan lifted and continues to demonstrate her strength and improvement. The meet was sponsored by RipWear, J & D Auto Sales, Bio Muscle, and Columbus Restaurant. A special thanks to all the meet personnel who have made this meet a success over the years: William Kyle, Roger Kyle, Rob Graham, David Hall, John Bayliss, Dan Sherrill, Debbie Kyle, Been Little, Amy Helminski, Dawn Sams, Sara Jeffrey, Eddie Hurton, Marion Tennant, Stuart Thomas, Ruth Wallar, Harry Cochrane, Jeff Morgan, Brian Bollinger, and Lori Jeffrey. (by DaveJeffrey)

MSP High- Low Meet
18 Dec 94 - Deerlodge, MT

132	SQ	BP	DL	Total
M. Fitzgerald	300	170	400	870
K. Mason	255	185	350	790
A. Rodregigues	255	175	325	725
B. Schleicher	230	—	300	530
148				
R. Dejarlais	350	185	450	985
J. Sciaco	350	230	300	880
W. Marchington	300	185	325	810
G. Christiansen	205	250	350	805
C. Roberts	225	205	350	780
165				
T. Craig	315	200	425	940
M. Poma	—	215	375	590
181				
G. Carpenter	350	320	535	1205
J. Bowers	475	225	500	1200
T. Kaufman	420	225	450	1095
R. Feldhacker	315	225	425	965
198				
K. Miller	540	360	550	1450
A. Scott	400	315	525	1240
J. Morrison	425	300	500	1225
S. Tolley	380	250	420	1050
T. McCann	375	250	425	1050
220				
W. Blomquist	560	310	530	1400
W. Snyder	450	300	505	1255
J. Adams	410	250	480	1140
R. Mathias	300	250	425	975
242				
D. Johnson	500	350	500	1350
S. Miller	400	275	575	1250
275				
D. Wilson	375	250	450	1075
SHW				
L. Nay	365	325	315	1005
242 Master Over 40				
M. Demers	430	275	520	1225

(Thanks to Wayne Blomquist for these results.)

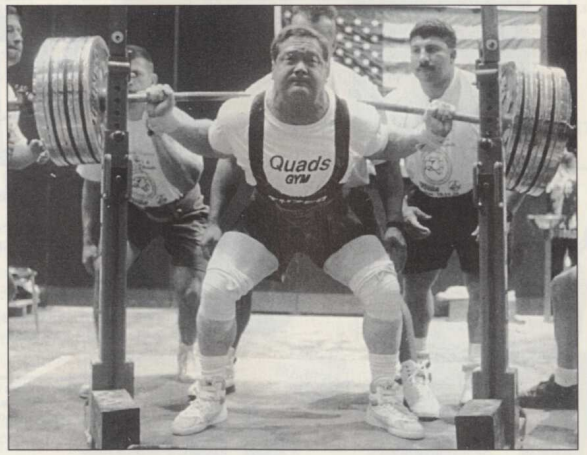
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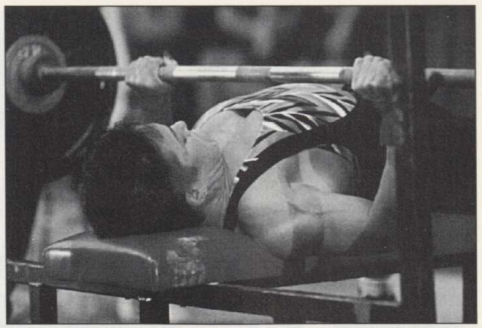
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NASA Natural Nationals Bench Press
7,8 Jan 95 - Oklahoma City, OK (kg)

Women			
114		Kuch	157.5
Kelly	87.5w	McIntosh	190
Women Teen		242	
SHW		Jones	190
Russow	97.5	275	
Men Pure		Dalton	215m
114		McClellan	210
Leyba	82.5a	SHW	
132		Manno	200
Peterson	97.5	Hubbard	197.5
165		Men Pure Novice	
Lowe	152.5	114	
181		Leyba	82.5
Granger	180	165	
Lowe	152.5	Bender	192.5
McNeil	137.5	Juniors	
181		114	
Kuch	157.5	Leyba	82.5a
Hrash	130	165	
Wade	102.5	McNeil	137.5
198		220	
Vaughn	185	Marten	175m
220		242	
McIntosh	190	Rogers	170
Marten	175	275	
242		Robbins	187.5
Jones	190	Natural	
Padley	190	132	
Edwards	185	Peterson	97.5
Rogers	170	165	
SHW		Lowe	152.5



Jo Ann Kelly with a NASA World record 192 at 114 (Linda Finnegan)



Jerry Wood with a NASA Masters 3 World Record of 402 (Finnegan)

181		Belka	165m
Granger	180	Roybal	160
198		220	
McVey	170	Turner	150
220		275	
Marten	725	Jones	177.5
Biggiam	160	Masters 2	
242		181	
Jones	190	Edwards	140
Edwards	185	Shoaf	132.5
275		Hrash	130
Dalton	215m	Martin	122.5
McClellan	210	198	
Masters 3		Billings	137.5
165		220	
Wood	182.5w	Turner	150
181		275	
Belka	165m	Jones	177.5
Hrash	130	Submasters 1	
198		181	

Wade	102.5	220	
198		Udvari	200a
McVey	170	242	
220		Sampson	190
McIntosh	190	275	
Biggiam	160	Thomasson	217.5m
242		SHW	
Jones	190	Manno	200w
Padley	190	Masters 1	
Edwards	185	242	
275		Hood	217.5w
Dalton	215m	SHW	
McClellan	210	Capstick	180
SHW		High School	
Hubbard	197.5	242	
Bender	192.5	Wells	137.5
Submasters 2		Masters 4	
198		SHW	
Woosley	180	Schaan	117.5

(Thanks to NASA for providing these results)

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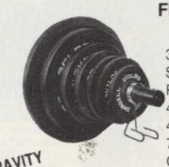
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NASA Virginia Regional
12 Nov 94 - Charlottesville, VA (kg)

Bench Press		Kiser	117.5
Men		SHW Master 1 Pure	
114 Pure Novice		Lacey	165
Noteman	45	181 Submaster 2	
198 Pure Novice		Shirley	137.5
Cash	150	198 Submaster 2	
220 Pure Novice		Brown	157.5
Smith	180	Meadows	127.5
Corbin	160	220 Submaster 2	
242 Pure Novice		Corbin	160
Jones	180	198 Master 2 Pure	
132 Pure		Campbell	115
Taylor	135	198 Natural	
148 Pure		Mills	157.5
Woodson	112.5	Cash	150
198 Pure		SHW Natural	
Cash	150	Allen	182.5
220 Pure		198 Submaster 1	
Jones	180	Cash	150
275 Pure		220 Submaster 1	
Luck	197.5	Smith	180
SHW Pure		242 Submaster 1	
Providence	230	Jones	180
148 Junior		Dozack	142.5
Bechtel	132.5	242 Master 2	
165 Master 1 Pure		Pierson	157.5
Women	SQ	BP	DL	Total
148 Submaster 2				
Hill	102.5	55	120	277.5
123 Pure				
Wymer	107.5	57.5	137.5	302.5
Men				
132 Pure				
Taylor	227.5	135	195	557.5
148 Pure				
Woodson	192.5	112.5	205	510
Bechtel	137.5	132.5	145	415
165 Pure				
Duffler	237.5	132.5	240	610
Flanagan	195	115	187.5	497.5
181 Pure				
Edwards	247.5	115	227.5	590
Thomas	205	137.5	240	582.5
198 Pure				
Brown	262.5	157.5	257.5	677.5
Smith	250	142.5	272.5	665
220 Pure				
Walker	317.5	185	327.5	830
Duesberry	240	152.5	240	657.5
Amstone	247.5	145	245	637.5
DeAngelis	217.5	160	245	622.5
Self	227.5	145	227.5	600
242 Pure				
Johnson	25	25	25	75
132 Natural				
Taylor	227.5	135	195	557.5
148 Natural				
Woodson	192.5	112.5	205	510
220 Natural				
Self	227.5	145	227.5	600
242 Natural				
Weidow	290	190	322.5	802.5
Johnson	25	25	25	75
SHW Natural				
Hart	265	177.5	250	692.5
148 Junior				
Bechtel	137.5	132.5	145	415
165 Junior				
Ziadeh	180	125	187.5	492.5
181 Junior				
Connelly	170	117.5	212.5	500
220 Natural				
Nimmo	230	165	235	630
SHW Natural				
Courington	290	160	220	670
148 Pure Novice				
Beverly	147.5	100	170	417.5
165 Pure Novice				
Wagner	172.5	112.5	215	505
Flanagan	195	115	187.5	497.5
Kiser	177.5	112.5	192.5	487.5
181 Pure Novice				
May	190	120	192.5	502.5
Marlow	100	100	195	395
198 Pure Novice				
Spitzer	200	142.5	210	540
Sears	192.5	137.5	202 .5	532.5
Heckathorne	167.5	122.5	232.5	522.5
220 Pure Novice				
Amstone	247.5	145	245	637.5
Gardner	255	140	230	625
DeAngelis	217.5	160	245	622.5
Self	227.5	145	227.5	600
242 Pure Novice				
Weimer	260	162.5	212.5	635
Dickens	207.5	142.5	242.5	592.5
165 Submaster 2				
Duffler	237.5	132.5	240	610
181 Submaster 2				
Nevins	192.5	137.5	215	545
198 Submaster 2				
Brown	262.5	157.5	257.5	677.5
165 Master 1 Pure				
Kiser	177.5	117.5	192.5	487.5
Hardy	135	172.5	170	417.5
181 Master 1 Pure				
Edwards	247.5	115	227.5	590

220 Master 1 Pure				
Waters	270	170	267.5	707.5
242 Master 1 Pure				
Patton	165	115	210	490
Hardin	222.5	160	215	597.5
Fauntleroy	200	145	217.5	562.5
165 Submaster 1				
Bernhard	170	140	170	477.5
220 Submaster 1				
Smith	215	180	237.5	632.5
DeAngelis	217.5	160	245	622.5
SHW Submaster 1				
Hart	265	177.5	250	692.5
181 Master 2 Pure				
Johnson	220	135	230	585
198 Master 2 Pure				
Groves	220	102.5	210	532.5
Campbell	202.5	115	202.5	520
198 Master 1				
Reed	150	120	155	425
242 Master 1				
Hill	277.5	165	247.5	690
Duesberry	250	132.5	267.5	650
181 Master 3				
Johnson	220	135	230	585
220 Master 3				
Waters	270	170	267.5	707.5
198 Master 2				
Groves	220	102.5	210	532.5

(Thanks to NASA for providing these meet results.)

NASA Novice Nationals
3, 4 Dec 94 - OKC, OK (kg)

Bench Press		Turner	160
Women		Pure 181	
Pure Novice 123		Ramage	182.5
Gilb	55	Colwell	115
132		242	
Rankin	72.5	Poe	150
Pure 148		SHW	
Peters	52.5	Monger	195
Men		Junior 198	
Pure Novice 132		Calvin	125
Franklin	97.5	242	
181		Calvin	167.5
Legaretta	157.5	Natural 242	
Hrasch	120	Pizzolato	152.5
220		Peters	152.5
Cox	190	Youth Girls (Score)	
Fears	167.5	77	
Taylor	167.5	Hagues	17.07
242		137	
Pizzolato	152.5	Moore	12.58
Poe	150	154	
Submaster I 132		Portillo	13.83
Young	72.5	Youth Boy (Score)	
220		66	
Cox	190	Whitlock	11.29
Compton	147.5	77	
242		Peters	19.14
Thompson	157.5	Sargeant	18.05
Submaster II 220		104	
Fears	167.5	Hagues	17.54

Women	SQ	BP	DL	Total
Pure 114				
Linscott	117.5	60	125	302.5
132				
Peters	90	52.5	120	262.5
Natural 123				
Keaton	97.5	47.5	102.5	247.5
132				
Peters	90	52/5	120	262.5
Pure Novice 132				
Rankin	120	72.5	177.5	370
4th attempt			181!	
Holmes	112.5	65	122.5	300
148				
Peters	90	52.5	120	262.5
Walker	95	52.5	115	262.5
165				
Ounanian	77.5	55	107.5	240
Teen 165				
Remley	127.5	50	130	307.5
Master I 165				
Hudgins	122.5	60	152.5!	335
Submaster II 148				
Bagby	107.5	57.5	127.5	292.5
181				
Ward	85	47.5	95	227.5
Men				
Submaster I 165				
Black	195	117.5	182.5	495
Martin	160	77.5	162.5	400
198				
Lopez	235	117.5	227.5	580
Adams	222.5	140	202.5	565
220				
Cox	142.5	190	147.5	480
Whitlock	142.5	110	182.5	440
275				
Huie	197.5	142.5	215	555
Submaster II 198				
Sisson	242.5	155	232.5	630
220				
Dennis	182.5	132.5	210	525
Carnal	147.5	95	185	427.5
Pure 132				
Franklin	182.5	97.5	205	485
148				
Phillips	192.5	127.5	205	525
118				
Scott	227.5	137.5	267.5	632.5
Moore	212.5	145	247.5	605
198				
Lopez	235	117.5	227.5	580
Adams	222.5	140	202.5	565
220				
Chatman	245	145	245	635
242				
Briggs	275	170	257.5	702.5
Angton	257.5	167.5	252.5	677.5
Price	212.5	155	257.5	655
Master I 165				
Johnson	190	117.5	185	492.5
181				
Bagby	155	107.5	165	427.5
198				
Close	270	155	255	680

PowerPhotos... we encourage those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011). We prefer sharply focused black and white shots, but color prints will also reproduce well if the background is not too dark. We pay for all photos we use in the magazine and, of course, we credit the photographer.

275				
Carlson	67.5	197.5	67.5	332.5
Master II 275				
Warner	195	112.5	227.5	535
Pure Novice 114				
Jackson	142.5	72.5	182.5	397.5
132				
Franklin	182.5	97.5	205	485
Bryant	150	92.5	132.5	375
148				
Phillips	192.5	127.5	205	525
165				
Sclanneaux	252.5	155	207.5	615
Martinez	205	107.5	202.5	515
Martin	160	77.5	162.5	400
181				
Scott	227.5	137.5	267.5	632.5
Legarletta	232.5	157.5	227.5	617.5
Moore	212.5	145	247.5	605
Byas	—	—	—	—
198				
Currier	200	115	202.5	517.5
220				
Young	277.5	162.5	292.5	732.5
Lamar	215	117.5	200	532.5
242				
Briggs	275	170	257.5	702.5
Angton	257.5	167.5	252.5	677.5
Price	242.5	155	257.5	655
Pizzolato	260	152.5	247.5	660
Wickware	237.5	110	262.5	610
275				
Kiefer	205	160	205	570
Natural 132				
Franklin	182.5	97.5	205	485
198				
Goodson	290	167.5	272.5	730
242				
Pizzolato	260	152.5	247.5	660
Price	242.5	155	257.5	655
Peters	250	152.5	237.5	640
181				
Moore	212.5	145	247.5	605
198				
Sander	122.5	77.5	162.5	362.5
242				

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ADFPA 4th Raleigh County YMCA
17 Dec 94 - Beckley, WV

Bench Press					
Women 111					
T. Woodell	145				
122					
H. Frost	135				
139					
P. Brandy	80*				
176					
M. Webb	130				
Women Master (35+)	139				
P. Brandy	80*				
176					
M. Webb	130				
Men Teen (14-15)	132				
T. Thacker	200*				
275					
J. Gandee	185				
Teen (16-17)	148				
J. Neff	290*				
275					
D. Carter	225				
Open 132					
P. Ray	240				
148					
J. Haynes	325				
181					
D. Lewellyn	390*				
198					
R. Booker	400*				
M. Cunningham	380				
220					
B. Chapman	365				
242					
A. Blake	525*				
275					
B. Beasley	420				
SHW					
B. Howard	445*				
Submaster (35-39)	181				
J. O'Loughlin	—				
220					
G. Shy	310*				
275					
C. Ward	365*				

	SQ	BP	DL	Total
Women 122				
S. Bowling	165	115*	235	515
Men				
Teen (16-17)	181			
T. Cutler	375*	235*	390*	1000*
220				
C. Webb	370	285	450	1105
Teen (18-19)	148			
C. Fite	405	190	405	1000
Open 165				
M. Ranson	415	265	370	1050
181				
D. Snodgrass	560*	295	625*	1480*
J. Muncy	250	230	320	800
198				
D. Currence	570	370	600	1540
Law Enforcement	275			
C. Roberston	400			
Master (40-49)	132			
K. Woodell	280*			
181				
S. Holmes	275*			
C. Rappold	270			
220				
D. Morris	245			
275				
C. Robertson	400*			
R. Crookshanks	320			
Master (60+)	220			
T. Waller	305			
275				
R. Ewers	370			
Deadlift				
Women 122				
S. Bowling	235*			
175				
B. Hart	380			
Men Closed 181				
D. Snodgrass	625*			
198				
D. Currence	600*			
220				
M. Parriski	550*			
242				
W. McComas	600*			
SHW				
T. McNett	700*			
Open 181				
M. Blackwell	505			
198				
A. Belleville	485			
220				
D. Morris	480			
242				
M. Williams	500			
275				
J. Leonard	705*			
Master 220				
D. Morris	480			
242				
J. Rubenstein	460*			

220				
M. Farriski	530	385	550	1465
D. Morris	375	245	480	1100
242				
E. Ellis	675	440	610	1725
W. McComas	650	450*	600	1700
C. Reed	500	300	515	1315
SHW				
T. McNett	675	525*	700*	1900*
Submaster	198			
D. Currence	570	370*	600*	1540*
Master (40+)	220			
C. Lilly	500	330	525	1355
D. Morris	375	245	480	1100
242				
D. Minton	445	305	505	1255
J. Rubenstein	385	350	460	1195
SHW				
C. Whorley	200	225	235	660

* state record. The ADFPA is off and running in WV after the USPF being the only one. But things change along with the need for honest and fair and actual drug-tested powerlifting competitions! This was only the 5th ever ADFPA lifting event to be conducted in WV and judging from the 50+ competitors, it was a huge success. Many thanks go to the Raleigh Co. YMCA, its staff, and Executive Director for the sponsorship of this event. Special recognition should go to Rick Fisher, Kim Brady, Lisa Williams, Joe Draw, Denver Turner, and Earl Lilly for the successful expedition of this memorable even in WV powerlifting. Fifteen WV state powerlifting records were set or broken, and special recognition will be given to those individuals and others whose achievements were included. Stephanie Bowling of White Sulphur Springs benched a state record 115 at 122. Todd Cutler, coached by Gordon Shy set all the state marks in the 181 class 16-17 group. David Snodgrass of Beckley squatted 560, deadlifted 625, and totaled 1480 at 181. David's lifts will rank him in the USA Top 100 of PLUSA along with the ADFPA Top 20. Doug Currence of Charleston, the only member of the famed Holley Strength Team to participate, won the open and the submaster with three new records in the 198 class. Warren McComas of Huntington benched 450 at 242. Troy McNett benched 525, deadlifted 700, and totaled 1900!! Troy will rank very high in the PLUSA Top 100 and in the ADFPA Top 20 SHW. Some of your strongest lifters are indeed drug free and lifting in the ADFPA of West Virginia! The team championship in the bench press division was once again captured by the Buckhannon Power Team. Several WV bench records were set or broken in the single lift category along with the deadlift division held. John Leonard of Roanoke, VA, showed everyone how to pull whenever he literally ripped a 705 to completion with little effort. The Roanoke Power People added a lot of caliber to the event as many Roanoke lifters have supported meets in WV even more so than the few lifters who are held in their own home town. Until next time... (results by Paul Sutphin)



Kenneth Howard deadlifting at the Super Human Deadlift Contest. (photo courtesy Mark Becht)

Super Human Deadlift
10 Dec 94 - Buffalo, NY

Women		R. Schenk	450
M. Heller-102	280*	181	
A. Spurr-131	320	V. Moore	600
R. Biller-137	330	T. Myers	575
A. Johnson-122	260	E. Howard, Jr.	525
L. Ricciuto-32	185	B. Noody	495
Teen Light		K. Bedore	475
J. Thomas-128	370	198	
Teen Heavy		A. Lewis	600
Richmond-189	540	J. Constantin	575
Sasenbury-272	600*	D. Jaworski	560
Submaster Light		220	
J. Williams-177	475	D. Friedman	500
Master Heavy		242	
Richmond-219	610	C. Seeker	725
M. Hollins-197	525	K. Howard	705
McAllister-217	510	T. Brennan	620
B. Baker-266	535	C. Dexter	500
Open 165		275	
T. Graham	510	S. Sasenbury	600*

* state record In a theater like setting, the Super Human Deadlift Championships were held at the Buffalo Museum of Science in Buffalo, NY. Turnout was light (28) lifters but the lifting was all but that. Women's division won by Mary Heller 280 lb. pull at 102 bodyweight. Big lift for that division was Rebecca Biller's 330 at 137. Up and coming Jeremy Thomas's 370 at 128 was something to watch. Look for him in the future. Master heavy division Patrick Richmond's 610 at 219 took first. Other big pulls were 165 open Tom Graham's 510 put him on top. 181s Vinson (More Weight) Moore's 600 took top honors. 198s Albert Lewis's 600 took first ahead of John (See More Money) Constantin 2 1/2 reps with 575 lb. which helped to ignite the crowd. The big fight was in the 242 class between Carl Seeker's 725 and Kenneth Howard's 705. I hope to see a rematch in 1995. Nineteen year old 275 pound Scott Sasenbury's 600 won the class and set a new state record. Top team was the Magic Shop Gym and the Western New York Powerlifters. Sponsored by Mark Becht (Remember me! The Great Philosopher!) Now for the thank you's. Judges- Chuck Wuest, Chris Flynn, and Phil DiFrancisco. Table Holly DiFrancisco. Loaders- Nick Gavidan, T. J. Napora (Thanks for the truck) and Anthony Yours. Gloria & Richmond Napora our T-Shirt and raffle ticket sales. The Buffalo Museum of Science for the auditorium, and Dr. Birrd for the use of the banner- it dressed it up great. And in closing a big thanks to my wife Paget who keeps everything together. Until next year, health and strength are yours, see ya! (Thanks to Mark Becht for results.)

WNPF Atlanta Open
4 Dec 94 - Atlanta, GA

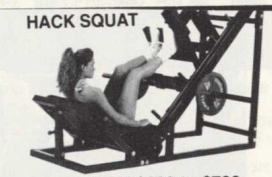
Bench Press		220 Lifetime	
114 Teen 14-16		Phillips	365
Smith	200!	Deadlift	
132 Teen 14-16		165 Novice	
Williams	140	Barbee	410
148 Teen 14-16		165 Master 45-49	
Crump	215	Hill	460
198 Open		181 Lifetime	
Hammond	360	Yawn	575
198 Lifetime		242 Master 45-49	
Hammond	360	Daniel	700
Jones	350	Squat	
198 Master 50-54		165 Master 45-49	
Roach	270	Hill	430

Women	SQ	BP	DL	Total
123 Submaster				
Kirkpatrick	145!	105	275	525!
148 Junior				
Denson	270	120	335	725
Men				
148 Lifetime				
Suttles-n	600!	375!	600!	1575!
165 Teen 14-16				
Jones	280	230	335	845
165 Lifetime				
Cross	375	240	445	1060
165 Novice				
Cross	375	240	445	1060
165 Open				
Austin	655!	390!	650	1695!
181 Teen 17-19				
Gunnin	350	185	365	900
181 Novice				
Ray	450	280	570	1300
Watkins	450	325	495	1270
Doscher	365	275	405	1045
181 Lifetime				
Watkins	450	325	495	1270
181 Open				
Telecky-n	540	350	570	1460
Ray	450	280	570	1300
181 Master 40-44				
Marshall-n	455	285	505	1245
198 Junior				
Dehart	500	260	505	1265
198 Novice				
Dehart	500	260	505	1265
198 Open				
Weaver-n	600	340	620	1560
198 Submaster				
Weaver-n	600	340	620	1560
Bruce	525	350	550	1425
198 Police				
Bruce	525	350	550	1425
275 Junior				
Petit-n	540	460	585	1585
275 Police				
Ball-n	550	400	660	1610

n- qualified for nationals, ! American record, Best Lifter: Todd Suttles. This meet was special for the WNPF for the following reason: Dan Austin and Todd Suttles debut in the WNPF. Dan wanted to be the first man to total 1800 under drug free conditions and Todd wanted to total 1600. The both fell short of their goals, but we enjoyed their great performances. These two men are great powerlifters, and we are delighted to have these two drug free athletes in the WNPF. Thanks to all the other lifters who participated in this meet, and congratulations to the lifters who qualified for the nationals. (Thanks to the WNPF for providing the results.)



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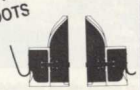
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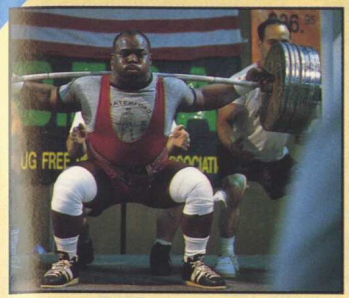
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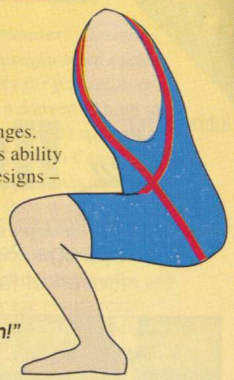
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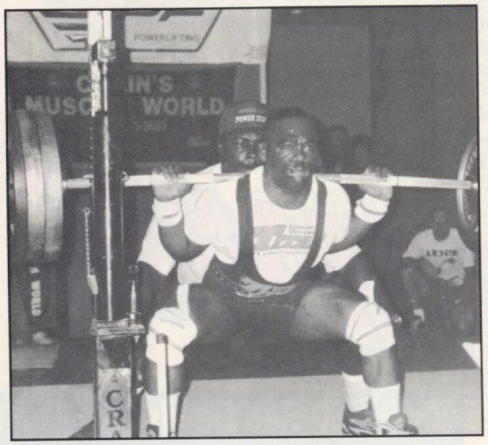
#1 in Power Lifting Performance

Introducing *New*

HI PERFORMANCE LEG DESIGN

All Titan suits now feature our new ***H.P.*** leg design to prevent leg slippage. Results . . . You'll squat more in a Titan Suit! Proven at the Worlds!

IPF Approved



Dan Austin; Greatest 148 lber of all time! Eight-time World Champion. 744 lb. W/R deadlift, 1,741 lb. total @165!

THE GUARANTEE

From the "inventors" of the performance guarantee

Nobody, but nobody, has ever matched, let alone surpassed, the Titan performance guarantee. And we dare them to try! No ad. hype here . . . total satisfaction guaranteed: 6 months crotch blowout; 1 year run guarantee (a major cause of blowouts) = replacement + $50.00; 3 months miscellaneous replacement. Applies to Victor and Custom Suit A and B.



Todd Suttles; 132 lb. National, World Champion and World Record holder! 530 lb. squat, 551 lb. deadlift, 1405 lb. total!

CUSTOM TAILORED SUIT

Only Titan provides you with custom tailoring and world class performance. Each suit is meticulously handcrafted and tailored from the finest materials to fit only one lifter . . . ***YOU!***

So, while the competition tries to push their "one style suits all" products, we recognize your unique needs and provide you with an equally unique suit. Proven on World Records, backed by ***The Performance Guarantee.***

Now Available in Black, Royal Blue & Red

- **Fits:** ***Regular*** – snug fit for new lifters or for passive support
  Meet – tight, supportive fit for training and competing
  Competition – tightest fit, not recommended for new customers
- **Styles:** ***Sideseam A*** – strongest commercial side seam ..... **$40.50** each, 2 for **$73.00**
  Sideseam B – our original handmade 3 cm side seam ..... **$42.50** each, 2 for **$77.00**
- **High or Low Cut**

THE VICTOR

WORLD-RECORD setting performance in a standard size suit. Same materials and construction as the Style A Custom Tailored Suit, but in standard size. Used the world over and backed by ***The Performance Guarantee.***

- **Colors:** **Black, Royal Blue & Red**
- **Sizes:** Even sizes 20 – 56. Fill out tailoring informaton, if unsure of size.
- **High or Low Cut** ..... **$36.00** each, 2 for **$61.00**

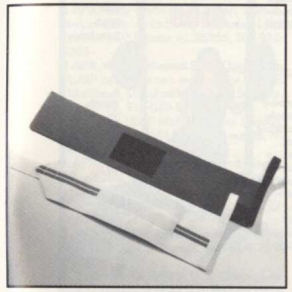
COMPETITION BELTS



Now featuring the heaviest stainless steel seamless roller on the market! Cylinder walls are a full 3mm thick with a lifetime guarantee! Made from heavy stock American bullhide and the finest American suedes. Also features 6 rows of stitching and 1" spaced holes for the ultimate fit and durability.

- **Black, Royal Blue, Red** **$65.00**

WRIST WRAPS

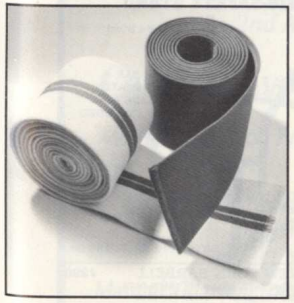


Red Devils: *Don't be fooled by cheaper versions.* Features Titan stitching (not inferior straight stitching), original Red Devil Material, thumb loop and Aplix (30% stronger than Velcro). 6 mos. guarantee

- **Standard length** **$10.45** (pr.)
- **Mid Length 24"** **12.45**
- **Full Length 36"** **14.45**
- **Radical Red Wrist Wrap** **$8.95**

Quantity discounts available!

KNEE WRAPS



Red Devils – Still one of the most supportive, tightest wraps ever! White with Red Stripes. **$15.45/pr.**

Radical Reds – solid red wrap. Why pay more for the same wrap when you dont have to! **$14.95/pr.**

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SAFE'S SQUAT SHOES



Contender: *Designed & manufactured* **exclusively** *for powerlifting . . .* **not** a converted high top. Features: (1) split grain leather with Cambrelle lining for maximum moisture wicking; (2) wedge arch support; (3) totally flat crepe sole for maximum weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) fiberboard heel counter; (6) lateral adjustment strap (7) Standard, 3/4" heel (8) D width (average) **$99.00**

New Products

Adidas Deadlift Shoes: The best! Guaranteed!	**$49.95**
T Shirts: *"Titan #1in Performance"* 3 colored logo	**$8.50**
Deadlift Slippers: Rubber soled. Call for colors.	**$7.95**
Titan Power Singlets: Stretch suits designed for lifters not wrestlers.**Black, Royal Blue, Gold**	**$25.00**
Chalk: Superior quality for maximum grip	**$9.50**/lb.
Briefs: Titan quality and performance.	**$15.50**
Dual Quad Briefs: "Patented" dual quad harness design	**$25.00**

ORDER FORM

Name: _____

Address: _____

ITEM	Color 1st	Color Alt.	Size	Quan-tity	Price

Repeat Customer? _____ Hi or Low Cut _____

CUSTOM SUIT ❑ Reg. ❑ Meet ❑ Comp ❑ Style A ❑ Style B ❑ Dual Quad

Male ❑ Female ❑

Height _____ Weight _____

Hips (Buttocks) _____ Leg (Largest part) _____

Overall (TOP OF TRAP TO 6" BELOW CROTCH) _____ Chest _____ Arm _____

Shipping & Handling	$4.50
Overseas add 30% Air	
Tx. Res. add 7.75% Tax	
Total	

❑ VISA/MC ❑ AMEX ❑ COD

Titan Support Systems, Inc. • 921 Rickey • Corpus Christi, TX 78412 • USA

1-800-627-3145 • 512-991-6749 • FAX 512-991-9470

SUPPORT SYSTEMS, INC. TITAN

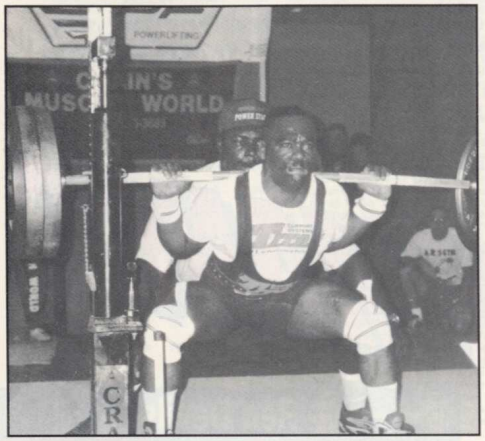
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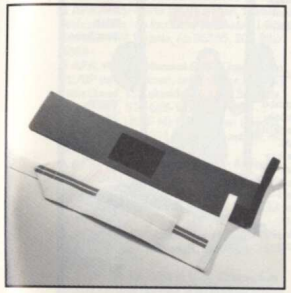
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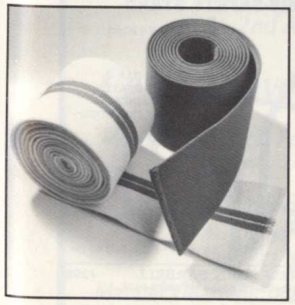


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Overseas add 30% Air	
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9159-DIPPING & LEG RAISE WITH 9160-CHINNING ATTACHMENT



$189

- Artistic Double Beam Design
- Deluxe Padding and Hand Grips

60" x 25" x 82" 110 lbs.

6316-SISSY SQUAT UNIT



GREAT QUADRACEPS & GLUTE BUILDER

Fully Adjustable Back Stop & Foot Catch

39" x 21" x 18" 50 lbs.

UPS $99

6260 ROMAN CHAIR



$99

- Modern Artistic Design
- Deluxe Support for Legs
- Extra Thick Padding
- High Density Oversize Round Pads

39" x 21" x 25" 41 lbs.

UPS

300 LB. OLYM. SET ONLY $109
(With the purchase of any of our equipment)
300 LB. OLYM. SET — $129
STD. PLATES 5, 10, 25 & 50 LBS. — 32¢/LB.
HEX DUMBELLS — 39¢/LB. • OLYM. CAMBERED BAR — $79
(Weight sets are made in China)

9256-POWER RACK WITH 300 LB. SET



$319

- 1000 lb. Capacity
- Self Locking Bar Holders
- Solid Steel 1" Rd. Pins
- Chinning Bar
- Designed for Olympic Set
- 26" Space Between Posts

49" x 42" x 83" 145 lbs. PLUS 300 LB. OLYMPIC SET

9401 SMITH MACHINE $349



1" Solid Steel Pins

Olympic Plate Holder Comes Standard. Weights Not Included

Carriage Mounted on Heavy Duty Rollers

40" x 53" x 83"–180 lbs.

FACTORY SHOWROOMS

Tommy's Inc., 40 E. Main Street, Torrington, CT 06790 • 1-800-499-3571
Barbell Barn, 6911 Howard Street, Laytonville, MD 20882 • 301-948-5725
Fitness & Rehab Products, 13704 Olive Blvd, Chesterfield, MO 63017 • 314-469-9844
Fitness Products Of Commack, 3018 Jericho Tpke, E. Northport, NY 11731 • 516-499-3499
Gerald Pacillo, 1390 Hertel Ave , Buffalo, NY 14216 • 716-873-4333
New York Barbell of Big Flats, 20 Hibbard Rd. Ext. N. Big Flats, NY 14814 • 607-562-7622
New York Barbell of Howard Beach, 158-16 Crossbay Blvd, Howard Beach, NY 11414 • 718-845-4915
New York Barbell of Jericho, Inc., 311 N. Broadway Jericho, NY 11763 • 516-937-0666
Power Flex Barbell, 1702 Central Avenue, Albany, NY 12205 • 518-464-1960
Olympia Fitness, 7534 Frankford Avenue, Philadelphia, PA 19136 • 215-333-1066
Olympia Fitness, 713 Bristol Pike, Croydon, PA 19106 • 215-785-1030

9310-SUPER BODY PAK-200



AVAILABLE ATTACHMENTS:
- Leg Press/ Seated Row $199
- Std. Plate Holder to Add 100 lbs. to the 200 lb. Weight Stack $29

$699

FEATURES:
- 200 lb. Weight Stack
- Adj. Front Seat
- Adj. Pec Deck Seat
- Adj. Bench Bar
- Adj. Bottom Seats
- 4000 lb. Test Cables
- Heavy Duty Ball Bearing Pulleys
- Dip/Leg Raise
- Lat Pulldown
- Leg Curl/ Extension
- Low Pulley Rows
- Pec Deck
- Tricep Pushdown
- Vertical Three Way Bench Press

(Customer Pays Freight From Elmira)

66" x 49" x 83" — 450 lbs.

FEATURING:
- Heavy Guage Steel Pillars
- Jumbo Quick Locking Adj. Safety Racks
- Jumbo Self Locking "J" Hooks
- UPS



$189

300 Lb. Olympic Set $99 With Purchase

9970-Pro Flat Incline/ Decline Bench $149

9603-VERTICAL OPEN RACK

9997-PRO FLAT INCLINE/ DECLINE BENCH



- Seats Adjust to 14 Different Angles
- Ideal for Free Weight Dumbell Excercise
- Works with Power Racks Body Pak-120 and Smith Machines

$149

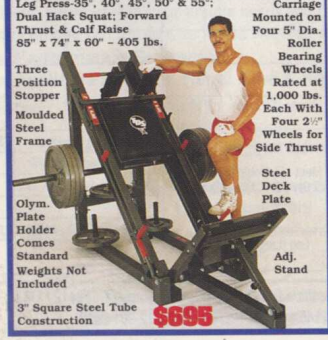
56" x 29" x 53" 67 lbs.

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9166-SUPER 4-WAY SLED

Leg Press-35°, 40°, 45°, 50° & 55°; Dual Hack Squat; Forward Thrust & Calf Raise
85" x 74" x 60" – 405 lbs.



Carriage Mounted on Four 5" Dia. Roller Bearing Wheels Rated at 1,000 lbs. Each With Four 2-1/2" Wheels for Side Thrust

Three Position Stopper

Moulded Steel Frame

Steel Deck Plate

Olym. Plate Holder Comes Standard Weights Not Included

Adj. Stand

3" Square Steel Tube Construction

$695

6500-MEGA BENCH WITH 6501-LEG CURL ATTACHMENT

DESIGNED FOR OLYMPIC WEIGHT SETS
(WEIGHTS NOT INCLUDED)

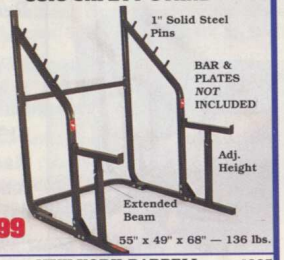


- Both Seats Incline & Slide on Main Frame
- Oversize Slip-Free Hand Grips
- Double Locking System to Hold the Seats
- Deluxe Padding

$189

67" x 48" x 43" — 125 lbs.

9315-WALK IN SQUAT RACK WITH 9318-SAFETY STAND



1" Solid Steel Pins

BAR & PLATES NOT INCLUDED

Adj. Height

Extended Beam

$199

55" x 49" x 68" — 136 lbs.

AVAILABLE ATTACHMENTS:
6502 Arm Curl Attachment — $44
6503 Lat/Row Attachment — $119
6504 Pec Attachment — $79
6505 Deltoid Attachment — $119
9506 Spotter Attachment — $49
9507 Accessory Stand — $49

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607-733-9038 1-800-446-1833
Order Department now open 7 days a week, 24 hours a day.
NY Residents Add Sales Tax.
ALL ORDERS SENT FRT. COLLECT.

Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY potential entrants.

1 APR, 2nd World Gym Classic Bench Press (open, women, teen, submaster, master) World Gym, 316C Black Horse Pike, Glendora, NJ 08029, 609-939-9846, Eileen or Cindy

1 APR, USPF Ohio State (Belpre, OH) Eddie Horton, 127 Mineral Park Estates, Mineral Wells, WV 26150, 304-489-2675

1 APR, 1st USPF Big Sky Open, Jim Ramsey, 2600 5th Ave. South, Great Falls, MT 59405, 406-761-5295

1 APR, USPF Mass State PL/BP (men, masters, women, jr., teen, special olympics) Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10pm

1 APR, USPF Vermont State (men/women - open/novice), Jacqueline Simonsen, Box 50, St. Albans Bay, VT 05481, 802-527-1202 or 524-1759 (h)

1 APR, Midwest Bench Press, Arlyn Dyce, 615 St. Joe, Rapid City, SD 57701, 605-348-5070

1 APR, USPF Texas State, Art Menton, 2034-A Airline Rd., Corpus Christi, TX 78412, 512-994-9050

1 APR, USPF Special Olympics Liftoff, Darlene Galindo, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

1 APR, Body Works BP/DL (open, women, teen, masters - no formulas) Ted Butler, 1429 2nd Ave. NW, Fayette, AL 35555, 205-932-5365

1 APR, ADFPA Missouri State/Ozark Open PL/BP (open, women, teen, novice, master) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225 (d)

1 APR, 1st USPF Michigan Open Deadlift, Dan DeFelice, 19641 Volland, Roseville, MI 48066, 810-294-7055

1 APR, USPF Connecticut Open & Region I (drug tested, men, women, teen, jr., submaster, master), Hardcore Promotions, Inc., 21 Hale St., Westport, CT 06880, 203-227-0335.

1,2 CDFPA Canadian Championships, Ward's Gym, Chilliwack, BC, 604-792-8014

1,2 APR, 2nd WNPF U.S. Championship (Laguna Niguel, CA) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm

1,2 APR, USPF Maine State, Russ Barlow, RFD #2 Box 480, Greene, ME 04236, 207-946-7601

1,2 APR, USPF Pennsylvania High School, George Panzak, 3520 Forbes Ave. A-274, Pittsburgh, PA 15213, 412-452-9572

1,2 APR NASA New Mexico State PL/BP (Carlsbad, NM) Rich Peters, Box 735, Noble, OK 73068

2 APR, 5th Upper Ohio Valley Open (submaster, master, women, teen, open) Kerry DiDomenico, 234 Alfred Dr., Wintersville, OH 43952, 614-264-4805

2 APR, WNPF S. Carolina, Georgia, Florida Championships (Savannah, GA) WNPF, 2560A Picardy Circle N., College Park, GA 30349, 404-996-5008 12-5pm

2 APR, ADFPA Spring BP, Dean Harding, 22 Nelson St., Waterville, ME 04901, 207-873-7908 or Steve Veilleux 453-9015

8 APR, USPF NSWC Bench/Deadlift Meet (men, women, jr., master) Don Bragunier, MWR NSWC, Bldg. D-328, Indian Head, MD 20640, 301-743-4661/6649/4850

8 APR, Lee Circle YMCA 60th Competition Anniversary Meet (open, master, teen, women, BP, DL, special olympian) George Frantzos/ Bob Hafner, 920 St. Charles Ave., New Orleans, LA 70130, 504-568-YMCA, ext 203.

8 APR, ISU Open PL/BP (open, high school, women) Jeff Klein, 1213 Harding Ave., Ames, IA 50010, 515-233-4162

8 APR, APA Baddest DL in Alabama, Jeff Sherman, 2320 Culman Rd. #2100, Anniston, AL 36201, 205-835-3629

8 APR, USPF W. Virginia PL, John Messinger, 304-744-2475

8 APR, Central States BP/DL (open, teen, women, submaster, master) Dr. Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

8 APR, Beast of the Northeast VIII BP/DL (separate contests, men, women, teen, master) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442

8 APR, APA NHCI Bench Press (outside lifters welcome - 2 wks notice, men, submaster, master, grandmaster, jr.) Freddy Liatsis, Muscle Mill, 224 Rear Bemis Rd., Fitchburg, MA 01420, 508-342-4048

8 APR, MDSA Minnesota State/Open (men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201

8 APR, APA Alabama Cup Bench Press (drug tested/ non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.

8 APR, (new date) 2nd Northwest Indiana BP Classic (open, drug tested, novice, women, teen, master) Shawn Rowton, 3684 New Jersey St., Hobart, IN 46342, 219-962-4628

8 APR, (new date) ADFPA GBC Fitness 2nd "No Druggies Allowed" Bench Press (men, women) Bob Varner, 4070 Beechwood Blvd., Pittsburgh, PA 15217, 412-422-3020

8,9 APR, ANPPC Drug Free Northeastern USA PL/BP (teen, women, men, master) New England Health & Fitness, 7 Mountain View St., Bakdwinville, MA 01436, Ivan Cormier 508-939-5754

8,9 APR, USPF North Carolina (open, class II, women, master, jr.- drug tested by urinalysis), Tom Booth, 202 N. 9th St., Mebane, NC 27302, 919-563-9412.

8,9 (corrected date) APR NASA National High School PL/BP (Dallas, TX) Rich Peters, Box 735, Noble, OK 73068

8,9 APR, (corrected date) ADFPA New Hampshire State/High School (open, women, master, grand master, teen, women masters, high school) Bob Rogers, 49 West St., Milford, NH 03055, 603-673-0522

15 APR, Strongest Man/Woman in the County Bench Press, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906

15 APR, 5th Weightlifting Unlimited Bench Press, Randy Brooks, 525 Whitacre St., Winchester, VA 22601, 703-667-6288 (6-9pm)

15 APR, Florida State Drug Free Bench Press, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 813-687-6268

15 APR, ADFPA Rhode Island BP/PL, David Rodrick, 51 Whirlaway, Pawtucket, RI 02861

15 APR, NASA UALR Championships, UALR Athletic Dept., 2801 S. University, Little Rock, AR 72204, Coach Van Compton 501-569-3167 or Larry Kye 982-7668

15 APR, Dungeon Powerworks Open Drug Free Bench Slam or Deadlift, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-7586

15 APR, ADFPA Maine State, Dean Harding, 22 Nelson St., Waterville, ME 04901, 207-873-7908 or Steve Veilleux 453-9015

15 APR, NASA Oklahoma State PL/BP (Location TBA) Rich Peters, Box 735, Noble, OK 73068

15,16 APR (new date) IPF "Lifters for Lifters" Submaster/Master Worlds & World Record Breaker Meet, John Schaeffer, 102 N. 3rd St., Womelsdorf, PA 19561

15,16 APR, ADFPA Northwest Regional, Tyler Malejko, Jungle Gym, 122 Railroad Ave. South, Kent, WA 98032

21,22 APR, World Cup Bench Press Open (Dorado, PR) Dave Jeffrey, Box 231, Parkersburg, WV 26102, 304-489-2428

22 APR, APF Ohio Class II & Below PL/ Open BP, Tina Parrish, Clinton Co. YMCA, Elm St., Wilmington, OH 45177, 513-382-9622

22 APR, Lancaster City Lift up the Hood Bench Press (cash prizes), Wayne Jones, 11 N. Plum St., Lancaster, PA 17602, 717-392-8253 or Tracy 717-397-8623

22 APR, APA Southern States Deadlift (Brunswick, GA - tested & non-tested) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962

22 APR, ADFPA Georgia State/All South Bench, Tom Trevorah, 411 Belmont Dr., Palatka, FL 32177, 904-328-4804

22 APR, Walker's Gym Bench Press (Ft. Lee, VA - open, master, women) Walker's Gym, 10897 Sweetgum Lane, Disputanta, VA 23842, 804-458-7918 9am-pm

22 APR, ANPPC Drug Free Open BenchPress MEet (teen, women, men, master) Maxx Performance Gym, 3 Crane, Park Hills, MO 63601, Bill Compton, 314-431-4410

22 APR, Pocono Classic Bench Press, Clawson's Coed Fitness, 14 W. Kirmar Pkwy., Alden, PA 18634, 717-735-7075/4017

22 APR, APF Pro Fitness Pro-AM BP Meet (amateur and pro - cash prizes) Dave Abramson 201-627-2719 or Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 201-627-9156

22 APR, MDSA Go for the Gold Nationals (men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201

22 APR, APA North American BP (men, teen, jr.,women, submaster, master, grandmaster) Freddy Liatsis, Muscle Mill, 224 Rear Bemis Rd., Fitchburg, MA 01420, 508-342-4048

22 APR, AAU 16th Power Day BP/DL (individual contests, open, women, teen, master, special olympic) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

22 APR, (new date) USPF California State Open/Natural (El Toro/Santa Ana) Vic Elliott, 7942-B Glencoe Ave., Huntington Beach, CA 92647, 714-841-3055

22 APR, Maine State Bench Press Open, Russ Barlow, RFD #2 Box 480, Greene, ME 04236, 207-946-7601

22 APR, APA Southeastern Cup BP (Atlanta, GA) (drug tested/ non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.

22 APR, ADFPA Drake Relays/Iowa High School Bench Press, Lifetime Fitness, 4041 11th Pl, Des Moines, IA 50313, 515-246-1224 or 814-835-3620.

22,23 APR, ADFPA High School Nationals (FR-SO, JR-SR, M-F) Dr. Mike Foggia, Box 163, Waukee, IA 50263, 515-987-1482 after 6pm.

22,23 APR NASA North Carolina State PL/ BP (Burlington, NC) Rich Peters, Box 735, Noble, OK 73068

22,23 APR, WNPF BP & DL Nationals (Atlantic City, NJ) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm

22,23 APR ADFPA Pennsylvania State (Jim Thorpe, PA - open, lifetime, class I, women, master, teen) Geri Gaynor, 19 Sunrise Dr., Mountaintop, PA 18707, 717-823-6994.

23 APR, USPF Northeastern Regional PL/ BP (men, master, submaster, women, teen) Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-942-7875

28 APR, (additional new date) World Record Breakers (Farrington H.S., Honolulu, HI), Gus Rethwisch, Box 5292, Bend, OR 97708, 503-389-0600.

28-30 APR, USPF High School Nation-

2nd Annual

Cesar Chavez/5 de Mayo

Memorial Bench Press Championships

Sat. May 6, 1995, San Jose, CA

A.A.U. Sanction
Manuel Villarreal, 1-800-484-9879 ID MEME

22,23 APRIL 1995
ADFPA HIGH SCHOOL NATIONAL POWERLIFTING CHAMPIONSHIPS
DOWLING HIGH SCHOOL, WEST DES MOINES, IA
FR-SO, JR-SR, FEMALE (TOP 5) DIVISIONS
4 TEAM CHAMPIONS, BASED ON SCHOOL SIZE
DIRECT QUESTIONS TO:
DR. MIKE FOGGIA
P.O. BOX 163
WAUKEE, IA 50263
515-987-1482 AFTER 6PM

als (Beckley, WV, FR-SO, JR-SR) John Lilley, 330 Scott Ridge Rd., Beaver, WV 25813, 304-253-2014(h), 256-4612(w)

29 APR, USPF 2nd Tri-State High School/ North Jersey High School/New Jersey State, Mike Iezzi, Football Office/East Campus, Kean College, Union, NJ 07083, 908-527-2178

29 APR, 7th H&B Classic Bench Press (open, teen, women, novice, submaster, master) H&B Fitness, 225 S. Locust St., Centralia, IL 62801, 618-533-2991

29 APR, (new date) NASA Michigan Open PL/BP/DL (Egeler Facility in Jackson), Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130 (9-11 pm)

29 APR, ADFPA Indiana State PL/YMCA BP Invitational, Sunny Runyon, Box 430, New Castle, IN 47362, 317-529-7000 (d), 282-2152 (n)

29 APR, Michigan All-Power Double Masters (Grand Rapids) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683

29 APR, APA Drug Tested Florida Deadlift & Olympian BP Classic, Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962

29 APR, Spring Break BP/DL Challenge (open, teen, women, submaster, master) Dr. Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

29 APR, AAU Drug Tested Florida DL, Spero Tshontikidis, 16529 Joppa Ave., Port Charlottte, FL 33948, 813-625-0080

29 APR, WNPF USA vs Bahamas Bench & Pull (Atlanta, GA) WNPF, 2560A Picardy Circle N., College Park, GA 30349, 404-996-5008 12-5pm

29 APR, 12th Southern States Bench Press (open, master, women, novice, teen) Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 30281

29,30 APR NASA Louisiana State PL/BP (Alexandria, LA) Rich Peters, Box 735, Noble, OK 73068

29,30 APR, (new date) CPA Canadian Nationals/Canadian Open DL, Mario Roy, 318 Siere Rue Est., Charlesbourg, Quebec, Canada G1H 7G4, 418-627-1807

29,30 APR, APF Collegiate Nationals, Anthony Glass, NIU Dept. of Phys. Ed., Gabel Hall, Dekalb, IL 60115, 815-753-6359 (w), 758-5067 (h)

29,30 APR, NASA WV State PL/BP (WV State Closed/Out of State Open) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283

30 APR, 1st APF Valley Thunder Bench Press Challenge (open, master, women) Bob Packer, 1320 E. Shaw Suite 140, Fresno, CA 93710, 209-226-8522

30 APR, ADFPA Flex Gym Classic (Northglenn, CO - open, teen, junior, submaster, master, women) Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075

30 APR, ADFPA Ohio State (open, women, teen, masters - age groups) Kings Gym, 24748 Aurora Rd., Bedford Hts., OH 44146, 216-439-5464

30 APR, ADFPA Eastern Natural BP/DL, East Coast Power, Box 20042, Baltimore, MD 21284, 410-265-8264 (6:30-8pm)

4-7 MAY, IPF Women's Worlds (Chiba, Japan)

6 MAY, ANPPC Drug Free New York Bench Press (teen, women, men, master) Flex Fitness Center, 80 Beekman Ave., N. Tarrytown, NY 10591, Felix Corona, 914-332-7545

6 MAY, APA Tarheel Drug Free Clasic (Charlotte, NC) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962

6 MAY, ADFPA Region 7, John Jones, 3147 N. 77, Omaha, NE 68134, 402-572-7325

6 MAY, Slaughter House Open BP (open, women) Tristan Pacella, 124 Sanials Ln., W. Mifflin, PA 15122, 412-469-2095

6 MAY, USPF Delaware State/Open (men, women, high school, master) Bob Leto, Walnut St. YMCA, 1000A N. Walnut St., Wilmington, DE 19801, 302-571-6935

6 MAY, MDSA Redwood BP/DL (Redwood Falls, MN - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201

6 MAY, (new date) ADFPA National High School Bench Press, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

6 MAY, 2nd AAU Cesar Chavez/5 de Mayo BP (women, men, teen, novice, jr., submaster, master) Manuel Villarreal, 895 N. Bayshore Rd., San Jose, CA 95112, 800-484-9879 ID code MEME.

6 MAY, 11th ADFPA New Jersey State BP or DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824.

6 MAY, APA All South BP (Cheraw, SC) (drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.

6,7 MAY, ADFPA Women's Nationals (open, jr., teen, master) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225 (d)

6,7 MAY, Northwest Regional PL (Eugene, OR) Gus Rathwisch, Box 5292, Bend, OR 97708, 503-389-0600.

6-7 MAY, NASA Ohio State PL/BP (Location TBA) Rich Peters, Box 735, Noble, OK 73068

7 MAY, Power Excel/Animal House Spring Bench Press Open, Power Excel, 2807 S. Superior St., Milwaukee, WI 53207, 414-769-1211

7 MAY, Florida State Deadlift, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 813-687-6268

7 MAY, USPF California Classic State BP, Advanced Strength & Fitness, 1144 N. Aetna Ave., Anaheim, CA 92801, 714-533-4301

13 MAY, 5th Oregon's Best Benchers, Byron Beebe, 1911 Newmark Suite A, North Bend, OR 97459, 503-756-7885

13 MAY, AAU Mason-Dixon Open/High School, Paul Griffith, W. Nottingham Academy, Colora, MD 21917, 410-658-3797

13 MAY, North American Invitational PL/BP/DL Championshipos, Mike Raya, 521 Caroline St., Pekin, IL 61554, 309-346-7292

13 MAY, ANPPC Drug Free Florida Open Bench (teen, women, men, master) Quadrangle Athletic Club, 2160 University Dr., Coral Springs, FL 33065, 305-753-8900 Joe Segreto

13 MAY, USPF W. Virginia Bench Press, Dave Jeffrey, Box 231, Parkersburg, WV 26102, 304-489-2428

13 MAY, MDSA North Dakota State/Open & Deadliest Deadlift in the Dakotas (Goodrich, ND - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201

13 MAY, USPF Eastern Regional Championships (all age groups/ wt. classes), Ted Herring, St. Mary Riken High School, Camp Calvert Rd., Leonardtown, MD 20650, 301-475-2814

13 MAY, Effingham Open BP/DL (open, teen, women, submaster, master) Dr. Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

13 MAY, NASA Missouri Regional PL/BP (Lake Ozark, MO) Rich Peters, Box 735, Noble, OK 73068

13,14 MAY, (corrected date) APF Juniors (20-23)/1st APF Seniors Qualifier/ Power Bash on the Beach (Ramada Beach Resort, Daytona Beach, FL) Kieran Kidder, 764 Old Sugar Mill Rd., Port Orange, FL 32119, 904-761-8201 or Russ Barlow 207-946-7601

14 MAY, CDFPA BC BP/DL, Ward's Gym, Chilliwack, BC, 604-792-8014

19-21 MAY USPF National Masters, Vince Moser, 1711 Hewitt Ave., Everett, WA 98201, 206-259-3797

20 MAY, USPF Wyoming Open, Bob or Linda Madzey, 915 Garden Creek Rd., Casper, WY 82601, 265-7981

20 MAY, Central Iowa Drug Free Bench Press (natural, novice, women, master, submaster, teen, beginner, law enforcement) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275

20 MAY, YMCA Bench Press & High Rep Meet, Joe Valencia/Rick Whitman, 2001 Edison Ave., Granite City, IL 62040, 618-876-7200

20 MAY, Auglaize/Mercer Family YMCA Bench Press, Ruth Knous, 7590 State Route 703, Celina, OH 45822, 419-586-9622

20 MAY, WNPF Iron Man National Tour BP/DL (Bessemer, AL) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008, 12-5pm

20 MAY, AAU Drug Tested Iron Angels PL Classic, Bob Guild, 232 W. Main St., Montour Falls, NY 14865, 607-535-7463/2745

20 MAY, ADFPA Texas State PL/BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

20 MAY (tentative) California Teacher Olympics, Dan McLaughlin, Box 911, Poway, CA 92074, 619-748-3489

20 MAY, Lifetime Natural Powerlifting Society Nationals (open, teen, women, submaster, master, collegiate) Dr. Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

20 MAY, MDSA South Dakota State (Watertown, SD - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201

20 MAY, IPA National Bench Press Championships sponsored by Fitness 2000, Fitness 2000, 179 Van Zile Rd., Brick, NJ 08723, 908-840-5393

20,21 MAY, AAU California State Meet, (Beale AFB) Beale Recreation 916-634-2258

20,21 MAY, ADFPA New England Open/ Novice PL and BP (men, masters, women, jr., teen) Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10pm

20,21 MAY NASA Texas State PL/BP (Dallas, TX) Rich Peters, Box 735, Noble, OK 73068

21 MAY, (new date) 2nd Lewanee County BP/DL (open & drug tested, master, women, novice, teen) Larry Havelka, 3700 Westgate Pl., Tecumseh, MI 49286, 517-423-6031

21 MAY, USPF National Squat, Advanced Strength & Fitness, 1144 N. Aetna Ave., Anaheim, CA 92801, 714-533-4301

27 MAY, 6th AAU Drug Tested Carson Bench Press (special olympics, teen, master, open - all divs. men/women, no formulas) Dave/Debbie Kuzirian, 475 W. 8th St., Carson City, NV 89073, 702-885-1886

27 MAY, Tournament of Record Breakers PL (open/invitational, men/women) Paul Sutphin, Box 523, Bluefield, WV 24701

27 MAY, APF Bench Press, Rick Failla, 6801 SW 147th Ave. #1-F, Miami, FL 33193, 305-385-2181

27 MAY, (new date) USPF CA State Jr. Open/Natural (drug tested) Vic Elliot, 7942B Glencoe Ave., Huntington Beach, CA 92647 714-841-3055

27 MAY, Cross County Pull DL/BP (open, teen, women, submaster, master) Dr. Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

27 MAY, APA Kentucky Cup BP (drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.

27,28 MAY, AAU Drug Tested Pacific Coast BP, Rich Mezoff, 10104 31st Ave. SW, Seattle, WA 98146, 206-932-7081 eves.

27,28 MAY, WDFPF European Championships (Sussex, England) Ken Smith FAX 011-44-734-757-996

27,28 MAY AAU Women's Nationals, Rich Mezoff, 10104 31st Ave. SW, Seattle, WA 98146 206-932-7081 (eves.)

27,28 MAY, NASA Teenage & Junior National PL & Jr. American BP (Kansas City, KS) Rich Peters, Box 735, Noble, OK 73068

28 MAY, APF Memorial Day Bench Press Blast, Ralph Raiola, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014

28 MAY, USPF Virginia PL/BP Championships, Biomuscle, Tommy Buzzo, Rt. 4 Box 126, Vinton, VA 24179, 703-890-9713

The Beast of the Northeast

Bench Press/Deadlift - Separate Contests

April 8th, 1995

Bradford, PA

Come and learn what the IPA is all about. Meet John Schaeffer and Tamara Rainwater-Grimwood.

For more information:

CARL SEEKER, 24 Jefferson Street, Warren, PA 16365, 814-723-3442

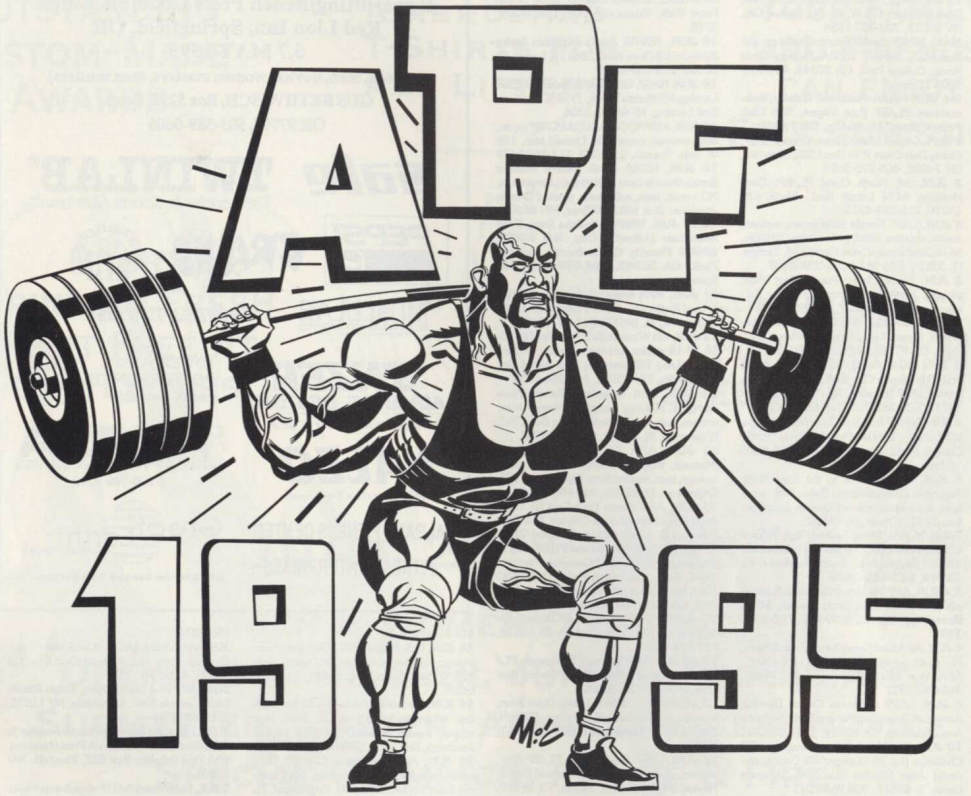
Sunday - May 28, 1995

Memorial Day Iron Island Classic Powerlifting Contest and Bench Blast - APF Sanctioned

Enter one or both meets

contact Ralph at:

Iron Island Gym, 3465 Lawson Blvd. Oceanside, NY 11572, 516-594-9014



APF Master & Teenage Nationals

JUNE 3 & 4, 1995 in ROSEMONT, ILLINOIS

MEN AND WOMEN, MASTERS (40 and over, 5-year age divisions), TEENAGERS (13-15, 16-17, 18-19), ALL LIFTING TOGETHER (weight classes 114 lbs to SHW).

BEAUTIFUL TROPHIES FOR 1st, 2nd, 3rd IN ALL DIVISIONS. BEST LIFTER TROPHIES FOR TEENAGERS (Light & Heavy), MASTERS (Light & Heavy), AND ALL WOMEN (Light & Heavy). BEST TEAM TROPHY.

TERRIFIC T-SHIRTS ARE FREE WITH ENTRY.
Video Recording By Spectators WILL be allowed

Contact Meet Director ERNIE FRANTZ, 60 S. Broadway, Aurora, IL 60605, (708) 892-1491 for Entry Forms. Deadline for entry is May 15, 1995.

28 MAY, ADFPA Mid-South Regional Police/Fire Games, John Distretti, 247 Washington, Memphis, TN 38103, 901-685-1893
29 MAY, AAU Memorial Day Bench Press, Dave Kuzirian, 475 W. 8th St., Carson City, NV 89073, 702-887-1984
MAY, WNPF Southeastern Challenge (Atlanta, GA) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm
2-4 JUN NASA National Master/Submasters PL/BP (Las Vegas, NV) Rich Peters, Box 735, Noble, OK 73068
3 JUN, Sooner State Games/Open PL/BP, Rickey Dale Crain, P.O. Box 1322, Shawnee, OK 74802, 405-275-3689
3 JUN, 5th North Coast PL/BP, Dave Hopkins, 6474 Lorain Blvd., Elyria, OH 44035, 216-324-4313
3 JUN, USPF Florida State (open, women, novice, masters, blind, police & fire) Ed Gillie, 5418 Deerbrooke Creek Circle #16, Tampa, FL 33624, 813-961-6186/238-8408
3 JUN, Shore Classic Power Meet (men, women, teen) Paul Sacco, 537 Pine Rd., Hammonton, NJ 08037, 609-567-0046
3 JUN, Budweiser World Record Breakers Bench Press, Gus Rethwisch Box 5292, Bend, OR 97708, 503-389-0600.
3 JUN (new date), ADFPA Tennessee State/Mid South Classic PL/BP, Mike Simmons, 1558 Dearing Rd., Memphis, TN 38117, 901-362-0100 (w), 682-4162 (h)
3 JUN, WNPF Iron Man Tour (Walled Lake, MI) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm
3 JUN, MDSA Scoot to the Loot North American Championships (Esko, MN - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201
3,4 JUN, AAU Drug Tested High School Championships, Spero Tshontikidis, 16259 Joppa Ave., Port Charlotte, FL 33948, 813-625-0080
3,4 JUN, APF Masters/Teenage Nationals (Rosemont, IL) Ernie Frantz, 60 S. Broadway, Aurora, IL 60605, 708-892-1491
4 JUN, APA East Coast Bench Press (Miami, FL - open, novice, special guest - Mike Kaz_, APA, Box 1393, Englewood, FL 34295, 813-697-7962
4 JUN, USPF California Classic Deadlift, Advanced Strength & Fitness, 1144 N. Aetna Ave., Anaheim, CA 92801, 714-533-4301
10 JUN, AAU High School Drug Free BP Challenge (1st 75 Dupage/Will County students) John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243
10 JUN, Berkshire County BP/PL (open, novice, teen, jr., submaster, master) Berkshire West A.C., Box 2188, Pittsfield, MA 01202, 413-499-4600
10 JUN, Michigan Cup BP Classic (open to all drug free lifters - outdoors, urinalysis), Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130
10 JUN, NASA National Deadlift (outdoors - if rain - inside, urinalysis) Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130
10 JUN, USPF Muscle Beach Masters/Submasters, Darlene Galindo, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
10 JUN, ADFPA Rocky Mountain States (Salmon, ID) Drew Wolfe, Box 12, Lemhi, ID 83465, 208-756-4878
10 JUN NASA US Deadlift Nationals (East Lansing, MI) Marion Torres, 1970 N. Harrison, East Lansing, MI 44823-1304
10 JUN, ANPPC Central USA PL/BP (open, teen, women, master) Dr. Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
10 JUN, MDSA North Dakota Monster Bench/Muscle Gym Invitational (Jamestown, ND - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201
10,11 JUN, WNPF Lifetime Drug Free Nationals (Atlantic City, NJ) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm
11 JUN, APA Master/Submaster & High School Regionals, Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962
11 JUN, 4th Wintersville BP and/or DL (13-16, 17-19, novice, submaster, master, women, open) Kerry DiDomenico, 234 Alfred Dr., Wintersville, OH 43952, 614-264-4805
11 JUN, APA Gatorland Bench Press (Margate, FL)(drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.
11 JUN, APA Southeastern Regional (Margate, FL)(drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.
17 JUN, AAU Illinois Drug Free DL Challenge (1st 60 lifters) John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243
17 JUN, CDFPA 1st annual Police, Fire & Correctional Officers - Canadian National Bench Press, Edmonton Police HQ, 9620 103a Ave., Edmonton, Alberta, Canada T5H 0H7, Cst. Gary Maclean, 403-421-2829
17 JUN, Summer Push/Pull Contest, Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683
17,18 JUN NASA Grand Nationals PL/BP (Cincinati, OH) Rich Peters, Box 735, Noble, OK 73068
17,18 JUN, 13 ADFPA Viking Open (men, women, master, teen), B&W Gym, 5920 N. Ridge Blvd., Chicago, IL 60660, 312-561-9692
24 JUN, USPF South Texas PL/BP (tten, women, open, below class I, master) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 210-372-3396
24 JUN, ADFPA Eastern States Bench Press, Peter Gisondi, 21 Richbell Rd., White Plains, NY 10605, 914-948-2032
24 JUN, International Bavaria Cup Deadlift, Karl Greiner, Flurstr. 24, 84032 Landshut Germany
24 JUN, ADFPA Mid-America BP/DL (open, jr., women, master, 2 man) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225 (d)
24 JUN, U.S. Regional BP/DL (open, teen, women, submaster, master) Dr. Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
24 JUN, (tentative) Willmarfest BP (police & fire, beginners, men, women, teen, high school, master, special olympian) Darwin Jacobson, Box 1031, Willmar, MN 56201
24 JUN, APA Tennessee Cup BP (drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.
24 JUN, USPF Muscle Beach Deadlift, Darlene Galindo, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
24 JUN, AAU No Boys Allowed - PA residents Masters/Women's State plus Open Masters/Women's (any state) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
24,25 JUN, AAU Drug Tested Summer Extravaganza, Spero Tshontikidis, 16259 Joppa Ave., Port Charlotte, FL 33948, 813-625-0080
24,25 JUN WNPF Iron Man Tour (Laguna Niguel, CA) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm
24,25 JUN NASA Arizona State PL/BP (Phoeniz, AZ) Rich Peters, Box 735, Noble, OK 73068
24,25 JUN, IPF World Bench Press (Ostrava, Czech Republic)
25 JUN, CDFPA BC Summer Open, Ward's Gym, Chilliwack, BC, 604-792-8014
25 JUN, ADFPA Big Three Championships, Peter Gisondi, 21 Richbell Rd., White Plains, NY 10605, 914-948-2032
25 JUN, ADFPA Wayne Detling Memorial BP, East Coast Power, Box 20042, Baltimore, MD 21284, 410-265-8264 (6:30-8pm)
25 JUN, AAU Teenage PA State/Open (3 age groups, male/female) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
JUN (new date) AAU Calfornia State Deadlift, John Ford, 452 A Street, Daly City, CA 94014, 415-992-1114
JUN, APF Iron Island Open, Ralph Raiola, 3465 Lawson Blvd., Oceanside, NY 11570, 516-594-9014
1 JUL, Biggest Bench onthe Greenbrier & John Martin Memorial Bench Press (Alderson, WV) Paul Sutphin, Box 523, Bluefield, WV 24701
1 JUL, (new date) AAU Pennsylvania State/Out of State, Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-883-3727
4 JUL, Bench Press on the Square (teen, open, submaster, master, women) Wayne Hammes, 205 Peasley Ave., Oskaloosa, IA 52577, 515-673-5240 (eves.), 673-3496 (day)
8 JUL, MDSA Biggest Bench on the Beach (Spicer, MN - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201
8 JUL, AAU Drug Tested Iron Angels PL Classic and Open BP, (open, submaster, teen, master, women, law & fire) Bob Guild, 232 W. Main St., Montour Falls, NY 14865, 607-535-7463/2745
8 JUL, APF Big Iron on the River PL/BP (open, class II, master, teen, women), Larry Browning, 1526 Crestview Dr., Ironton, OH 45638, 614-532-4003
8 JUL, APA Tri-State BP (Fitzgerald, GA) (drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.
8,9 JUL, ADFPA Man's Teenage & Jr. Nationals (World Qualifier) Tom Giordani, 54 Phillips Way, Sharon, PA 16146, 412-342-2525
8,9 JUL NASA Virginia State PL/BP (Charlottesville, VA) Rich Peters, Box 735, Noble, OK 73068
8,9 JUL, (corrected date) WNPF Teen/Jr./Submaster/Master Nationals (Savannah, GA) WNPF, 2560A Picardy

USPF PEPSI NORTHWEST Region 8
Powerlifting/Bench Press Championships
Red Lion Inn, Springfield, OR
6,7 MAY 1995
(women, men, novice, women masters, men masters)
GUS RETHWISCH, Box 5292, Bend, OR 97708, 503-389-0600

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APF JR. NATIONALS (20-23)
& 1st APF Sr. National Qualifier
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SPECIAL RATE FOR TEENS & SPECIAL OLYMPICS

JUNE 24TH 1995

MEN & WOMEN DIVISIONS:
OPEN, LIFETIME, TEEN, JUNIOR, COLLEGIATE, SUBMASTER, MASTER, ARMED FORCES, NOVICE SPECIAL OLYMPICS, POLICE & FIRE

AMERICAN DRUGFREE POWERLIFTING ASSOCIATIONS EASTERN STATES BENCHPRESS CHAMPIONSHIP

FOR MEET PACKAGE, CONTACT PETER GISONDI,
21 RICHBELL RD., WHITE PLAINS, NY 10605
OR CALL (WORK) 914-948-2023, (HOME) 914-686-0727



B & W GYM presents the 13th Annual VIKING OPEN

Saturday, June 17 & Sunday, June 18, 1995

Sanctioned by the American Drug Free Powerlifting Association

A GREAT MEET
* Men, Women, Masters(2 age groups)& Teenage(3 age groups)
* Top Awards (Custom Viking Sculptures)
* Best Lifter - Best Squat, Bench & Dead Lift Awards in all Divisions
* National & International Judges
* Top Spotters_____Top Equipment
* Polygraph & Urinalysis Testing

A GREAT TRADITION Longest running Drug Free Meet in the US.
Past lifters include over 50 National & World Champions plus American & World record holders

FOR MORE INFO **B & W GYM, 5920 N. RIDGE BLVD., CHICAGO, IL 60660**
312-561-9692

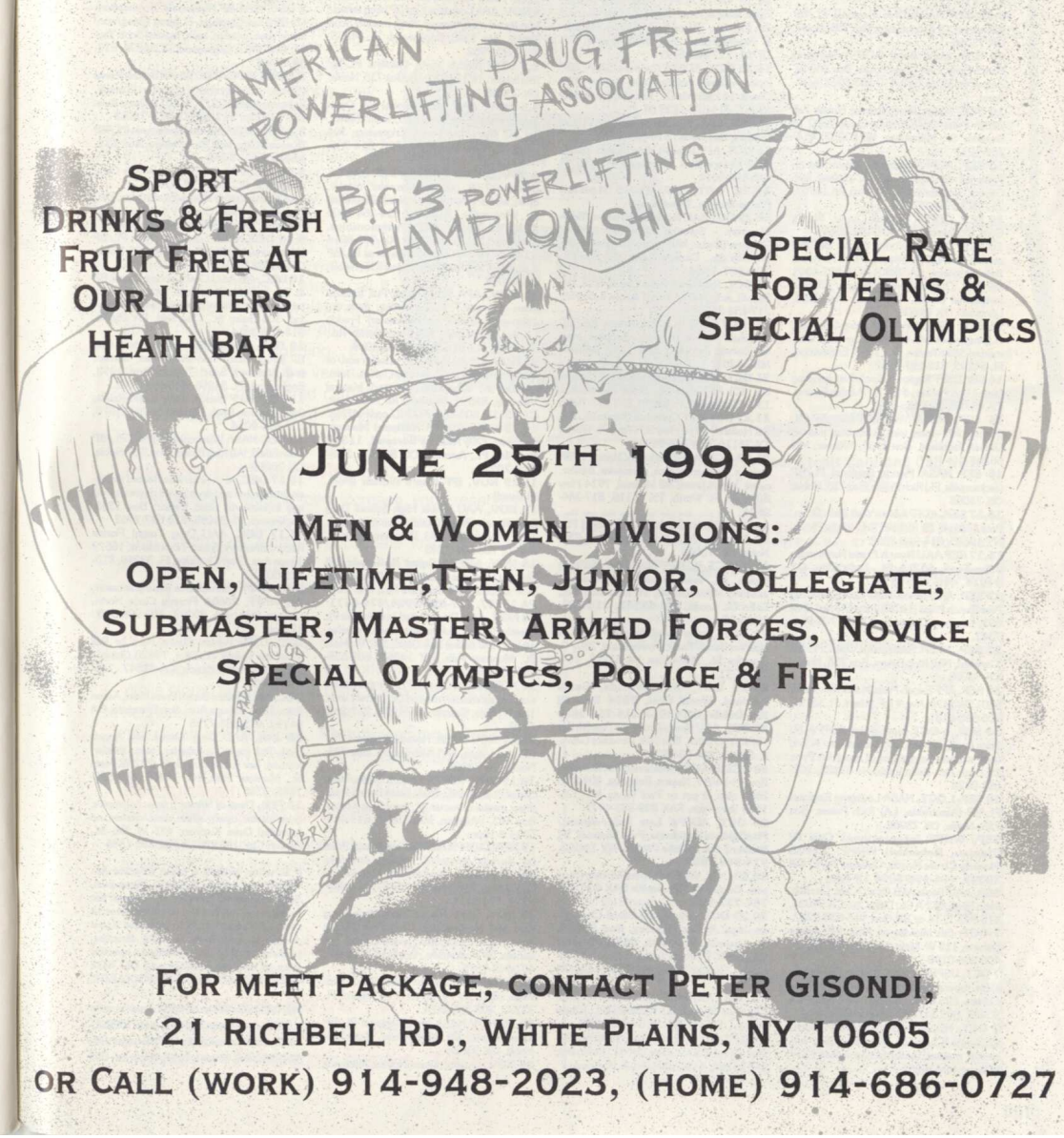
Promoters of over 50 ADFPA Meets since 1983, including 15 National & International Meets

Circle North, College Park, GA 30349, 404-996-5008 12-5pm
15 JUL, AAU High School Drug Free BP Challenge (1st 75 Kane County students) John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243
15 JUL, Walker's Gym Deadlift (Ft. Lee, VA - open, master, women) Walker's Gym, 10897 Sweetgum Lane, Disputanta, VA 23842, 804-458-7918
15 JUL, ADFPA Alabama State/Fayette Classic, Ted Butler, Fayette Co. Lake, Rt. 4 Box 218 A1, Fayette, AL 35555, 932-5365/5536
15 JUL, USPF Drug Tested Maryland State Deadlift (MD/DC residents, sr., master, jr., women) PG Plaza Community Center, 6600 Adelphi Rd., Hyattsville, MD 20782, Skip Gormley, 301-864-1612.
15,16 JUL, APF Men/Women Sr. Nationals (Dallas) James "Radar" Capehart, 1700 Coral Rock St., Irving, TX 75060, 214-253-8575
15,16 JUL, ADFPA Men's Nationals "Judgement Day" Geri Gaynor, 19 Sunrise Dr., Mountaintop, PA 18707, 717-823-6994 or 474-6111.
16 JUL, USPF CA State Novice Open/Natural (drug tested) Bob Packer, 4487 N. Thorne, Fresno, CA 93704 209-226-8522
20-23 JUL USPF Men's/Women's Sr. Nationals, Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 504-753-8586.
22 JUL, 5th Steubenville Open BP and/or DL (13-16, 17-19, novice, women, submaster, master, open) Kerry DiDomenico, 234 Alfred Dr., Wintersville, OH 43952, 614-264-4805
22 JUL, APA Southern USA Deadlift (Jackson, MS - drug tested & non tested divisions) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962
22 JUL, APA Mississippi Cup BP (drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.
22 JUL NASA Indiana Regional PL/BP (Indianapolis, IN) Rich Peters, Box 735, Noble, OK 73068
23 JUL, CDFPA BC Bench Press, Ward's Gym, Chilliwack, BC, 604-792-8014
24-28 JUL IPF World Junior Championships (New Delhi, India)
29 JUL, NASA Tri-State Regional PL/BP (NASA classes, BP & DL for special olympians) Smitty, 508 E. 5th St., Flora, IL 62839, 618-662-8473
29 JUL, Columbus PAL Bench Press (open, women, teen, submaster, master) Rick Hamaker, 657 South Ohio Ave., Columbus, OH 43205, 614-645-4809 M-F 3-8pm
29 JUL, AAU Illinois Drug Free BP Challenge (1st 60 lifters) John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243
29 JUL, APF Bench Press Meet, Rick Failla, 6801 SW 147th Ave. #1-F, Miami, FL 33193, 305-385-2181
29 JUL NASA New Mexico Regional PL/BP (Carlsbad, NM) Rich Peters, Box 735, Noble, OK 73068
29 JUL, 2nd South Lake Nautilus BP, Shawn Rowton, 3684 New Jersey St., Hobart, IN 46342, 219-962-4628
29,30 JUL, AAU Jr. Olympics/Teenage Nationals, Bob Utter, 2555 Hull Ave., Des Moines, IA 50317, 515-247-5494
30 JUL, WNPF N.J. State (Edison, NJ) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm
JUL, 2nd Daleville Deadlift Championships, Ron Everett, 125 N. 10th St., Middletown, IN, 378-0015
JUL, WNPF Police/Fire/Military Natls. (Virginia) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm
JUL, American Teacher Olympics, Dan McLaughlin, Box 911, Poway, CA 92074, 619-748-3489
JUL, AAU California Bench Press, Manuel Villarreal, 895 N. Bayshore W., San Jose, CA 95112, 408-275-6449
5 AUG, 2nd ADFPA Ed Jubinville Memorial Bench Press (picnic under the tent) Frank Dias 914-343-0412
5 AUG, USPF Muscle Beach Bench Press, Darlene Galindo, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
5 AUG, AAU Drug Tested Masters/Submasters Power Day, Spero Tshontikidis, 16529 Joppa Ave., Port Charlotte, FL 33948, 813-625-0080
5,6 AUG NASA JR. Natural Nationals PL/BP (Burlington, NC) Rich Peters, Box 735, Noble, OK 73068
6 AUG, APA/WPA World Cup BP (Cheraw, SC) (drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.
11-13 AUG, NASA World Cup PL/BP (Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068
12 AUG, AAU High School Drug Free BP Challenge (1st 75 Cook County students) John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243
12 AUG, APA NHCI Summer PL (outside lifters welcome - 2 wks notice, men, msubmaster, master, grand master, junior) Freddy Liatsis, Muscle Mill, 224 Rear Bemis Rd., Fitchburg, MA 01420, 508-342-4048
12,13 AUG, (new date) 2nd AAU "Raw Meet" (4* belts only, either SQ, BP, DL, T, men, women, teen, master, 1st 60/day) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
12,13 AUG, ADFPA Deadlift Nationals (open, lifetime, jr., teen, master, submaste, women) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225 (d)
13 AUG, 3rd Buckeye Bench Off and/or DL (13-16, 17-19, novice, submaster, master, open, women) Kerry DiDomenico, 234 Alfred Dr., Wintersville, OH 43952, 614-264-4805
19 AUG, 7th OBG Extravaganza Open/BP/DL, James Dehaven, 119 W. Main, Norman, OK 73069, 405-366-0199
19 AUG, AAU Illinois Police/Fire Drug Free Bench Press (1st 75) John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243
19 AUG, (new date) USPF CA State Deadlift Open/Natural (drug tested) (Santa Ana) Vic Elliot, 7942B Glencoe Ave., Huntington Beach, CA 92647 714-841-3055
19 AUG NASA Kansas Grand PL/BP (Great Bend KS) Rich Peters, Box 735, Noble, OK 73068
19,20 AUG, WDFPF World Teenage, Junior, Masters (Sussex, England) Ken Smith FAX 011-44-734-757-996
19,20 AUG, 2nd ADFPA Northeastern PL/BP (oepn, women, below class I, masters), Paul Brown, Construction Zone Fitness, 2701 Robinson, Blvd., Pittsburgh, PA 15235, 412-371-8920
26 AUG NASA Wisconsin State PL/BP (Marshfield, WI) Rich Peters, Box 735, Noble, OK 73068
26,27 AUG, ADFPA Florida State (men, women, master, teen) Tom Trevorah, 411 Belmont Dr., Palatka, FL 32177, 904-328-4804
26,27 AUG AAU Men's Nationals, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
AUG, APA/WPA/CPA Can-Am Bench Press Classic (New Haven, CT) (drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.
AUG, 10th Iowa State Fiar Drug Free Bench/DL (pure, natural, novice, women, master, submaster, teen, beginner, law enforcement) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275
2 SEP NASA Tennessee Regional PL/BP (Jackson, TN) Rich Peters, Box 735, Noble, OK 73068
2 SEP (new date) AAU Nevada State (NV residents only) Dave Kuzirian, 475 W. 8th St., Carson City, NV 89073, 702-887-1984
9 SEP, AAU High School Drug Free BP

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SPECIAL RATE FOR TEENS & SPECIAL OLYMPICS

JUNE 25TH 1995

MEN & WOMEN DIVISIONS:
OPEN, LIFETIME, TEEN, JUNIOR, COLLEGIATE, SUBMASTER, MASTER, ARMED FORCES, NOVICE SPECIAL OLYMPICS, POLICE & FIRE

FOR MEET PACKAGE, CONTACT PETER GISONDI,
21 RICHBELL RD., WHITE PLAINS, NY 10605
OR CALL (WORK) 914-948-2023, (HOME) 914-686-0727

Challenge (1st 75 Lake County students) John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243

9 SEP, Iron Angels AAU Drug Tested PL Classic/Bench Press (open, master, submaster, teen, women, law/fire) Bob Guild, Iron Angels Gym, 232 W. Main St., Montour Falls, NY 14865, 607-535-7463/2745

9 SEP, Son Light Open BP/DL Classic (open, teen, women, submaster, master) Dr. Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

9,10 SEP AAU Deadlift Nationals, Larry Larsen, 10 Thomas, Quincy, MA 02169, 617-479-7761

9,10 SEP NASA Ohio Regional PL/BP (Cinncinati, OH) Rich Peters, Box 735, Noble, OK 73068

10 SEP, (new date) ADFPA Maryland Bench Press, East Coast Power, Box 20042, Baltimore, MD 20042, 410-265-8264 (6:30-8pm)

10 SEP, Power Excel/Animal House Fall Bench Press Open, Power Excel, 2807 S. Superior St., Milwaukee, WI 53207, 414-769-1211

10 SEP, ADPFA Keystone Klassic Bench Press (all div./age group/wt. classes) Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994/474-6111

10 SEP, CDFPA BC Fall Classic, Ward's Gym, Chilliwack, BC, 604-792-8014

10 SEP, USPF California Classic BP, Advanced Strength & Fitness, 1144 N. Aetna Ave., Anaheim, CA 92801, 714-533-4301

16 SEP, Greatest Bench Press in America Invitational (Dallas, TX) Inzer, Box 2981, Longview, TX 75606

16 SEP, APA Florida BP (Port Charlotte, FL)(drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.

16 SEP USPF Region 8 Open/Natural (drug tested) Bob Packer, 4487 N. Thorne, Fresno, CA 93704, 209-226-8522

16 SEP, MDSA Winona Valley BP/DL (Homer, MN - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201

16 SEP NASA Florida Regional PL/BP (Jacksonville, FL) Rich Peters, Box 735, Noble, OK 73068

16,17 SEP, ADFPA New York State Open, Pete Gisondi, 21 Richbell Rd., White Plains, NY 10605, 914-948-2032

16,17 SEP AAU Bench Press Nationals, John Ford, 452 A St., Daly City, CA 94014, 415-992-1114

23 SEP, AAU Illinois State Collegiate Drug Free Bench Press (1st 75) John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243

23 SEP, NASA Rattlesnake Open PL/BP (Carlsbad, NM) Rich Peters, Box 735, Noble, OK 73068

30 SEP, APF Bench Press Meet, Rick Failla, 6801 SW 147th Ave. #1-F, Miami, FL 33193, 305-385-2181

30 SEP, 1 OCT (new date) ADFPA NJ State (men, masters, submasters, law & fire, teen, women, novice, out of state) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

30 SEP-1 OCT, NASA Louisiana Regional PL/BP (Alexandria, LA) Rich Peters, Box 735, Noble, OK 73068

SEP, WNPF International Cup IV (Nassau, Bahamas) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm

SEP, AAU Beale AFB Open/Calif. Deadlift, John Ford, 452 A St., Daly City, CA 94014, 415-992-1114 or Bill Gurr 916-634-2257

7 OCT, 5th Muscles on Main BP, James Dehave, 119 W. Main, Norman, OK 73069, 405-366-0199

7 OCT, USPF Central California Championships (open, masters, teen, women) Gene Estrada, 526 Dana #4, San Luis Obispo, CA 93401, 805-542-4619 (d), 544-0155 (e)

7 OCT, MDSA Tri-State Championships/Challenge (Cherokee, IA - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201

7,8 OCT, WNPF BP & DL Worlds (Atlantic City, NJ) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm

8 OCT, USPF National Deadlift, Advanced Strength & Fitness, 1144 N. Aetna Ave., Anaheim, CA 92801, 714-533-4301

14 OCT, APF Ohio State, Dave Ogan, 298 N. High St., Chillicothe, OH 45601, 614-772-5446

14 OCT NASA Alabama Regional PL/BP (Sheffield, AL) Rich Peters, Box 735, Noble, OK 73068

14,15 OCT, ADFPA Iron Man/Woman (open, lifetime, class I, teen, jr., master, women) Jim Thomas, Wilkes-Barre YMCA, Franklin & Northampton Sts., Wilkes-Barre, PA 18701, 717-823-2191

14,15 OCT, ADFPA Central USA PL/BP (open, women, novice, teen, master) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225 (d)

15 OCT, CPA Canadian Open Bench/Open Deadlift, Ray Carey, 514-539-4999

16 OCT, APF Deadlift Meet, Ralph Raiola, 3465 Lawson Blvd., Oceanside, NY 11570, 516-594-9014

19-22 OCT, IPF World Masters (Copenhagen, Denmark)

20-22 OCT AAU National Masters/Submasters - Special Olympics, Men, Women (Reno, NV) Dave Kuzirian, 475 W. 8th St., Carson City, NV 89073, 702-887-1984

21 OCT, Fall Bench Press Classic & DL Dr. Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

21 OCT, MDSA Octoberfest BP/DL (Marshall?, MN - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201

21 OCT, APA Southern States BP (Columbia, SC) All South DL, Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.

21,22 OCT, APF Cowtown Classic PL/BP, Bill Holland, 7914 Hwy 80 West, Ft. Worth, TX 76116, 814-244-9696

21,22 OCT, APF Cowtown Classic PL/BP (teen, jr., women, novice, submaster, master, open, bench press) Bill Holland, 7914 Hwy 80 West, Ft. Worth, TX 76116, 817-244-9696

21,22 OCT NASA Arizona Regional PL/BP (Phoenix, AZ) Rich Peters, Box 735, Noble, OK 73068

21,22 OCT, WDFPF World Bench Press (open, jr., teen, women, submaster, master) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225 (d)

22 OCT, Power Excel/Animal House All Hallows Bench Press, Power Excel, 2807 S. Superior St., Milwaukee, WI 53207, 414-769-1211

27-29 OCT, WPC Worlds, Garry Benford, World Gym, 7694 Sawmill Rd., Dublin, OH 43017, 614-766-9400

28 OCT, AAU Illinois Drug Free Deadlift (1st 75) John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243

28 OCT, BBWPF Invitational, Rex Burnside, Box FH-14097, Nassau, Bahamas, 809-392-2660 after 8 pm or Paul Wong 809-325-1519 9am-9pm, FAX 809-393-4477

28 OCT, ADFPA Law Enforcement/Firefighters Nationals, Pete Gisondi, 21 Richbell Rd., White Plains, NY 10605, 914-948-2032

28,29 OCT, WDFPF Open Worlds (Sussex, England) Ken Smith FAX 011-44-734-757-996

28,29 OCT, 6th World Blind Championships, Robert Massey, Box 30463, St. Thomas, VI 00803, 809-774-3564

28,29 OCT NASA Texas Regional PL/BP (Dallas, TX) Rich Peters, Box 735, Noble, OK 73068

29 OCT, ADFPA Bench Press Nationale, Pete Gisondi, 21 Richbell Rd., White Plains, NY 10605, 914-948-2032

29 OCT, ADFPA Larry Garro Memorial BP, East Coast Power, Box 20042, Baltimore, MD 21284, 410-265-8264 (6:30-8pm)

OCT, Huntsman World Senior Games Powerlifting (50 years plus men/women) Leonard W. Rosenbloom, Box 57987-246, Murray, UT 84157

4 NOV, USPF Texas Cup PL/BP (teen, women, open, class I, master) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 210-372-3396

4 NOV, MDSA Sultan of Squat/Jake & Jenny's Gym BP/DL Classic (men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201

4 NOV, USPF Maryland Championships, Don Bragunier, MWR NSWC, Bldg. D-328, Indian Head, MD 20640, 301-645-4218

4 NOV, APA Louisiana Cup BP (drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.

4,5 NOV NASA North Carolina PL/BP (Burlington, NC) Rich Peters, Box 735, Noble, OK 73068

4,5 NOV, AAU 13th Central PA Open (open, women, below class I, teen, master, 1st 60 lifters/day) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

5 NOV, Tri-State Fall Classic II BP &/or DL (13-16, 17-19, novice, submaster, master, open, women) Kerry DiDomenico, 234 Alfred Dr., Wintersville, OH 43952, 614-264-4805

5 NOV, CDFPA BC Championships, Kamloops, BC, Ward's Gym, 604-792-8014

11 NOV NASA Colorado Regional PL/BP (Location TBA) Rich Peters, Box 735, Noble, OK 73068

11 NOV, APA NHCI Push/Pull (outside lifters welcome - 2 wks notice, men, jr., submaster, master, grandmaster) Freddy Liatsis, Muscle Mill, 224 Rear Bemis Rd., Fitchburg, MA 01420, 508-342-4048

11 NOV, 3rd AAU 300 LB+ Basho and/or USA vs Mexico BP (women, men, teen, novice, jr., submaster, master) Manuel Villarreal, 895 N. Bayshore Rd., San Jose, CA 95112, 800-484-9879 ID code MEME.

11,12 NOV, ADFPA National Masters (Denver, CO) Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075

15-19 NOV, IPF Men's Worlds (Pori, Finland)

18 NOV, AAU Illinois High School Drug Free Bench Press Grand Championships, John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243

18 NOV, ADFPA Squat Nationals (all div./wt/ classes - limited to 100 entries) Bob Gaynor, 14 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994/474-6111

18 NOV, AAU Drug Tested Iron Angels PL Classic (open, submaster, teen, master, women, law & fire) Bob Guild, 232 W. Main St., Montour Falls, NY 14865, 607-535-7463/2745

18 NOV, Illinois Open BP/DL (open, teen, women, submaster, master) Dr. Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

18,19 NOV NASA Nevada Regional PL/BP (Las Vegas, NV) Rich Peters, Box 735, Noble, OK 73068

18,19 NOV, ADFPA Eastern States/Mass States PI & Atlantic/Mass State Bench Press (men, masters, women, jr., teen) Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10pm

19 NOV, ADFPA All American Bench Press (all div/age group/wt. classes, American Record Breakers Division) Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994, 474-6111

19 NOV, USPF Rhode Island State Drug Free and Northeastern Drug Free Novice (men, master, submaster, women, teen) Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-942-7875

25 NOV, APF Bench Press Meet, Rick Failla, 6801 SW 147th Ave. #1-F, Miami, FL 33193, 305-385-2181

25,26 NOV NASA Iowa Regional PL/BP (Des Moines, IA) Rich Peters, Box 735, Noble, OK 73068

26 NOV, Quebec Open Novice/Marteaux Open BP, Marcel St. Laurent, 457 7ieme Avenue Nord #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466

NOV, WNPF Lifetime Drug Free International Cup, WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm

2 DEC, AAU Illinois Drug Free Bench Press (1st 75), John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243

2 DEC, 12th Southeastern Cup (drug tested by urinalysis, open, class II, police & fire, women, masters) Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988(d)/3989(n)

2 DEC, APA BP Nationals/Southeastern US BP (Port Charlotte, FL)(drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.

2,3 DEC, WPC/WBC World Bench Press (Graz, Austria) Carl Smith, Schonaugasse 22/7, A-8010 Graz, Austria Tel/Fax 011-43-316-81 76 83

2,3 DEC NASA Novice Nationals PL/BP (Kansas City, KS) Rich Peters, Box 735, Noble, OK 73068

3 DEC, CDFPA BC BP/DL, Ward's Gym, Chilliwack, BC, 604-792-8014

9 DEC, 8th Crain's Muscle World Open/BP/DL, Rickey Dale Crain, P.O. Box 1322, Shawnee, OK 74802, 405-275-3689

9,10 DEC NASA Louisiana Open PL/BP (Alexandria, LA) Rich Peters, Box 735, Noble, OK 73068

10 DEC, 4th AAU Coal Country Classic BP & DL (individual contests, open, women, teen, master, special olympic) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

10 DEC, APA Nationals/American Cup BP (drug tested/ non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.

11 DEC, APF Bench Meet, Ralph Raiola, 3465 Lawson Blvd., Oceanside, NY 11570, 516-594-9014

16 DEC NASA Wisconsin Regional PL/BP (Marshfield, WI) Rich Peters, Box 735, Noble, OK 73068

16,17 DEC, APA American Record Breakers (non-tested and drug-tested divisions in all age increments) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962

16,17 DEC, AAU Drug Tested Florida Record Breakers, Spero Tshontikidis, 16529 Joppa Ave., Port Charlotte, FL 33948, 813-625-0080

DEC, WNPF Pennsylvania State (Lancaster, PA) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm

DEC, USPF Winter Classic Push or Pull (Fountain Valley) Vic Elliot, 7942B Glencoe Ave., Huntington Beach, CA 92647 714-841-3055

DEC, AAU Outlaw Bench Press Meet, Aaron Pete, 1231 Cayuga Ave., San Francisco, CA 94112, 415-585-7795

20 JAN, AAU Drug Tested Iron Angels Push/Pull (open, submaster, teen, master, women, law & fire) Bob Guild, 232 W. Main St., Montour Falls, NY 14865, 607-535-7463/2745

10 FEB, Dead of Winter II (spec. olympics, teen, master, open - all div. men/women, no formulas) Dave Kuzirian, 475 W. 8th St., Carson City, NV 89073, 702-885-1886

P.S. when writing a meet director ALWAYS include a S.A.S.E, (Stamped, Self-Addressed Envelope), (except for foreign meets) for the meet director to return an entry blank to you, and if you decide to telephone a meet director, please note if he has indicated a specific time to call his number and DO NOT CALL THE MEET DIRECTOR COLLECT.

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Phosphagen is independently biochemical laboratory tested (HPLC) for the purity of each batch and Phosphagen has university research proven ergogenic and anabolic effects!

If You're Looking for a Natural Way to Gain that "Extra Edge" in Your Bodybuilding Program, Order Phosphagen Today!

For Fastest Service, Use Your Credit Card And Call NOW!

1-800-297-9776

(ask for Dept. # 2169)

PRIORITY NO-RISK PHOSPHAGEN ORDER FORM

Send to: P.A.S., Inc., (Dept. # 2169) P.O. Box 277, Golden, CO 80402

☑YES! I want to use Phosphagen!

I understand you not only guarantee Phosphagen's quality, but also guarantee that if I am not 100% satisfied with the results I get from using Phosphagen, I'll get a prompt and courteous refund on my money!

On that basis, send my* Phosphagen *today!

❑ Yes again! I want to take advantage of your super-special deal and get one FREE bottle of Phosphagen with my purchase of three 210 gram bottles of Phosphagen for only $128.35 (3 X $39.95 + $8.50 S&H).

❑ Please send me two 210 gram bottles of Phosphagen for only $86.40 (2 X $39.95 + $6.50 S&H).

❑ Please send me one 210 gram bottle of Phosphagen for only $46.45 ($39.95 + $6.50 S&H).

Enclosed is my ❑ Check ❑ Money Order in the amount of $ _____

(For faster service use a money order, checks are held for 14 days. Make checks and money orders payable to P.A.S. Inc.)

Charge my credit card:

❑ MasterCard ❑ Visa ❑ American Express ❑ Discover Card

Credit Card Number: _____ Exp. Date: _____

Signature: _____

Telephone #: ( ) _____

Rush My Phosphagen *to:*

*All orders shipped FedEx

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Dept. # 2169

* P.A.S., Inc. orders ship within 48 hours of receiving them. Shipping policy is guaranteed two-day air delivery by Federal Express. Includes packaging, handling, and insurance charges within the continental U.S. Shipping Charges: Add only $6.50 for shipping and handling on orders up to $100. Add $8.50 S&H on orders over $100 up to $200. Include $10.50 S & H on orders over $200. These rates are for orders within the continental U.S. Colorado Residents, add 4.3% sales tax, and Golden, CO residents add 7.6% sales tax. Check with our operators for rates on next-day air delivery by Federal Express by calling 1-303-279-3077. APO's and FPO's add an additional 10% of total order plus $6.50 to cover shipping charges. Alaska, Hawaii, and Canada add an additional 25% of total order plus $6.50 to cover shipping. Outside U.S. and Canada add 50% of total order plus $6.50 for shipping charges. Credit card orders are charged to N.S.A., Inc.

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INTRODUCING THE BIGGEST, MOST POWERFUL WEIGHT-GAINER IN HISTORY

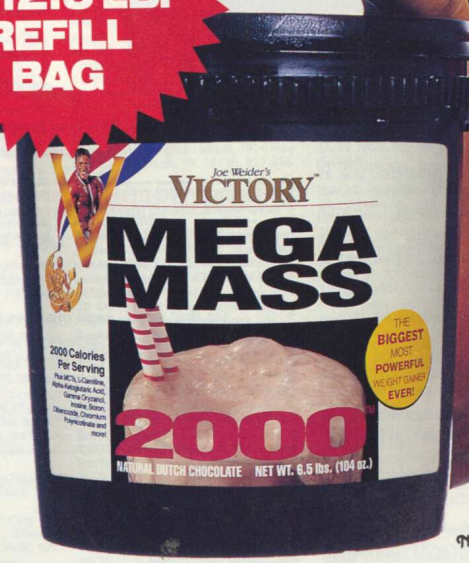
If you want to get big, and those puny 1000 calorie shakes just aren't making it happen fast enough, meet the weight-gainer that broke the calorie barrier — **MEGA MASS 2000!**

Thanks to new technology, nutrients can be *supercon-centrated* without affecting their bioavailability. The result is a weight-gain formula that delivers a mind-blowing, sleeve-busting 2000 calories in every delicious shake!

Even with water, **MEGA MASS 2000** yields 82 grams of the highest quality protein, 317 grams of turbo-charged carbohydrates and only 5 grams of fat. There is absolutely no bigger, more powerful weight- gainer than **MEGA MASS 2000**.

Try it. Drink up the power. Feel the weight piling on. Compared to **MEGA MASS 2000**, everything else is small fry.

NOW AVAILABLE IN 12.5 LB. REFILL BAG



ACHIM ALBRECHT, World Champion Bodybuilder, is using MEGA MASS 2000 to pack on mass between contests!

Available at

GNC General Nutrition Centers
Nutrition World
Nature Food Centres
Vitamin Quota
gymees

AVAILABLE AT HEALTH FOOD AND SPORTING GOODS STORES THROUGHOUT THE US AND CANADA OR CALL **TOLL FREE 1-800-I-FLEX-IT (435-3948)** (In Canada, Contact: Weider Institute, 2875 Bates Rd., Montreal P.Q. H3S 1B7)

VICTORY MEGA MASS 2000

CALORIES PER SERVING *MIXED WITH LOWFAT MILK*	CALORIES PER SERVING *POWDER ONLY*	NUTRITION PROFILE *POWDER ONLY* PROTEIN (g)	CARBS (g)	FAT (g)
2000	1640	82	317	5

IMPORTANT ADVICE ON MAXIMIZING YOUR WEIGHT GAINS

"If you want a delicious, ultra-high calorie drink, this is it! Mega Mass 2000 is an extremely concentrated, nutrient dense formula that's great anytime, but advanced athletes can benefit by splitting up servings into three or four portions to help maximize nutrient absorption and utilization. Smaller drinks once after breakfast, again after lunch, late afternoon and in the evening provide the nutritional support your body needs to help pack on mass!"

Joe Weider

Trainer of Champions
Since 1936

New Flavor Creamy Strawberry!
You asked for it we listened.
Also in chocolate, Vanilla and Banana



WEIDER

EVERYTHING ELSE IS SMALL FRY

Preferred Stock!

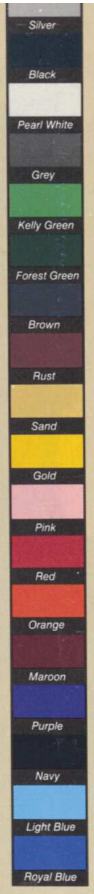












Your lifting belt is a long-term investment! That's why it's important to choose the right belt manufacturer before you choose the right belt.

Marathon® brings you only the highest quality leathers, suede leathers, materials, and workmanship, to give you the finest lifting belts you can buy.

Marathon offers you two complete lines of quality lifting belts: the top-of-the-line ***Custom Series,*** *and the economy* ***Challenger Series.*** *Marathon belt features include:*

- ***Made from the world's finest leathers, for total and safe support***
- ***Made to legal thicknesses***
- ***Smooth-operating roller buckles for easy on and off***
- ***The ultimate fit because holes are grouped closer together***
- ***Highest quality stitching for durability and style***
- ***Available in 18 colors and combinations***
- ***100% Guaranteed against normal wear and tear for the life of the belt***

The Custom Series

Marathon Custom Lifting Belts are the top-of-the-line competition belts preferred by powerlifters throughout the world. The Custom Series offers you the highest quality materials and craftsmanship, with six rows of decorative stitching, to give you unequalled support and durability.

Style A *Double-thick suede leather with six rows of stitching, single prong. Available one-, two- or three-tone.* ***$65.00***

Style B *Double-thick suede leather with six rows of stitching, double prong. Available one-, two-, or three-tone.* ***$65.00***

Style C *Double thickness smooth leather. Available in single or double prong.* ***$65.00***

Style D *Single thickness, heavy leather. Double prong recommended.* ***$29.00***

Style E *Double thickness with smooth leather outside, suede inside to prevent slipping. Available in single or double prong.* ***$65.00***

Three-Tone Belt *Any three colors. Style A & B only.* ***$65.00***

Two-Tone Belt *Any two colors. Style A & B only.* ***$65.00***

The Challenger Series

The Challenger Series is our economy line of quality belts. Challenger Belts offer you the total support of double thickness leathers, and the fine craftsmanship and materials found in more expensive belts.

Mark I *Double thickness deluxe suede leather belt with heavy-duty design stitching, single prong.* ***$55.00***

Mark II *Double thickness deluxe suede leather with heavy-duty stitching and double prong.* ***$55.00***

Mark III *Double thickness smooth leather inside and outside. Available in single or double prong.* ***$55.00***

Mark IV *Smooth leather outside, suede inside to prevent slipping. Available in single or double prong.* ***$55.00***

Prices Subject to Change Without Notice

Order Today!

PRODUCT	COLOR(S)	SIZE	QTY.	PRICE	EXT.
				Shipping	$5.00
				Add Calif. Sales Tax if applicable	
				TOTAL	

Name _____

Address _____ ☐ Check here if new address

City _____ State _____ Zip _____

☐ VISA ☐ MC Card No. _____ Exp. Date _____

Signature _____ Phone ( ) _____

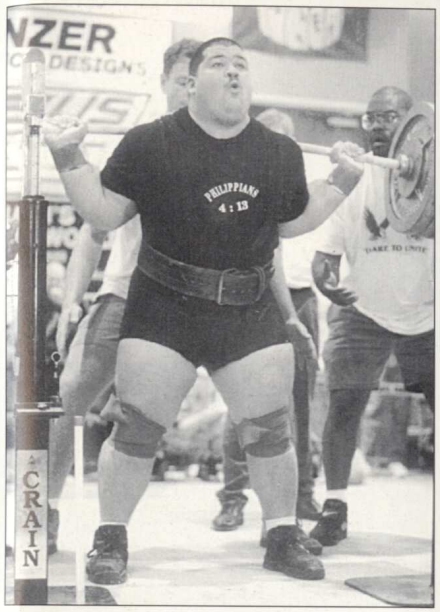
Check, Money Order, MasterCard or Visa must accompany orders. Overseas orders add 25% for surface freight, 40% or local air freight rate, whichever is greatest. California residents add 7¼% sales tax, L.A. County 8¼. Add $5.00 Shipping and Handling

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The ballroom was packed with standing room only, and it was the most packed SHW class in many years at the 1994 USPF National Championships. A struggle for first place was happening between the junior lifter, Shane Hamman and awesome Anthony Clark. Anthony Clark had stumbled with is opening attempt squat, taking three tries to get his easy-for-him opener registered as a good lift. Shane saw his chance to beat one of the most famous powerlifters. 903 was loaded on the power bar for Shane's first attempt. Shane set up strongly with this weight, and just when everyone was expecting to see him descend carefully to below parallel position, Shane just dropped! Shane dropped to below parallel, and, BOOM!, stood back up. Most people had never seen a 'dive bomb' squat technique before. Earlier in the championships, another brand suit had blown out on several lifters. One lifter, after his suit blew, walked off the platform with his naked glutes in the empathetically laughing audience's view. None of the blown suits were Inzer suits. Apparently, the owner of another company that supplies powerlifting equipment, who claims to have the best blowout guarantee, had been busy on the phone talking some competitors into wearing his suit. Several of these lifters came to the Inzer booth afterwards to again fit themselves into a real squat suit. Shane Hamman was wearing a very tight fitting Inzer Z-Suit, but would his suit hold up on a world record attempt of 986 with his radical 'dive bomb' squat technique? Yes! Of course his Inzer Z-Suit held up, and Hamman was successful in breaking a 12 year old IPF World Record with a super easy lift of 986 and he was good for over 1,000 pounds. Anthony Clark, outfitted with all Inzer Power Gear, went on to win the SHW class, coming from behind with a huge IPF bench press World Record. The message of this historical account is: while there are other brands of suits that may be good and could be used for a practice suit, Inzer Z-Suits and Champion Suits have proven again to be the #1 suits for performance and safety in the world. And remember, the #1 ranked powerlifter and consistently consistent Ed Coan does not get confused and fooled into wearing other than the best, but always wears exclusively Inzer Power Gear!



