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- If you're a bodybuilder, you'll do more reps with heavier weights than ever before, for greater muscular growth.
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Purity and Potency guaranteed by laboratory analysis. Each Capsule Contains:

L-GLUTAMINE	275 MG	POTASSIUM	25 MG
A-KETOGLUTARIC ACID	250 MG	MAGNESIUM	25 MG
TAURINE	150 MG	RNA	9.5 MG
CALCIUM A-KETOGLUTARATE	63 MG	MANGANESE	400 MCG

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Formula

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VANADYL	7.5 MG
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ON THE COVER.... on top, Chris Confessore with his fantastic 741 bench press at 236 bodyweight (Courtesy Isaac), and on the bottom, Craig Tokarski's 727 (courtesy Maris Sternberg)

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- *Better recuperation and recovery time*
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L-LEUCINE AKG	500 MG.	L-METHIONINE AKG	250 MG.	L-ALANINE AKG	100 MG.
L-GLUTAMIC ACID AKG	500 MG.	L-ISOLEUCINE AKG	150 MG.	L-SERINE AKG	100 MG.
GLYCINE AKG	500 MG.	L-THREONINE AKG	150 MG.	L-ASPARAGINE AKG	100 MG.
L-LYSINE AKG	450 MG.	L-ORNITHINE AKG	150 MG.	L-CYSTEINE AKG	100 MG.
L-ASPARTIC ACID AKG	450 MG.	L-TYROSINE AKG	150 MG.	L-CYSTINE AKG	50 MG.
L-VALINE AKG	350 MG.	L-PROLINE AKG	150 MG.	L-HISTIDINE AKG	30 MG.
TAURINE AKG	300 MG.	L-GLUTAMINE AKG	150 MG.	L-CITRUSILINE AKG	20 MG.
L-ARGININE AKG	300 MG.	L-PHENYLALANINE AKG	150 MG.		

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Each serving yields 30 grams of the highest biological value protein - including a whopping 50% BCAAs - PLUS high potencies of the most popular growth, strength and performance enhancers available.

Nutritional Profile of Each Serving

(30 SERVINGS PER KILO)

- **30 grams Ionic whey protein concentrate including 15 grams of branch chain aminos (contains 50%).**
- **2000 mg. Creatine Monohydrate, for strength and endurance.**
- **1500 mg. Russian Power Plus - Pfaffia Paniculata - in its pure form, which delivers the highest concentration of Beta-Ectysterone.**
- **1000 mg. Standard Panax Ginsenoside - an endocrine adapter.**
- **500 mg. Alpha Ketoisocaproate - to increase nitrogen retention.**
- **500 mg. OKG - today's premier anti-catabolic nutrient for greater muscle growth.**
- **200 mcg. Chromium Picolinate - to increase amino acid uptake, especially branch-chain amino acids.**
- **10 mg. Bonded Vanadium - for muscle growth and hardness.**

Typical Amino Acid Profile per serving (mg/30 grams protein):

L-ISOLEUCINE	2217 MG.	L-THREONINI	856 MG.	L-ASPARTI	1890 MG.	L-PROLINE	772 MG.
L-LEUCINE	9545 MG.	L-TRYPTOPHAN	317 MG.	L-CYSTINE	300 MG.	L-SERINE	743 MG.
L-LYSINE	1610 MG.	L-VALINE	2738 MG.	L-GLUTAMIC	322 MG.	L-TYROSINE	637 MG.
L-METHIONINE	406 MG.	L-ALANINE	925 MG.	L-GLYCINE	5028 MG.		
L-PHENYLALIN	477 MG.	L-ARGININE	455 MG.	L-HISTIDINE	262 MG.		

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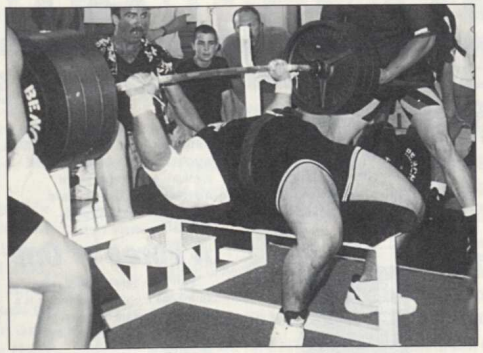
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Major Meet Coverage

APF Record Breakers Bench Press
17 Jun 95 - Peoria, AZ

Open		Arizona High School	
132		148	
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S. Burdick	326	181	
C. Laskos	321	K. Simpson	321
242		B. Hunna	291
C. Confessore	741!	T. Hatch	121
B. Gillette	506	198	
275		D. Williams	331
T. Love	571	A. Gonzalez	231
S. Isaac	471	220	
J. Smith	461	J. DiMarco	281
T. Isaac		242	
! denotes world record.		S. Hannant	361
		SHW	
		J. Johannesen	376
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The event was lined up to be nothing less than spectacular. Each of the five television networks in Phoenix were there to cover the meet. At 242 lbs., Brian Gillette hit a P.R. with a 506 lb. bench. He looks ready for a 550 lb. bench inthe near future. Then, one of the main attractions, Chris Confessore, who weighed in at 236 lbs., astonished everybody by opening at 726 lbs. That is 43 lbs. above his current World Record. (Chris did not warm up quickly enough, and chose to pass on his first attempt). On his second attempt, the bar slowly lowered to his chest. At the word "Press", Chris easily smoked the weight to a lockout. It looked like 225 lbs. He then called for 741 lbs., the heaviest Bench Press ever in a sanctioned meet. Chris was extremely confident. He once again lowered the bar slowly to his chest and quickly rammed the weight to a lockout, to successfully set his second World Record for the day. This was, without question, the most awesome feat of strength anyoneat the meet had ever seen. For those of you who are powerlifting buffs, Chris has now tripled his bodyweight in the 181, 198, 220, and 242 lb. classes. By far, he is the Greatest Bencher of alltime, pound of pound. Big Tim Isaac was also at the meet to give Chris a run for the top bench of the day, butit proved not to be his day. Tim weighed in at 274 lbs. and opened with an all time World Record of 711 lbs. He was out of the groove, but still managed to lock out his left arm, just missing lockout of his right arm. On his second attempt, his shirt ripped out on the way down. Finally, his third attempt looked as if it was going to cause the World Record to fall, when one of the spotters jumped in early and grabbed the weight. Since it was before the head referee called "Rack", he was offered another attempt, but chose to pass. He said it was "just not his day." Up and coming 275 lb. lifter Todd Love, had a nice day also. He pushed up a 571 lbs. opener and then just missed a 601 lb. attempt. He is definitely just around the corner from benching 620 or 630 lbs. (results from Tom Jackson, Meet Director)



Another View... *of Chris Confessore's 741 All Time World Record Bench in Arizona, weighing only 236! (photograph courtesy Tim Isaac)*

APF Junior National Championships
13 May 95 - Daytona Beach, FL

Junior 148	SQ	BP	DL	Total
J. Montebon	365	294	409	1068
165				
S. Daniel	453	305	442	1200
J. Hummer	431	272	464	1167
181				
K. Matheny	420	283	426	1129
198				
K. Bass	553	272	531	1356
198				
K. Bass	553	272	531	1356
220				
J. Jordan	525	382	553	1460
242				
M. Rowland BL	779	531	729	2039
R. Treviso	834	453	641	1928
J. Aquino	646	321	603	1570
T. Crompton	580	404	553	1537
N. Levario	608	360	475	1443
R. Harrington	575	316	542	1433
275				
J. Blackwood	525	371	492	1388
G. Baum	514	354	481	1349
308				
T. Williams	751	525	525	1801
B. Kelly	657	415	409	1481
SHW				
B. Uhlig	652	429	624	1735

Team: All American Gym, Lakeland. A special thanks to Michelle Saba, Lynne Barlow, Dan Roberts, Dan Levasseur, Monique Dargie, Scott Worhing, Tom Bauers, Fred Uhlig, Troy Hicks, Bill Ramsrud, all the spotters and loaders. Without your help, there would be no event! (Thanks to Russ Barlow and Kieran Kidder for these results.)

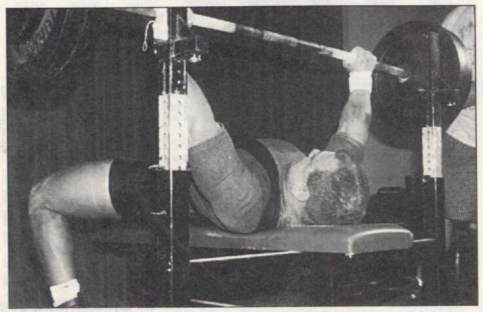


Marvin Reeves *(308 lb. class winner) congratulates 61 year old Ernie Frantz on his 806 lb. squat, after the lifting at the APF National Qualifer in Florida (Snell)*

APF National Qualifier
14 May 95 - Daytona Beach, FL

Women 123	SQ	BP	DL	Total
S. McCarty BL	321	181	330	832
Men 181				
J. McCarty	624	374	606	1604
198				
J. DeSanto	646	369	562	1577
C. Rogers	553	358	606	1517
220				
E. Frantz-61	751	341	650*	1742*
4th attempt	806.5*			
A. Gonzalez	663	407	606	1676
E. Clark	635	473	567	1676
R. Tourmel	—			
242				
D. Boucher	773	451	666	1890
M. Goldman	646	429	601	1676
275				
B. Wagner	701	451	683	1835
M. Phillips	641	429	628	1698
M. Sanderson	707	418	545	1670
308				
M. Reeves BL	856	545	722	2123
B. Phillips	—			
SHW				
G. Baum	740	440	688	1868
L. Forsythe	716	473	611	1800

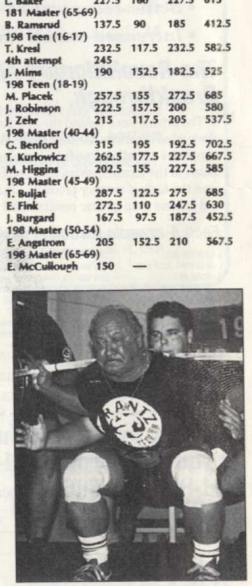
* APF world masters record. A special thanks to Michelle Saba, Lynne Barlow, Dan Roberts, Dan Levasseur, Monique Dargie, Scott Worthing, Tom Bauers, Fred Uhlig, Troy Hicks, Bill Ramsrud, all the spotters and loaders. Without your help there would be no event! (Thanks to Russ Barlow and Kieran Kidder for the providing the meet results.)



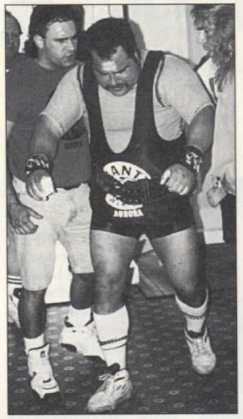
Mark Rowland *was the impressive APF Juniors 242 winner . (Wagner)*

APF Master Teen Nationals
3-4 Jun 95 - Rosemont, IL

Women	SQ	BL	DL	TOTAL
Teen (13-15) 148				
A. Rizunas	72.5	65	102.5	240
Teen (16-17) 132				
L. Thompson BL	112.5!	42.5	100	255
4th attempt	122.5			
Teen (16-17) 165				
A. Kirby	150	80!	145	375
Master (40-44) 114				
N. Dorner	75	55	105	235
Master (40-44) 132				
B. Fruzyna	130	65	122.5	317.5
Master (40-44) 148				
V. Lester	152.5	95	170	417.5
Master (40-44) UNL				
S. Thoms	157.5	97.5	142.5	397.5
Master (45-49) 114				
L. Higgins	67.5!	47.5	110	225
Master (45-49) 198				
J. Glitt	137.5	82.5	137.5	357.5
Master (45-49) UNL				
M. Sternberg	102.5	62.5	102.5	267.5
Master (55-59) 132				
J. Burchett	112.5!	62.5!	125!	300!
Men				
114 Teen (13-15)				
A. Johnson	122.5	75	115	312.5
114 Teen (16-17)				
J. Kirkbride BL	137.5	62.5	152.5	352.5
123 Master (45-49)				
E. Milian	212.5	120	227.5!	560
132 Teen (13-15)				
R. Connor	120	65	127.5	312.5
148 Teen (13-15)				
K. Bejeildon	112.5	75	127.5	315
148 Teen (16-17)				
C. Gebhart	160	97.5	170	427.5
165 Teen (13-15)				
J. Fitzgerald	165!	95	162.5	417.5
4th attempt		100!		
D. Glinski	155	—		
165 Teen (16-17)				
M. Sorrell	205	115	215	535
165 Teen (18-19)				
K. Eberly	245!	152.5	232.5*	630!
R. Bates	197.5	157.5	227.5	582.5
J. Clark	140	110	185	435
165 Master (40-44)				
D. Dill	185	125	215	525
165 Master (45-49)				
G. Santee	227.5	152.5	240	620
R. Posey	237.5	37.5	220	595
J. Smoker	227.5	127.5	220	575
T. Hicks	205	122.5	232.5	560
J. Kiser	210	120	172.5	502.5
165 Master (50-54)				
T. Dangerfield	240	140	252.5	632.5
R. Capehart	200	125	172.5	497.5
J. Lamboley	165	127.5	177.5	470
165 Master (65-69)				
D. Gillier	160	127.5	215	502.5
181 Teen (13-15)				
R. Whaley	185	97.5	185	467.5
C. Burgard	150	62.5	167.5	380
181 Teen (16-17)				
J. Blankenship	232.5	122.5	205	560
J. Ehman	227.5	105	210	542.5
181 Teen (18-19)				
M. Mangum	207.5	177.5	215	600
J. Brown	222.5	117.5	215	555
G. Bartello	230			
181 Master (40-44)				
B. Saarp	225	187.5	232.5	642.5
B. Kelly	222.5	140	212.5	575
D. Petersen	265	150	255	670
D. Graham	245	142.5	255	642.5
181 Master (45-49)				
F. Wambsgaus	290	145	295	730
M. Nigro	235	120	185	540
181 Master (50-54)				
J. Rouse	250	175	250	675
181 Master (55-59)				
L. Baker	227.5	160	227.5	615
181 Master (65-69)				
B. Ramsrud	137.5	90	185	412.5
198 Teen (16-17)				
T. Kresl	232.5	117.5	232.5	582.5
4th attempt	245			
J. Mims	190	152.5	182.5	525
198 Teen (18-19)				
M. Placek	257.5	155	272.5	685
J. Robinson	222.5	157.5	200	580
J. Zehr	215	117.5	205	537.5
198 Master (40-44)				
G. Benford	315	195	192.5	702.5
T. Kurkowicz	262.5	177.5	227.5	667.5
M. Higgins	202.5	155	227.5	585
198 Master (45-49)				
T. Buljat	287.5	122.5	275	685
E. Fink	272.5	110	247.5	630
J. Burgard	167.5	97.5	187.5	452.5
198 Master (50-54)				
E. Angstrom	205	152.5	210	567.5
198 Master (65-69)				
E. McCullough	150	—		

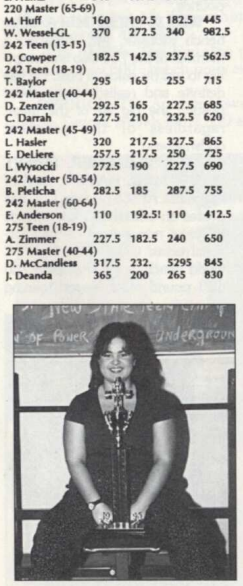


Ernie Frantz *tried an 810 squat at the APF Teen/Masters Championships, 2 weeks after his 806 in Florida .(photo by Sidney Thoms)*



Craig Tokarski *readies for a 747 lb. bench press attempt at the APF Teen/Masters Nationals (Thoms)*

220 Teen (13-15)				
D. Hammond	205!	102.5	195	512.5
4th attempt			205	
220 Master (40-44)				
C. Maxwell	327.5	172.5	295	795
T. Conklin	282.5	155	260	697.5
J. Ellsworth	282.5	177.5	272.5	697.5
M. Nichols	287.5	167.5	240	695
W. Eubank	210	162.5	222.5	595
220 Master (45-49)				
B. Olinger	260	170	252.5	682.5
220 Master (50-54)				
B. Frye	270	60	270	600
220 Master (60-64)				
E. Frantz	340	167.5	300!	807.5!
220 Master (65-69)				
M. Huff	160	102.5	182.5	445
W. Wessel-GL	370	272.5	340	982.5
242 Teen (13-15)				
D. Cowper	182.5	142.5	237.5	562.5
242 Teen (18-19)				
T. Baylor	295	165	255	715
242 Master (40-44)				
D. Zenzen	292.5	165	227.5	685
C. Darrah	227.5	210	232.5	620
242 Master (45-49)				
L. Hasler	320	217.5	327.5	865
E. DeLiere	257.5	217.5	250	725
L. Wysocki	272.5	190	227.5	690
242 Master (50-54)				
B. Pleticha	282.5	185	287.5	755
242 Master (60-64)				
E. Anderson	110	192.5!	110	412.5
275 Teen (18-19)				
A. Zimmer	227.5	182.5	240	650
275 Master (40-44)				
D. McCandless	317.5	232.	5295	845
J. Deanda	365	200	265	830



Angie Kirby... *17 years old, from Bob's Underground Gym at the APF Teenage/Masters Nationals with her award (Sidney Thoms)*

275 Master (45-49)				
B. Meek	352.5	225	316	893.5!
N. Bolich	250	182.5	250	682.5
242 Master (70-74)				
R. Davis	115!	150!	137.5!	402.5!
D. Bailey-GL	370	187.5	307.5	865
308 Tene (16-17)				
M. Tosaw	325	192.5!	272.5!	790!
4th attempt	365			
308 Teen (18-19)				
S. Sasenbury	320	230	290	840
308 Master (40-44)				
J. VandeWeghe	317.5	222.5	282.5	822.5
P. Brodeur	320	172.5	292.5	785
308 Master (45-49)				
E. Mohan	300	197.5	320	817.5
J. White	330	182.5	292.5	815
308 Master (50-54)				
T. Wallick	272.5	167.5	240	680
P. Calcagno	252.5	182.5	235	670
H. Lee	242.5	147.5	212.5	587.5
C. Tokarski-GL	—	330	—	
SHW Master (45-49)				
L. Pestka	292.5	142.5	285	720

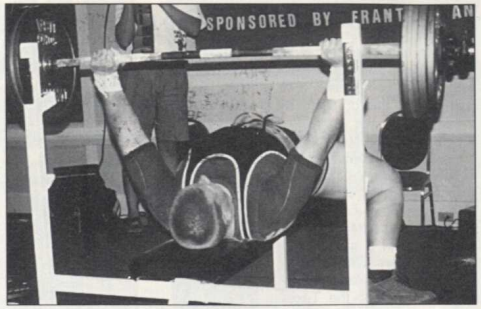
! world record. * American record. Best Lifters: Master Women- Vicki Lester; Teen Women- Lori Thompson; Light Master Men- Ernesto Milian; Heavy Teen- Scott Sasenbury; Heavy Master- Ernie Frantz. Teams: 1. Frantz, 2. Olympic P/F, 3. Powerhouse. June 3 & 4, 1995 saw another fine national meet from the APF President Ernie Frantz and major sponsor Ernie Anderson, both are to be congratulated. There were well over 100 lifters over the two days. In fact, the Saturday afternoon session wound up in three full flights. They tried to put one weight class over to Sunday, but many of the lifters had made travel plans that prohibited that. The meet venue was excellent and on several occasions I was amused at the reactions of other hotel guests on first glimpse of some of our "big boys."

The quality of lifting was mind boggling overall, especially since this was a teen and master meet. There were definitely a number of lifters who could easily have held their own at any senior national meet. Both teens and masters lifted by weight class only; this was in an effort to even out the numbers per day, instead of all teens on one day and all masters on another. Actually I think it worked out pretty well. Having been released from the hospital the Wednesday before the meet, I allowed my ego to "let'r rip", did my little lifting and coughed my way through announcing the weekend. As usual, I had a great time.

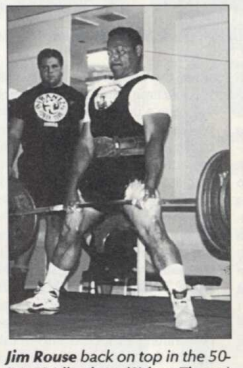
The women's division had a very strong field ranging from 14 years old right up through 57. Best lifter in the women's teen division went to newcomer Lori Thompson. She quietly went about putting a fine total together. Look for her to be a major lifter very soon. Seventeen year old Angie Kirby did a fine job taking first place and making world record bench with 80 kg. Angie holds Ohio state records and has been lifting with her coach and best friend Bob Schaeffer since she was 14. And what was really fun to watch was how the teen women did so much fine lifting. Everyone was better than the last.

In the women's master division there were surprises galore. Coming back from two (count'em two) broken arms last September, 40 year old Barb Fruzyna lifted like the true champion she is. Lightweight Nancy Dorner put together a very fine meet as did Linda Higgins setting new world records. Sidney Thoms wasn't really happy with her total (who ever is!), but she did an excellent job in her first full national meet, considering she has had knee surgery. Sidney is a professional photographer for the Berwyn Newspaper and did all the photography at the meet, and a fine job at that. Jeanne Burchett was awesome in the 55-59 year old group. Heavy weight champion Joellen Glitt set several new world records and now on her way to her next World Championships in October. The Best Lifter of the Women's Master division was Vicki Lester of Galesburg, Illinois. Also in her first national she had a lifter's dream day, 9 for 9.

The men's division showed high quality and lots of guts. As in the women's division world records fill one after another. The lightweight classes were really something to see. The 114 class brought us Best Lifter light teen John Kirkbride. He started out a little slow, but he put those weights away handily. In the master 123 class was perennial world champion Ernesto Milian. With several world records he made the comment to me that this kind of lifting has been eluding him for awhile, but he'd still take it! Ernest has held some kind of championship every year since I started lifting 16 years ago. I just love watching history in the making, but more of that later. The 148 class was small but nicely lifted. It was the 165 class that was extremely hot. This class was larger than expected as many of the lifters have moved up. Teen lifters were excellent, showing promise and talent, but the attention grabber was master world champion Terry Dangerfield. Terry's been lifting 181 for awhile but decided to drop down, much to the consternation of world champion Radar Capehart! Terry had a fantastic day, showing his usual personality and outstanding lifting. I must tell you that Radar got caught between a rock and a wall coming back from major back surgery and foot surgery this past year, he moved up to the 165 to run into Terry. He put together a personal record 200 kg. squat plus fine benching but just wasn't able to catch up. The 181s started the largest session of the meet. As I have said many times, if I had my way, everyone would win. The 181s were a flight all their own as were the 198s and the 220s. Lifting in this class was outstanding. One thing that always amazes me is the inner strength and quality of character that is always evident at the meets. The 181s showed this, especially in the master division. Another perennial world champion Jim Rouse came back from quadruple bypass surgery to simply blow away the crowd and the other lifters. He's always been a hero of mine, and I get the feeling "we ain't seen nothin' yet." Also coming back from injury was Bill Ramsrud. This 66 year old lifter came to do his best, which was off a little because of his injury, but he never gave up. I think I should give some mention to Gordon Santee, who as usual, came in looking like his next stop was the Mr. Olympia. The 198s was a large class full from teens through masters. A big comeback was Gary Benford, world meet promoter. Unfortunately, he pulled a hamstring and still finished the meet and won. As the numbers and world records fell, it was wonderful to watch. One outstanding effort was from master lifter Tom Buljat also coming back from an injury that has kept him out of competition for two years. The excitement built because coming up were the 220s. Now, I have spend a good deal of time and space extolling the virtues of this meet, and one would think it couldn't get much better, but it sure did. The class itself was extraordinary, no doubt. However, I doubt anyone would argue with me when I say people will be talking about Ernie Frantz till the end of time. At age 61 he is still putting out lifts that could easily take him into the senior national placings. He broke his personal record bench with 366 lb. a world record deadlift of 661 lb. and two weeks prior broke the squat record with 806 lb. He took Best Lifter and all while running the meet. He never ceases to amaze. As the chalk settled and the clock struck 2:00 we all rushed to get some sleep. Sunday promised to be just as fantastic as Saturday. Sunday came far too quickly, but it lived up to every promise. Often, teen meets are pretty light in the heavyweight division. This was hardly the case in the 242s to SHW. Scott Sasenbury was outstanding and his fine, fine lifting won him the outstanding lifter for heavyweight teens. He has drive and strength, squatting a world record 805 and trying many other world records. He'll be going to Western Illinois University on a football scholarship this fall - well deserved. Further highlights in the 220 class was 62 year old meet sponsor Ernie Anderson's world record 192.5 kg. bench press. Once he found his groove it was "no weight" and he actually almost had 242 kg. up. Master lifter Dick Zenzen did a great job taking first place in the 242 class. Also, doing a fine job lifting was Bob Pleticha, welcome back to the APF! Terry Wallick took first place in the 308 followed by Pat Calcagno, a Frantz lifter who hasn't competed for seven years, and did a fine job. Among the high-



Mike Tosaw *with an APF Teenage World Record 424 bench press in the 308 lb. class at the APF Teen/Masters Nationals. (Sidney Thoms)*



Jim Rouse *back on top in the 50-54, 181 lb. class . (Sidney Thoms)*

(Major Meet Coverage section is continued on page 98)

ATTN: FELLOW POWERLIFTERS. Are you searching for a safe & legal supplement that actually lives up to its manufacturer's claims. If so, then try **ENDO-PRO. ENDO-PRO** contains 17 mg of luteinizing activator. This product will promote strength, muscle hardness, and separation. **ENDO-PRO** can not be detected in drug screening tests, and there are no know contraindications. **ENDO-PRO** costs $40.00 at health food stores... if you can find it. But I sell **ENDO-PRO** for $35.00 shipping & handling included. If interested call or write me at Power Products, 275 Streamwood, Irvine, CA 92720, (714) 505-3710

The Greatest Bench Press in America
THE SUPERBOWL OF BENCHING

John Inzer puts on the Powerlifting Showcase of Bench Press Prowess - as seen by Marty Gallagher

The Greatest Bench Press in America is the bench press equivalent of the Super Bowl. And, as with the Super Bowl, the GBA will have plenty of pomp and spectacle. Picture this; the top thirty-five bench pressers in the world brought together for the first time. The number of participants is limited and exclusive - only a few, only the best. This allows the whole shebang to go down in under three hours in front of a packed and vocal house. The GBA will be held in the Majestic Theatre, listed by the Texas historical society as a landmark. Located right in the middle of the financial district and arts district of downtown Dallas, Texas, the ornate and elegant building will showcase these physical giants putting on a high-speed bench press Olympia. Promoter John Inzer is planning to pull out all the stops;

"The Greatest Bench Press in America will definitely lean more towards MTV than Masterpiece Theater, despite the location." Says the seasoned power promoter. "We have $30,000 in cash, benefits and prizes that are to be divvied-up amongst the competitors based on performance." In addition, Inzer has arranged for a massive bench press workshop the next day. "The competitors will wander amongst lifters working with them on an individual or group basis, demonstrating, sharing tips and designing routines for any member of the public who shows up to participate." Asked if he had any other tricks up his sleeve Inzer responded, "TV and press coverage in front of a sell-out house - plus I have a few more surprises I'll unveil at the meet." Whew! Sounds like powerlifting heaven.

The Greatest Bench Press in America will provide an annual format for the cream of the crop of bench pressers. A place where the best benchers can establish new personal bests. "Let the best show that they truly are the best regardless of federation, affiliation, etc., Each individual lifter will receive the individual attention that they deserve." Using the fairest and most impartial judging available, Inzer will provide a level playing field for the best and the finest to ply their trade.

The Greatest Bench Press in America could well be the future of powerlifting. How? "Take the best benchers in the world, showcase their talent and athletic gifts, compress the competition into a reasonable time frame and I think you will have a unique powerlifting experience - one that the general public can relate too." John has promoted similar events for years. He has a long track record and his events always contain an element of pure showbiz. Amongst the athletes, it is a pretty widely held view that Inzer puts on the best powerlifting meets around. Equal parts power and P.T. Barnum, the GBA, with it's showcase format compressed and packaged - will hopefully lead powerlifting back onto T.V. In this age of the 60-second soundbite, long, drawn out powerlifting competitions have about as much chance of cracking the American T.V. market as Yassar Arafat has of being elected prime minister of Israel. In this MTV era anything is possible. As John Inzer sees it, powerlifting needs to streamline, compact and repackage itself. "When you have guys skiing off mountains and out of airplanes with parachutes, bungee jumpers, ballroom dancers, dog shows - you name a sport or event and it likely has cable coverage and a core viewing audience. Why not powerlifting?

"Any group of civilians we've ever exposed to this caliber of lifting - top grade lifters in small doses - have been impressed, interested and fascinated. Ratings make the TV world go round and I think we're demonstrating that with a modified format, powerlifting is much more interesting to the general populace than the stuff you see on MTV or ESPN Extreme Sports. We will develop an audience when we get our turn at bat."

The physiques, the intensity and the drama these magnificent athletes communicate prior to, during and after their lifts, will, according to Inzer, enthrall the public. This promises to be the greatest assemblage of bench press talent in the history of the sport. At press time here is a partial list of the participants:

ANTHONY CLARK: 5'9" 360 pound Clark has to be considered the pre-meet favorite. Clark is arguably the greatest bencher in history. This man has been untouchable; the leading bench presser in the world over the last few years. Is Clark's 746 the greatest bench in history? Probably. Certainly in the pure mathematical sense. Clark's 746 rules the roost and Anthony has been consistent and steadfast in his race towards 800.

GREGG WARR: This dynamo will attempt to post a 600 pound bench - at 165 pounds. Truly incredible when you remember the hoopla that surrounded Pat Casey being the first man in history to achieve the feat in 1965 at a bodyweight of 320.

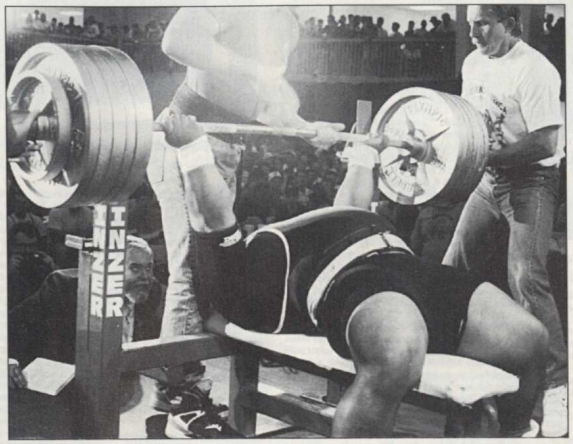
JAMES HENDERSON: The man who benched 700 without a shirt. The equal of Jim Williams astounding feat 23 years prior, though Big Jim wore elbow wraps. James, 6'4" 370 pounds is looking to bench a house. Showman extraordinaire, James is known as Hollywood.

CHRIS CONFESSORE: The soft spoken Long Islander has become, pound-for-pound, the greatest bench presser in the world. His 661 at 220 done a few years back, established Chris as the heaviest man to achieve a three-times-bodyweight bench and he has done much more subsequently. Unbelievably, Confessore has pushed his bodyweight to an all-time high, in the 230-240 pound range, and will be challenging the big boys.

JESS KELLUM, BOB SEIBOLD: These two men will conduct an all-out assault on the 600 pound bench barrier as sure as the sun rises in the east. Which is one hell -of-a-feat for a couple of guys weighing 198 pounds.

WILLIE WILLIAMS: Another bench monster. Mr. Williams, a member of the 700 club is attempting to top his colossal best. He has definite and realistic ideas about posting the big lift of the meet; regardless of the pre-meet oddsmakers.

C.T. FLETCHER, GRANT PITTS, MIKE HAYES: Land of the giants. At 365 pounds, C.T. has posted an official 635 and intends to make mince-meat of that personal record. Grant Pitts is the WPC world bench press champion and 400 pound Mike Hayes' training has been perfect.



***Anthony Clark** has used his reverse grip style to power up 746 pounds! (Inzer)*



***Bob Seibold**.. ready to go at 198!*



***Chris Confessore** has made fantastic progress in the 242 lb. class, hitting 741! (courtesy Inzer)*

TIM ISAAC: This wily veteran recently attempted a 711 pound bench press in the 275 pound class. Tim is a real showstopper. Many think so.

HAROLD COLLINS: Harold can bench press 600 pounds anytime day or night and is looking to surprise some folks. Harold has been the national powerlifting champion numerous times and has placed high in the world championships.

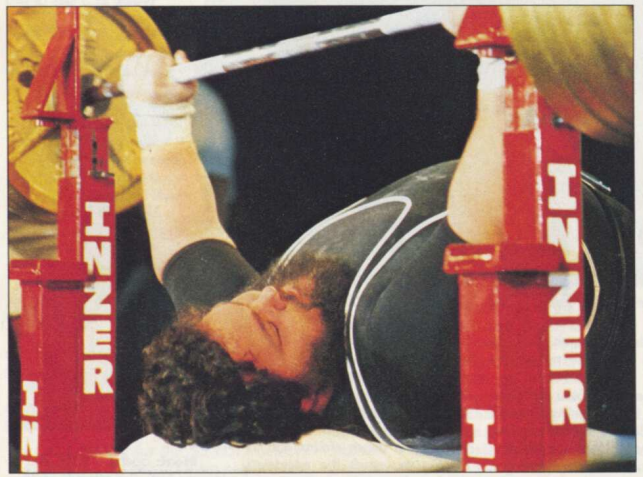
STEVE WINGHAM: Having a 672 pound effort under his belt, Mr. Wingham intends to join the 700 club at the GBA.

KIU TUITA: This Hawaiian powerhouse has an official 600+ bench press and is on the cusp of 700.

DERRICK ITO: Another Hawaiian powerhouse, Derrick intends to hit 500 at 148!

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Bob Eucker Squat Routine

This routine is designed for a lifter who can currently squat 600. The sets and reps used is identical to the ones I used to squat a 745 junior national record at the USPF Junior Nationals. The squat is by far the most difficult lift of the contest. We've all seen those at a contest who are physically capable of completing a big lift but for some reason inevitably fail. The reason for this is they seem to psyche themselves out even before they make the attempt. The trick to lifting big weights, especially the squat, is to use this anxiety and turn it into a positive outcome. Be aggressive - this is an important aspect of powerlifting. If you are in anyway apprehensive about a lift, you will fail.



***Bob Eucker** at the 1994 IPF Junior World Championships (photo courtesy of Keller)*

In the beginning of my training I used to squat three top sets in the squat followed by three heavy sets of leg presses and/or hack squats. I then finished with three sets of extensions, curls, and calf raises. Although I was getting a little stronger doing this I always noticed I felt like hell the final month of training. I was overtraining. I then began reading about Louie Simmons and his training ideas, but the thought of not squatting heavy was not for me. For me, the squat has always been my favorite lift. I have always looked forward to the end of a training cycle and the big weights that lie ahead. So with the influence of Simmons I have designed a program that has really pushed my squat closer to the 800 mark that I have been wanting for a long time now.

I train Monday - squat, Wednesday - bench, and Friday - deadlift. Assistance for the squat is 2-3 sets of leg curls, 3 sets of calf raises, and 2-3 sets of crunches. I have limited my assistance work and put more of an emphasis on the squat. I feel this really has improved my performance.

Over the years I have neglected two things in my training: abs and flexibility. But over the last year and a half I have included both of them and have noticed tremendous improvement. The abs have really improved my stability in the squat and deadlift and have taken stress off the lower back. I have also included 20 minute stretching after my squat and deadlift workouts which has helped with both preventing the minor strains and in helping me reach the necessary depth in the squat.

Supplements: Being steroid-free I have tried virtually every natural supplement on the market with little or no results. The only supplement I can honestly say that works is Creatine Monohydrate. I take SportPharma's Creatine Monohydrate 10 grams a day during my training cycle. I divide it up into 5 grams in the morning and 5 grams in the evening. I also try and take some sort of protein supplement once a day, just for some extra protein.

If there are any questions about this routine feel free to write me at 6628 Dorr St. #241, Toledo, OH 43615 or call at (419)868-6026.

For **Weeks 1-4** keep the rest between sets to a minimum, between 1- 1 1/2 minutes between sets. From **Weeks 5-12** about 5 minutes between sets.

Week 1: 5 sets of two with just a belt at 400.

Week 2: 5 sets of two with just belt at 415.

Week 3: 5 sets of two with just belt at 430.

Week 4: 5 sets of two with just belt at 445.

Week 5: 3 sets of two, knee wraps and belt at 475.

Week 6: 3 sets of two, knee wraps and belt at 490.

Week 7: 3 sets of two, knee wraps and belt at 505.

Week 8: 3 sets of two, knee wraps and belt at 520.

Week 9: 2 sets of two, knee wraps and belt, suit-straps down at 550.

Week 10: 2 sets of two, knee wraps and belt, suit-straps down at 565.

Week 11: 1 set of two, knee wraps and belt, suit-straps up at 575.

Week 12: 1 set of two, knee wraps and belt, suit-straps up at 590.

Meet: opener - 570, 2nd attempt - 605, 3rd attempt - 625.

STARTIN' OUT

A special section dedicated to the beginning lifter

Training Meets

as told to PL USA by Doug Daniels

The best way to measure progress in any sport is in actual competition. No amount of practice or training can be an adequate substitute. The NFL has a preseason for teams to try out new players under game situations or try new types of plays. But success or lack of it in the preseason is no indicator of what will happen once the season starts for real. Sometimes teams don't want to tip their hand on their true capabilities or will try a play that would rarely be tried in the real season. The Buffalo Bills have had one of the worst preseason records in recent years but went to 4 Superbowls in a row at one stretch. Powerlifting is no different. We need to be able to gauge our progress or try different things under meet conditions. The only trouble is peaking for a meet requires a lot of specific effort that, if done too often, can deter progress in the long run. So what's the answer?

Training meets can be at least part of the answer. What are training meets? In simple terms, a training meet would be a competition a lifter would not peak out for. This may include not trying to make weight and competing at a higher than usual weight class or not devoting the usual training cycle in preparation for it. In addition, maximal efforts may not be taken on the platform.

Participating in a training meet may make sense when a lifter is peaking for an important contest a few weeks away and needs to gauge his progress. Knowledge gained at this competition may be used to make adjustments in his training or expectations at the upcoming important meet. By not making weight or going all out, the lifter does not lose strength while dropping weight which could hinder strength building. Also not going all out would prevent any premature burnout or unnecessary injury that could effect his performance when it counts.



***Ed Coan** training for the '95 USPF Seniors. He's so good, he doesn't even need to consider doing any training meets. (Mike Golden)*

Let's take a specific example of a 181 class lifter who has targeted the state meet as his important meet. However there is a local meet 3 weeks prior the state meet. He would begin his contest preparation phase 12 weeks prior the state meet. At weeks 7 and 8, he would try hitting some 90-95% singles to quickly prepare for the local meet at week 9. Normally he would drop 6-8 pounds to compete at 181, but for this training meet, he would lift as is, even having a good dinner the night before weigh-in, something that is a definite no-no while trying to make weight. At the meet, he would only take 2 attempts on the squat and deadlift, while taking 3 cracks at the bench, which is his problem lift. By analyzing any problems or successes he had, he can then go back to train the last 3 weeks with these in mind. Perhaps he had a problem with squat depth or his bench press was feeling good. By not going all out or cutting weight he did not peak out too soon or risk injury on max lifts. He also may have tried a new squat suit or lifting style.

Single lift meets are great for training meets. A bench meet, relatively close to a major 3 lift event, can be a good choice. This will not adversely effect the other 2 lifts, especially if you don't cut weight. Combining a training meet with cutting weight would not be a wise choice. Training meets are a means to an end, not an end in themselves. A meet a week or two after a major contest can also be used as a training meet. Pass if you are excessively fatigued or dealing with an injury. But if you feel good, go for it.

Not cutting weight may reveal that you should consider moving up in weight class. This can be evident if you lift considerably less at your lighter weight or have a hard time getting down. I've always stated that, over time, lifting will make you bigger. I would suggest no more than 1-2 training meets per year. Any more and you will not be able to devote proper time to peaking for meets that count. Lifters that compete often, often do not improve. Remember that if you do not cut weight, you may feel a bit stronger than you would at your normal meet weight. You will have to take that under consideration.

As your experience increases, the need for training meets will decrease. Newer lifters feel the need to gauge their progress more frequently than do veterans. I believe Ed Coan only lifts at the Seniors and Worlds and he does okay, I guess. Learn from every meet you lift at. Use training meets as another tool in your quest for those big lifts. Perhaps the Buffalo Bills should examine what the Dallas Cowboys and San Francisco 49ers do during their preseasons. Whoops, wrong magazine!

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

925	Heisey, G	15Mar92
903	Kenady, D	06Apr86
886	Kazmaier, W	29Nov81
885	Reinhoudt, D	03May75
882	Cole, J	28Oct72
876	Wilson, O.D.	16Feb89
865	Long, T	06Mar83
865	Rethwisch, G	25Jan86
855	Wrenn, P	15Aug76
850	Henry, M	20Mar95
848	Wohleber, D	11Nov84
848	Young, C	02Feb86
845	Kuc, J	11Nov72
843	Grande, L	17Apr94
840	Reynolds, G	05Jun82
840	Chaillet, M	16Nov86
840	Ware, J	29Jan89
832	Cundy, D	71
832	Piekut, J	14Jun81
832	Lacy, R	03Dec88
826	Rainey, R	19Apr86
821	Hechler, G	03Mar85
821	Dimel, M	26Jul92
815	Wright, D	12Dec87
815	Hill, H	24Sep94
812	Barwick, W	30Oct82
810	Desadlier, C	21Jun89
807	Fletcher, T	70
805	Morgan, M	73
805	Brodsky, S	10Apr88
804	Boyce, B	10Nov79
804	Boscaccy, B	05Jun83
804	Steinacker, R	10Jan84
804	Frank, G	24Apr88
804	Clary, F	17Apr84
800	Smith, T	28May77
800	Hemphell, S	29May82
800	Drapal, J	Jul82
800	Paulucci, T	82
800	Dempsey, R	82
800	Rienstra, J	17Jun85
800	Donat, J	87
800	Kretsch, B	13Nov88
799	Baty, M	08Jul84
793	Hall, M	23Nov85
790	Cassidy, H	06Nov71
788	Cook, J	08Feb87
788	Barlow, R	08Jun91
782	Patterson, R	16Jun91
782	Collins, H	17Nov93
782	Ufford, K	15Oct94
780	Bradford, B	12Jan85
777	Keaggy, D	12Apr81
777	Shaw, D	26Jul81
777	Braxton, C	25Oct81
777	Sacco, F	07Feb87
777	Welch, G	21May88
777	Mafuli, V	27Feb93
775	Brown, C	21Feb82
775	Gagnon, J	18Oct86
775	Ward, G	13Nov89
771	Bouvier, W	24Jul83
771	Dear, S	17Dec83
771	Clifford, J	29Sep84
771	Loit, D	06Oct84
771	St. Savage, J	19May85
771	Herron, R	15Dec85
771	Farber, K	12Dec86
771	Dempsey, R	30Jul89
771	Waddle, T	03Jul94
770	Waddington, D	16Feb90
770	Tuttle, B	16Apr83
770	Bishop, R	12Jul92
766	Ford, J	13Feb82
766	Erickson, R	15Jul89
765	Buzet, D	08Feb92
761	Dewitt, D	20Nov94
760	White, J	75
760	Pregnar, A	17Apr83
760	Hjorth, J	04Mar84
760	Young, D	23Mar86
760	Romaniello, B	29Jun86
760	Presley, G	24Apr88
760	Pugh, J	15Feb92
760	Ketchum, J	02Oct93
755	Linde, S	15Oct82
755	Gollehan, M	17Oct83
755	Martin, D	04Apr84
755	Houser, J	30Jun84
755	Gentile, J	28Jun87
755	Sheedy, P	24Apr88
755	Rose, J	04Nov89
750	Veller, T	22Jun68
750	Pickett, G	14Sep68
750	Fera, H	76
750	Webert, N	09Mar89
750	Labeau, K	04Mar84
750	Ehinger, T	18Apr87
750	Isaac, T	13Jun87
750	Taylor, L	18Feb89

ALL TIME COMMENTARY... If there was ever a SH built better for deadlifting than Gary Heisey then I've never seen him. His body levers were perfect for this greatest test of all over body strength. Although Gary's forte was deadlifting, his body proportions were a handicap for the other lifts. Surprisingly enough Gary did quite well in the other lifts as well. His 925 lift remains the biggest deadlift the world has ever seen. Unless someone emerges on the scene with such gifted capacity this record will endure for a long, long time. Runner-up is Doyle Kenady, the man from Salem, Oregon. He's the first SH to pull the big Niner in competition, and is the only other besides Gary to do so in competition. Kaz, Reinhoudt, and Cole all did this in exhibition. O. D. Wilson may have broken this barrier, but he's in sixth. Mystery man Terry Long, the big gridiron star from East Carolina U, did one meet and an pulled a monster. Gus is one notch above the jovial preacher Wrenn.

Four years away from powerlifting now, Olympic lifter mammoth Marc Henry hit an ADPFA meet and pulled an incredible 850 to upstage Wohleber for 10th spot. He holds the US records in the overhead lifts. If you think this young giant would not rule the world if he came back to powerlifting, you are in for a rude awakening.

Going down the list you find legends galore. Cundy superseded the "Golden Gorilla's" 832 pull back in '71 when he traveled to Norway to test his deadlift might against the giant Norwegian Torkel Ravndal. At 6'6 and 320 Ravndal is credited with a deadlift of 882.5 back in 1970. Matt Dimel's incredible comeback saw him hoist 821 three years ago. Hard to believe he is gone. Wisconsin's Barwick broke the decade-old state record of legendary Mike Morgan when he did 812 in 1982. Can you believe it? Forty-one men surpassed the 800 club. Age means nothing to a powerman such as Randy Patterson's 782 at 43 attests. Among the dearly departed: Braxton 777 and Bouvier 771. Hoosier's John Ford and Rick Erickson have twin 766 pulls. Ford has a better idea - he's now on a top drug free SH. Talk about coming full circle John has done it all. Check out benching legend Doug Young. He was a complete powerman. Hoss the Boss Gollehan pulled 755 and so did Paul Sheedy.

Iowa man Veller and Olympian Pickett hoisted 750 back in 1968 for the oldest marks on this list. Seven men who didn't make the list date-wise but pulled 750 were: Stager, Pearce, Covert, Autry, Hunt, Gillingham, and Ruggiera. It took 711 to make the top 200. Going clear back to 1966 Terry Todd had the biggest lift in History with 742.5 in May of that year. At 338 Terry was the first of the behemoths. Along came 280 lb. Gene Roberson (still winning master's titles) who did 745.5 that September. So concludes the Chronology of the greatest male powerlifters in US. History and their marks recorded on the stone tablets of time. The men have 30 years of history going and still counting.

What of the women? No longer can they be labeled the "weaker sex." Their movement is a shorter span of 15 years. Did you think I would forget you? Not a chance. **Beginning next month the 50 TOP US Women All Time. Who rules the 97 lb. class - Susie Q - that's who: What about the 105's - King Louie knows her better than anyone.**

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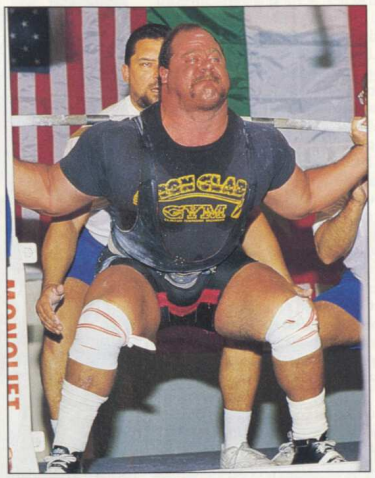
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JIM VORONIN

Powerlifter With A Mission... *by VADA CROSBY*

Jim Voronin lives a simple philosophy. "I always believe that where there's a will, there's a way," said the Superheavyweight powerlifter. He said he learned that lesson from his mother, Nita, who told him that if you want to do something bad enough, you'll work for it and you'll get there. She's a woman of her word, having put two children through college and started her own accounting and bookkeeping business. "My mom gave me so much guidance in life," he says. "She's always been a hero of mine."



Jim Voronin is a massively constructed Superheavy

So far, Voronin, a hulking, shy, easy-going lifter has been blessed with the will to make a way. Having won first place in the Superheavyweight class at the 1994 APF Senior Nationals in July, he then took aim on first place at the WPC World Championships held in November in Ohio. He knew that taking first place at the world tournament would be a battle, but for Big Jim his will to be No. 1 often outweighs any obstacles-- including the likes of the massive, 357 pound Steve Brodsky, who took second at the Nationals and was nipping at Voronin's 2nd place heels at the world championships. One battle neither of them could win, this time, was with the eventual World Champ, giant Peter Tregloan of England.

But Voronin is used to battles, both huge and small. He faces them daily in his middle school classroom, where he teaches eighth graders English and reading. And he faces them four times a week when he enters the athletic training facility at the University of Texas at El Paso to train.

But can he do it? Can he put it all together? You bet. Just ask his training partner and friend, the 275 pound powerhouse and APF Champion Scott Warman: "He's slowly starting to use his imagination and mind to unleash what he has in the body," says Warman of Voronin. "I think he's not even close to tapping his full strength."

Warman is a true supporter of Voronin. The two have been training together for about five years, becoming close friends in the process. Warman says Voronin, at nearly 6'3" and 350 pounds, has the mass and build to be a tremendous lifter. He says Voronin has tremendous upper body strength and is a dedicated training partner.

"He's made some massive, massive gains and he's a great lifter and a great person to be associated with," says Warman. "Depending on how long he wants to stay in the sport, if he continues to be single-minded and approach the sport that unsparingly, I don't think there's a limitation as to how far he can push his upper body strength."

Voronin, who isn't one to sing his own praises, agrees. He knows he has the power within, but hasn't yet tapped the potential he possess. "I'm kind of humble about it," he says. "People have told me that genetically - it's there."

Voronin is a wide, thickly built, barrel-chested man who has a frame that would make a football recruiter drool. He's got the look of a football coach, which he was at the University of Texas at El Paso, working with Warman. However, financial considerations forced him to leave his assistant coaching post and turn his attention to teaching.

Most days you can find Voronin, who holds a bachelor's degree in education, instructing eighth graders at Crockett Middle School in El Paso, a tough inner city school. He says he enjoys shaping young minds and working with the future leaders of tomorrow. And, through lifting, he also dreams of tomorrow - of big lifts and making a mark in powerlifting. "You can do whatever you want, if you put your mind to it," Voronin says.

An adopted child, Voronin, 30, was a military brat who calls Austin, Texas, home, but lives now in El Paso. Voronin says he sort of fell upon powerlifting. Always big boned and thick, he says he toyed around with weights while in high school but, "I wasn't too serious about it."

But, even as a youngster, the potential for power was evident. "Some people have that gift and others have to work a little bit more," he said. "I was a big kid. I guess it (the strength) was there, but I just had to work at it." "Lifting was more of an individual thing," he added. "I knew what I did with weight was something that I did on my own. I didn't have to rely on 10 other people. In school, that sort of set me apart."

In school, Voronin played football and ran track one year, but he eventually gave up football because he "didn't see eye-to-eye with coaches." He dabbled with lifting but admits that he wasn't serious about it. However, he got bitten by the iron bug in the early 1980s and started lifting competitively in 1985. Since then, he's been busy racking up trophies and titles:

In 1987, weighing 245 pounds, he took third place at the ADFPA Collegiate Nationals while a student at Texas Tech University.

In 1991 he took first place at the APF Junior Nationals weighing 307.5 pounds and posting a three lift total of 1,925 pounds. That same year, he placed fifth at the Senior Nationals with an 1,978 pound total, and took third at the WPC World's Invitational held in Las Vegas with a 1,951 pound total. John Ware won the world title with a three lift total of 2,303; Brodsky was second lifting 2,017 pounds.

"That was the first time I competed in the Supers and that's when I made the decision that I needed to stay there," he said. "I weighed about 320 pounds. I was thrilled to be there and compete in that kind of company. It was an honor to lift with them."

In 1992, Voronin totaled more than 2,000 pounds for the first time during a USPF meet in Arkansas. Later that year, he took third at the APF Seniors and went to the World Championships in England as an alternate.

He won the APF Junior Nationals in Illinois in 1993, going 9 for 9 and totaling 2,100 pounds. He was named best lifter at that meet. At the APF Senior Nationals in 1993, he took second behind the incredible Grant Pitts of North Carolina. That same year, he competed in the WPC World Championships in France, where he took second place.

Voronin, who describes himself as a reformed "king of overtraining" credits most of his lifting success to Warman, who he says has transformed his lifting techniques. "He's one of the most driven people that I've ever met, "says Voronin. "He's driven for success. He and his wife both are tremendous. I owe them a tremendous amount of credit for putting me in the right direction and helping me out over the years."

That helping hand has made a difference. Voronin has squatted 865 pounds and benched 611. But his sticking point is the deadlift, which has been stalled at 689 pounds. That's his weak link-- his back, says Warman. "His deadlift has been slow," he explains. "He needs to switch to sumo [style deadlifting.]" Based on Warman's success in the 275 pound class in past years, Voronin's apt to follow his friend's advice. Warman says that with a little extra training and hard work, Jim Voronin will be the man to beat in the near future.

"This guy can be very, very good," says Warman. "I can remember when we first met, I started telling him that if you get your body weight up to 375, 400 pound range, you'll get to the point where you'll stand up against anyone in the world." Voronin would like that. His dream is to someday, somehow leave his mark on the sport of powerlifting.

"I think every lifter deserves credit for what they've accomplished. I know what I'm capable of now," he says, analyzing his powerlifting abilities. "If only I can stay consistent and keep improving, I've always told myself that it would be nice to make some sort of impact on the sport someday."

Voronin says powerlifting has had a major influence on his life, as have many powerlifters, such as Warman, Bill Kazmaier, 275 pound lifter Bill Nichols, Brodsky, John Gamble, Don Reinhoudt, the late Matt Dimel and others. "I've made so many good friends though lifting and they've had a tremendous impact on my life," he says. "It's been a tremendous experience so far, and I look forward to more of it."

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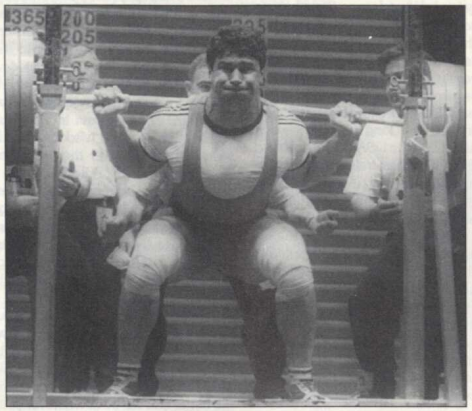
as told to Powerlifting USA by Rick Brunner, Atletika

In the age of lifting suits, wraps and other support equipment comes a new high-tech means of recovery in the form of magnets. Read on and learn how these unique devices can boost your training performance and keep you competitive. They are fast becoming "THE" restoration tool of the 90's.

In 1988, as a researcher and coach, I traveled for the first time to the then Soviet Union in search of anything related to training or recovery that would improve the gains of experienced drug-free lifters. Since that first trip I have traveled to Russia on eight different occasions, each time learning more and more about how many of the world's greatest athletes train and how science plays a key role in this training. I have seen elite Russian athletes improve under conditions that most of us here in the USA would view as being clearly barbaric and Third World. The Russian food is of poor quality, the transportation via old bus, train or junker car to and from the gym sporadic at best, and the living conditions like an inner city's bad dream. Yet, these athletes continue to excel in spite of their environment as they prepare for the Summer Olympic Games in Atlanta, What is their secret?

Is it the drugs that make them a winner? Some "secret" chemicals that transform their strength athletes into superhumans? I've had access to even the top secret laboratories in Russia, well before the demolition of the Iron Curtain, and from my experience their success is due less to drugs and more to a diverse view of drug-free training and recovery methods. The Russian sport system has allowed for extensive research into new types of training program design, supplements, and physical recovery means that many lifters in the USA know little or nothing about. In the past I have written most about new training methods and sport supplements. In this article I will explore a new means of accelerating recovery after hard training by using a special kind of magnets. That's right, magnets. Not the kind you stick on your refrigerator, but high-tech alternating polarity magnets designed to stimulate the rapid recovery and growth necessary for maximum gains in strength and power.

I first heard of Russian scientists using magnets to improve an athletes recovery from hard training back in 1989. Over the years I have witnessed first hand the incredible recovery and growth potential of these magnets, and I no longer view them as "voodoo science" as I first did. In fact, the leading producer of these magnets is not the Russians who pioneered much of the early research, but the Japanese who have taken a crude magnet and perfected its use just as they did with the car, the radio and television. For those of you who travel internationally, walk into any drug store in Japan and many in Europe, and you're sure to find a variety of magnetic products, not only for athletes but for ordinary people too. The static magnets from Japan are safe to use and should not be confused with alternating polarity electromagnetic fields from electric power lines which are quite different and potentially harmful.



***Russian research** on training methods not generally available in the West may be providing an edge to champs of the former Soviet Union, like Mustrikov (above, at the 1992 IPF Worlds), which is closing the gap on American dominance in International Powerlifting.*

The use of magnets by American athletes is new. Several professional and Olympic teams in the USA have begun using them with good results, but these athletes are the tip of the iceberg as the magnets gain worldwide acceptance.

As a competitive athlete for many years, I personally have been limited by nagging training injuries, on and off, for as long as I can remember. The magnets I've used have made a world of difference in my recovery and injury prevention. These magnets have a magnetic rating of between 450 and 700 Gauss which seems to be the range of magnetism for optimal effectiveness. The use of magnets along with other recovery means has played a key role in my turnaround, and they've made me a big believer in this new recovery method.

Today, magnets are being used in a variety of ways. They are applied to water pipes to keep minerals flowing and prevent sediment buildup, used to stimulate plant growth, and placed into horse blankets to stimulate growth, soothe aching joints and muscles, and shorten recovery from injury. In fact, nuclear scans of horse legs has shown up to a 30% increase in circulation over normal when magnets were applied to the legs for just a few minutes after training.

Just how do these magnets work? As explained to me, early research by Russian scientists focused on the magnets' regeneration potential, meaning they help to stimulate growth and recovery of tissue. By working with the natural DC current found in the human body, the specially placed magnets can increase blood flow and capillary size. In contrast, a random arrangement of magnets will not accomplish these beneficial results. The Russian scientists I spoke with who had performed research with magnets cited specific factors which they felt were the reasons for accelerated recovery and growth. Research has shown there is an increase in blood and lymph flow via action by the magnets on ionic (charged particle) currents and movement patterns. This increase in transport helps to deliver a greater amount of oxygen and nutrient rich blood to an area and the rapid removal of toxic metabolic by-products such as lactic acid and ammonia produced from training stress. I was told that in some cases the production of anabolic hormones can also be stimulated by using magnets. When the magnet is applied to the skin, a warming effect is often felt in the muscle.

Researchers are presently experimenting with magnetic discs which are applied to a muscle that has been stressed in training. For example, between sets and after a squat workout the athlete applies a small magnetic disc to their thighs for upwards of 1-2 hours. In recovery, supplements such as amino acids, creatine and other low molecular weight compounds can be consumed while magnets are applied to the skin, This dual action may enhance both the growth stimulating and the protective action locally in a specific muscle group. The theory of sport researchers is that if blood flow is improved by the use of the magnets, the athlete can further amplify the effects by feeding the specific muscle via supplements. In this way the compounds can be targeted more directly to a specific muscle group and enhance recovery and growth.

For a powerlifter to excel drug-free, he or she must lift heavier and heavier tonnage. The increase in load (intensity) and volume (tonnage) places a great stress on the body. Recovery means, both neurological and muscular, play a greater and greater role as the athlete advances. I can't see any lifter at the intermediate or advanced level not using magnets to help them sleep better and recover faster. You can bet that if you don't use them, you're competitors will, and they will have a significant advantage over you.

The magnets I've seen and used come in a variety of sizes and shapes. The Japanese have placed them in shoe insoles, mattress pads, pillows, and thin discs that you can apply right on a muscle. By arranging alternating polarity magnets in a checkerboard pattern, these magnets may achieve maximum penetration into muscle and facilitate the recovery and growth process.

A young powerlifter I know wasn't able to bench much for some time due to strains in both shoulders and a sore elbow. After using magnetic discs he is now back benching more than his previous best max lift. The magnets seem to have helped stabilize his lift and allowed him to recover from training stress

much faster. I witnessed another lifter increase his squat by over 30 pounds in just under a month. Did the magnetic insoles he was wearing do it? Perhaps not every pound of increase, but the guy was already experienced, and knowing his ability, I have a hard time believing the gains were just from training or supplements. Just so it wasn't a fluke gain, I checked on this lifter again two months later and he was still making significant gains and moving closer to a world record.

Coach Jay Schroeder of Ultrafit in Arizona has used these magnets for several months. Jay is a masters world record holder in the bench press and the coach to many powerlifters and professional athletes. He is known to train to the extreme and recovery is critical to his success, When I heard he was using magnets to help his recovery, I asked him about them. On three different occasions Coach Schroeder informed me that the magnets now play such a basic role in his training that he won't lift without them. During the workout he uses them to speed recovery between sets. He even sleeps on a magnetic mattress and pillow. Coach Schroeder told me, "Every lifter should use these magnets if they want to remain highly competitive. In 1975 I broke my back and neck in an accident and wound up in the hospital for one year and in traction for 14 months. I was paralyzed twice, and I wasn't able to deadlift much at all since the injury. Over the past few months of using the magnets I've been able to resume deadlifting for the first time and have lifted more in one week that in the past five years combined. My lower back used to bother me on a regular basis, but it hasn't ached at all since I've used these magnets. While they seem to help me recover faster and prevent soreness, my favorites are the magnetic insoles I wear while lifting, and the mattress and pillow I sleep on."

Will these inexpensive magnets now in use by millions of persons worldwide improve your powerlifting? As with supplements and training plans, I've found the results can vary from athlete to athlete. However, every athlete I've seen using the magnets so far has benefited and improved their performance beyond what they traditionally have gained. What I once thought was some Russian scientist's fantasy has through the advances of Japanese technology become a worldwide reality. In fact, several billion dollars worth of these special magnets will be sold world-wide this year alone. It won't be long until all serious athletes in the USA will incorporate them into their training and recovery plans as well. If these magnets give a lifter an extra edge drug-free, and they're safe, I say go for it!

The insoles I used in my studies and the magnets most often cited in the literature were purchased from an authorized US distributor called Magnetic Performance. For more information about these magnets and how to use them properly call the distributor via their toll free telephone number: 1-800-556-6382.

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FOR REVIEW....

GRIMWOOD... it's a name that has become very significant in the world of strength training. Tamara Rainwater-Grimwood has steadily risen up the ranks of women's powerlifting greatness - to the very top. Reviewing some of the earlier predictions about what she would be doing (I can recall her initial picture published in *POWERLIFTING USA* and the anticipation of her first 300 lb. bench press), it puts the ring of credibility to the fantastic expectations for her in the near future (how about a 1700 total!). But, Tamara is not the only one to have benefited from the Grimwood Strength System. A very impressive array of athletes, from the strength area and elsewhere, are happy to tell the readers of the new book "The Grimwood Strength System" how they have made excellent progress in their training programs following the advice that Terry Grimwood has developed. Terry has a diverse athletic background, including martial arts and boxing, and has trained all sorts of athletes for power. This experience has been distilled into a philosophy that the Grimwoods express in 25 "Rules of Principle". This is a striking compilation of lifting wisdom, including some of the best ideas we have seen or heard of over the years, compiled into a comprehensive plan. Based on the 25 "Rules", a wide variety of training programs, with exercises, sets and reps spelled out, are offered, with plenty of rationale on the whys and wherefores. Before getting into the numbers, there is a healthy dose of the Grimwood philosophy on all aspects of your quest for physical excellence. This is powerlifting training for everyone, powerlifters especially, but the gap between a regular gym rat workout and the heavy duty approach of a dedicated strength fiend has been crossed in this book, which is available from the source on the facing page of the issue of *POWERLIFTING USA*. This is a successful attempt to mainstream the powerlifting outlook on physical development and make it as valuable as it should be to anyone who wants to improve their physical capabilities for any intense activity, and for that boldness the Grimwoods deserve great credit. Strength is essential to any human activity, and the stronger you are, the better you will be at whatever you do, and the fastest way to get strong is to train hard at compound exercises involving the major muscle groups - just like powerlifters do.

From the American point of view, we go next to Eastern Bloc, where another of the top experts of Soviet strength technology, Vladimir M. Zatsiorsky, has written a new book "SCIENCE AND PRACTICE OF STRENGTH TRAINING" Now a professor at Penn State, Zatsiorsky prefaced his immigration to the United States with 18 years experience as department chair and professor of the Department of Biomechanics at the Central Institute of Physical Culture in Moscow, and for 8 years beyond that he served as a consultant to the National Olympic teams of the USSR. He continues to serve as a member of the Medical Commission of the International Olympic Committee. There are a lot of scientific words and theory in this book, but it is neatly positioned in the context of practical application, and many questions that a serious student of the science of strength would love to have answered are addressed directly. A variety of strength training methods and applications to various types of athletic activity are explained concisely. The summary of a professional career intently devoted to the understanding of strength is packed into this book; it's a wellspring of information from which you can draw time and again to find insight into your training problems, whether you are an athlete, a coach, or a strength researcher. This is another in the impossible to match series of strength training books published by Human Kinetics, Box 5076, Champaign, IL 61825, 217-351-5076 ($29.00, clothbound, 256 pages)

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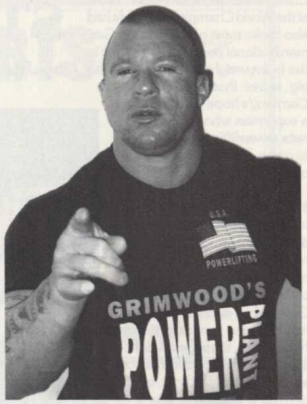
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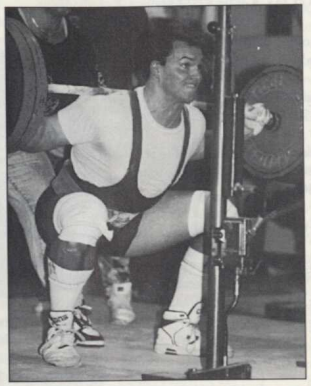
STEPHAN KORTE

by Judd Biasiotto Ph.D., World Class Enterprises

Let me tell you about my good friend Stephan Korte. He's a magnificent athlete, one of the great powerlifters to ever come out of Germany. By the time he was 22, he had already won three German National Championships, one European Championships, and a silver medal at the World Championships. He had also broke most of the teenage German National powerlifting records in the heavyweight division. It was no big secret that Stephan was Germany's hope for the future, a superman who would dominate powerlifting for a decade to come. He was just that great of an athlete.

Unfortunately, his powerlifting career came to an end when he was stricken with testicular cancer. Still, Stephan remains a major figure in German sports. At present he is competing for a position on the German bob-sledding team, and he is also working for Novagenics, the largest weightlifting-related research center for all of Europe. Without question, he is both an athlete and an academician.

In order to interview this powerlifting great, World Class Enterprises traveled to Arnesberg, Germany, to meet with Stephan Korte.



***Stephan Korte** - squats 700 in 1992*

WCP: Before we get to the meat of our discussion, let's get some of the specifics down. Like your age, weight, occupation, and any facts that you think are important.

Korte: *I'm 24 years old, 6'3" tall, and 225 pounds. At present, I'm employed by Novagenics, a company in my hometown of Arnesberg, Germany. Novagenics is a company that was designed to procure scientific research and literature that deals with performance enhancement. It's a perfect place for me to work. Through Novagenics, I can gain access to some of the most esoteric information in the world on human performance. Without question, my work at Novagenics has not only enhanced my professional career, but also my athletic career.*

As for my personal interests, I like traveling all over the world, meeting new people, and studying different cultures. Of course, I love the strength sports - Olympic lifting, powerlifting, and bodybuilding - and I especially like talking and training with those athletes. My major goal in life is just to be a good person.

WCP: I heard somewhere that just prior to the 1993 Junior European Powerlifting Championships, you discovered that you had cancer. Can you tell me a little bit about that?

Korte: *Sure! About four weeks before the Championships I noticed that my right testicle was swollen. I had read a number of articles on testicular cancer, so the first thing that went through my mind was that I might have it. Of course, I was frightened, but I did not want to go to the doctor because the Championships were only a few weeks away.*

WCP: Well, did you have cancer?

Korte: *Yes. Actually, I diagnosed myself. I went to the library and read everything I could about the disease and then I had a friend of mine, who was in medical school, examine me. He confirmed my diagnosis. Still, even though I knew I had cancer, I wouldn't go to a doctor because I wanted to compete at the European Championships.*

WCP: In other words, what you are telling me is that you actually jeopardized your life just to compete at the Championships.

Korte: *I know that I jeopardized my life to compete, but you have to understand that it was my dream since the time I started powerlifting to win the gold at the European and World Championships. And I knew that once I went to the doctor, I would never have a chance to realize that dream. So I had to take that chance. I know that sounds crazy, but that was what was in my heart and in my mind at that time.*

WCP: You're right, that is crazy. In retrospect, would you do that again?

Korte: *Obviously, life is more important than a gold medal, but I would probably do it again. That's how obsessed I was about my goal.*

WCP: What kind of message do you think that sends to people?

Korte: *Look. I've always been the type of person who lives his life to the fullest. I want no regrets in my life. I don't want to look back on my life and say I wish I would have done this or that. Especially now - after my cancer- I realized that every day is important. That living in the past or future is fruitless. Only today matters.*

WCP: What do you contribute your success to? Is it the obsession?

Korte: *I certainly believe that single-mindedness is important to achieve your goals, but that's not the only thing. You also have to eat right, sleep right, train smart, and get a good coach like I did with Micha Szafranski and Rudolf Kuster.*

WCP: What do you mean by training smart? Could you elaborate a little on that?

Korte: *You cannot expect to be successful in powerlifting anymore just by lifting weights. The sport has advanced to a higher level. Today, you have to use scientific techniques also.*

WCP: What type of techniques are you talking about?

Korte: *Well, I used scientific techniques to train both my body and my mind. For example, to train my mind I use techniques like hypnosis, relaxation, training, and visualization. To train my body, I used periodization, blood testing to monitor my physical condition and massage.*

WCP: Actually, that's not much different than how Americans train. Is there a difference in technique or philosophy between Americans and Europeans?

Korte: *I'm not sure. My gut feeling is that most lifters train basically the same way. I believe that Europeans think the Americans have secret training methods, but they don't. I also know that American lifters think the Europeans have secrets, but I don't think we do.*

WCP: With all of the factionalism in powerlifting (the USPF, ADFPA, APF, IPF, etc.) what do you see for the future of the sport?

Korte: *I believe the future of the sport is bleak. There is no way the sport will grow unless all of these organizations unite. Certainly, we will never be accepted as an Olympic sport with such separations. Think about it. A world champion is supposed to be the best athlete in the world, but in powerlifting, every year we have four or five world champions. This is nonsense. It destroys the credibility of our sport, and confuses the spectators and even the lifters.*

WCP: I've heard it said that the European athletes feel that a lot of the totals that American are posting are bogus. Do you have any comment about that?

Korte: *I'll be honest with you. I believe that the only valid organization in powerlifting today is the IPF/USPF. They are the only organization that strictly adheres to the rules of the sport. They don't tolerate illegal equipment and they certainly don't let high squats get by like they do in the other organizations. They also use urinalysis to drug test. Consequently, a lot of the totals that are being posted in some of these other organizations are suspect. I'm convinced the lifters who are making those incredible totals in the other federations would never be able to duplicate it if they competed in the IPF.*

WCP: The poundages have increased so dramatically in the last two decades. Are the athletes getting that much stronger?

Korte: *As I've mentioned before, a lot of the lifts that are being made are questionable. Today, some guys are doing half squats and getting away with them. Consequently, a lot of lifts that are made are probably not valid. Also, the equipment is much better than in the past.*

WCP: What advice would you give a novice lifter?

Korte: *I believe the best advice would be to get a good coach, someone who has a strong background in biomechanics, nutrition, and training methods. A good coach is invaluable. He literally makes the difference between being good and being great.*

I also believe it's important to educate yourself. The more an athlete knows about his sport the better he's going to perform. Read about everything. Nutrition, psychology, equipment... Always remember that knowledge is power.

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Pec Tear Nightmare

Part II, "The Long Road Back" by Neil Confessore

As I arrived home that evening the magnitude of the disaster that had befallen me had begun to sink in. My mind went into a total state of confusion as I started to lash out and blame my training buddies for my own act of stupidity. If only I didn't train Cord... why didn't my brother and me friends stop me. But, the facts told a different story. Cord is a very close friend of mine, whom I was very proud of, and Chris and my friends did try to save me, but I just would not listen.

I was blaming everyone and everything, but in my heart I knew there was only one man to blame and all he had to do was look into the mirror. As I looked into that mirror a horrible image was reflected back to me. My left pectoral msucle had swelled into a giant black and blue cantaloupe. For the next five days my chest would continue to expand in size. As the internal bleeding continued, large bruise marks spread across my body. By the time the bleeding had stopped, my upper body looked like a giant ink pen had exploded and shot it's ink all across it. Just like ink blotches, these stains would take time to fade away. Finally, three weeks afterwards the swelling and the internal drainage of blood had subsided. I began to think about benching again.

At the time, I was personal training two women friends of mine, Lisa and Tracy. They would become my new training partners for the beginning of my rehabilitation, my load road back. In our first workout, Tracy and Lisa both smoked 75 pounds for 10 reps each. While I did the 45 pound bar for three sets of fiftenn. Those first few sets were the most painful of my life. Every time I did a rep, my left pec would do a Rice Krispies commercial, giving me that snap, crackle, and pop sound. It was the scar tissue breaking up, and from the sound of it, I knew it would be a long, rocky road back. I figured it would be too long before I could think about catching Cord again, so I set my sights on catching Tracy and Lisa first.

Five weeks into my rehab I had my bench up to 200 for eight reps, so I stopped training with the women and began to lift by myself. After a few weeks of training this way my brother and friends wanted to know when I would be coming back and lifting with them again. I couldn't give them an answer. They were used to seeing a five hundred plus bencher, and I couldn't bear for them to see me the way I was now. For the first time in my life, I felt like I didn't belong with them. The next six weeks of my training would be the most aggravating of my life. Although my bench would go up every week, I was a man who had once benched in the five hundreds, who has now benching 260 for eight reps.

People who would never go near the bench when I was pressing all of the sudden wanted to bench with me. They seemed to enjoy the fact that now they could out-bench me. The made me feel like a mortally wounded T-Rex being attacked by a pack of starving Velociraptors. It seemed they were enjoying my dilemma. This only made me more determined.

Finally, six weeks later my bench was up to 315 for 10 reps; strong enough to keep the raptors off my back. Gradually, I was starting to feel like myself again, but as fate would have it, three weeks later my left outer pectoral muscle tore again. I now knew that my outer pec could not handle the heavier poundages. Unless I changed my grip to somehow overcome this weakness, the raptors would be able to torture me the rest of my lifting days.

Three weeks later, I started training again, and this time I used a very narrow grip. So narrow was it, in fact, that the people in the gym looked and thought I was doing close grip benches. I knew benching this way would be a lot harder, but it was the only way to keep the stress off my pec. Training in this way, my upper body started developing soreness in areas that had never been so sore before. Instead of my chest, my triceps, shoulders, and upper back were hurting. I hadn't been this sore since the early days of my lifting career. I enjoyed this new pain, for it made me feel like I was being reborn. The Phoenix was rising from it's ashes and was getting ready to fly once more.

After three months of lifting this way, I had gotten my bench up to 340 for 5 reps, without a bench shirt, for pauses. My pectoral muscle would cramp up once in a while, otherwise, it was holding up fine. Thankfully, the new grip was doing the job.

At this time, I decided to return from my self-imposed exile and began to train with Chris and my friends again. I now felt like I belonged with them again. For months, I had missed talking and lifting with these guys and now I felt like some poor soul who had finally foudn his way back home. I was back with my powerlifting family again. Being around the boys made me hungry and I knew that to get all the way back, to be a true powerlifter again, I would have to test myself in battle. I grabbed my *POWERLIFTING USA* Magazine and began to look for a meet. I was going back into battle... the only question was when and where.

(Next Month... the Comeback)



Neil's Powerlifting Family *includes sister-in-law Diane (center) and brother Chris (to her left) and the many friends of Neil (to Diane's right)*

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POW!ER SCENE

Another huge bench press! Chris Confessore pops a 741! Phoenix, Arizona was the site for Chris' monster bench, and the man from Long Island thinks he has even more in him. He did try a 751, but that was a little too much, at least for that day. What's up next for Chris? September's Greatest Bench Press in America? Something else? Stay tuned.

Speaking of the Phoenix area, Jay Schroeder of neighboring Mesa has an interesting opportunity. Big Jay coaches a lot of NASA champion lifters, and also coaches some top professional athletes. One of Jay's athletes is baseball player Darin Jackson, who had a terrific season with the Chicago White Sox last year. This year Darin is in Japan, and is leading the league in home runs. For each home run to center or right field that the right-handed hitting Jackson hits, he'll send Jay $1000.

As the NFL pre-season is approaching, Jay is also coaching some football players, including many members of the Green Bay Packers, and one of the all-time NFL great receivers, Shannon Sharpe. Let's hear it for powerlifting and strength training techniques truly making it into big time sports.

I was on the phone last week with Tamara Rainwater-Grimwood and her husband Terry, and Terry is promising some big things from Tamara later this year. As a matter of fact, he's guaranteeing a 700 lb. squat by Tamara within the year. Wow! No woman has come even close to that yet.

Bert "The World's Strongest Photographer" Wagner was back in action at the APF National Qualifying Meet in Daytona Beach, Florida. Bert posted a 701-451-683 for a total of 1835 at 275 lbs.



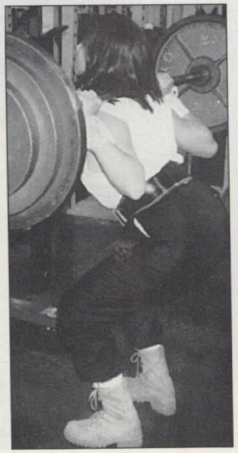
*The **Jim McCarty's** of Florida*

Bert also sent along this photo of the husband and wife powerlifting duo of Suzi and James McCarty. Suzi hit 832 at 123 lbs. and James did 1604 at 181 lbs.



***Ron Fedkiw**: new PL Media Star*

More TV exposure for powerlifting: Bret Lewis of KNBC-TV here in Los Angeles featured two of our area's powerlifters recently in a piece on brains and brawn. Ron Fedkiw is a national level competitor in the 198 lb. class, and is finishing up his Ph. D. in advanced computational mathematics at UCLA, while Dr. Chris Lydon received her M.D. from Yale last year and is just beginning in powerlifting competition. The piece was very positive toward powerlifting and showed a lot of Ron in action at this year's USPF Squat Nationals.



***"Mint"** training on the squat.*

Another upcoming female lifter out here is a protege of coach Jack Armstrong. "Mint" is a pop singer, and measures in at 5'3 and 118 lbs. Jack has been working with Mint for only a few months, and she's already squatting 270 lbs., and he thinks she's got a lot more in her.

A word of thanks to our new clothing sponsor of *POW!ERLIFTER Video* Magazine. By American is a new clothing line manufactured out here in California, and they really have some terrific stuff. We were delighted with the clothes they gave us for our most recent shoot, and we wish them lots of success. If you'd like to check out their catalog, or just get information on where the clothes are available, give them a call at 310-403-1744.

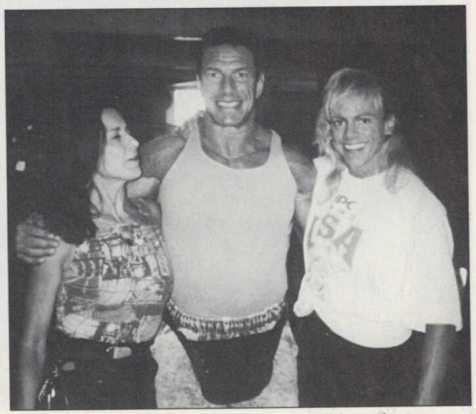
Finally, a sad note, and the toughest paragraph I've yet had to write in this column. Don Ross, a friend of mine, and a friend to powerlifters and bodybuilders all over the country, died suddenly of a heart attack at age 48.

Don was editor of *Muscular Development* magazine, and in his monthly column Muscle Beach Beat, Don gave a lot of great coverage to powerlifting, always promoting the sport and its lifters with terrific prose and lots of wonderful photos. Anthony Clark, Chris Confessore, Craig Tokarski, and Rachel Mathias were just some of the many lifters Don heralded so wonderfully.

A gifted writer, a huge supporter of all the hard working lifters out there, a true fan of all aspects of the iron game, Don was one of a kind, and I, and a lot of other people out there, will miss him very much. *NED LOW*

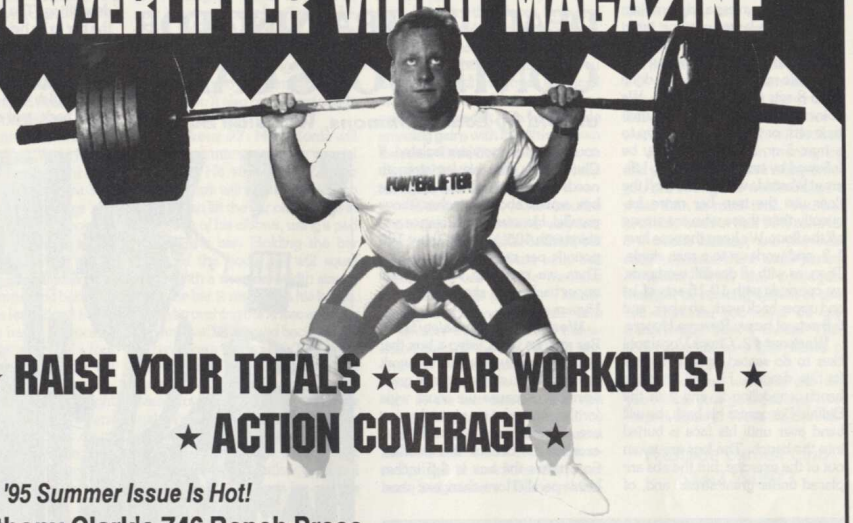


*POW!ERLIFTER Video's **Vicky Hembree**, **Chuck LaMantia**, and **Chris Lydon** in By American clothes. (photos courtesy of Ned Low)*



Rita Ross**, **Don "Ripper" Ross**, and bodybuilder **Anita Ramsey

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TRAINING

DEADLIFT TRAINING FOR CONTINUOUS GAINS

as told by Louie Simmons, Westside Barbell

I am often asked what we do on deadlift day since we don't deadlift. At least 75% of the time we do some type of squat or good morning. We rotate a major exercise every 3 or 4 weeks, normally going from a squat exercise to a good morning. I recall that whenever my squat was up, so was my deadlift. I believe this is true for everyone, unless a grip problem or an overly large waistline interferes with your technique.

Workout #1. One workout that we rotate may be belt squats, done for 6-8 sets after warming up. We sometimes use one weight for multiple sets, or we may pyramid up to a max 3 or 5 reps. This may be followed by trap bar deadlifts. Lifters at Westside who are slow off the floor use the trap bar more frequently than those who are strong off the floor. We keep the reps low, 1-3, and work up to a max single. Then, as with all deadlift workouts, we conclude with 10-15 sets of lat and upper back work, ab work, and 6-8 sets of heavy Reverse Hypers.

Workout #2. Chuck Vogelpohl likes to do seated good mornings for his deadlift. He will sit on a bench, straddling it, and with the Buffalo Bar across his back, he will bend over until his face is buried into the bench. The legs are taken out of the exercise, but the abs are placed under great stress, and, of course, the erectors are isolated. If Chuck feels that his leg strength needs work, he will also do some box squats about 2 inches above parallel. He uses a close stance and starts with 405, jumping about 100 pounds per set up to about 705. Then we conclude with lat and upper back work, abs, and Reverse Hypers.

Workout #3. The Safety Squat Bar may be used, using a box that is 2 inches above parallel. We work up to a max single after a good warmup. Because we squat wide for the most part on squat day, we use a rather close stance for this exercise to benefit the deadlift. Sometimes the box is 4-5 inches below parallel for a change of pace. Keep records on each box height. This bar will greatly develop the erectors. It is up to the individual whether a suit is worn. Again, finish with lat and upper back work as well as direct lower back and ab work.



***Exceptional Gains** are coming to lifters at all levels, around the world, as a result of practicing training methods that Louie recommends.*

Workout #4. You may now want to do a rack workout for the next 3 weeks. Our rack pulls are done with the plates 6, 4, and 2 inches off the floor (the first workout being 6 inches off the floor). After a thorough warmup, make large jumps, doing only singles. Work up to establish a new max. Most lifters will only make progress for 3 weeks when pulling heavy weight before they start to regress. That's why we only pull for 3 weeks. This is a taxing workout, but most at Westside follow this with a few sets of squats on a box 1 inch above parallel using the Manta-Ray, which is a molded plastic yoke that holds the bar high on the traps. Remember to fully relax the hips on the box before ascending. We do 10-20 reps. These build the lower back and legs in a manner that benefits deadlifting. The Manta-Ray allows the bar to be held high on the back, allowing one to maintain an upright position. This teaches one to push with the legs and keep the low back tight. Finish with upper back, lats, lower back, and abs. Note that we limit the total number of exercises to 6. You must do a lot of a few things. By doing this, you can rotate to new exercises continuously.

Workout #5. Chuck Vogelpohl does a wide assortment of exercises, and if he feels the need to cool it a little, he will first do Reverse Hypers as heavy as possible until failure and then lat rows on a chest-supported device, lat pull-downs, and abs. That would conclude his workout for the day. It is a hard workout, yet there is no stress on the spine from either squats or deadlifts. This rotation is a form of restoration. The Reverse Hyper, when in the down position, opens the area between the disks and allows spinal fluid to re-enter. Why did Chuck work out when he felt overtrained? Why not recuperate? If he had fully recuperated, his muscles would be in an inactivated state; they would be doing nothing. Full recuperation is not beneficial for strength. The body will adapt to the loads placed upon it. Chuck will only do this for one workout, re-entering the normal rotation cycle the following week.

Workout #6. Arched back good mornings are commonly done after squatting, but they can be done a second time on deadlift day. For most sumo deadlifters, these are very important for learning to keep the back arched. Todd Brock will work up to a heavy weight after a good warmup. The reps are 3-6. Arched back good mornings are done with a wide stance, feet pointed straight ahead, a low rack, and a super arch. Push the knees out to the sides, keep the head raised and pushed into the traps, and bend the legs slightly. Then lean, don't bend, forward until the bar is in front of the knees. The bar will travel a foot at best, but the force on the bar will be multiplied greatly with this trajectory. Work up to a heavy weight (for a 700 squatter, 495 for 5 reps is heavy). Then work back down with a shoulder-width stance. This will take the stress off the hips and place it directly on the lower back. Again, lat and upper back work, abs, and Reverse Hypers are performed.

Good mornings are sometimes considered dangerous. However, a little known method of performing a good morning is by sitting on the floor with the legs straight ahead and bending forward. Drop the head and breathe normally. Try to descend lower on each rep, always keeping the back bent, even while ascending. This strengthens the hamstrings and the lumbar region of the back. It also has a therapeutic effect on the hips.

Workout #7. Mark Borda will sometimes mix two major special exercises. He starts with Zercher squats. Mark will set the pins low so that he can lift the bar off the pins in the crook of his elbows, using a pad around the bar. Holding the bar close to the body, he will squat down with a shoulder-width stance until the bar is resting on his knees. Then by pushing the knees and hips out and with an arched back, he will ascend from the squat. This exercise will build hamstring, glute, and lower back strength. It will also teach correct squat form just by the nature of its performance. The abs play a major role in this exercise as well. Zercher squats do not test your strength, but rather build it. I have done 500 pounds for a single at an exhibition; this will give you something to shoot for.

The second exercise that Mark does is the kneeling squat. These are done kneeling in a rack with a pad under the knees. Set the pins low so that you can take the bar out of the rack while resting on your knees. Squat down and try to lower the glutes to the floor. Kneeling squats will build the hips and glutes an amazing amount. If you watch this exercise being performed, you can see that all the stress is placed on the very muscles that help you squat and deadlift. We have made amazing gains with this little-known exercise. Todd Brock also relies on this combination quite often to help his squat and deadlift.

Workout #8. I will describe one more workout that is very taxing on the muscles that deadlift, but not on the spine. Start with belt squats. We use a cable machine designed for this purpose. The advantage of the machine is that there is tension throughout the movement, even at the top. We do several sets of belt squats, with 5-20 reps: the reps are low if we did high reps in the last exercise and vice versa. Belt squats are followed by deadlifts with a handle on the same cable machine. The reps are normally high to condition the lower back and erectors. This combination will hit all the leg and back muscles, including those around the tail bone. This workout would kill King Kong! Follow with lat work, Reverse Hypers, and abs. We often use the Ironman ab bench. It is the best ab device we have ever used.

By using a revolving system like this, one can train the deadlift 52 weeks a year and max out every time. It is the only way to do this.

Many so-called experts say that you must train at 90% and above for 1-2 reps for maximum strength gains. What they don't say or don't know is that after training for 6 weeks like this strength will decline.

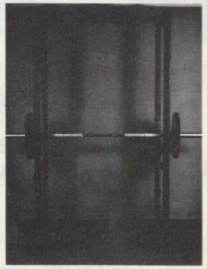
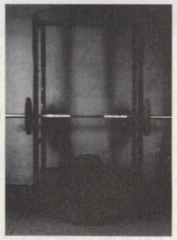
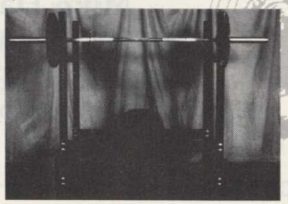
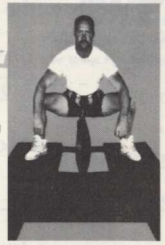
Look at your own training log and you will see where many times you are stronger 2 weeks before a meet than at meet time. You had probably been in that 90% zone for 5-6 weeks already, and the meet date surpassed the 6 week period. However, with the conjugate method, or rotating system of special exercises, you never do anything longer than 4 weeks. Then you move on to a new series of special exercises.

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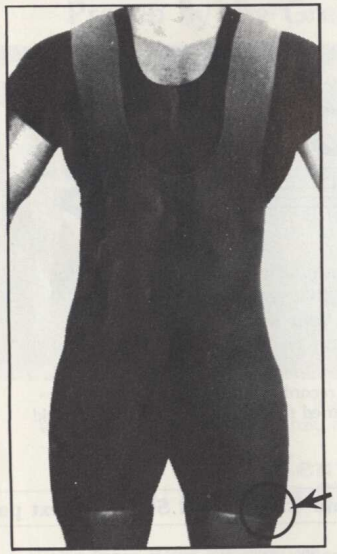
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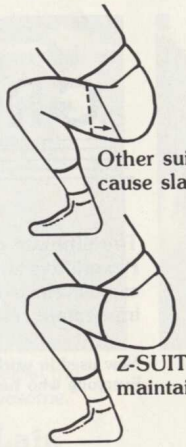
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TRAINING

Pre-Peak Strength Training & Conditioning - The Bench Press

as told to PL USA by Greg Reshel of Power Excel

Every powerlifter wants to uncork the biggest and baddest meet lifts he or she is capable of producing. We spend hours of our lives in the gym working, preparing, and rehearsing our skills in an attempt to draw out a truly maximum lift. Many of us are so intent on producing the big single that we neglect to spend enough time laying the foundation. Like a professional singer spending hours on singing scales, a powerlifter must spend months and years strengthening weaknesses and creating the kind of physical conditioning that will be able to cope with the stress of a world class peaking cycle. All of the muscles in the human body are used to balance, stabilize, and propel the three powerlifts. In this article I will describe a simple and direct strength cycle for the bench press. This cycle is ideal for the master lifter or for a lifter that has some difficulties with their shoulders.

There are three principle phases of training in powerlifting. They include: 1. Foundation training which is high volume and light to moderate weight with great variety of exercises. 2. Strength training which is a period of focus on the ability to recruit and maintain strength and endurance, usually in the primary lifts. 3. Peaking training where all of your energy is applied to one or more of the three powerlifts in an attempt to create the biggest single rep attempts. This article is directed at strengthening the bench press by providing a significant amount of work with emphasis on expanding the correct bench press "groove." The groove is the line the bar takes from your chest to lockout in the bench press. A narrow groove provides very little opportunity to produce the biggest bench press single when it counts. A broader groove provides a better safety margin to balance a big attempt and drive it to lockout. If you have felt that one or more of your competition benches were light but that you were unable to "groove" the weight and lost the lift, you should try this routine at least once.

If you have had sore shoulders while peaking your bench press you may need to expand your training to include several strength cycles that emphasize a variety of grips and deliveries to take pressure off your shoulders. It is hard on your body to push always heavier in exactly the same pattern. Scar tissue forms and you will cause degradation of the nerve pathways from this chronic overuse. Stimulate new growth and scrape the rust off your joint thickness, provide healing circulation, thicken tendons and ligaments, as well as remove any debris from heavy training. Mature and master lifters should include a large volume of light to moderate accessory work in their training cycles to stimulate and lubricate joints.

Your total volume of accessory work should include 20 to 30 sets of 6-15 repetitions on each of the bench press training sessions each week. The heavy exercise should be 5 to 6 sets of 6 repetitions. The light accessory work should be 4 to 6 sets of 8-15 repetitions. The following table lists the specific bench press work to be performed on each training session. Please remember that you will train twice per week. There are 16 sessions listed for a total of eight training weeks. Work on consistency, balance, and delivery. Use a bench shirt on the days noted in the table.

Workout	Grip	Shirt	#Sets	#Reps	Weight(%)
1	competition	N	10	3	65
2	narrow	N	8	6	55
3	wide	N	6	8	55
4	competition	Y	6	3	75
5	competition	N	12	3	65
6	narrow	N	8	8	55
7	wide	N	6	10	55
8	competition	Y	4	4	80
9	competition	N	8	4	65
10	narrow	N	5	7	60
11	wide	N	5	6	60
12	competition	Y	3	5	75
13	competition	Y	6	5	70
14	narrow	N	4	8	60
15	wide	N	4	6	65
16	competition	Y	3	2	90

Follow this strength routine with a 6 week peaking routine in your bench press shirt and watch your bench press explode.

If you have any questions about this article call or write to: Power Excel, 2807 South Superior St., Milwaukee, WI 53207, (414)769-1211.

We are currently working on developing a series or library of training booklets. These booklets will include specific types of training routines: Off-Season, Strength, Conditioning, Peaking, and Rehabilitation. They can be used as training guides and notebooks for you to store your training diary information. Look for these training booklets to be available this fall. We still provide tailor-made training routines to give you all the exercises, sets, reps, and weights you need to make the gains you are looking for. Call us today!

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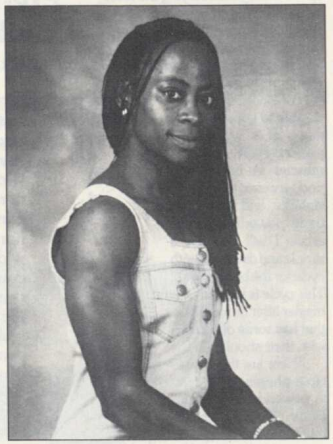
INTERVIEW

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

JACQUELINE DAVIS

as interviewed for PL USA by Bruce Citerman

BC: How old are you?
JD: *I'm 33 years old*
BC: What do you do for a living?
JD: *I'm a New York City Police Officer. I'm currently teaching physical education at the Police Academy to new officers or recruits.*
BC: What is your athletic background?
JD: *I used to bodybuild. I love all types of sports and play basketball, softball, track and field, etc.*
BC: How did you get into lifting?
JD: *I saw what it did for my brother, who was skinny, and I liked the changes that occurred. Also, I wanted to powerlift in the Police Olympics. My coach used to powerlift, so he started training me for the Police Olympics. I liked it and started competing in the different associations.*
BC: What is your routine for the squat, bench press, and deadlift?
JD: *It might surprise people, but I have no set routine in the three lifts. Whatever my coach decides to do that day, we do it. If my form needs to be worked on, we do it. If certain aspects of each lift need to be worked on, we do it. There is no specific routine.*
BC: What vitamins or supplements do you take?
JD: *I really don't take any supplements or vitamins. I try to eat right and gain my nutrients from eating properly. I do, however, have some of those carbo drinks if I miss a meal.*
BC: Why do you compete in the A.D.F.P.A.?
JD: *I compete in the U.S.P.F. also, but the A.D.F.P.A. has a lot of meets on the East Coast.*
BC: What are your comments about powerlifting?
JD: *I would like to continue in powerlifting because it is fun and challenging? I'd like to see how far I can go with it. I wish it was an Olympic sport. I'd like to see a merger of the different associations; then I think it can be an Olympic sport. Powerlifting is like another world. I'm proud to be a part of it.*



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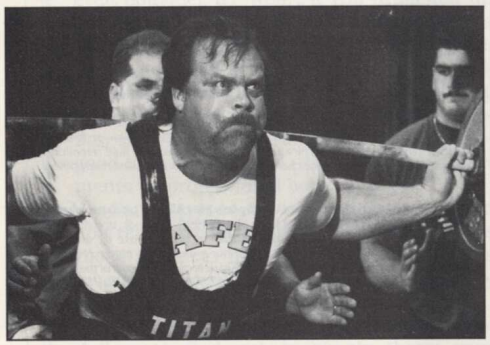
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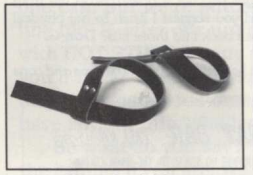
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Ask the Doctor

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: I have several questions. First, I would like to know your opinion on supplements such as Vanadyl Sulfate, Pfaffia Paniculata, Colostrum, Boron, and products sold by Atletika, such as Rangicrin, Retibol, Mumie. Are these supplements worth buying? Do they actually have 35% of the anabolic activity of steroids?

Second, I have been trying to find literature on Russian training. A few years ago, there were two books, one by Dr. Michael Yessis and the other by Brunner, both on Soviet training principles. I have gone to several bookstores and they say these are out of print. Could you turn me in the right direction to pick up a copy of each of these old books or some other Soviet training literature? (*The Secrets of Soviet Sports Fitness and Training/Yessis; Soviet Training & Recovery Methods/*Brunner).

This is the big question. When I was 19 I had a back injury. The injury occurred on my first deadlift warmup set with only 160 lbs. After completing the 6th rep, when I sat the bar down, I felt a sharp pain on the right side of my upper tailbone. I let the pain go for about 2 months before I saw a doctor. The doctor did an EMG and a CAT scan. The EMG showed no nerve damage, but the CAT scan showed a herniation of the L5, S1 disc area. At the time, I could feel numbness down to my right foot. I went to an orthopedic doctor about 6 months after the injury and he said that someday I would need surgery. I am now 25 and I have not done a squat or deadlift since the injury. Over the last six years, the injury has remained stable and I can do all the other activities I did before the injury. Recently, I went back to the doctor and had another EMG done and the results were the same. I told him that I wanted to get back into deadlifting and squatting again, so he sent me to physical therapy. I have now been going to physical therapy for 2 months and my physical therapist says she doesn't think I should squat or deadlift again. My flexibility is much better now, and I have been doing heavy leg presses, leg curls, and leg extensions, as well as situps to try and get myself ready. I also do pulldowns and benches plus all the accessory work for the upper body. I still have some pain in the tailbone area and down the back of my right leg, but it doesn't stop me from functioning. In your opinion, would you suggest I listen to my physical therapist or could I try to ease myself back into those lifts? **Don G.**

DEAR DON: *I've just completed a book dealing with the pros and cons of nutritional supplements, with my evaluation and opinion of all the supplements currently available. This book is available from Optimum Training Systems - (1-800-582-2083). As far as obtaining the two books on Soviet training methods try contacting Rick Brunner at 1-800-621-2602.*

In regards to your back problem, it's important to determine if there is still some pressure on the nerve root because of herniated material or whether the pressure (as evidenced by your right leg pain) is secondary to compression secondary to stable scar tissue. I would, of course, ask your doctor about the status of the L5-SI disc. If there is still evidence of herniation, then putting a compression load on the disc as you would with moderate to heavy squats and deadlifts, would be risky and the chances of further herniation high. If there is no evidence of herniation and the disc has completely repaired itself and there is no evidence of a tear in the disc, then you could likely begin squatting and deadlifting again. Although there would likely still be an increased risk for herniation, if you work the weights up slowly over several months, with no sudden increases or maximum lifts, and keep a watchful eye on your back, heeding any warning signs, then I feel you can eventually squat and deadlift heavy again. Over the past twenty years I have seen several lifters with herniated disks, either with or without surgery, successfully get back into doing heavy squats and deadlifts. All the best. Sincerely, ***Mauro G. Di Pasquale, M.D.***

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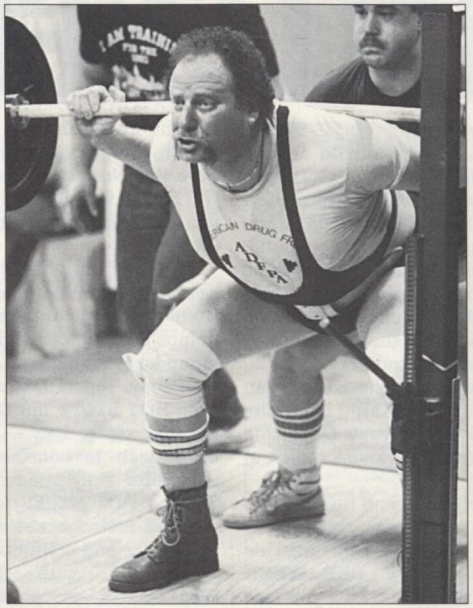
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INTERVIEW

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

AL SIEGEL

as interviewed for Powerlifting USA by Larry Miller



***Al Siegel** wearing his ADFPA "colors" at the 1986 USPF Natl. Masters*

Larry: Al, how about giving us a little information about yourself.

Al: *I have always been active in sports like bowling, basketball, football, softball and swimming. I played college basketball in the late 1950s at CCNY in New York and semi-pro football in both New York and Pennsylvania from 1964 until 1978. I didn't get started in weight training until reaching an "advanced" age, when in 1976 one of my football team-mates asked me what I did during the off season to stay in shape. The philosophy that I grew up with in sports was that if you lifted weights you would get muscle-bound and lose your flexibility. I looked at the Pittsburgh Steelers success in the 70s and decided to start in a weight training program. When the team I was playing on filed for bankruptcy, after the 1978 season, I continued to lift because of the way my body and mind had improved. Seeking competition, I went to my first meet in 1979 and started competing seriously in 1980, as a novice, 42 year old lifter.*

Larry: What are some of your accomplishments in the sport?

Al: *As a lifter, I was fortunate enough to be good at what I enjoyed doing and was successful in winning 10 National Powerlifting and 2 National Deadlift titles in the years from 1983 until 1993 and I competed at the IPF Worlds and finished second. I did win the WDFPF World Masters in both 1991 and 1993. I have held, or still hold, several American and World Masters records in the squat, deadlift and/or total in both the ADFPA and the USPF. Notice that I did not say bench press, even though my WDFPF World Record bench, established in 1991, still stands today.*

Larry: What about family and business?

Al: *Brenda and I recently celebrated our 35th anniversary and we have two sons. Hal, our oldest, is a graduate of Penn State and he has returned to school at the University of Texas to earn a Masters Degree in Library Science. Jay, our youngest son, is also a graduate of Penn State and he is planning on returning to school to get a Masters Degree in Guidance Counseling.*

I worked in the garment industry in New York City most of my life while going to school. In 1972 we moved to Pennsylvania, when I took a position as a Materials Manager in a large manufacturing firm. My position eventually eliminated itself and I decided to go to work with Brenda in the trophy company that we had established for her in 1980. I went to work with her full-time in 1981, rather than seek another position in the garment industry.

Larry: Where do you train?

Al: *Two years ago, we built an addition to our building which houses our store and included a 20 x 32 foot room, with a 9 foot ceiling. My equipment, which was being used in several gyms in the Clearfield area, all found its way to this room. It is a very well equipped room for lifting. The family uses it, and we are occasionally joined by other friends and lifters.*

Larry: What changes have you seen take place since you began powerlifting?

Al: *The biggest changes have been in the drug-free and masters area. When I started competing, in the early 1980s, I was the oldest lifter in the meet, at 43 or 44. Today, at 57, I find that there are many lifters who are older. There are many lifters competing today who are in their 60s, 70s, and 80s. I feel that I played a major part in the Masters program, especially in the ADFPA and the WDFPF. The first ADFPA Masters Nationals in 1985 had less than 50 competitors, while there have been over 200 at the past few meets. I tried to hold the first WDFPF Masters Worlds in 1990, but was unsuccessful in my attempt, but I did see the meet become a reality in 1991.*

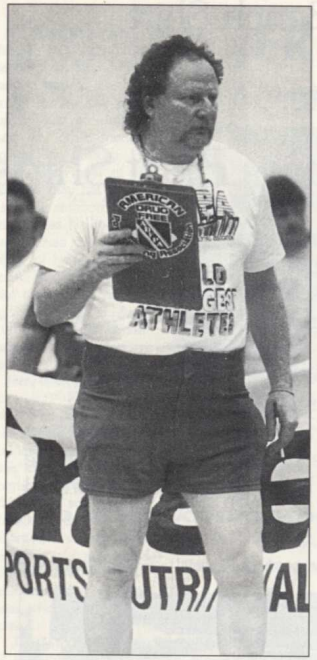
I started running meets in 1980 and became active in the ADFPA in 1983, because of my being a lifetime drug free lifter. They were the only organization with drug testing at the time. The USPF had drug testing as part of its program, but in reality did not hold any meets which were tested. I was elected to the ADFPA's Executive Board at their first National Championships in 1983, and served the organization until I resigned its Presidency early in 1994.

The biggest change of all, today, is the number of organizations that are sanctioning power meets in the US and the amount of drug testing. In 1979 powerlifters were members of the AAU, even though we were registered as "weight lifters". Today just about every organization in the United States is either drug testing or claiming to drug test.

Larry: What do you see in the future for the different organizations?

Al: *I have seen many organizations come and go in the past 6-9 years, with most of them staying active to some degree. There are still only a few like the ADFPA, the USPF, the APF and a few others that hold a lot of meets. The ADFPA has not kept up with the times, as far as I am concerned. They did increase their drug-free period from 12 months to 36 months, and did introduce a lifetime drug free period into their program, but their basic philosophy has not changed since their beginning. They have tried to put the ADFPA "on a pedestal" by saying, "this is the way we have done it and we are the best drug tested organization in the world" when in reality they "are not alone" and can stand to be a little more flexible. The attitude appears to be that the lifters should be for the organization, when in reality the organization should be for the lifter.*

I was approached by a few people who wanted to put powerlifting into the AAU, but my allegiance was still with the ADFPA and I declined. It finally became obvious that the ADFPA didn't want or need my allegiance when they suspended me for two years. I am not going to stop being a lifter or a promoter/meet director for these two years, so I went back to the people who approached me and told them that I would work with the AAU.



***Al** expedited at many previous ADFPA meets.*

The AAU is a program aimed at the youth of the United States. They coordinate and promote many sports for hundreds of thousands of members. Their philosophy is centered around drug-free athletics, even though they do not actually test in their program. The powerlifting program will be drug tested for a three year drug-free period at every meet.

Larry: Why will the AAU program be different?

Al: *The program will not involve "politics" and the "money making" aspirations of individuals. The AAU has a set program with set procedures. We have no reason to get involved in politics. The purpose of the Powerlifting Interim Committee, of which I am the Chairman, is to promote and conduct powerlifting competition. None of the seven person committee is being paid or reimbursed for our time or effort, as we are all volunteers.*

We have the organization. The only way it will grow is through participation. We currently are scheduling meets all over the US. A full contingency of state chairs will make the program more available shortly. It is up to meet directors to schedule AAU meets, as this is the only way we can grow.

Larry: If you could go back in time, would you change anything?

Al: *I would have killed a couple of people instead of trying to be nice to them. No, seriously, there were a few people who were like a thorn in my side, who - in my eyes and the eyes of others - were not working for the best interest of the powerlifters and I tried to work around them. If I had it to do all over again, I would not work around them, but would have seen that they were eliminated from their positions and replaced by others who could function in a real world.*

I stated earlier that I feel that the organization should be for the lifter. I will always work my butt off for the lifter, as I have in the past. This is what keeps me in our sport (other than my personal lifting).

Larry: What goals do you have left, pertaining to your own lifting?

Al: *I was diagnosed as having osteo-arthritis in my left knee in the fall of 1991, after winning my first World Championship. I was told that I would require a total knee replacement, as the knee was not repairable. I did take some time off from lifting in 1992, competing only twice, and came back full force in 1993, after I became 55, to break the existing records. An accident to my good knee required surgery to remove torn cartilage in mid-1994. This, along with my suspension from the ADPFA, kept my training to a minimum. I am now ready to train seriously again, against my doctor's wishes, and would like to be the oldest drug free lifter to deadlift 600. I did deadlift 601 in 1986 at the age of 49, being the oldest ADFPA lifter to do it at that time. Others over the age of 50 have done it since, but I would like to do it at age 60.*

Larry: Any additional comments?

Al: *I would like to see a growth in powerlifting and the public's acceptance of it as a sport. Drug testing has come a long way since Brother Bennet and a few others started the ADFPA in 1981, but the sport has not had a growth in members. While some organizations have increased their memberships, the total amount of powerlifters in the United States is probably at the same 10,000 to 13,000 that it was in the early 80s. The sport is not seen on TV like it was and we are still far from being acknowledged by the IOC as an Olympic sport.*

The AAU could be a step to reunite our lifters, and make our presence known in amateur sports to the public. One of the best, positive things will be the including of Powerlifting into the Junior Olympics for 1995. The public will get to know that powerlifters are more than big, gawky monsters or drug addicts, but are, in fact, clean living, drug-free citizens. I can be reached at 814-768-9400 during the day for additional information.

Larry: I would like to add my personal thoughts as a lifter and as the Ohio State Chairman for the ADFPA. The 2 year suspension of Al Siegel will result in a number of lifters from Ohio and other states losing out on the numerous ADFPA meets that Al and his family put on each and every year. I have been very involved in the allegations brought against Al Siegel and although Al may have violated or misinterpreted some of our by-laws and made some incorrect decisions, he is not alone. I could list numerous (and I do mean numerous) violations of our by-laws, rule book and agenda items that our National Governing Body voted in, by current members of our Executive Committee and they are well aware of it. In fact, some of the information given to the discipline committee which suspended Al, by one member of the Executive Committee, was incorrect. Al Siegel was one member of a 9 member Executive Committee. If he was such a poor president and did so many wrongful things, why then did the Executive Committee members who served during his presidency not do a damn thing about it?

I along with others feel that there is a need for change in the make up of our Executive Committee. This can only be done when the lifters and voting members of the ADFPA get involved and voice their opinions.

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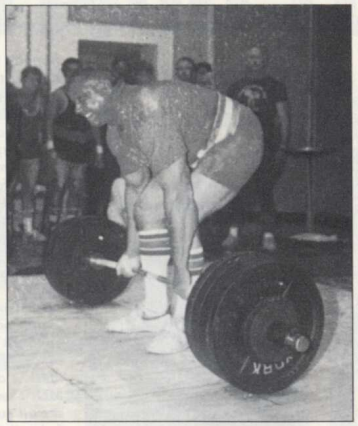
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JERRY IRVINE His Claim to Fame is Pain

A Powerlifting Profile by Herb Glossbrenner

I don't know who coined the phrase - "NO PAIN - NO GAIN". For master powerlifter Jerry Irvine it became a way of life. In striving for excellence he has probably suffered more injuries than any other man in Powerlifting History. He admits that most of his mishaps may have been due to his stubborn meat-headedness. No one could ever accuse the likeable fellow of being a wimp. Some powerlifters may take time off at the first sign of a hangnail. Jerry quit? Never - the ultimate masochist keeps coming back for more and more.

Jerry entered this world June 14, 1940 in Canton, Ohio. The Buckeye State is known for producing an abundant supply of athletes in a wide range of sports. Jerry had neither athletic nor academic aspirations. He may have inherited his strength from his father, who at 5'9" and 170 was a strong, raw-boned trucker. He has one sister who had no athletic inclinations.



Jerry Irvine at the '86 National Masters

Jerry's folks moved to Phoenix, AZ in 1958 when he was 18. He joined the U.S. Army reserves and spent 6 months in basic training at Ft. Knox, Kentucky and Ft. Chappie, Arkansas. After that, he remained on active duty for 4 years, but was able to return home.

Irvine developed an attraction for the weights during this period. In 1960 he made his own bench press rack out in the family backyard. Now age 20, he was content to do benches and seated presses for a while, as he had no way to do squats. He lived with his folks until he got married in 1962. His wife to be lived right across the street from him. He didn't know who she was until nine months later. They dated for one year and then got hitched.

Today Jerry has five offspring - three sons and two daughters. His sons are - Scott 28, Jeff 22, and Darren 20. The girls are Shelly 30, and Melony 17.

Shortly after getting married in 1963, Irvine joined a gym and trained on the basic exercises. In 1965 a bodybuilder, Walt Hunt, challenged him to gain weight. If you know Jerry you understand he goes all out for a challenge. He gained 30 lbs. in 30 days - mostly by gorging himself and drinking protein drinks. He trained in health clubs until 1970. Irvine then went in on a partnership in a gym. There were flyers at the gym promoting an upcoming power meet. The feature attraction was the great Jon Cole. One day Cole came to their gym to train for the upcoming meet. Jerry recalls how impressive the man was. Cole benched over 560 and finished off the workout with lying tricep extensions hands spaced 12" apart right at the inside of the knurling with 315 lbs. This kindled a fire in Jerry and the powerlifting bug bit deep. Someone suggested to Irvine that he train for the big meet in nearby Tolleson and compete. It was 3 months away. Jerry gave it his best shot - entered and finished 3rd in the 242 class. Winning his class was the great Jon Cole with a record 2140 total. Another powerman destined to become good, Marvin Allen, was 2nd with 1400. Jerry made 1350. Not bad lifting for taking up the sport on such short notice.

Cole paid little attention to Irvine as he was wrapped up in his own lifting, but Jerry continued to powerlift and became hooked. Not long after Jerry was invited to ASU. It was there that he trained with Cole, Allen and Semkiw in their quarters underneath the old football stadium. About this time Cole opened his own gym and Jerry would often workout there on Saturdays.

So at age 31 Jerry Irvine started his powerlifting career. He won some and lost some. He didn't really start making waves until he became a master. He entered his first masters championships in 1981. Here is a highlight of his career: 1981 USPF National Masters - Naperville, IL 40-44 2nd at 242 with 606 286 600 1493. Bill Seno bombed with a 727 squat and Bill Chapoton won with 1581. 1983 USPF National Masters - Syracuse, NY 40-44 Jerry lost in a battle with Joe Polvinale, 1780 to 1774 (705 363 705). Irvine led after two lifts by 39 lbs. He finished 2nd after making too big a jump to 733 on 3rd deadlift. 1986 USPF National Masters, 1st 242 1791 (699-369-722) Buffalo, NY. Jerry won easily despite missing a 744 squat and a 749 deadlift twice. 1986 IPF World Masters - Sande, Norway. Jerry bombed with 705 deadlift and blamed it on jet lag. He forfeited the silver medal to Saarelainen FIN. Dave Hancock of GBR won the 242 (40-49) gold with 1813 and a world record 744 deadlift. 1989 APF National Masters - Jerry won first in the 45-49 division in Connecticut. 1990 USPF National Masters May 6 in San Bernadino, California - 2nd at 125 kg. Jerry battled powerlifting legend Ronnie Ray. He easily beat the Texan in squat and deadlift but trailed considerably after the bench (Ray - 501, Jerry - 330). It came down to the last deadlift and even the coaching of Jon Cole was not enough to pull it out. Final score: Ray - 1791, Irvine - 1752. Next came the IPF Worlds in Perth, Australia 1990 - Jerry was 2nd and lost to Hal Hudson on bodyweight. Irvine's injuries hurt his deadlift. 1991 was a good year for Irvine as he won 1st at the APF National Masters hosted by big Randy Patterson in Pendelton, Oregon. He went on to win the APF World Masters that November in Las Vegas. 1993 - NASA Nationals 275 1st. 1994 - APF National Masters in Nashville, Tennessee - 275 1st. Jerry went on to win the WPC Worlds in Columbus.

Irvine's American Records: 1984 USPF 40-44 242 771.67 deadlift, 1986 USPF 45-49 242 700 squat, 1986 USPF 45-49 242 722 deadlift, 1989 APF 45-49 275 650.3 deadlift, 1991 APF 50-54 275 651.4 squat, 1991 APF 50-54 275 645.9 deadlift, 1991 APF 50-54 275 655.8 squat, 1991 APF 50-54 275 655.8 deadlift, 1994 APF 50-54 275 700 squat, 1994 APF 50-54 275 688.9 deadlift. Irvine's World Records: 1984 USPF 40-44 242 771.6 DL, 1989 WPC 40-44 275 655.9 DL, 1991 WPC 45-49 275 651.4 SQ, 1991 WPC 45-49 275 645.9 DL, 1991 WPC 50-54 275 688.9 DL, 1994 WPC 50-54 275 700 SQ. Irvine's Best Training Lifts: 805 squat 260 age 50 - reps 660x10; 420 bench 242 age 35; 860 deadlift 248 age 46 - straps 815x2, 750x5; stiff leg deadlift 605x8; bent over rows - 505x5.

HG: Jerry, your career seems to have been hampered by injuries. Name some.

JI: *In 1986 I blew out my elbow in three places at the USPF Masters in Dallas. The tricep tore loose from the bone. They had to cut me out of my bench shirt. In 1988 I tore my pec in three places three weeks before the USPF National Masters.*

HG: What was your favorite injury?

JI: *All of them.*

HG: We remember the color picture in *PL USA* when the whole side of your body turned black after your severe pec tear.

JI: *Yes, if I'd iced it immediately it would have helped. That condition is called the Hunters effect. Gravity pulls the blood trapped in the area towards the lower extremities.*

HG: What early form of *Homo Sapiens* do you believed you evolved from?

JI: *Physically, a Neanderthal*

HG: What was your favorite motion picture?

JI: *Frankenstein. I liked the idea of all the different body parts being sewn on.*

HG: If you could have been a composed man, whose parts would you have liked to have?

JI: *Jack Hughes'officiating eyes, Captain Kirk's legs, Jon Cole's brain, Jim William's deltoids, Mike MacDonald's pecs, Willie Williams' psyche, Paul Anderson's hamstrings, Mike Bridges' head, Ernie Frantz's smile, Henri Soudiere's humility, Reinhoudt's personality...*

HG: What are your favorite colors?

JI: *Black and blue.*

HG: What are your future plans?

JI: *My shoulders are worn out. I have hereditary arthritis problems. I'd like to have it operated on.*

HG: Then what?

JI: *Retire and put all this craziness behind me and enjoy the remaining years of my life.*

HG: If you could be any animal, which one would you like to be?

JI: *A gopher, so I could go for it all over again.*

HG: Are you excited about retiring from powerlifting and enjoying other things

JI: *Yes, you might say I'm tickled pink. You must admit that's better than black and blue.*

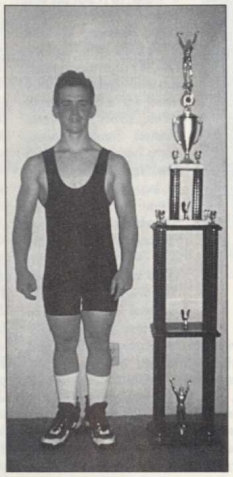
This concludes the profile of Jerry Irvine. He is powerlifting's undisputed glutton for punishment. Best to you, Jerry. Henceforth, make all your aches and pains be little ones.

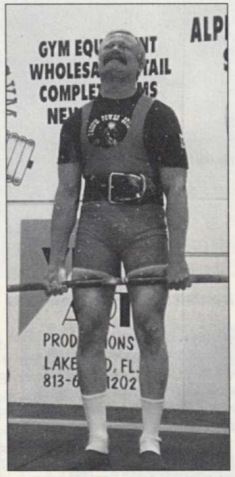
INTERVIEW

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

Martin & James Drake

as interviewed for Powerlifting USA by Bob Gaynor





Dual Interviewees *James (16) and father Martin (44) Drake both answer the same questions from ADFPA President Bob Gaynor. Each have had extensive recent success in natural powerlifting and bodybuilding competitions. James is a sophomore at Rancho Verde High School and Martin is a systems analyst for Hughes Aircraft Company.*

BG: How did you get started in training?

JD: *My Dad took me to various activities and sports events to see what I was interested in. The first time I went to the gym I was 14 1/2. I really liked the gym. We tested my strength and I squatted 95 lbs., benched 115 lbs. and deadlifted 275 lbs. I started training and two weeks later entered my first deadlift meet and lifted 286 lbs. I was hooked. My best gym lifts are 520 lbs. squat, 215 lbs. bench and 500 lbs. deadlift.*

MD: *In the late Seventies I was training as a bodybuilder at Russ and Don Knipp's Muscle Factory in Huntington Beach when I met Charlie Glenau. Charlie convinced me to give powerlifting a try. With only one month of serious training under my belt, I entered my first contest and won the 165 lb. class, weighing less than 150. My lifts were very undistinguished!*

BG: How long have you been training?

JD: *I have been training and competing in powerlifting for over one and a half years. I have been competing in natural bodybuilding just over one year.*

MD: *In 1980 I sustained a severe back injury and was unable to train until 1989, at which time I returned to bodybuilding. I consider my lifting prior to this time to be ancient history. When I returned, I immediately sought out a contest to enter. With only seven weeks of training, I was second in the ABA Muscle Wars and second in the ABCC Natural Nationals in the open division. My return to powerlifting came when we adopted James. Being around the meets again served to re-kindle my own competitive desires. Today I compete in 3 to 4 power meets and 6 to 10 bodybuilding shows per year. James does even more!*

BG: How do powerlifting and bodybuilding training go together?

JD: *For me the diet involved with bodybuilding helps me keep lean. I am much stronger when my body fat is low. I have even competed in deadlifting and bodybuilding on the same day.*

MD: *When James says "competing" it is an understatement. On the day he was referring to, he not only won Best Lifter at the deadlift meet with an American Record, but he also won his class at the ABA Natural California. The toughest part was the travel logistics on that day.*

For me, I use the powerlifting to improve my physique. Where James is able to put on size quickly, I have to fight to gain each ounce of muscle. The basic power movements are still the best way for a natural athlete to develop strength, size and shape. Most of the bodybuilders who win the overall titles in the natural shows have a powerlifting background. As a judge, I can see the results of heavy deads in the hamstrings and spinal erectors.

The inclusion of assistance work (bodybuilding exercises) has two major effects. One, it allows the body to recover after power meets. Secondly, many of the movements actually aid in the development of the three basic lifts.

BG: What are your future goals?

JD: *My goal for this year is to win every powerlifting meet and bodybuilding contest I enter. My goals for the three lifts this year are to squat 551, bench 248, and deadlift over 600. I know these sound high but I am sure I can do it. In bodybuilding I would like to win my class at the Natural Universe; it was the only one I lost last year.*

My goals for the future are to be a strength coach at a major University and be the best NATURAL powerlifter ever! My most important goal is to help other kids stay away from drugs.

MD: *Being first and foremost a bodybuilder, my main emphasis is focused there. However, I would like to at least crack the top three at both the ADFPA and AAU Master Nationals this year. My squat and bench have always been at best adequate, but my deadlift is very strong. At the 1994 ADFPA Masters Nationals, I was hoping to open 200 pounds heavier than I did, but my back was too tight after my squats. Maybe this year I will pull that big one. My coach, John Ford, knows it will happen. I would love to do it for him.*

As far as long term goals, I would like to help other natural bodybuilders and powerlifters turn their wildest dreams into reality.

BG: What are your views on drug testing?

JD: *I have been drug tested at so many contests that I consider it an insult not to be tested. I want to be tested. I will always be lifetime drug free like my Dad.*

MD: *I would like to eventually see all events drug tested. If all federations would announce their intention relative to testing, then those lifters who would like to go clean could do so. After the grace period, any violations should be dealt with very strong sanctions.*

As far a which tests are most effective, I believe that personal integrity is far more effective than urinalysis, lie detector, or voice stress. In other words, I hope that those lifters who choose to use steroids or growth hormones also choose to either clean up or not to falsely compete under the guise of being natural.

BG: Is powerlifting headed in the right direction?

JD: *Yes. With more and more competitions being tested, we will get more new adults and kids to compete. I believe we need to do more to get more teenagers involved. Most of the kids believe they have to be huge and super strong to compete and have a chance. This is not true.*

MD: *Yes and no. I say yes because we are still growing. However, we are either an unknown entity with the general public, or at best, gravely misunderstood. The public's image of strength athletes comes largely from television and mainstream bodybuilding magazines. These media vehicles seem to focus on overgrown freakish felons. I call them felons because it is a felony to use, import, or possess illegal drugs. Anyway, this is what the public sees. I would like to encourage all of the drug free body-*

(article continued on page 97)

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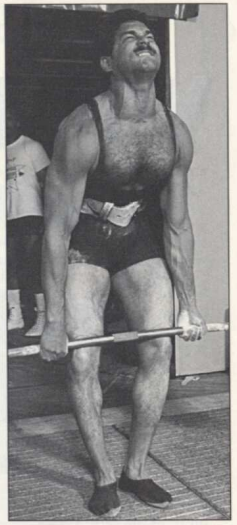
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Hawkins	57.5			152.5	
181 Submaster (35-39)				165 Master (45-49)	
Ciesielski	72.5			Atkinson	160
132 Master (40-44)				Ortiz	140
Graziano OL	72.5!			McDermott	—
165 Master (40-44)				198 Master (45-49)	
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123 Master (50-54)				242 Master (45-49)	
Camp OL	50			Reuna	
181 Master (65-69)				152.5	
Tenorio	45			Graham	150
Men				275 Master (45-49)	
148 Submaster (30-34)				Krueger	195
Skeen	160!			Basenden	185
165 Submaster (30-34)				Eldridge	155
Trancoso	182.5!			SHW Master (45-49)	
220 Submaster (30-34)				Sawyer	
Cox	212.5			147.5	
Green	195			181 Master (50-54)	
McIntire	177.5			Kenney	
Gray	122.5			137.5	
242 Submaster (30-34)				198 Master (50-54)	
O'Conner	155			Camp	165
SHW Submaster (30-34)				Marcus	
Smith	115			162.5	
148 Submaster (35-39)				Lustenberger	
Wilson OL	155			102.5	
165 Submaster (35-39)				220 Master (50-54)	
Scholz	172.5			Smith	210!
181 Submaster (35-39)				Vogt	
Reid	182.5#			117.5	
Rosenzweig	180			242 Master (50-54)	
Dennis	160			Olson	150
Belanger	130			275 Master (50-54)	
198 Submaster (35-39)				Pope	180!
Bowman	165			McKinsey	155
Schuster	135			Vaneck	
220 Submaster (35-39)				142.5	
Huffman	200!			SHW Master (50-54)	
Cross	190			Winchester	
242 Submaster (35-39)				202.5	
Horton	195			181 Master (55-59)	
275 Submaster (35-39)				McDermott	155
Williams	180			Miyahira	125
Wooten	172.5			Stainbrook	
SHW Submaster (35-39)				122.5	
Cordial	250			Berge	90
Finocchio	185			198 Master (55-59)	
Jones	175			Herbein	115
Hubbard	65			220 Master (55-59)	
132 Master (40-44)				Billing	140
Trujillo	82.5			Davis	
148 Master (40-44)				137.5	
Connelly	120			Kelly	—
Scott	95			242 Master (55-59)	
181 Master (40-44)				Stevens	185
Koplin	150			Stadler	
Scalzitti	125			152.5	
198 Master (40-44)				275 Master (55-59)	
Sutphin	157.5			Hogan	205
Scroggins	157.5			198 Master (60-64)	
220 Master (40-44)				Evatt	130
Tinsman	182.5			220 Master (60-64)	
Waters	175			Johnson	156!
Davis	160			242 Master (60-64)	
Riley	155			Pardee	120
Morale	155			275 Master (60-64)	
242 Master (40-44)				McIntyre	170!
Schroyer	182.5			Leavy	160
Black	152.5			165 Master (65-69)	
Hennigan	137.5			Alvarez	—
275 Master (40-44)				181 Master (80-84)	
Carlson	192.5			Cory	65#
Prince	190				
Women	SQ	BL	DL	TOTAL	
114 Submaster (30-34)					
Gutierrez OL	97.5	60!	107.5!	265	
123 Submaster (30-34)					
Heldman OL	122.5*	72.5!	337.5		
165 Submaster (30-34)					
McKinney OL	162.5*	72.5	172.5*	407.5	
114 Submaster (35-39)					
Savage OL	92.5	45	103.5!	241	
148 Submaster (35-39)					
Martinez	115!	72.5	137.5!	325	
Hill	100	57.5	122.5	280	
181 Submaster (35-39)					
Ciesielski OL	127.5	72.5	127.5	327.5	
SHW Submaster (35-39)					
Noland	142.5#	70	127.5	340	
165 Master (40-44)					
Scroggins	92.5	68.5!	105	267.5	
181 Master (40-44)					
Payne 110!		55!	115!	265	
181 Master (45-49)					
Gill OL	130!	72.5*	140!	342.5	
SHW Master (45-49)					
Knight	115!	80!	127.5!	367.5	
198 Master (65-69)					



Jim Duree made a great comeback from a serious car accident

Tenorio	102.5!	45	117.5!	265	
Men					
148 Submaster (30-34)					
Woodworth	210	152.5	212.5	575	
Lee	165	122.5	212.5	500	
Young	110	70	127.5	307.5	
165 Submaster (30-34)					
Sorenson	250	142.5	242.5	635	
Frager	177.5	112.5	222.5	512.5	
181 Submaster (30-34)					
Hargett	225	120	232.5	577.5	
198 Submaster (30-34)					
Barber	327.5!	192.5!	305!	825	
Betts	285	172.5	290	747.5	
Brooks	275	152.5	272.5	700	
Wheeler	207.5	117.5	227.5	552.5	
220 Submaster (30-34)					
Ward	285	172.5	280	737.5	
Heldman	290	165	230	685	
242 Submaster (30-34)					
Gonzalez	322.5!	217.5!	282.5!	822.5	
275 Submaster	285	205!	260	750	
SHW					
Smith	190	115	200	505	
148 Submaster (35-39)					
Holland	202.5	105	207.5	515	
165 Submaster (35-39)					
Reichert	250	125	250	625	
Rojas	180	127.5	192.5	500	
181 Submaster (35-39)					
Zweig	242.5	157.5	272.5	672.5	
Grant	227.5	130	245	602.5	
198 Submaster (35-39)					
Currence	260	177.5!	260	697.5	
Faran	260	147.5	272.5	680	
Durso	245	157.5	250	652.5	
Cordial	217.5	157.5	260	635	
Tarvary	227.5	160	245	632.5	
Schuster	—				
Randolph	—				
220 Submaster (35-39)					
McCoy	295	180	327.5!	802.5	
Huffman	285	200!	260	745	
Cross	262.5	190	237.5	690	
Payne	242.5	167.5	260	670	
242 Submaster (35-39)					
Horton	275	195	330!	800	
Dentice	250	200!	255	705	
Mason	265	187.5	250	702.5	
Weber	227.5	152.5	212.5	592.5	
Vivier	—				
275 Submaster (35-39)					
Pierce	265	162.5	272.5	700	
Wooten	227.5	172.5	217.5	617.5	
Thompson	—				
Williams	—				
SHW Submaster (35-39)					
Cordial	320	250!	282.5!	852.5	
Jones	295	175	232.5	690	
Hubbard	250	65	230	545	
132 Master (40-44)					
Westbrook OL	205	105	215!	535	
4th attempt	215				
Kennedy	175	100	172.5	447.5	
4th attempt	—				
148 Master (40-44)					
Menaker	195	110	210	515	
Scott	160	95	160	415	
165 Master (40-44)					
Owen	220*	165	235*	620	
Edris	165	120	182.5	467.5	
181 Master (40-44)					
Byas	245	147.5	272.5	665	
Jackson	215	150	237.5	602.5	
Koplin	195	150	210	555	
Leal	207.5	115	230	552.5	
Scalzitti	195	125	212.5	532.5	
198 Master (40-44)					
Flora	272.5!	125	290!	687.5	
Sutphin	262.5	157.5	265	685	
Fye	245	142.5	265	652.5	
Henderson	227.5	167.5	230	625	
Pride	232.5	137.5	245	615	
Scroggins	217.5	157.5	240	615	
Edwards	190	112.5	210	512.5	
220 Master (40-44)					
Elliott	285!	170	275	730	
Tinsman	260	182.5	285	727.5	
Waters	262.5	175	267.5	705	
Riley	232.5	155	232.5	620	
Davis	205	160	252.5	617.5	
Snedeker	165	120	195	480	
242 Master (40-44)					
Hill	265	165	247.5	677.5	
Ripple	240	165	247.5	652.5	
Black	220	157.5	210	587.5	
Apodaca	220	160	207.5	587.5	
275 Master (40-44)					
Baja	302.5	175	382.5!	770	
Milligan	252.5	150	225	627.5	
Carlson	100	192.5	137.5	430	
SHW Master (40-44)					
Reynodis	227.5	197.5	317.5	742.5	
148 Master (45-49)					
Crouse	157.5	107.5	177.5	442.5	
Coleman	150	102.5	147.5	400	
Scott	182.5	98.5	—		
165 Master (45-49)					
Stevens	167.5	107.5	205	480	
181 Master (45-49)					
Vansleave	267.5!	142.5	255	665	
Atkinson	242.	5160	245	647.5	
Johnson	135	115	215	465	
McDermott	—				
198 Master (45-49)					
Bergath	247.5	150	247.5	645	
Owens	215	135	215	565	
Evans	182.5	135	175	492.5	
Fitzgibbon	165	125	177.5	467.5	
Hanna	185	95	175	455	
Rhoade	—				
220 Master (45-49)					
Clarke	260	165	287.5	712.5	
Roberts	200	125	235	560	
242 Master (45-49)					
Wooley	265	132.5	245	642.5	
Graham	240	150	205	595	
275 Master (45-49)					
Krueger	300#	195	240	735	
SHW Master (45-49)					
Sawyer	205	147.5	167.5	520	
148 Master (50-54)					
Gonzales	150	97.5	157.5	405	



Greg Zweig of Illinois . (Allured)

198 Master (50-54)				
Martin	222.5	135	232.5#	590
220 Master (50-54)				
Vogt	182.5	117.5	187.5	487.5
242 Master (50-54)				
Duree	270*	137.5	237.5	645
Anderson	—			
Olson	—			
275 Master (50-54)				
Pope	227.5	180*	280*	687.5
148 Master (55-59)				
Dodson	135	90*	162.5	387.5
165 Master (55-59)				
Flores	205	127.5	235	567.5
181 Master (55-59)				
Miyahira	195	125	180	500
Berge	170	90	230	490
McDermott	172.5	155	162.5	490
198 Master (55-59)				
Herbein	190	115	230	535
220 Master (55-59)				
Davis	205	137.5	232.5	575
148 Master (60-64)				
Schwartz OL	165	92.5	212.5	470
181 Master (60-64)				
Rel	170	100	202.5*	472.5
220 Master (60-64)				
Johnson	262.5*	156*	247.5#	666
242 Master (60-64)				
Pardee	165#	120#	205#	490#
4th attempt		185		

! world record. * American record. # national record. Team: 1. McDermott Bench Team. (Thanks go out to NASA for providing these contest results.)





Daniel Smith *benched big, and* ***Dave Gonzales*** *squatted likewise (all photographs taken by Ron Allured)*

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More From Ken Leistner

I have a well earned reputation regarding strength training equipment. I have worked with some of the best minds in the industry in contributing design alterations, and believe I know what works "well". Some equipment is obviously "bad" because it just isn't safe enough for powerlifters and what they have to do on a workout to workout basis. Some is designed poorly, if well made, making it unworthy. I recall with humor the extremely sturdy and wellmade bench that had uprights so short that even I would throw the bar over the entire upright saddle. The protestations of the manufacturer made no sense until he got on the bench to show me why it "would fit anyone". It certainly fit him well, but he was 5'2" with extremely short arms and forearms. When this was pointed out to him, he realized that he was, perhaps, not his own best design model.

Safety has to be the number one consideration. Performance, durability, and appearance come next, and probably in that order although some would rearrange the three factors. Our recent Iron Island Classic Powerlifting Contest probably displayed as much different equipment as you could ask for and provides some key points for potential purchasers. We used a Monolift on the platform. I have been very honest regarding the Monolift, noting that I didn't care for it that much when it was first introduced. The bottom line is that it makes a meet go very quickly, has a number of sound safety features, and is expected at any major meet. The lifters really like it. The loaders have to pick up one end of the bar at a time to more the saddles in or out which is a disadvantage. The swinging hooks almost knocked my teeth out at the 1992 APF Seniors when I ducked in to help the spotters save a huge missed squat. All of that Police Boy's Club boxing saved me as I just pulled my face back from the hooks, which came down a little quickly relative to the bodies and hands that were in the way. For the lifter who has mastered the art of standing and not walking out from the Monolift, it is a Godsend. For those who have utilized it to its fullest extent and can set up, have the saddles pulled away and just squat without even moving the feet, it is a miracle! It makes judging a bit tough for some as the thick tubing stanchions can block part of the view, but this is a minor distraction for what you get. Ray Madden is a fair and honest man to deal with, and delivers quickly. Certainly for any gym owner seeking to attract a powerlifting clientele, or any meet director, it is the way to go.

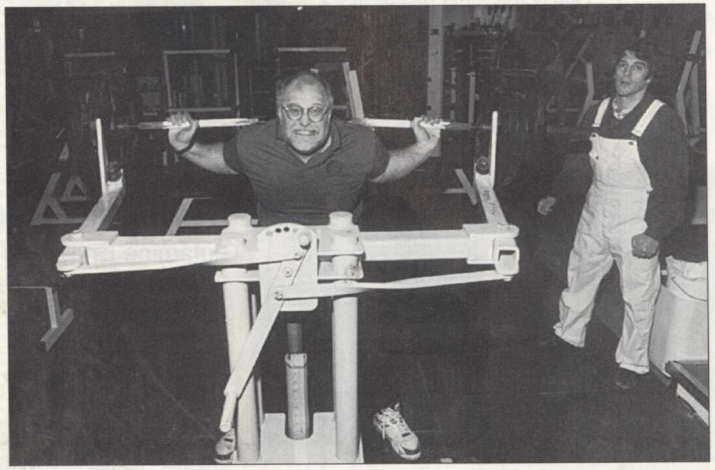
Jim Sutherland is a well known name in the sport. As a former lifter and coach who also knows how to engineer equipment and then weld it himself, if necessary, he has been providing the lifting community with excellent equipment since the early 1980s as Hastings Barbell Co. His early electric squat racks were used in the Dayton Seniors. His fully electric platform was later used in many national and world level meets. We used his standard heavy duty electric rack in the warmup room. The lifters always like this as it is extremely quick to move up or down at the flick of a switch. No matter how much weight is on the bar, the rack moves quickly and evenly and needs but one operator. Because of the rotating bar mechanism, the racks can be moved in for the big lifters and back out without the need to lift the barbell off of the racks. This is a real time and back saver. The cantilever design has held over fifteen hundred pounds (and can no doubt hold more). This was a very popular piece when it was first introduced in the early 1980s and Jim is again making them with improved function.

Rich Sorin is known for many things in the world of strength. He is the acknowledged as one of the top one or two men in the world for various grip and forearm feats of strength. Those who compete in the USPF Seniors have used his equipment at the Nationals numerous times as he always is gracious enough to loan out his special electric racks. It's interesting that guys with a lifting background like Ray Madden, Jim, and Rich are very quick to lend their equipment when needed by other lifters. Their expertise comes from having the insight borne of training and competing. Rich makes training equipment not seen in most gyms (except Iron Island) but used at many major university and professional football programs. Like Sutherland, his stuff is used by the guys and gals who will offer it the most abuse. Sorin's electric racks are different than Jim's and we are not fortunate enough to have a pair, but our warmup room did have two distinct Sorin items. His "lever lock" racks are hydraulic and also move in and out to accommodate the big guys who need the racks moved in. This procedure is fast and easy, and the racks were very sturdy. He uses a very high quality hydraulic pump and one person can both change height and width of the rack in seconds. The big guys used this one in the warmup room and I had perhaps twenty or thirty inquiries about them. Rob Wagner, the great ADFPA squatter and strength coach at the University Of Pennsylvania tries to equip his facility with only the best equipment and he has had his Sorin lever lock racks for some time. They certainly have helped Mr. Wagner's squat!

The other Sorin made rack was one I was anxious to have in the gym. Picture a semi-power rack that you could do partial bench presses or pulls off of, use as a spotter rack when squatting, yet unlike a standard power rack, be able to change height of the weight saddle with a hydraulic pump. This is the other piece we used in the warmup room. The lifter's liked the safety factor (as they do in training), yet could easily and quickly change heights. The University Of Delaware has a number of these racks and love them for use with their teams.

Our old Kell portable hydraulic racks were on stand-by if needed so, all in all, our squat situation was quite good at the meet. I believe that the inherent dangers of squatting heavily, especially when training for a major meet, makes each lifter subject to potential injury. The proper equipment can go a long way to prevent injury and make training safer, more enjoyable and productive. I hope that each gym member, gym owner, and meet director will give thought and consideration to their facility and the equipment used within it.

(Ray Madden/Monolift 1-800-783-7290; Jim Sutherland 1-616-945-3388; Rich Sorin 803-781-9471; Kell-1-800-837-1663)



***Ralph Raiola** on the Sutherland Squat Rack at the Iron Island Gym, as Dr. Ken Leistner watches (right)*

ANABOLIC HIG

ng Minds Want To Know!"

If you've got some questions about the great new version of HOT STUFF®, you're not alone. The sudden rebirth of HOT STUFF popularity has once again generated tremendous interest throughout the sports world. We'll try to answer here some of the more frequent questions we get asked about HOT STUFF Double X.

How much Hot Stuff should I take a day?

The daily serving of HOT STUFF Double X is 65 grams. That's about five heaping tablespoons.

Should this be taken all at once?

You will notice that the HOT STUFF Double X label recommends taking this amount all at one time. Nevertheless, because of the powerful, new energy boosters that we've now added to the product, this dosage is just too strong for some people. If you find yourself too jacked up after taking the full 65 gram dosage in one serving, then you can break it out into two or three mini-servings throughout the day. CAUTION: Taking HOT STUFF near bedtime may interfere with sleep.

What's the best time to take Hot Stuff?

Whether you take the whole serving at once or spread it out, you should always take HOT STUFF Double X between meals or as a meal replacer. If you want to experience the greatest workout of your life, try taking the full dosage one hour before training.

Can I use Hot Stuff indefinitely?

HOT STUFF is designed to boost the results from a weight training program. Therefore, as long as you continue to workout, you can use HOT STUFF.

What sizes does it come in and how much does it cost?

HOT STUFF Double X comes in two sizes. The 650 gram (1.43 lbs.) size yields 10 servings and costs $29.95. The 1300 gram (2.86 lbs.) size yields 20 servings and sells for $49.9[illegible] STUFF comes in two flavors: Choco[illegible] Banana. NOTE: If you had to purchase s[illegible]ly all of the ingredients that are in the reg[illegible] HOT STUFF Double X, it would cost [illegible] $150. If bought separately, the ingredien[illegible] large size would cost you over $300. It [illegible] quite apparent then that HOT STUFF Do[illegible] dollar-for-dollar, the very best value[illegible] market.

Why aren't the milligrams for eac[illegible]dient listed separately on your labe[illegible]

When we brought out our origi[illegible] STUFF in 1989, we listed exact milligr[illegible] tent for each and every pot[illegible] Unfortunately, once the competition s[illegible] popular HOT STUFF had become, they[illegible] outdo us by foolishly increasing n[illegible] strength in their copy cat products. All[illegible] was lead to an all-out potency war an[illegible] knock-off companies which only serve[illegible] fuse the consumer. We do not want to[illegible] same thing happen this time around.

Keep in mind that the secret to HOT STUFF's success then as now is not merely a matter of potency. If that were the case, then the highest potency products would always be the best and that simply has never been the case.

On the contrary, it is the quality of the raw materials we use in HOT STUFF and their unique blending combinations that make it work. Even though our label lists every single ingredient that's in HOT STUFF, no one could ever duplicate this formula without having access to the exact manufacturing recipe. And that's TOP SECRET! A world famous baker could hand you a list of every ingredient he uses in his prize-winning cake, but that doesn't mean you could go off and bake the same cake. And so it is with HOT STUFF.

Nevertheless, HOT STUFF Double X does have very generous amounts of all of the anabolic and lipotropic potentiators in each serving. If you would like us to send you a copy of the potency sheet, just call us at 1-800-537-7671.

A friend of mine told me that some of the ingredients in Hot Stuff should never be taken together because they either counteract or don't absorb properly. Is this true?

One thing about the field of sports nutrition is that there are about as many opinions as there are "authorities." In case you haven't noticed, it is almost impossible to get two nutritionists to agree to anything. The nutritionists we worked [illegible]TUFF Double X felt very [illegible] would the over 50 raw [illegible]t not work against each [illegible]ly compliment the effec[illegible]. This could even be [illegible] whereby the sum of the [illegible]r works better than if [illegible]ken alone.

[illegible]d HOT STUFF since the [illegible] So truthfully, all we can [illegible] in the pudding. Don't let [illegible]ep you from using what [illegible] the greatest supplement [illegible]make up your own mind. [illegible]rth it to find out if we're [illegible]

[illegible]ur previous Hot Stuff [illegible]e but Double X does [illegible] for this?

[illegible]ines lots of ingredients [illegible] powder. Unfortunately, [illegible] raw materials taste horri-



ble, we have always had the problem of making HOT STUFF taste good. One solution is to just add lots of sugar, usually in the form of fructose. Since this can be done only at the expense of lowering the protein content, we have never gone this route.

Another way is to add artificial sweeteners such as Aspartame which make a product taste good without upsetting protein/fat/carbohydrate ratios. This seemed like a logical solution to us in the past. However, after numerous complaints from health stores and customers, we did some research. It seems that Aspartame could cause health problems for some people and so we've decided to remove it from our product. We are proud to say that we have come up with a whole new, all natural flavoring procedure which not only makes HOT STUFF taste great, but assures you of no side effects.

A friend of mine has gained almost 10 pounds since using your Double X Hot Stuff while I've used a popular weight gain formula and have gained hardly anything. Why does Hot Stuff work better than a weight gain powder.

The answer is really quite simple. The principle behind weight gain powders is high calories. While some are of higher quality than others, they all are based on the supposition that lots of calories make you gain muscle mass. This is not necessarily true. Muscle is gained by a combination of resistance exercise and hormone production. Calories are actually secondary to this combination. HOT STUFF Double X is designed to push your body's hormone levels to optimum production. This is why you can gain muscular weight on this product even without a super high calorie diet.

Why don't you sell Hot Stuff Double X in pre-measured packets? They're so much more convenient.

No doubt that pre-weighed, individual packets are very convenient and easy to use. We did, in fact, consider using them when we put together the new HOT STUFF Double X. Unfortunately, putting a product in individual packets, boosts the manufacturing costs considerably. We believe that consumers would rather measure a product out by hand than pay an extra $4 or $5 dollars for a comparable quantity. Thus, we are able to keep the price of HOT STUFF highly affordable.

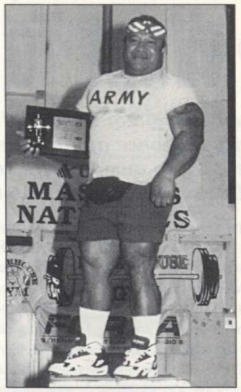
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USPF National Masters (kg)
19-21 May 95 - Seattle, Washington

	SQ	BP	DL	TOTAL
52 kg (45-49)				
A. Galant	150	90	140	380
56 kg (40-44)				
F. Higgins	177.5*	132.5*	195*	505*
(60-65				
D. Smith	125	75	147.5	347.5
60 kg (45-49)				
C. Larr	182.5	112.5	200	495
67.5 kg (40-44)				
M. Scott	160	100	160	420
(45-49)				
E. Robins	152.5	97.5	165	415
(50-54)				
S. Alduenda	192.5	125	195	512.5
75 kg (35-39)				
D. Mathieson	205	127.5	185	517.5
L. Woodley	227.5	137.5	265	630
(40-44)				
Cirigliano	205	137.5	277.5	620
(45-49)				
U. Gill	242.5	132.5	227.5	602.5
M. Jameson	197.5	127.5	197.5	522.5
J. Moser	152.5	110	182.5	445
D. Anderson	—			
(55-59)				
B. Brent	215	110	262.5*	587.5
J. Benson	135	125	165	425
(75-79)				
B. Decker	110	63	137.5	310.5
82.5 kg Master (40-44)		358	611	1504
J. Tyree	534	242.5	162.5	277.5	682.5
Tharaldson	190	127.5	215	532.5
(45-49)				
G. Olson	250	160	272.5	682.5
R. Tsutsui	215	175	210	600
J. Christian	182.5	127.5	242.5	552.5
(50-54)				
F. Pitassi	210	170	212.5	592.5
(70-74)				
A. Connell	110	70	180	360
C. Johnson	115	60	137.5	312.5
90 kg (35-39)				
J. Costa	240	170	280	690
K. Kanemoto	265	202.5	212.5	680
J. Martinson	150	100#	190	440
(40-44)				
G. Dingle	265	160	282.5	707.5
M. Brown	265	152.5	280	697.5
F. Ramirez	220	152.5	232.5	605
(45-49)				
J. Cash	240	175	307.5	722.5
J. Rizza	280	117.5	245	642.5
G. Holzinger	185	102.5	195	482.5
(50-54)				
D. Hamblet	252.5	160	292.5	705
R. Foreman	215	135	250	600
C. Lundy	—			
(55-59)				
P. Wilson	232.5	152.5	227.5	620
R. Haugen	175	150	215	540
90 kg Master (65-69)				
D. Froeland	160	115	170	445
(70-74)				
C. Lee	137.5	115	200	452.5
(80-84)				
W. Babnick	—	72.5	137.5	210
100 kg (35-39)				
F. Castaneda	272.5	210	312.5#	795
L. McIntosh	267.5	185	272.5	725
K. Jordan	235	150	230	615
J. Valdez	200	160	227.5	587.5
(40-44)				
V. Elliott	295	172.5	272.5	740
W. Crossen	260	207.5	267.5	735
L. Jones	242.5	120	242.5	605



Ginger Lord... (Baertlein photo)



Jr. Faamausili (Baertlein photo)

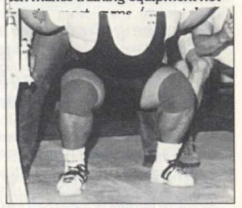
MacCormack	210	160	230	600
(45-49)				
L. Rapier	282.5	170	280	732.5
M. Gallagher	275	145	282.5	702.5
H. Lande	210	157.5	255	622.5
G. Miller	215	155	250	620
F. Hughes	217.5	150	227.5	595
D. Odell	160	137.5	202.5	500
(50-54)				
R. Rood	245	177.5	267.5	690
R. Pfeiffer	260	167.5	252.5	680
Mulholland	237.5	155	245	637.5
K. Freyer	220	147.5	227.5	595
V. White	205	155	170	530
D. Ritter	192.5	112.5	220	525
W. Low	182.5	110	227.5	520
(70-74)				
R. Monahan	80	80	112.5	272.5
110 kg (35-39)				
M. Trupiano	242.5	137.5	235	615
(40-44)				
E. Pecktol	280	170	282.5	732.5
C. Shanks	270	147.5	287.5	712.5
P. Hickey	160	95	180	435
(45-49)				
M. Magruder	242.5	210	247.5	700
T. Henness	210	160	2210	580
(50-54)				
J. Dumont	295	147.5	267.5	710
M. Edwards	260	170	277.5	707.5
E. Anderson	160	147.5	205	512.5
(70-74)				
V. Starke	147.5	117.5*	200	465
D. Calvin	170	115	160	445
125 kg (35-39)				
J. Mickelson	222.5	147.5	215	585
(40-44)				
B. Taylor	137.5	137.5	137.5	412.5
(45-49)				
N. Bolich	57.5	57.5	57.5	172.5
(50-54)				
C. Batten	215	220!	237.5	672.5
R. Smith	230	172.5	242.5	645
N. Addison	—	195	277.5	472.5
(55-59)				
H. Hudson	210	137.5	245	592.5
C. Lehman	165	110	180	455
SHW (35-39)				
E. Castro	370	192.5	255	817.5
A. Bond	310	200	270	780
(40-44)				
Faamausila	390	250	275	915
(50-54)				
D. Martin	227.5	115	250	592.5
(55-59)				
J. Krachunis	102.5	160	100	362.5
(60-65)				
R. Tigner	100	75	120	295
Women				
52 kg (35-39)				
S. Leland	97.5#	47.5#	110#	255
52 kg (40-44)				
G. Lord	115	57.5	125	297.5
(50-54)				
G. Marshall	60	46*	80	188.5
(55-59)				
N. Smith	82.5*	40	102.5	225
60 kg (35-39)				
T. DeVoltz	137.5*	80	182.5	400
(70-74)				
V. Moser	50*	37.5*	80*	167.5
67.5 kg (40-44)				
L. Harding	117.5	70	140	327.5
(45-49)				
N. Strehlau	132.5	97.5	150	380
(50-54)				
D. Trogdon	105	40	117.5	262.5
75 kg (40-44)				
H. Beaufalt	125	75	117.5	317.5
T. Frisbee	135	75	145	355
82.5 kg (55-59)				
C. Anderson	100	65*	125	290
90 kg (40-44)				
L. Morgan	—			
HWT (35-39)				
L. Clever	172.5#	92.5#	160#	425
(40-44)				
G. Atchison	160^	80^	155	395

! IPF world record. *national masters record. # national submasters record. ^ state record. Best Lifters: Women- Teresa DeVoltz; Men (52-82.5 kg.) Freddie Higgins; Men (90 kg.) Dan Hamblet; Men (100-110 kg.) Frank Castaneda; Men (125-125+ kg.) Junior Faamausila. Team: (Men) 1. Gillie's Gym, 2. Oregon State Powerlifting team, 3. Vince's Gym; (women) 1. Vince's Gym, 2. Gillie's Gym. The Masters Nationals were held in sunny Seattle, Washington. What a great weekend - 80 degrees plus! The hot wasn't hot enough for the elegant Alex Galant. Alex vied for an American record bench but couldn't quite lock it out. The 56 kg. class had two world class competitors - Freddie Higgins and 60 year old Dennis Smith winning their age and weight categories. Freddie, like Alex, almost set an American mark with a 140 kg. bench but couldn't quite lock it out. The 60 kg. class was the mighty Larry Christ having a little trouble in the deadlift, but he still walked away with a decent total. The 67 kg. class had three good, solid competitors winning their age and weight categories - Scott Mac, Wenatchee's Ed Robbins, and Sam Alduenda. The 75 kg. class had a handful of good lifters. Winning the submasters divisions was Leon Woodley. The 40-44 was won by Rick Cirigliano with a 620 kg. total. Gill Ulric won the 45-49, Ben Brent won the 55-59, and the famous 77 year old Bill Decker, going 6 for 9, set American records in his age and weight category. The 82.5 kg. class had one heil of a battle between Oregon's Gordy Olson and Texas' John Tyree. They both tied with a 682.5 total, John squeeking by Gordy by just 3 lbs. Gordy and John both had trouble with squats, and I really feel that if they didn't have trouble they still would have tied. Fil Pitassi tried for the bench press record in the 50-54 age and weight category but failed, although he passed his Cat. II referees test with flying colors. Good job, Fil. Session I Friday, May 19, best lifter in this session Freddie Higgins. Session II started out with only a good group of women powerlifters. All 14 lifters were winners. The 52 kg. class was lead by Susie Leland with a 255 kg. total winning the submasters division. Everett's Georgett Marshall won the 50-54 breaking Norma Smith's American record. The 55-59 class was won by Norma Smith with a 225 total. The 56 kg. class had one special competitor for 1982 47 kg. world champion Ginger Lord blasted a 297.5 kg. total. The 60 kg. class had two tough competitors. The submasters was won by Texas' Teresa DeVoltz totaling 400 kg. tying her own American record total. Another competitor was a young 72 year old Grandmother Monster Mom Vera Moser, mother to me and a grandmother to Jennifer Moser. Vera went 8 for 9, all for American records. The 67.5 kg. class had two winners from Spokane, Washington,



Dr. Ken Leistner watches (right)

ladden, Jim, and Rich are very uick to lend their equipment when eeded by other lifters. Their exper- se comes from having the insight me of training and competing. ich makes training equipment not



Ton y Castro squatting for the camera of Brian Baertlein

Linda Harding winning the 40-44 age bracket and Nancy Strehlau winning the 45-49 age bracket. North Carolina's Dana Trogdon won the 50-54 age bracket. The 75 kg. class was won by Henrie.ta Beaufalt, and Teresita Frisbee won the 45-49. Oregon competitor, Cynthia Tribe Anderson won the 82 kg. class. The superheavyweight submaster Linda Clever went 7 for 9, and 40-44 Everett's Glenda Atchison in her first meet went only 4 for 9 but did set a state bench record. Best lifter went to Teresa DeVoltz. The third session started promptly. The 90 kg. had 17 lifters total. Powerlifting great James Cash had a 722.5 total, and Gary Dingle a 707 total. Dan Hamblet had a 705 total. Marty Galla, wait, he's the guy who jumped up to the 100 kg. class. Joe Costa won the submasters. Gary Dingle won the 40-44, James Cash the 45-49, Dan Hamblet the 50-54, Pete Wilson, 55-59, Dan Froaland 65-69, Charles Lee 70-74, and the oldest competitor who couldn't quite get his squats down, Wil Babnick came back and did an exhibition deadlift of 303 lb. Best lifter in this session was Dan Hamblet. The fourth session was the absolute biggest 100 kg. and two 110 kg. class. Sunday morning, sunny 80 degrees plus. Lifting began a little late. The 100 kg. class submaster was won by Frank Castaneda 795 kg. total, 40-44 was Victor Elliot, 740 kg. total, with Willard Crossen right behind him with a 735 kg. Now the 45-49 was a tough battle. Larry Rapier did win with a 732.5 total. Marty Gallager had a bad meet taking second with a 702.5 total going 7 for 9, missing two benches; had he gotten one he would have been there. 50-54 was Rob Rood, 55-54 was Tex Arlington, and 70-74 was Rex Monahan with a 272.5 total. The 110 had both Mike Trupiano taking the submaster division. Ed Pectol in the 40-44, the 45-49 was taken by 700 kg. total by great Mike Magruder. That's Jeff Magruder's older brother. We were all wondering why Jeff didn't compete! Well, the 50-54 went to John Dumont, and the 70-74 class was taken by Victor Starke. Calvin Davis wanted it so bad but had low back problems that kept him out of it. Still only lost by 20 kg. This session's winner was Frank Castaneda. The afternoon was hot, I think it got in the 90s. The 125 began with Joe Mickelson winning the submaster division, Bob battling it out with Nate Bolich for a spot on the world team. Both went straight across the board with their openers 137 squat, 137 bench, 137 deadlift for 57 squat, 57 bench, 57 deadlift; they both went 3 for 3. Taylor won the 40-44, Nate won the 45-49 and world record C. J. Batten won the 50-54. C. J. did set another bench march in the world books. He benched a 220 kg. Hal Hudson took the 55-59 right out from under competitor Chuck the Hunk Lehman. Hal totaled 542.5 going 9 for 9. Good lifting, Hal. Now comes the SHW. Eddie Castro beat up on Alfred Bond. Eddie's total 817.5 won over Alfred's 780. Eddie set an American submaster record in the squat with 370 kg. Junior Faamausila smoked up a 915 kg. total almost squatting 900 lb. He tried for 410 kg., barely missing it. I am not sure if it was depth or what, but it was close. Junior not only won best lifter in that division but also had the highest coefficient in the meet. The 50-54 was won by Dr. Don Martino. J. P. Krachenis won the 55-59 and Royce Tigne won the 60-64 class. National testing went out to Ray Mitchell, John Moser, Joni Moser, Vince Moser, and Category II went to Fil Pitassi. All passed with flying colors. Special thanks goes out to Rickey Dale Crain and his wife, Dave Jeffrey, head referee, MC John Luthey, Rodger Kuebler, Joni Moser, Danica McCullough, Nina Tonnu, score table expediter Tyson Russel, Jennifer Moser, D. C. Dennis Dilday, attempt board Nicole Moser, Melissa Moser, Samy Pitson, Ben and James, spotter and loaders Mike Kloes, Mike Judson, Richie Nelson, Scott Seiber, Jeff Kissell, Mike Trupiano, Phil Hickey, Big Lou, Susan Stone, Kathleen Keller, Chuck Gilbert, Ivanko, and Nautilus. (results courtesy Vince Moser)

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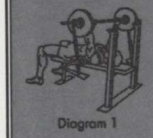


Diagram 1

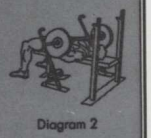


Diagram 2



Diagram 3

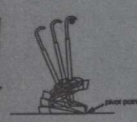


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5 AUG, APA South Carolina Drug Free PL (Florence, SC) David Barino, 803-661-1042 or Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962

5 AUG, IPA Beast on the Beach BP/DL and Bikini Contest (separate contests, men, women, masters) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442

5 AUG, AAU California State Bench Press, Fred Kendell, 1067 "C" St. #117, Galt, CA 95632, 209-745-0695

5 AUG, 8th ADFPA Clallam Bay Open, Jon Krause/Ron Woolcock, 1830 Eagle Crest Way, Clallam Bay, WA 98326, 206-963-2000 ext 3193/3012

5 AUG, MDSA Steve Kokales Benefit BP/DL (Rockford, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201

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 AUG, (new date) APA/WPA World Cup BP (Florence, SC) (drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.

5,6 AUG NASA JR. Natural Nationals PL/BP (Burlington, NC) Rich Peters, Box 735, Noble, OK 73068

6 AUG, APA North Carolina State (drug free/non-tested - master, teen, police/fire/corr, spec. olympics) **APA/WPA/CPA World Cup Deadlift (Charlotte, NC)** APA, 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, 1st Iron Man Bench Press, Lyle Hanvey, 2150 Melvin Hill Rd., Phelps, NY 14532, 315-548-5859/4579

12 AUG, Indian Summer BP/DL Classic, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

12 AUG, ADFPA Summer Classic BP & DL (open men, women, teen, master) Sean Culnan, 12 Biscayne Rd., Troy, NY 12182, 518-272-8311 (d), 237-0972 (e)

12 AUG, Virginia State Bench Press, John Shifflett, Box 303, Quinque, VA 22965, 804-985-3932 before 9pm

12 AUG, APA NHCI Summer PL (outside lifters welcome - 2 wks notice, men, submaster, master, grand master, junior) Freddy Llatsis, 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, submaster, women) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225 (d)

13 AUG, APF New York Squat Championship, Dave Leon, Powerhouse Gym, 1400 Altamont Ave., Schenectady, NY 12303, 518-355-0023

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, USPF New York State Bench Press (men, women, teen, masters - Angola on the Lake) Butch Murr, Box 184, N. Collins, NY 14111, 800-700-7360

19 AUG, Big Luke's Outdoor Bench Press and Cookout (non-sanctioned) Luke Iams, 260 Witten Ln., New Martinsville, WV 26155, 304-455-4384

19 AUG, APF Biggest Bench in Ohio, Chillicothe Swim & Racquet Club, Jim Rummell - Fred Park, 121 Queen Drive, Chillicothe, OH 45601, 614-775-3603

19 AUG, IPA World Record Bench Press Championships, Anthony Clark, 802 E. Pasadena Fwy., Pasadena, TX 77506, 800-992-6390

19 AUG, MDSA Goodview Days Powerfest (Winona, MN - men, women, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201

19 AUG, AAU State Squat & Deadlift Championship, Jay McVeagh, 249 S. Riverside, Rialto, CA 92376, 909-874-3407

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 AUG, NASA Massachusetts Regional PL/BP (Shrewsbury), Rich Peters, Box 735, Noble, OK 73068.

19,20 AUG, 2nd ADFPA Northeastern PL/BP (open, women, below class I, masters), Paul Brown, Construction Zone Fitness, 2701 Robinson, Blvd., Pittsburgh, PA 15235, 412-371-8920

26 AUG, NASA Pennsylvania State PL/BP Championships (Pittsburgh, PA), Rich Peters, Box 735, Noble, OK 73068

26 AUG, ANPPC Central USA Bench Press/PL, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.

26 AUG, Wisconsin State & Open BP & DL (men, women, submaster, master, teen) Jan Van De Weghe, Box 1072, Sheboygan, WI 53081, 414-458-8877

26 AUG (WPC Canadian Affiliate) Canadian Open, Goliath Events, 209 Woodford Dr. SW, Calgary AB T2W 6E3, 403-735-3959 or Bruce Greig 403-381-6487

26 AUG, CBPL 5th Endless Summer Bench Press (drug tested, open, teen, master, women, novice) Jon Smoker, 30174 Wolf Ave., Elkhart, IN 46516, 219-674-6683

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 Fair 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, Michigan Bench Press Challenge, Les Hasler, 13564 Terry Dr., Utica, MI 48315, 810-645-3244

2 SEP, NASA Iowa Open PL/BP Championships (Des Moines, IA) Rich Peters, Box 735, Noble, OK 73068

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 - spec. olympic, teen, master, open - all div. - men/women, no formulas) Dave Kuzirian, 475 W. 8th St., Carson City, NV 89073, 702-887-1984

3 SEP, NASA Minnesota State PL/BP, Albert Lee, Minnesota, Rich Peters, Box 735, Noble, OK 73068

3 SEP, (new date) AAU 6th Annual Carson Bench Press (special olympic, teen, masters, open - all div. men/women - no formulas), Dave Kuzirian, 475 W. 8th St., Carson City, NV 89073, 702-887-1984

9 SEP, NSA Outdoor Bench Press, Sgt. Nathan J. Andrus USMC, 8th MCD, NSA, Bldg. 10, New Orleans, LA 70142, 504-361-2361

9 SEP, 2nd Union County YMCA Bench Press, Eileen Riegel, UCYMCA, 1150 Charles Ln., Marysville, OH 43040, 513-644-4901

9 SEP, ADFPA Minnesota Masters/Hawk Country Open & BP (men, women, teen) Bill Omundson, 4053 Ugstad Rd., Hermantown, MN 55811, 218-729-9532

9 SEP, 3rd Princess City Deadlift Classic (drug tested, open, teen, master, women) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683

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. Darrell 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 Natural Nationals Regional PL/BP (Cincinnati, OH) Rich Peters, Box 735, Noble, OK 73068

10 SEP, Power Sport Bench Press, Laurie Goganzer/YMCA, 62 Main St., Tarrytown, NY 10591, 914-631-4807

10 SEP, WPA/APA/CPA International Bench Press (York, PA - drug tested/non-tested, full wt. classes, all age groups) APA, Box 1393, Englewood, FL 34295, 813-697-7962

10 SEP, (new date) ADFPA Maryland Bench Press (closed/out of state), 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

15-17 SEP, WNPF International Cup IV (Atlanta, GA) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm

16 SEP, Greatest Bench Press in America Invitational (Dallas, TX) Inzer, Box 2981, Longview, TX 75606

16 SEP, APA Florida BP (Orlando, FL - drug tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962.

16 SEP, MDSA Winona Valley BP/DL

RICHMOND, VA. OCT. 28, 1995

ROGER ERNST ALL-AMERICAN BENCH PRESS CLASSIC

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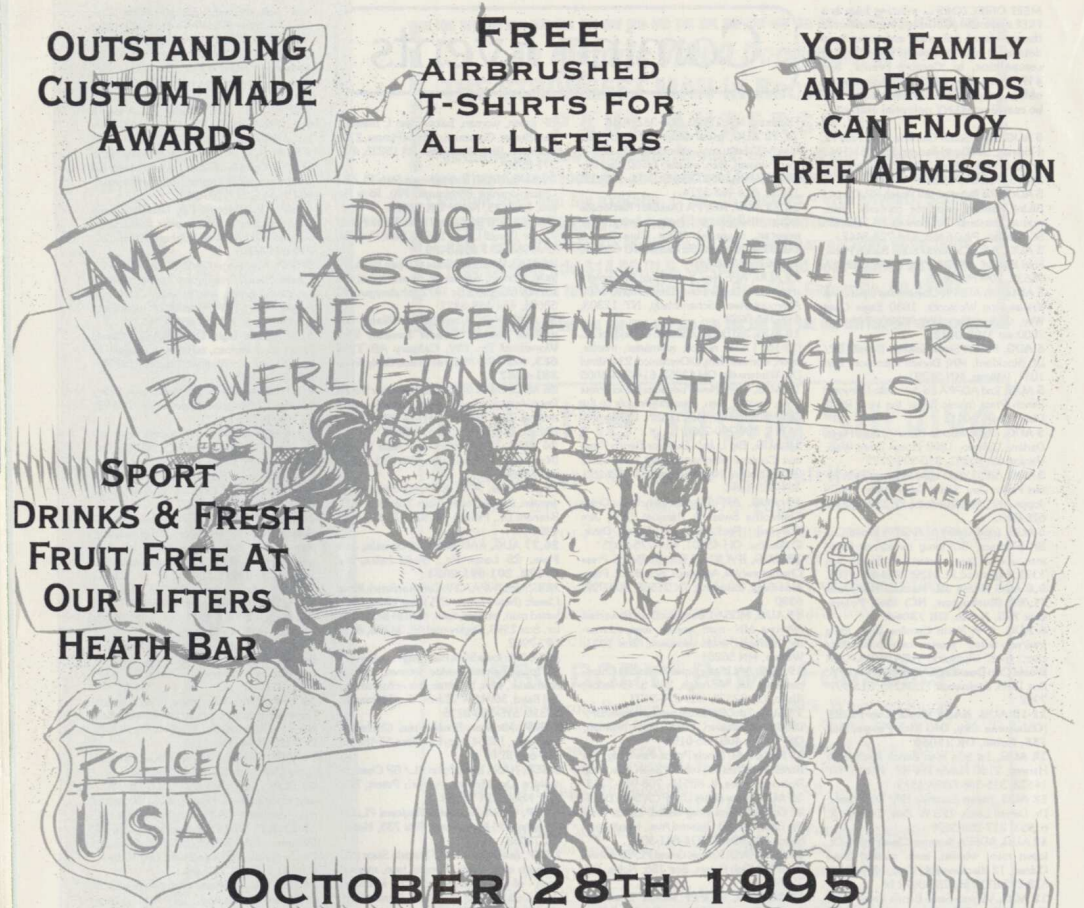
1995 World Senior Powerlifting Championship

The best lifters in U. S. and International lifting, men and women, 50 years+ are coming to St. George, Utah, October 21-22 to compete in the biggest competition of the year. USPF/IPF sanctioned and sponsored by the National Institute of Fitness and Franklin Quest, over 125 lifters are anticipated in the Dixie Center. Jan Shendow, former president of USPF will be the host for this nationally televised event and records established will be honored throughout the world. For a brochure and entry form, write **SeniorLift, Box 57987-246, Salt Lake City, Utah 84157, 801-265-3723**. Inquire also for the information regarding the 17 other Huntsman Games competitions, October 16-27, St. George, Utah.

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OCTOBER 28TH 1995

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21 RICHBELL RD., WHITE PLAINS, NY 10605
OR CALL (WORK) 914-948-2023, (HOME) 914-686-0727

(Homer, MN - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201

16 SEP NASA Florida Natural Nationals PL/ BP (Jacksonville, FL) Rich Peters, Box 735, Noble, OK 73068

16,17 SEP, IPA Pro/Am U.S. Bench Press Championships (men/women - teen, open, submaster, master), John Schaeffer, 102 North Third St., Womelsdorf, PA 19567, 610-589-5213.

16,17 SEP, ADFPA New York State Open, Pete Gisondi, 21 Richbell Rd., White Plains, NY 10605, 914-686-0727

16,17 SEP AAU Bench Press Nationals, (San Diego, CA) John Ford, 452 A St., Daly City, CA 94014, 415-992-1114

23 SEP, (NEW DATE) WNPF BP & DL Championships (Edison, NJ) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008 12-5pm

23 SEP, NASA Central Florida Natural Nationals PL/ BP Championships (Clermont, FL), Rich Peters, Box 735, Noble, OK 73068

23 SEP, APF Southeastern Regional, Jeff Green, 600 Montgomery Hwy #208, Birmingham, AL 35216, 205-822-1320

23 SEP, ADFPA Southern States Open BP/ DL, Rick & Vicky Godby, Westside Gym Inc., 7702 N.W. Main St., Vidalia, GA 30474, 912-537-1850/1682

23 SEP, APA Nationals (Anniston, AL - drug tested and non-tested, men/ women) Jeff Sherman 205-831-9120 or Scott Taylor, Box 1393, Englewood, FL 34295, 813-697-7962

23 SEP, Midwest USA BP/ DL, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

23 SEP, NASA September Powerfest (Kinross Correctional Facility) outside lifters welcome - 2 wks. notice, submaster, master) Charles Seches 164262, KCF, Kincheloe, MI 49788-1910

23 SEP, AAU Illinois State Collegiate Drug Free Bench Press (1st 75) John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243

23,24 SEP, (new date) NASA Louisiana Natural Nationals PL/BP (Alexandria, LA) Rich Peters, Box 735, Noble, OK 73068

24 SEP, AAU Allegheny Valley YMCA Bench Press Classic (open, high school, women, masters) 412-224-9500/295-9400 or Rob at 3051 Westbrook Rd., Lower Burrell, PA 15068

24 SEP, BSCC Prison Postal Meet (guest lifters welcome - 3 wks. notice) Bruce Anderson, Box 73, Norfolk, MA 02056 or Tim McDonald, 617-727-8474, ext 160

30 SEP, North American Championships (Red Lion Inn, Richland, WA) Gus Rethwisch, Box 5292, Bend, OR 97708, 503-389-0600.

30 SEP, NASA Kentucky Regional PL/ BP Championships (Lexington, KY), Rich Peters, Box 735, Noble, OK 73068

30 SEP, 8th ADFPA Longmont YMCA PL Meet (open, teen, master, women) Jim Abbey, YMCA, 950 Lashley, Longmont, CO 80501, 303-776-0370

30 SEP, (new date) USPF Columbia Athletic Club Test of Strength PL, Mark Daniel, 5435 Beaverkill Rd., Columbia, MD 21044, 410-730-6744.

30 SEP, NASA Michigan Regional PL/BP (Romulus), Rich Peters, Box 735, Noble, OK 73068.

30 SEP, USPF Sr. Prison Postal Meet, Don Wilson, Box 43, Norfolk, MA 02056 or Paul Cruz at 508-668-0800

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) AAU Drug Tested New Jersey Open & BP/DL (men, masters, submasters, law & fire, teen, women, novice, out of state, raw) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

SEP, IPA Open & Pennsylvania State, Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442

SEP, APA Master/Teenage/Womens Nationals, APA, Box 1393, Englewood, FL 34295, 813-697-7962

SEP, APA Nationals (KY - drug tested/ non-tested) APA, Box 1393, Englewood, FL 34295, 813-697-7962

1 OCT, WNPF Police/ Fire/ Military Nationals & VA/ NC/ MD State Championships (Petersburg, VA) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008

1 OCT, 2nd SAAS Kops & Kids Bench Press, Mike Collet, 214 N. Ashland, Park Ridge, IL 60068

7 OCT, Fall Festival of Power (men, women, class II, Jr., submaster, master, and bench press divisions), Lee Rorie, 104 E. Washington St., Rockingham, NC 28379, 910-895-8967.

7 OCT, Greater Buffalo BP/DL, Mark Becht, 18 Marne Rd., Buffalo, NY 14215, 716-894-8583

7 OCT, 5th Muscles on Main BP, James Dehaven, 119 W. Main, Norman, OK 73069, 405-366-0199

7 OCT, ADFPA Northern States, Jack Swanson, RD 2 Box 1137 - 6 Ferncliff Dr., Russell, PA 16345, 814-757-8810

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, NASA Southeastern Natural Nationals Regional PL/ BP Champs (Hammond, LA), Rich Peters, Box 735, Noble, OK 73068

7 OCT, MDSA Tri-State Championships/ Challenge (Cherokee, IA - men, teen, submaster, master) Darwin Jacobson, Box 1031, Willmar, MN 56201

7,8 OCT, NASA Kansas City Natural Nationals PL/ BP Championships, Rich Peters, Box 735, Noble, OK 73068

7,8 OCT, IPA North American Championships/IPA New Jersy State (open, women, masters, submasters, teen, jrs - tested/non-tested) Fitness 2000, 179 Van Zile Rd., Brick, NJ 08723, 908-840-5393

8 OCT, ADFPA Ohio Open BP/DL (open, women, teen, master - age groups) King's Gym, 24748 Aurora Rd., Bedford Hts., OH 44146, 216-439-5464

8 OCT, USPF National Deadlift, Advanced Strength & Fitness, 1144 N. Aetna Ave., Anaheim, CA 92801, 714-533-4301

14 OCT, NASA West Texas Natural Nationals Regional PL/ BP Champs (Lubbock, TX), Rich Peters, Box 735, Noble, OK 73068

14 OCT, 7th Indian Summer PL (drug tested, open, teen, master, women) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683

14 OCT (revised date), APF Ohio State, Dave Ogan, 298 N. High St., Chillicothe, OH 45601, 614-772-5446

14 OCT, AAU Virginia State/ Wallops Open Record Breakers All Natural PL/ BP, Robert Tittle, NASA Wallops Flight Facility, Code 972 Bldg. N-159, Wallops Island, VA 23337, 804-824-1244 (d), 4833(n)

14 OCT, NASA Alabama Natural Nationals 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

15 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, WNPF Chi-Town Open (Harvey, IL), WNPF 2560A Picardy Circle North, College Park, GA 30349, 404-996-5008

21 OCT, IPA Pennsylvania State Championships PL & BP (out of state lifters welcome) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442

21 OCT, APA Regional Deadlift (Brunswick, GA) APA, Box 1393, Englewood, FL 34295, 813-697-7962

21 OCT, APA Masters/Submasters Nationals (Brunswick, GA - men/women, full wt. classes each 5 yr. increment) APA, Box 1393, Englewood, FL 34295, 813-697-7962

21 OCT, Fall Bench Press Classic & DL Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

21 OCT, MDSA Octoberfest BP/DL (Marshall?, MN - men, teen, submaster, mas-

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WHEN: Nov. 4+5, 1995
WHERE: Mt. Arlington Sheraton Hotel, 15 Howard Blvd., Mt. Arlington, NJ
DIVISIONS: Men, Women, Teen, Master, Special Olympian, Out of State, 2 team trophies, Best Squat, BenchPress, Deadlift, Best Lifter

Free Meet T-shirt with each entry
Sculptured trophies for 1st place

Entry Deadline: Oct. 20, 1995
$10 per late entry (must call ahead to Pro Fitness)
Only first 75 lifters each day will be accepted!!!
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(201)627-9156

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4-time world champion- multiple world record holder
Sat., Nov. 4, at 6 P.M. (must register at Pro Fitness)
(Pictures and Autographs a Must!)

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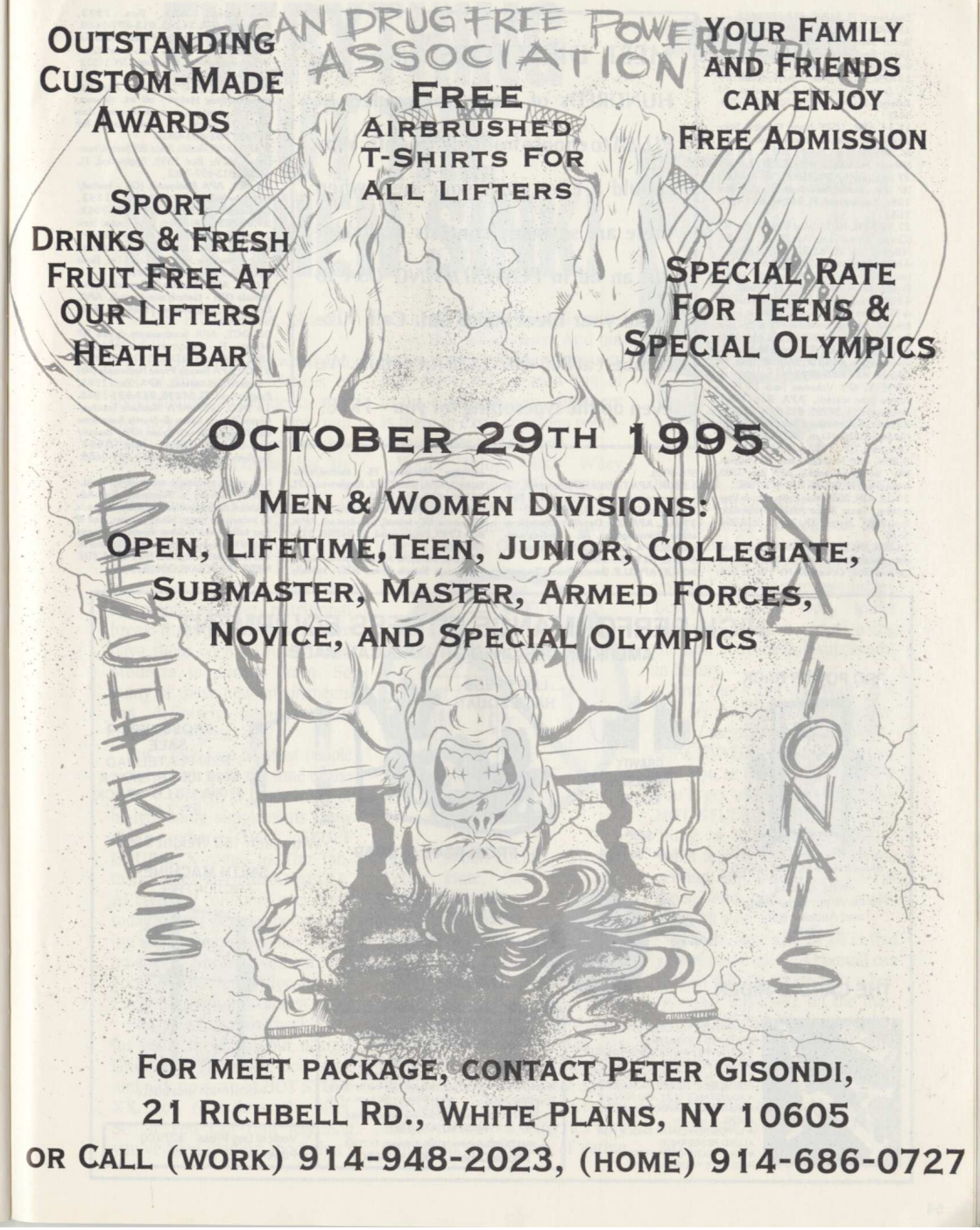
3 DEC, River Valley Bench Press, John Comereski, Box 401, Breesport, NY 14816, 607-739-7322
3 DEC, CDFPA BC BP/DL, Ward's Gym, Chilliwack, BC, 604-792-8014
9 DEC, AAU West Coast Open, Jay McVeagh, 249 S. Riverside, Rialto, CA 92376, 909-874-3407
9 DEC, 8th Crain's Muscle World Open/BP/DL, Rickey Dale 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, Pacific Power Outlaws 2nd Christmas Bench Press Open, John Ford, 452 A St., Daly City, CA 94014, 415-992-1114
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
16 DEC, MDSA Northern Nationals BP/DL Nationals (Vermillion, SD) Darwin Jacobson, Box 1031, Willmar, MN 56201
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, 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, APA Peach State BP (GA - tested/non-tested), APA Box 1393, Englewood, FL 34295, 813-697-7662.
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
20,21 JAN, WDFPF (ADFPA) North Americans/World Record Breakers & Bench Press, Bob or Geri Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994/474-6111
27 JAN, APA Yellowhammer BP (AL - tested/non-tested), APA Box 1393, Englewood, FL 34295, 813-697-7662.
27 JAN, APF Motor City Open BP &/or DL (open, women, submaster, master, teen) Dan DeFelice, 19641 Voiland, Roseville, MI 48066, 810-294-7055
3 FEB, NASA Hillbilly Classic BP and/or DL, Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283
3 FEB, USPF Drug Tested New England Deadlift (men, women, teen, master - all by wt. classes), Hardcore Promotions, 21 Hales St., Westport, CT 06854, 203-227-0335
3,4 FEB, USPF New York State, John Comereski, Box 401, Breesport, NY 14816, 607-739-7322
10 FEB, APA Tarheel State BP (Charlotte, NC - tested/non-tested), APA Box 1393, Englewood, FL 34295, 813-697-7662.
10 FEB, IPA New York State/Open, Ralph Raiola, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014.
10 FEB, 7th Drug Free Central Ohio Bench Press, Matt Croak, Box 601, Johnston, OH 43031
10 FEB, AAU 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
17 FEB, AAU 8th Drug Tested East Coast BP or DL Classic (open men, master, submaster, law & fire, teen, women, novice) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
17,18 FEB, ADFPA Men/Women Lifetime Drug Free Nationals, Ed or Frank King, 24748 Aurora Rd., Bedford Hts., OH 44146, 216-439-5464.
25 FEB, Ft. Lauderdale Open BP (tested/non-tested), APA Box 1393, Englewood, FL 34295, 813-697-7662.
9 MAR, Palmetto State BP (Florence, SC - tested/non-tested), APA Box 1393, Englewood, FL 34295, 813-697-7662.
9 MAR, MDSA Super Squat Nationals/MN Monster BP, Darwin Jacobson, Box 1031, Willmar, MN 56201
9,10 MAR, ADFPA National Military Championships (Ft. Hood, TX) MSGT Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 817-526-0779 after 8pm CST or A/V 737-3352
16 MAR, ADFPA Massachusetts Open High School (boys & girls) H. Waldron, Coyle & Cassidy H.S., 2 Hamilton St., Taunton, MA 02780, 508-823-6164 ext 680
23 MAR, APA/WPA/CAP World BP/DL (Vermont - tested/non-tested), APA, Box 1393, Englewood, FL 34295, 813-697-7662.
30 MAR, APA Florida Open (tested/non-tested), APA Box 1393, Englewood, FL 34295, 813-697-7662.
30 MAR, (corrected date) APF Michigan Sr. State PL/BP (open, women, submaster, master, teen, novice) Dan Defelice 19641 Voiland, Roseville, MI 48066, 810-294-7055
30,31 MAR, 7th AAU Carson City Classic (spec. olympics, teen, master, open - all div. men/women - no formulas) Dave Kuzirian, 475 W. 8th St., Carson City, NV 89073, 702-885-1886
6 APR, MDSA Minnesota State/Open, Darwin Jacobson, Box 1031, Willmar, MN 56201
13 APR, APA Tri-State BP (IL, KY, TN - tested/non-tested), APA Box 1393,

IPA USA PRO/AM BENCH PRESS CHAMPIONSHIPS

DATE: SEPTEMBER 16 & 17, 1995

FULL AGE GROUPS AND WEIGHTS CLASSES IN PRO DIVISION
FULL AGE GROUPS AND WEIGHT CLASSES IN AMATEUR DIVISION
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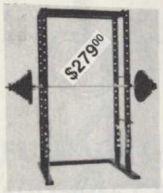
Englewood, FL 34295, 813-697-7662.
13 APR, Dungeon Powerworks Drug Free Bench Slam or Deadlift, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-7586
13 APR, 9th IPA Beast of the Northeast BP/DL (separate contests) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442
13,14 APR, USPF North Carolina State (drug test by urinalysis - men, women, master, Jr., class II), Tom Booth, 202 N. 9th St., Mebane, NC 27302, 919-563-9711.
27 APR, APA/CPA/WPA Can-Am DL/BP (PA - tested/non-tested), APA Box 1393, Englewood, FL 34295, 813-697-7662.
27,28 APR, NASA West Virginia PL/ BP (Closed/ Open) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283
4 MAY, Southeastern US BP (Charlotte, NC-tested/non-tested), APA Box 1393, Englewood, FL 34295, 813-697-7662.
4 MAY, AAU 12th Drug Free New Jersey BP or DL (open men, master, submaster, law & fire, teen, women, novice) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
11,12 MAY, AAU Women's Nationals, Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
18 MAY, APA Volunteer State BP (TN - tested/non-tested), APA Box 1393, Englewood, FL 34295, 813-697-7662.
25 MAY, IPA Iron Island Bench Blast, Ralph Raiola, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014.
8 JUN, APA Magnolia State BP (Jackson, MS - tested/non-tested), APA Box 1393, Englewood, FL 34295, 813-697-7662.
10-11 JUN, 20th Texas Police Games Powerlifting, Texas Police Athletic Federation, Box 7787, Austin, TX 78713, 512-252-3675.
15 JUN, IPA Iron Island Deadlift Championship, Ralph Raiola, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014.
22 JUN, APA Tri-State BP (Brunswick, GA - tested/non-tested), APA Box 1393, Englewood, FL 34295, 813-697-7662.
13 JUL, APA U.S. Deadlift Championships (Birmingham, AL - tested/non-tested), APA, Box 1363, Englewood, FL 34295, 813-697-7662.
20 JUL, APA U.S. Bench Press Championships, (Margate, FL - tested/non-tested), APA, Box 1393, Englewood, FL 34295, 813-697-7662.
4 AUG, APA/WPA World Cup Deadlift (Florence, SC - tested/non-tested), APA, Box 1393, Englewood, FL 34295, 813-697-7662.
17 AUG, WPA/APA/CPA International Challenge Bench Press (CT - tested/non-tested), APA, Box 1393, Englewood, FL 34295, 813-697-7662.
24 AUG, IPA Iron Island Classic/National Qualifier, Ralph Raiola, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014.
24,25 AUG, AAU 1st annual Raw Nationals (drug tested - all wt. classes, open & masters, men & women) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
7 SEP, APA Florida State BP (tested/non-tested), APA, Box 1393, Englewood, FL 34295, 813-697-7662.
21 SEP, APA Nationals (GA - tested/non-tested), APA, Box 1393, Englewood, FL 34295, 813-697-7662.
28,29 SEP, AAU 14th Drug Tested New Jersey State PL/Open BP or DL (open men, master, submaster, law & fire, teen, women, novice, raw) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824.
5 OCT, APA Masters/Submasters Nationals (NH - tested/non-tested), APA, Box 1393, Englewood, FL 34295, 813-697-7662.
25 OCT, APA Southeastern States BP (Margate, FL - tested/non-tested), APA, Box 1393, Englewood, FL 34295, 813-697-7662.
9 NOV APA Bench Press Nationals (NH - tested/non-tested), APA, Box 1393, Englewood, FL 34295, 813-697-7662.
16 DEC, WPA/APA Masters International Bench Press & North American Continental Bench Press (OH - tested/non-tested), APA, Box 1393, Englewood, FL 34295, 813-697-7662.

P.S. when writing a meet director ALWAYS include a Stamped, Self-Addressed Envelope for the meet director to return an entry blank to you, and if you 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.

MEET DIRECTORS... there are HUNDREDs of meets for readers of *PLUSA* to choose from each month. Why should a lifter enter your meet when there are so many contests available? Put an ad in *POWERLIFTING USA* to make your meet stand out. Call Mike Lambert at 805-482-2378 for details. We even do the typesetting for you - **FREE!**

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Is that how you feel when you look at the endless choices of bodybuilding supplements that are now available? Are you blown away by the sheer number of nutritional products that are now on the market?

Well, we can assure you that if you're confused... you're not alone. So too is everyone else. Never before in the history of sports nutrition, have there been so many exciting nutritional break-throughs. Never before have there been so many valid products to choose from. So many of these new supplements can definitely improve your training progress.

But... let's face it! Most people simply don't have the time or the money to take a bushel-full of bodybuilding supplements. Now that's where **HOT STUFF DOUBLE X** comes in. This fantastic, mega-strength ANABOLIC ACTIVATOR combines over 50 of today's most popular bodybuilding supplements into one "super powder." Sounds almost too good to be true, doesn't it? Everything but the kitchen sink?

But it's a fact. Just check it out for yourself. Go to your nearest GNC, gym or health food store and pick up a can of **HOT STUFF XX.** Now read down the label. See if you can find anything you've been reading about that's not in **HOT STUFF.** You'll quickly see that it's all there. And not just in some rinky-dink amounts that don't add up to a bag of beans. Each and every ingredient is there in extra generous potencies in order to do its job.

Notice things like Whey Protein, Yohimbe, OKG, Creatine, Vanadyl Sulfate, BCAA's, Colostrum, Electrolytes, Carnitine, Ginseng, Chromium Picolinate, Diben-cozide, Sterols, Yerba Mate, Saw Palmetto, Smilax, and Gamma Oryzanol. The list is almost endless. No product on earth crams more ingredients into one jar.



Now you're going to hear a few people tell you that some of these ingredients should never be taken at the same time. Well that simply is not true. As a matter of fact, blending all of these sports nutrients together actually makes them work better. It's very similar to the concept of eating balanced meals. One nutrient compliments another.

Nevertheless, if you still have some doubts, it's very easy to get your answer. Just try one can for yourself and be your own judge. Don't let some ivory tower authority talk you out of using the best bodybuilding supplement in history.

And that's not all. Wait until you see how quickly this sensational, mega-strength ANABOLIC ACTIVATOR works. If it's muscle you're after... it's muscle you'll get when you start using **HOT STUFF DOUBLE X** — the "King of Sports Supplements." You'll feel its kick after just one serving. Give yourself a couple of days... and you won't know what hit you.

And the best part of all is that you can pick up a 1.43 pound can for just $29.95. There isn't a better value anywhere on the market. All we ask is that you try just one can and then decide for yourself. Available at GNC and most health stores and health clubs. If not available at a store near you, call toll free to order: **1-800-537-7671.**

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USPF President's Message... As I look forward to the 1995 Men's and Women's National Championships to be held in Baton Rouge, LA, in July, I am astounded that almost a year has gone by since I was elected to serve as President of the USPF. These past months have certainly been busy for me. I have attended five World Championships and 4 USPF National Championships. I have met with several senators in Washington, D.C., to discuss ways that powerlifting might be introduced to the public through the President's Council on Fitness. I have spoken with many state and regional chairpersons. I hope all members of the USPF feel that I am open to their suggestions and available to hear their concerns.

In reflection I am reminded of the positive attitudes of those working for the sport of powerlifting and especially the lifters themselves. Paul Fletcher stepped forward to direct one of the most thoughtful Collegiate Nationals in recent years. I am eagerly looking forward to the Men's and Women's Nationals under the direction of Paul and Joel Fletcher. Paul has been innovative and considerate in all his plans for this meet.

Vince and Joni Moser worked very hard to make sure the Masters' Nationals was well staged and comfortable for the lifters. A large group of Masters' lifters enjoyed the fine accommodations, Vince and Joni have volunteered, and been approved, to serve as the coach and manager for the 1995 Masters' World Team. They are hard at work on the arrangements. If you have any questions give them a call.

Robert and Kimberle Keller have been doubly busy arranging for the Bench Press World Team and the Junior World Team. Lifters who are members of these teams know the work that Rob and Kim put into getting the best information out to them.



Peter Thorne with Senator Nighthorse Campbell in Washington, D.C.

I am pleased that Bob Gaynor, with the ADFPA, and I have developed a positive relationship. Our focus has been on what is best for powerlifting and our lifters. Rob Keller is busy making plans for a great challenge competition with USPF and ADFPA lifters this fall in the Philadelphia area. I see this as a step toward some unification in U.S. powerlifting.

In the past several months I have worked with several advertising agencies interested in showcasing powerlifting in their promotions. I am very pleased that these opportunities are becoming available to powerlifters. I hope you were one of the eight 1/2 million TV viewers watching Harold Collins and C.T. Fletcher as they did a special lift for the March of Dimes. Harold and C.T. helped to raise more than $100,000 for the March of Dimes.

I am especially fortunate to have worked with such a supportive Executive Committee. These men and women truly have the best interest of the USPF and its lifters at heart. They have worked tirelessly to take care of USPF business.

I have begun working with several Regional Chairpersons and will make some new appointments in this area. Some appointments will be to relieve those already overworked with several USPF hats and some will be to fill positions with positive and forward moving individuals interested in the growth of the USPF.

USPF National Headquarters Message... The USPF National Headquarters office continues to be very busy getting cards out to lifters. Several meet directors have had very successful meets. Tommy Buzzo recently sent in more than 60 new member registrations for Virginia. Gus Rethwisch has been meet director for several large competitions in Washington, Oregon, and Hawaii. The National Headquarters has had calls from participants in Gus' meets and the comments have been very positive. The State of California has also been very active. We appreciate the efforts of Chuck LaMantia, Filomen Pitassi, Vic Elliott, Gene Estrada, Darlene Galindo and Bob Seibold, meet directors in California. Jan Shendow has been helpful in getting powerlifting included in the Huntsman World Games, a competition for lifters 50 years and older. John Mogavero and the State of Maryland also has had several quality meets this year and more to come. The USPF National headquarters encourages anyone interested in holding a competition to contact the office for information.

From the Drug Testing Committee... Drug testing administered under the new Drug Testing Committee continues to be uncompromised. As you may know, the Drug Testing Committee, under the leadership of Peter Thorne, has elected to use an outside drug testing firm that follows IOC procedures for drug testing. This structure has been used at the 1995 National Championships and there has been no controversy over the results of drug testing. If you have questions concerning USPF drug testing please call Peter Thorne at the USPF National Headquarters office.

It is very important that meet directors testing local meets send the white copy of the Chain of Custody form to the National Headquarters immediately following their meet. The lab sends results with only a control number and the form you send is the only way to match the results to the lifter.

From the American Records Registrar... American Record Certificates are being processed by the National headquarters office. The many years overdue certificates are being mailed now. Please note that records not accompanied by the proper paperwork will no longer be processed. It is the responsibility of the lifter and the meet director to submit the proper Record Application form. If a certificate is wanted please include $5.00 for each certificate plus $2.00 for postage and handling.

From the USPF Referees' Committee... Mike Reed, IPF Category I Referee, is the newly appointed Referees' Committee Chairman. You may contact Mike by writing him in care of the USPF National Headquarters office. As a reminder to all current State, National and IPF referees please check your membership cards. To officiate a USPF competition you must keep your USPF membership current.

How to Get Your Official USPF T-Shirt... The USPF has a limited supply of T-shirts available for sale. These quality shirts are available in white or light blue in sizes M, L, XL, XXL, and XXXL. The cost of a T-shirt is $12.00 plus $3.00 shipping and handling. Order your official USPF T-shirt today by sending your check and a note stating the color and size you desire.

Questions and Answers: *How can I get a classification award patch?* The USPF National Headquarters has the following Classification Award patches available: Elite, Master, Class I, Class II, Class III, Class IV. The following specifications must be met: 1. Powerlifting totals must equal or exceed the totals listed in the Classification tables. 2. All totals must be made in a bona fide USPF Sanctioned contest. 3. Applications must be signed by the State Chairman or the Regional Chairman or the Chief Official of the meet. The Meet Director's signature will not be accepted. 4. Send to USPF National Headquarters, P.O. Box 2170, Kilgore, TX 75663. For information on the totals needed for a patch please refer to the Appendix in the USPF Referees' Handbook.

I've lifted in another federation before. Does this mean I can not qualify for a USPF World Team? The USPF has no rule against lifting in other federations. However, the following guidelines from the IPF Constitution apply to all IPF competitions: A lifter or official cannot participate in contests or competitions if: a) He is under temporary or permanent suspension. b) There is any lifter or official participating in such contest or competition who has been expelled from the IPF (or any national federation affiliated to the IPF) or who is under suspension. If a lifter or official receives a national suspension of a lesser term than the IPF suspension, then upon the expiration of such national suspension, that lifter or official may participate in contests and competitions (other than IPF international contest) within his own nation. c) He competes in non-sanctioned contests. d) He competes against professionals.

When will the 1996 USPF National Championships be held? The bids for National Championship will be awarded at the National Committee Meeting to be held in Baton Rouge, LA, on July 20, 1995.

When will the 1996 IPF World Championships be held? The following information concerning 1996 IPF World Championships is taken from the minutes of the 1994 Congress: Men's World Championship Solden, Austria November 11-16, 1996. Women's World Championship Kitchener, Canada June 23-28, 1996. Junior Men & Women World Championships Vaasa, Finland, August 4-8, 1996. Masters Men and Women World Championships India, October 13-17, 1996. Bench Press World Championships Horsens, Denmark, December, 1996

Application for Registration
UNITED STATES POWERLIFTING FEDERATION
Telephone: 1-800-500-9727

Last Name	First Name	Initial	Renewal Y N	Current Card # *(if Renewal)*

Street Address	Club Name

City	State	Zip	Area Code/Telephone

U.S. Citizen Y N	Sex M F	Date of Birth / /	Referee Status IPF Cat. 1 Cat. 2 Nat. State	Current USPF Classification Elite Master I II III IV

Card Issued By	Today's Date	Current High School Y N	Current Collegiate Y N	Special Olympian Y N	Inmate Y N

Registration Fee $25.00
Make checks payable to and Mail to
UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
Post Office Box 2170
Kilgore, TX 75663

If Under 18 have Parent Initial _____

NOTE: $10 SPECIAL FEE APPLIES TO: Special Olympians; High Schoolers with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

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

Signature✔ _____

Hopatcong Open Power Meet
6 May 95 - Hopatcong, NJ

220	SQ	BP	DL	Total
M. Thumser	55	55	575*	685
High School Bench Press Nationals Women 129				
K. Kelly	160			
Men 123				
W. Slingland	105			
148				
J. Lowell	275			
165				
B. Romeo	260			
181				
T. Caponegro	275			
198				
C. Shannon	325			
Junior 220				
J. Fields	350			
Senior 220				
M. Bell	360			
New Jersey Bench Press and Deadlift Champs Bench Press Only Men 123 Out of State				
W. Slingland	105			
148				
M. Yost	320			
148 Law and Fire				
S. Smith	265			
165				
J. Manochio	345			
165 Master 40-49				
G. Hoxworth	255			
165 Law and fire				
T. Aime	330			
165 Nocie				
G. Juba	225			
198				
D. Ely	365			
G. Holmes-179	340			
Mitsopoulos-180	340			
198 Master 40-49				
R. Wingate	245			
198 Master 50-59				
J. Mitsopoulos	340			
198 Men 30+				
G. Holmes	340			
198 Law and Fire				
G. Holmes	340			
G. Heim	270			
R. Wingate	245			
198 Teen				
D. la Gaipa	325			
S. Harrigan	230			
R. Haley	205			
198 Out of State				
G. Heim	270			
198				
R. Ehrhardt	445			
T. Matchick	420			
D. Caffrey	275			
198 Master 40-49				
V. Gengaro	365			
198 Law and Fire				
G. Cole	425			
220				
B. Belmar	340			
220 Master 40-49				
T. Ferraina	365			
220 Teen				
J. Zipagan	340			
220 Novice				
J. Zipagan	340			
242				
K. Blackston	480			
J. Gross				450
J. Gialanella				440
H. Puch				405
242 Submaster				
F. vogel				340
242 Men 30+				
J. Gross				45
L. Gialanella				440
242 Law and fire				
K. Blackston				480
L. Gialanella				440
275 Law and Fire				
T. di Pasquale				420
SHW				
T. Duncan				475
E. Goosen				450
D. Scrooco				400
M. Whorral				385
SHW Law and Fire				
T. Duncan				475
Reps				
S. Smith-165				25
J. Manochio-175				24
D. Caffrey-210				15
Deadlift Only				
123				
A. di Donato				390
123 Out of State				
W. Slingland				255
165 Master 40-49				
G. Hoxworth				525
165 Novice				
G. Juba, Jr.				380
181 Submaster				
J. Carioli				475
181 Men 30+				
M. Rinaldi				470
181 Law and fire				
G. Heim				440
181 Teen				
R. Haley				330
181 Novice				
M. Rinaldi				470
T. Peterson				325
198 Out of State				
M. Rinaldi				470
G. Heim				440
198				
G. Bernstein				600
M. Briant				570
C. Williams, Jr.				505
D. Caffrey				475
198 Master 40-49				
J. Kazanowsky, Sr.				475
198 Law and Fire				
C. Williams, Jr.				505
198 Novice				
D. Neman				475
198 Out of State				
T. di Cavillo				560
220				
J. Rosinski				550
220 Master 40-49				
T. Ferraina				580
R. Schmalzel				515
220 Teen				
J. Kazanowsky, Jr.				405
275 Law and Fire				
W. Rittger				675
275 Out of State				
B. Hoctor				615
B. Thomas				500
SHW				
T. Hirt				590

Best Lifters: High School Bench Championship- Light- John Loweil, Heavy- Mark Bell; New Jersey Bench and Deadlift Championship- Bench light- John Monachio, Bench heavy- Ron Ehrhardt; Deadlift light- Gary Hoxworth, Deadlift heavy- Walter Rittger. This was a small but exciting meet with several close encounters. W. Rittger almost pulled 700 in the deadlift, and Keith Blackston nearly benched 505 but got a slight pec tear for his efforts. I wish to thank all of those who made this meet possible: Steve Trimper, Athletic Director, who allowed us to use the high school; Mike Juskus who set up the meet; Matthew Pyra and Mike Lorence who spotted on short notice; referees Brenda Seigel, Bill Clayton, Russ Barnickle, Barbara Falconio and Gerry; Fred Glass - who does what needs to be done; Gary Hoxworth and Ted Giantini who refereed, spotted, and did whatever; spotters Doug Ely and Fred Rice, who also took his state referees test, good luck, Fred; and Maria Pyra and my wife Gloria Jean who kept score under the watchful eye of Laurie Giantini, our head scorekeeper. Laurie was presented with the Frank Bates Sportsmanship Award for her many years at the table, giving freely of her time. Awards were made by Siegel Engraving, and everyone enjoyed the plaques. Al Siegel announced, expedited, and helped in many ways. Many thanks to the lifters for coming and for whom the meets are held. Without the lifters there is no contest. Many thanks to all and to anyone I may have missed. (Thanks to Joe Pyra for the results.)



Brian Hoctor with a 615 deadlift in the 275 lb. class at the New Jersey BP/DL (J. Pyra photograph)

USPF N. C. State (kg)
8, 9 Mar 95 - Mebane, NC

Women	SQ	BP	DL	Total
Junior Heavy	50*	40*	117.5*	207.5*
Master Light				
C. Hayworth	77.5	47.5	117.5	242.5
L. Higgins	62.5	47.5	100	210
Master Heavy				
D. Cannon	125*	75	190*	390*
D. Trogdon	102.5	40	122.5	265
Open Light				
K. Giannattasioi BL		135	77.5	135
347.5				
W. Bissette	142.5	42.5	160	345
B. Frazer	115	52.5	137.5	305
D. Champion	100	62.5	122.5	285
C. Hayworth	77.5	47.5	117.5	242.5
S. Solner	72.5	45	92.5	210
C. Puckett	67.5	42.5	70	180
Open Heavy				
D. Cannon	15	75	190*	390
J. Renfro	130	75	165	370
Men				
Special Olympians	114			
W. Kearney	70	50	120	240
165				
C. Kerley	165	95	187.5	447.5
E. Skamaralas	—	57.5	85	142.5
181				
D. Bloomer	70	—	95	165
Junior Light				
T. Pardue	212.5	145	245	602.5
B. Wilkins	205	135	217.5	557.5
D. Waterman	210	117.5	227.5	555
C. Fulford	195	142.5	235	572.5
Junior Heavy				
B. Clark	272.5	170	280	722.5
J. Hughes	240	140	240	620
O. Letuli	237.5	192.5	227.5	657.5
J. Jordan	215	162.5	237.5	614.5
C. Harrison	220	135	235	590
Master Light				
J. Shoaf	165	137.5	187.5	490
Master Heavy				
T. Coble	227.5	137.5	227.5	592.5
M. Hamilton	212.5	142.5	217.5	572.5
A. Arrington	215*	125	215*	555*
B. Gunn	227.5	182.5	235	645
D. Ringley	200	167.5	242.5	610
J. Covington	165	117.5	232.5	515
T. Bowers	210	145	212.5	567.5
C. Beane	205	97.5	207	509.5
Class II 132				
W. Allen	137.5	85	162.5	385
148				
N. Deletson	175	117.5	220	512.5
165				
S. Patrick	212.5	125	222.5	560
B. Wilkins	205	135	217.5	557.5
T. Hines	165	167.5	172.5	505
E. Duke	160	110	165	452.5
E. Hunt	60	60	232.5	352.5
181				
D. Lewis	182.5	127.5	205	545
T. Shoaf	185	147.5	185	517.5
M. Webster	180	125	210	515
S. Thompson	170	102.5	200	472.5
R. Lynch	172.5	110	165	472.5
J. Shoaf	165	137.5	187.5	490
D. Pagan	167.5	100	167.5	435
198				
J. Brown	255	147.5	255	657.5
A. Downey	250	147.5	250	647.5
B. Pearson	247.5	145	252.5	645
T. Waarum	220	145	250	615
R. Britt	205	150	240	595
G. Brendan	220	140	227.5	587.5
T. Rodgers	207.5	137.5	195	540
C. Alvarnas	172.5	110	195	477.5
220				
R. McDonald	260	180	235	675
G. Nathan	235	172.5	220	627.5
J. Jordan	215	162.5	237.5	615
J. Donovan	215	147.5	235	597.5
T. Porter	242.5	120	202.5	565
A. King	155	117.5	192.5	465
242				
P. Dumas	250	177.5	227.5	655
W. Arnold	245	152.5	237.5	635
J. Marine	227.5	150	230	607.5
J. Francis	202.5	155	215	572.5
M. Rubinsky	225	155	187.5	567.5
275				
O. Letuli	237.5	192.5	227.5	657.5
E. Horan	220	187.5	217.5	625
D. Ringley	200	167.5	242.5	610
T. Bowers	210	145	212.5	567.5
SHW				
J. Friday	250	210	255	715
C. Pearce	275	160	250	685
E. Murchinson	237.5	185	227.5	650
Open 132				
T. Hedrick	155	102.5	147.5	405
W. Allen	137.5	85	162.5	385
148				
N. Deletson	175	117.5	220	512.5
165				
C. Lewis BL	255s	142.5s	205s	602.5s
M. Puckett	220	132.5	222.5	575
J. Laine	212.5	142.5	215	570
S. Patrick	212.5	125	222.5	560
B. Wilkins	205	135	205	557.5
181				
N. Thompson	242.5	140	262.5	645
T. Pardue	212.5	145	245	602.5
C. Fulford	195	142.5	235	572.5
D. Lews	182.5	135	205	545
D. Pagan	167.5	100	167.5	435
198				
J. Inlow	275	162.5	285	722.5
T. Booth	260	160	272.5	692.5
J. Brown	255	147.5	255	657.5
A. Downey	250	147.5	250	647.5
J. Hughes	240	140	240	620
T. Rodgers	207.5	137.5	195	540
220				
H. Stats	270	162.5	300	732.5
B. Clark	272.5	170	272.5	722.5
T. King	267.5	192.5	257.5	717.5
R. McDonald	260	180	235	675
G. Nathan	235	172.5	220	627.5
242				
W. Austen	272.5	215	320	807.5
H. Downey	320	212.5	272.5	805
P. Dumas	250	177.5	227.5	655
J. Francis	202.5	155	215	572.5
M. Rubinsky	225	155	187.5	567.5
275				
J. Raynor BL	327.5	250	290	867.5
O. Letuli	237.5	192.5	227.5	657.5
E. Horan	220	187.5	217.5	625
C. Harrison	220	135	235	590
SHW				
E. Murchison	237.5	185	227.5	650

s- submaster state record, * state record. Teams: Open- 1. King's Gym, 2. Powerhouse Gym; Class II- 1. King's Gym, 2. Olympic Fitness. We had a great meet at this year's 1995 NC State Championships. Ninety-eight lifters plus four special Olympians showed up to do battle. The meet was held at the beautiful Mebane Arts and Community Center. This building was made to host a powerlifting event! The lifting was done on stage with spotlights focused on the platform. Our state meeting was held and Tom Booth was re-elected state chairman. No bids were placed for the 1996 Championships so it was awarded to Tom Booth. I wish to thank the Judges: Jack Hogan, Dan and Julia Lark, Scott Case, Scott Beckham, and Mike Higgin, without whom this meet would not have been possible. Thanks also goes to our sponsors who each paid for one drug test: McDonalds, Hooters, Subway, Dominos, DSS, Beauticontrol Cosmetics, OGD, Atlas Fitness, Eastern High School, Bodyworks Fitness Center, and TJ Sports. Last, but not least, a very special thanks to the scorekeeper Tami Booth who worked very hard while seven months pregnant, and to the least thanked and hardest working people at any meet, the spotters/loaders. See ya next year! (Thanks to Tom Booth for providing these contest results.)

DON'T TRAIN ALONE - ALWAYS USE SPOTTERS.- DON'T TRAIN WHEN HURT- ALWAYS CONSULT YOUR DOCTOR

Swedish Men's Nationals
24-26 Mar 95 (kg)

	SQ	BP	DL	Total
52 kg				
H. Ekblem	130	72.5	140	342.5
M. Bochen	100	70	130	300
56 kg				
J. Celin	202.5	147.5	132.5	482.5
M. Forsberg	180	115	182.5	477.5
P. Jusal	167.5	105	175	447.5
P. Sventesson	172.5	107.5	155	435
F. Hagering	155	85	170	410
P. Ericsson	140	95	170	405
60 kg				
M. Karlsson	275	165	140	580
A. Norrback	180	80	195	455
P. Engstrom	170	105	177.5	452.5
P. Johnson	150	110	185	445
67.5 kg				
T. Jonsson	235	137.5	240	612.5
L. Flyborg	230	147.5	222.5	600
M. Vegh	215	147.5	235	597.5
H. Luttinen	210	127.5	245	582.5
A. Gustafsson	230	132.5	220	582.5
U. Anderson	207.5	132.5	225	565
75 kg				
S. Andersson	260	175	250	685
B. Sundvall	245	147.5	250	642.5
J. Andersson	230	147.5	240	617.5
P. Runefors	215	150	225	590
P. Alvidsson	215	130	230	575
N. Israelsson	225	130	210	565
J. Edman	220	135	205	560
82.5 kg				
H. Soderman	280	160	280	720
J. Carlsson	260	175	265	700
M. Eriksson	255	162.5	270	687.5
K. Gustafsson	257.5	130	282.5	670
B. Olsson	230	147.5	265	642.5
K. Holma	220	160	260	640
M. Killman	235	182.5	215	632.5
90 kg				
S. Persson	335	185	305	825
K. Matsson	300	207.5	275	782.5
H. Pilra	285	185	285	755
M. Engdahl	295	177.5	280	752.5
M. Nyquist	290	175	270	735
A. Ojala	275	182.5	275	732.5
H. Lundmark	295	157.5	280	732.5
J. Bergquist	265	167.5	285	717.5
P. Akesson	275	177.5	257.5	710
K. Olsson	260	175	275	710
J. Hanberg	255	165	285	705
T. Sundberg	260	180	260	700
S. Strom	255	165	275	695
C. Oesterreich	270	175	250	695
B. Bellfors	275	155	260	690
O. Wermelin	265	170	250	685
O. Rayo	—			
O. Neselius	—			
100 kg				
J. Lyungberg	340	265	300	845
P. Carlmark	310	217.5	267.5	795
M. Berg	315	182.5	285	782.5
C. Magnusson	315	165	290	770
B. Guardado	315	185	265	765
L. Ahlquist	260	172.5	270	702.5
H. Helisten	—			
110 kg				
C. Norberg	340	215	295	850
R. Eriksson	305	227.5	295	827.5
A. Hansson	312.5	192.5	305	810
K. Alatalo	307.5	192.5	300	800
J. Lundberg	300	195	300	795
T. Hogberg	300	187.5	295	782.5
H. Frediksson	295	202.5	282.5	780
S. Hulden	300	175	290	765
P. Warberg	—			
R. Valkonen	—			
A. Jansson	—			
125 kg				
Y. Wahlander	300	202.5	335	837.5
N. Lindstrom	307.5	217.5	310	835
D. Oskarsson	290	210	300	800
D. Fassler	297.5	187.5	302.5	787.5
D. Andersson	292.5	180	305	777.5
B. Fridell	290	187.5	292.5	770
P. Eriksson	300	222.5	240	762.5
N. Moller	290	175	260	725
R. Feuk	280	—		
M. Tangman	—			
125+ kg				
Y. Gustavsson	390	252.5	300	942.5
J. Ostberg	330	185	262.5	782.5
L. Wennerberg	260	140	270	670
R. Sandstrom	360	230	—	

(Thanks to Jari Tahtinen for the results.)

Cumberland Expo Bench
8 Apr 95 - Clarkville, TN

under 130		J. Rogers	400
C. Wright	50	R. Martin	300
140		225	
S. Mahoney	240	M. Nichols	475
150		J. Hundley	415
K. Yeager	260	D. Brown	415
160		B. Binkley	385
A. Brown	320	250	
R. Murray	280	N. Maddux	450
L. Hoyt	280	S. Corum	440
T. Cross	240	D. Webb	410
F. Jenkins	240	T. Taylor	330
170		250+	
D. Kirk	290	C. Bailey	550
D. Andrade	285	C. Steenburger	430
B. Payton	250	Women	
180		M. Frailey	140
K. Darnell	265	B. Taylor	85
J. Thomas	105	Teen	
190		A. Maddux	300
J. Martin	315	P. Mayes	270
D. Holland	270	C. Cannon	205
200		Masters over 40	
J. Wenetta	330	T. Sowder	475
210		D. Brown	415
E. Graves	450	S. Ladisla	345
J. McCloud	405	M. Kindred	250
		C. Vigus	—

(Thanks to Richard Yarbro for the contest results.)

Slaughter House Open Bench Press
6 May 95 - W. Mifflin, PA

Women 105	BP	181	
L. Velez OL	85	T. Richards	380
Men 132		B. Tomko	310
P. Detore OL	380	B. Hill	285
J. Presley	260	198	
148		C. Kosterman	380
D. Detore	330	220	
D. Faina	240	C. Finotti	405
165		242	
V. Poteste	380	R. Beane OL	525
R. Brianzo	330	C. Evans	355
M. Buccigrossi	315	275	
		M. Smith	325

I'm curious to know if there is a world record for youngest meet director! (I'm 19 years old.) Anyway, I would like to thank the spotters/loaders - Bill Kress and Justin Crosery; the head judges - Jim Kusha, Jr., and Ken Schwartz; side judges - Don Michael and Eric Roller; and of course my sister, Louise Pacella. First off was Linda Velez who in her first meet took first place and outstanding lifter. Next up in the men's 132 lb. class was pressing phenom Phil Detore, who also has a #5 rank all-time 132 lb. bench of 390 lb. Phil hit 410 lb. two weeks before the contest and will be gunning for Derek Ito's world record of 415 lb. His brother Dave took the 148 lb. class without a shirt! At 165 lb. was Vince Poteste, who lifted for the F.O.P. #56 with the Detore brothers. After the contest Vince popped up 405 lb. for his amusement. At 181 lb. out of Beaver, Pennsylvania, came Tim Richards who took the class with ease. At 198 lb. Chad Kosterman, owner of Pro Body Gym in Erie had a close miss with 400 lb. Moving along to the 220 lb. class was Carlo Finotti, who at 208 lb. and just 19 years of age has become a premier teen bencher in the country. Carlo has hit 430 lb. in training and even with an injured shoulder, slammed up 405 lb. At 242 lb., super leviathan Rich Beane opened with 525 lb. when his shirt ripped. This was the third shirt he had ripped in the last month (watch out, CT Flecher!) After three years of competition, I have never seen a 242 pounder as large as Rich, nor have I ever met a humbler competitor. On his second and third attempt with 550 lb. (both missed) he made no excuses and thanked me for a great meet. Expect great things from him. (He hit 625 lb. in training just two weeks prior.) Finally, at 275 lb. Mark Smith, who accompanied Rich to the meet, tossed up 325 lb. and just missed 375 lb. I'd like to thank Ned's Fitness Supplies and Sigal's Gym equipment for sponsoring the meet and the Kraft and Yimic families for all their help. (Thanks to Tristan Pacella for providing these competition results.)



Phil Detore at the Slaughter House Open Bench Press (Pacella)

Dutch Men's Class II
5 Mar 95 (kg)

60kg	SQ	BP	DL	Total
A. den Haar	115	65	125	305
67.5kg				
G. Dye	162.5	115	192.5	470
A. de Regt	150	107.5	205	462.5
J. Guldehaar	—			
75kg				
B. Sorn	222.5	107.5	230	560
P. uld Vifeike	205	110	227.5	542.5
T. Patan	200	110	212.5	522.5
82.5kg				
W. Bevers	215	120	235	570
J. Daniel	195	105	252.5	552.5
J. Berkhof	175	122.5	227.5	525
M. Haas	205	97.5	220	522.5
R. Groeneveld	190	105	210	505
B. deBruyn	110	75	155	340
90kg				
J. v. Gerwer	230	132.5	285	647.5
J. Semminck	222.5	147.5	245	615
E. Bontekoning	220	115	250	585
H. Smolders	220	120	190	530
H. den Ouden	172.5	115	220	507.5
100kg				
M. Messelaar	230	175	272.5	677.5
F. de Haan	260	145	250	655
B. Hazen	250	125	252.5	627.5
P. den Ouden	215	160	230	605
J. Post	—			
110kg				
R. Reus	200	115	250	565
125kg				
S. DeVisser	220	160	215	595
G. Hobbelink	225	135	200	560
125+kg				
L. Lejewaan	—			

(Thanks to Hank Keizer for these contest results.)

North Dutch Open Bench Press
15 Jan 95 (kg)

Women 52kg	BP	W. Bevers	135
A. Mieras	47.5	W. Paay	120
60kg		H. Roos	117.5
H. Dyksira	77.5	100kg	
75kg		D. uld Veen	200
J. Mikic	95	G. Rotline	175
Handicapped 82.5kg		P. den Ouden	165
L. Sumter	147.5	M. Metselaar	165
90kg		C. Hemming	165
A. kraal	100	P. Ruiter	162.5
Open 56kg		M. Kool	155
A. Den Haan	62.5	J. Koopmans	155
67.5kg		J. Staal	155
T. Parnian	182.5	P. Blokker	132.5
E. Izadpanami	112.5	J. uld Werf	—
N. Byl	107.5	110kg	
A. Nynatien	—	E. Pietersma	180
75kg		M. Jansen	160
Hoppenbrouwer	140	E. Boers	147.5
R. Hofman	107.5	125kg	
T. Patan	100	H. Dekkers	190
B. deBruyn	70	G. v. Doorn	190
82.5kg		S. DeVisser	160
E. Krokkee	107.5	R. Kramers	150
F. hasselt	135	H. Eelman	150
M. Haas	100	J. v. Prooyen	137.5
J. W. Pietersma	95	125+kg	
90kg		W. Nyenhuis	185
A. Temminck	150	L. Lejewaan	182.5
M. Kalter	137.5		

(Thanks to Hank Keizer for these contest results.)

J.C.S.O. Closed
1 May 95 - Medford, OR

181	SQ	BP	DL	Total
Novice				
Thompson	280	195	325	800
Open				
Fox	475	290	450	1215
Submaster				
Wilson	525	295	515	1335

Due to an excessive workload, several members of the Jackson County Sheriffs Dept. were unable to get time off for an upcoming regional meet. It was decided to have a small meet when most of the members could attend to determine their progress, as they aim for the NW Police/ Fire Games in August. Good job, guys, keep on pumping. (by T.D.)

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USPF Top 10 Texas Deadlift
4 Mar 95 - Wichita Falls, TX

Women 97	DL	A. Connell	450
J. Rippeto	90	D. Decker	300
123		198	
R. Kerr	240	L. Rams	455
165		B. Garvey	365
R. Martin	205	M. Holst	330
Men 165		220	
J. Galyean	515	M. Hanlon	605
J. Barrett	430	M. Garret	470
181		B. Peeler	360
C. Harrel	500	M. Bearden	335
R. Poteet	460	275	
		D. Bowie	655

(Results courtesy Meet Director Glenn Pendlay.)

H&B Open Bench Press
29 Apr 95 - Centralia, IL

Women		C. Smith-240	300
J. Schroeder-166	210	N. Fischer-119	160
D. Monken-101	105	K. Mannino-160	150
P. Conle-105	90	Open 132	
J. Burton-184	100	N. Fisher	160
Teen		148	
W. Steelman-193	285	J. Raburn	300
C. Smith-240	300	J. Morgan	195
P. Steelman-155	200	165	
A. Gregg-116	130	J. Wood	415
K. Mannino-160	150	M. Ward	385
C. Dearinger-221	175	K. Mannino	150
S. Hastings-123	105	181	
Novice		M. Reid	375
T. Funkk-206	415	R. King	—
B. Jolliff-253	380	198	
R. Furey-163	300	B. Porter	425
J. Swails-249	365	D. Phelps	400
M. Akers-200	330		

(Thanks to H&B Fitness for providing the results.)

AAU Massachusetts State
30 Apr 95 - Taunton, MA

Teen				
B. St. Peter	450	280	505	1235
A. Lafalure	320	215	375	910
J. Nunes	390	170	400	990
D. J. Martines				
Collegiate				
M. Herman	400	255	440	1095
G. Holmes	400	300	450	1150
Open				
148				
E. Cook	420	270	430	1120
165				
S. Brown	445	275	415	1135
E. DuPaul	350	270	450	1070
181				
G. Leal	460	260	500	1220
198				
J. O'Brien	565	380	560	1520
J. Seger	350	225	420	995
220				
T. Davidson	610	345	620	1575
K. Fernandes	575	380	580	1535
242				
J. Veiga	635	390	640	1665
A. Meneades	560	410	560	1530
275				
R. Bowley	455	235	500	1190
SHW				
K. Nyhelm	650			

Our thanks goes first to the lifters, without them there is no sport; 2nd to those who have an off day - I know they will learn from this and come back stronger. We who love the steel have all learned in this manner. 3rd, I would like to thank the referees, the spotter-loaders & table help (Joanne Shear - 1st time MC - great job). A very special thanks to Bill Denbin and Taunton Health & Fitness who welcomed us all and made this event possible. (Thanks to Larry Larsen for providing these meet results)



Joe Veiga squats 635 pounds at the AAU Massachusetts State Champs.

Twin Cities Bench Press Open
5 Feb 95 - Minneapolis, MN

Women			
105		275	
H. How	130	S. McRoy	—
4th attempt	135*	220 Guest Lifter	
Men 181		J. Gould	420
D. Heiland	285		

* WBC world bench press record. The 1995 Twin Cities Bench Press Open was hosted by the Hiawatha Fitness Center in Minneapolis, Minnesota. There was a small turnout yet some good lifting. Daniel Heiland won a sculptured trophy for being the Fitness Club member with the highest bench press by the Reshel formula. Owner Jeff Gould guest lifted and also provided a fine lifting environment. Skip McRoy missed all three attempts with 440, yet was not discouraged and made a 450 on April 8 at the 4th Street Saloon Bench Open. The only woman lifter to show up was Heidi How from Buffalo, Minnesota. Heidi is the wife of former junior national champion Brian How. Mrs. How continued the family's record setting tradition by breaking the World Bench Congress record on second, third, and fourth attempts. Thanks to the following: Kris and Kelli (Neuman) Kitzman for judging; Mike Freeman and Kari Sorenson for spotting/loading; Mike Sorenson for his interesting announcing; and Bernies Scale Company and Hiawatha Fitness Center for supporting the contest. (Thanks to Brian How for providing *PL USA* with the meet results.)

2nd Northwest Indian Bench Press
8 Apr 95 - Hobart, IN

Men Natural 148		Women Open 198	
S. Wilson	250	L. Bosboven	—
165		Men Open 165	
A. Muro	370*	A. Muro	370*
181		181	
L. Muro	385*	L. Muro	385*
P. Considine	325	P. Considine	325
D. Ballard	280	M. McCloskey	250
K. Quinn	300	198	
M. McCloskey	250	R. Jordan	340*
198		T. Marcheschi	300
R. Jordan	340*	242	
W. Bennett	320	C. Hall	460*
T. Marcheschi	300	M. Begart	405
242		C. Demure	305
C. Hall	460*	275	
R. Gresham	430	R. Johnson	440*
P. Deguch	400	J. Riley	410
275		J. Kelly	—
R. Johnson	440*	Men Novice 165	
C. Riley	410	R. Dobbs	230
J. Kelly	—	181	
SHW		D. Ballard	280
K. Luczkowski	415*	M. McCloskey	250
Masters		220	
G. Williams-221	365	J. Lopez	340
J. Smoker-172	290	J. Brown	315
J. Shepard-228	325	Teen 242	
		C. Demure	305

* meet records. This meet was covered very well by the local newspapers. (two articles written along with interviews.) We had six outstanding lifters who had broken our meet records: Alex Muro, Leo Muro, Rob Jordan, Chris Hall, Richard Johnson, and the "Big Lou" Kenneth Kuczkowski. It was a bad day for Lynne Boshoven and James Kelly but a tremendous effort and special thank you's to both of them. I want to thank each and every participant and their families for being at this meet; it made it a great success. As usual, if you have any suggestions or comments that you feel will make the next meet's better, please call me at (219)962-4628. Thank you, Jon Smoker, for the very beautiful trophies and also a very special thank you to Tim Redar, the owner of Southlake Nautilus Health & Racquet Club (very classy gym). (Thanks to Promoter Shawn Rowton for providing these results.)



*Vietnam veteran and best lifter **Richard Altieri** (photo by Joe Steele)*

World Gym Record Breakers BP
30 Apr 95 - Hamden, CT

Women		198	
132		R. Altieri	353
B. Fineman	115	220	
Men		T. Beasley	240
148		308	
P. Novoa	195	R. Rohmer	225
165		SHW	
D. Altieri	335	T. Beasley	160
M. Keel	205		

Meet Directors; Joe Steele and Andrew Brahm. Announcer: Andrew Brahm. Head Judge: Joe Steele. Side Judges: Neal Wellins and Andrew Brahm. Sponsor: World Gym of Hamden. The 4th annual World Gym Records Breakers Invitational Bench Press Championships went very well. With excellent lifting, 4 state records and 2 world records were set, with a total of 8 invited lifters taking part. This contest was dedicated to the 20th anniversary of the Viet Nam war. The Best Lifter was Richard Altieri, who set a state master (45-49) record with a 353 lb. lift. Richard is a Viet Nam veteran. Also setting a state and world masters record (60-64) was Ron Rohmer with a 225 lb. lift. Two brothers set State Records and one World Record. Thomas Beasley won the 220 lb. class with a 240 lb. lift. Tom Beasley won the Supers with a 160 lb. lift which was a new state record. (results courtesy of Joe Steele)

ISU Open
8 Apr 95 - Ames, IA

Bench Press		A. Wille	320
High School 123		B. Beerman	285
S. Adams	150	J. Sharp	275
148		D.Mattingly	170
J. Katz	260	198	
165		S. Ridenour	380
M. Schonhorst	215	M. Jensen	350
198		J. Madsen	340
A. Ortiz	220	R. Olney	285
N. Ortiz	270	220	
Open 123		A. Bowen	405
B. Miller	205	B. Michaels	370
132		242	
J. Schurbon	230	J. Vest BL	500
148		J. Ikeda	425
D. Toney	275	A. Heberer	385
C. Spear	240	275	
165		B. Mueller	420
T. Adams	290	L. Toomey	420
S. Stone	285	M. Wood	325
T. Jacobsmeier	270	SHW	
181		M. Carvelli	315
T. Lonergan	365		

Women	SQ	BP	DL	Total
J. Poland	305	150	315	770
High School 198				
Z. Greenfield	375	265	405	1045
Open 148				
M. Kilburg	470	280	470	1220
J. Westerhof	265	235	365	865
165				
J. Klein	360	225	405	990
M. Haan	310	275	355	940
181				
K. Kulak	400	215	375	990
198				
T. Samson	440	280	570	1290
J. Buck	280	245	370	895
220				
P. Schultz	660	380	640	1680
E. Schnepper	555	315	510	1380
B. Poland	460	300	460	1220
242				
W. Hammes BL	700	450	630	1780
K. Westerhold	450	335	500	1285
275				
C. Hamilton	465	345	485	1295
SHW				
M. Riordan	740	460	670	1870

(Thanks to Mark Jensen the competition results.)

ADFPA Spring Bench Press
2 Apr 95 - Waterville, ME

Women Teen		C. Poulin	175
H. Jadeson	90	181	
Women Master		J. Kaplan	390
C. Hamilton	160	M. Sellinger	320
J. Tripp	130	P. Guay	315
D. Leavitt	115	S. King	305
104		A. Davis	280
T. Michaud	130	J. Turner	275
H. Jackson	90	K. Brown	220
122		198	
E. Coughlin	115	M. Dimeglo	400
176		D. Stevens	380
J. Tripp	130	P. Proto	375
Men		J. Blanchard	365
Teen		K. Murray	350
W. Sirott		A. Howard	325
T. Flayton	240	220	
J. Penny	245	N. Clark	405
J. Michaud	230	R. Fuller	400
C. Poulin	175	D. Prokey	315
Master		242	
N. Clark	405	J. Booth	375
J. Booth	305	R. Legencke	350
R. Beauford	325	B. Ingraham	335
D. Prokey	315	R. Beauford	325
S. King	305	J. Massey	290
148		W. Leavitt	275
T. Flayhan	240	J. Penney	245
165		275	
D. Dill	345	M. Gray	460
P. Perkins	260	V. Sirott	385
		C. Michaud	280

This bench was with a NABBA Body Building meet. Both events went smooth. I would like to thank our meet support people and sponsors. Special thanks to Mathieu's Fitness Center for supplying the equipment. (Thanks Dean Harding for these results.)

Mid-Virginia Bench Press
29 Apr 95 - Stanardsville, VA

Teen 181		J. Shifflett	370
J. Tooley	255	A. Johnson	360
148		220	
M. Moreland	220	R. Brooks, Sr.	405
165		R. Nunnley	365
G. Ferrell	330	242	
181		R. Brooks, Jr.	435
E. Johnson	380	242+	
B. Riley	305	G. Briggs	435
198		G. Mullis	360
R. Cash	370		

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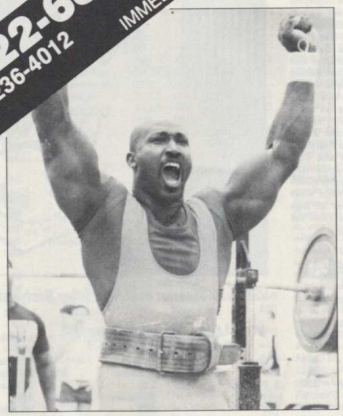
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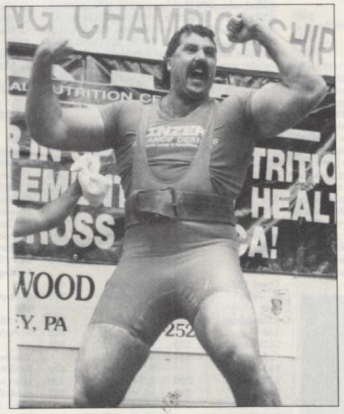


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Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

10 cm x 13 mm • 6 rows of stitching ..... ~~$94.00~~ **$64.00**

10 cm x approximately 10 mm • 4 rows of stitching ..... ~~$90.00~~ **$58.00**

Buckle Belts

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
• single or double prong • any color • made in USA • lifetime guarantee **$64.00**

• suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA **$52.00**

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(limited availability)

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Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs **$10.00**

VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from $20.00 - $45.00

NASA High School Nationals
7-9 Apr 95 - Dallas, TX (kg)

Women	SQ	BP	DL	Total
Frosh-Soph 97				
Skiles	100	42.5	92.5	235
Desormeaux	87.5	37.5	92.5	217.5
Wiggins	62.5	32.5	90	185
105				
Gott	87.5	42.5	112.5	242.5
Odom	92.5	42.5	87.5	222.5
Gardner	65	32.5	72.5	170
114				
Hale	130	50	117.5	295
Willis	102.5	37.5	112.5	252.5
Helmick	97.5	45	102.5	245
Bruggeman	80	42.5	102.5	225
123				
Odom	137.5	60	115	312.5
Bell	120	62.5	105	287.5
Smith	102.5	42.5	130	275
Nelson	107.5	50	92.5	250
132				
Murphy	117.5	62.5	120	300
Spoon	100	52.5	135	287.5
McKinzey	97.5	55	112.5	265
148				
Barbera	127.5	52.5	147.5	327.5
Crank	125	65	122.5	312.5
White	125	52.5	125	302.5
Sprinkle	110	47.5	127.5	285
Alexandre	87.5	47.5	105	240
165				
Milazzo	130	65	142.5	337.5
Hayeman	105	40	110	255
181				
Simmons	127.5	57.5	137.5	322.5
Phillips	102.5	52.5	105	260
SHW				
Boutte	160	62.5	147.5	370
Fulton	122.5	67.5	150	340
Junior-Senior 97				
Liner	85	42.5	102.5	230
114				
Frenzel	77.5	37.5	102.5	217.5
Sims	80	40	92.5	212.5
123				
Allen	92.5	45	112.5	250
Gilmore	77.5	65	102.5	245
132				
Buck	112.5	60	155	325
Smith	127.5	50	115	292.5
148				
Bell	142.5	70	132.5	345
Rosser	125	60	132.5	317.5
Joines	90	47.5	120	257.5
165				
Coleman	147.5	65	147.5	360
Perry	100	52.5	112.5	265
198				
Guinn	142.5	65	157.5	365
SHW				
Murphy	140	60	132.5	332.5
Armstrong	135	62.5	125	322.5
Men				
Frosh-Soph 114				
Hallman	112.5	62.5	137.5	312.5
Melin	85	50	120	255
123				
Chen	142.5	77.5	155	375
Plyler	105	72.5	145	322.5
132				
Greer	152.5	90	160	402.5
Maangkhoth	132.5	75	137.5	345
Alexander	112.5	67.5	135	315
Thibodeaux	117.5	70	120	307.5
148				
Mire	175	95	142.5	412.5
Tate	155	77.5	152.5	385
165				
Kyte	185	77.5	197.5	460
Witten	157.5	92.5	175	420
Washam	125	80	147.5	352.5
181				
Bower	205	122.5	200	527.5
Simmons	160	112.5	185	457.5
198				
Willis	207.5	110	210	515
Botvidson	157.5	92.5	160	410
Price	137.5	80	147.5	365
220				
Hazelwood	212.5	110	210	532.5
Lewis	215	110	195	520
Loveless	190	100	170	460
Sass	157.5	112.5	177.5	447.5
Newsom	137.5	75	177.5	390
275				
Chilson	240	132.5	225	597.5
Arredondo	210	142.5	242.5	595
Robertson	222.5	137.5	227.5	587.5
Aho	205	102.5	200	507.5
VanGorder	165	100	165	430
SHW				
Cormier	182.5	120	185	487.5
Junior-Senior 114				
Dorris	115	70	132.5	317.5
123				
Wostal	177.5	95	182.5	465
Long	162.5	85	155	402.5
Stinbrink	130	82.5	137.5	350
Mirzoev	102.5	62.5	132.5	297.5
132				
Despino	177.5	117.5	200	495
Barnes	192.5	115	187.5	495
Anderson	200	112.5	172.5	485
Abeyta	170	100	182.5	452.5
Kurzweil	147.5	85	197.5	430
Stafford	137.5	77.5	157.5	372.5
148				
Jackson	227.5	130	275	632.5
Cretchain	220	125	242.5	587.5
Mayces	197.5	112.5	220	530
Summerville	195	105	200	500
Edens	175	115	200	490
Gott	185	102.5	200	487.5
Cummings	145	105	180	430
Koup	147.5	100	180	427.5
Talamantz	137.5	97.5	150	385
165				
Bassett	247.5	145	252.5	645
Laborde	205	120	227.5	552.5
Marten	187.5	135	190	512.5
Withers	155	105	210	470
McKinzey	175	97.5	195	467.5
Williams	152.5	90	192.5	435
181				
Blade	227.5	135	250	612.5
Strickland	195	105	202.5	502.5
Lang	190	25	182.5	497.5
Gilbert	175	112.5	185	472.5
Brown	195	85	187.5	467.5
198				
Wehlander	215	152.5	220	587.5
Stanchfield	202.5	142.5	225	570
Jones	220	312.5	212.5	565
Morgan	182.5	125	235	542.5
McNelis	187.5	115	200	502.5
Estes	160	100	195	455
220				
Anderson	220	162.5	222.5	605
Willis	200	115	225	540
Hall	205	95	235	535
Barnett	182.5	107.5	227.5	517.5
Allen	175	142.5	182.5	500
242				
Prothe	230	135	230	595
Schmidt	217.5	117.5	240	575
Mayfield	202.5	132.5	222.5	557.5
Withrow	187.5	147.5	190	525
Wells	152.5	137.5	195	485
Cummings	165	105	200	470
275				
Calvin	262.5	127.5	262.5	652.5
Brewer	195	120	200	515
Sanders	200	110	195	505
SHW				
Robinson	262.5	155	222.5	640
Daigle	222.5	147.5	235	605
Griffin	210	125	175	510
Bench Press Only		Martin		135
Frosh-Soph 181		220		
Simmons	112.5	Anderson		162.5
275		242		
VanGorder	100	Withrow		147.5
Junior-Senior 148		Wells		137.5
Efferson	120	SHW		
165		Daigle		147.5

(Thanks to NASA for providing the meet results.)

NASA Louisiana State
29 Apr 95 - Alexandria, LA (kg)

Pure Novice 132	SQ	BP	DL	Total
Bonneau	145	115	160	420
148				
Watts	145	100	170	415
Jenkins-os	75	55	102.5	232.5
165				
Richardson	167.5	110	182.5	460
Herring	—			
198				
Gray	182.5	125	192.5	500
242				
Angton-os				
SHW				
Weed-os	192.5	140	210	542.5
Pure 148				
Lamela-os	127.5	87.5	160	375
165				
Arterberry	262.5	167.5	262.5	692.5
Herring	—			
198				
Ritter	240	132.5	215	587.5
Masucca, ADFPA and state champ/ record holder at SHW. Byrnes manhandled 360 and missed 375, and Masuicca powered up 500 and missed 525! Special thanks to B&T Sports Shop of Fulton, NY, and to the judges Cannova, Schrader, and Spataro. (Thanks to Frank Paino for providing these results.)				
181				
Strickland	205	105	210	520
198				
Sander	—			
220				
Bough	232.5	132.5	210	575
Natural 165				
Broussard	245	142.5	240	627.5
Vinent	175	135	182.5	492.5
Herring	—			
181				
Blasetti	255	147.5	227.5	630
242				
Pizzolato	292.5	160	257.5	710
SHW				
Thibodeaux	317.5	192.5	285	795
Submaster I 165				
Broussard	245	142.5	240	627.5
275				
Himes	250	195	65	510
High School 181				
DeLeon	175	115	182.5	465
Fredieu	112.5	85	155	352.5
198				
Pourcian	182.5	102.5	160	445
220				
Grezaffi	240	140	215	595
Ewing	165	85	160	410
242				
Ruben	230	105	197.5	532.5
275				
Doucet	142.5	80	165	387.5
Submaster II 181				
Blasetti	255	147.5	227.5	630
242				
Boyd	307.5	187.5	331	826
Master I 220				
Digangi	125	92.5	150	367.5
Women Pure Novice 165				
Weed	85	42.5	110	237.5
Women Junior 181				
Simmons	122.5	52.5	127.5	302.5
Andrus	95	—	125	—
Bench Press Only		Singleton		117.5
Pure Novice 132		Pure 181		
Bonneau	115	Mason		142.5
181		165		
Mollette	120	Herring		137.5
165		198		
Herring	137.5	Angton		190
Junior 148		Women Master I 165		
Singleton	102.5	Singleton		40
165		Natural 165		
Herring	137.5	Herring		137.5
198		198		
Sander	77.5	Pizzolato		160
220		275		
Baugh	122.5	Tabarlet		127.5
Master III 165		Submaster I 242		
Williams	140	Bueche		155
181		275		
Cominos	125	Himes		195
Master I 165		Tabarlet		127.5

os- out of state (Thanks to NASA for the results.)

NASA Oklahoma State
15 Apr 95 - Noble, OK

Women 123	SQ	BP	DL	Total
Lyles	82.5	42.5	92.5	217.5
Junior 132				
Corrigon-os	140	95	125	360
181				
Fugate	115	87.5	112.5	315
198				
Hanoke	172.5	97.5	157.5	427.5
Submaster I 181				
Larson	237.5	140	212.5	590
198				
Scott	245	155	257.5	657.5
Banker	217.5	155	227.5	600
Natural 198				
Corey	227.5	145	215	587.5
Submaster II 198				
Sisson	240	150	227.5	627.5
Pure Novice 198				
Banker	217.5	155	227.5	600
242				
Wickware	240	120	280	640
Master I 220				
Deluca	180	82.5	187.5	450
Master III 242				
Stephens	185	100	205	490
Master II 275				
Warner	202.5	115	230	547.5
Youth 198				
Cunningham	75	40	80	195
Bench Press		Harrison		205
Submaster II 165		Carey		145
Smith	125	Submaster I 198		
Pure Novice 181		Banker		155
Cowell	—	Junior 220		
Natural 198		Link		177.5

os-out of state. (Thanks to NASA for the results.)

Application for Registration in

Natural Athlete Strength Association

Last Name | First Name | Initial | Date of App.

Street Address

City | State | Zip | Area Code | Telephone

High School_____ Referee_____ Date of Birth_____19_____ Age_____

High School - $15.00 *Adults - $25.00* *Inmates - $15.00* *Youth - $15.00*

Membership includes a Personal Rulebook and a year's subscription to "The Natural"
Make and Mail Checks payable to: NASA, Box 735, Noble, OK 73068

I Certify that the above Answers are Correct



Pound for Pound, *the Best Lifter at the Oswego State Bench Press was Chris Byrnes (right) seen with the meet director, Frank Paino.*

Oswego State Bench Press
5 Feb 95 - Oswego, NY

132		J. Carr	295
C. Byrnes	360	242	
148		T. Kristoff	375
P. Nellis	265	T. Otteni	325
S. Helmer	240	275	
B. Zepp	—	J. Lewis	480
165		W. Bielec	415
R. Neal	270	T. Watson	350
A. Odett	250	SHW	
R. Chapman	250	C. Masuicca	500
L. Perno	250	M. Whorrall	400
181		O. Jenson	380
D. Cruz	340	Masters	
J. Fasula	330	W. Bielec	415
C. Smith	275	B. Langan	400
T. Collins	260	M. Whorrall	400
198		F. Jordan	265
P. Sylvestre	285	R. Nelson	260
D. Jermyn	275	J. Lamack	230
220		O. Jenson	380
D. Gardner	400	T. Walson	350
T. Muroski	385	J. Del Guidice	315
C. Gushlau	335	Women	
J. Del Guidice	315	C. Roux	160
T. Morley	280	A. Nicholson	160

In Oswego State 2nd Annual Bench Press Championship head baseball and strength coach Frank Paino has watched the meet blossom into a very strict and competitive total success from 20 lifters in 1994 to 43 lifters in 1995. This is due to the credit of ex-state champions Scott Cannova and Tom Schrader and also Liverpool High School football coach Nick Spataro. Big namers at the meet were Chris Byrnes, nationally ranked 132 pounder and NY state champion and ADFPA champ; also, Chris Masucca, ADFPA and state champ/ record holder at SHW. Byrnes manhandled 360 and missed 375, and Masuicca powered up 500 and missed 525! Special thanks to B&T Sports Shop of Fulton, NY, and to the judges Cannova, Schrader, and Spataro. (Thanks to Frank Paino for providing these results.)

MDSA Super Squat Nationals
11 Mar 95 - Willmar, MN

Closed Only		Submaster 165	
Submaster 198		G. Grahn-39	315
D. Jacobson-39	340	Master 198	
Open Only		G. LaBelle-55	310
Men 275		220	
N. Pierce	505	M. Crozier-40	430

Judges- Darwin Jacobson, George LaBelle, and Donavon Sturgeon. Loaders/ spotters- John Beckman and David Lange. Door Prizes- Paul Bostrack won a bottle of Dibencozide Blend worth $40. Mark Bjornjeld won a pair of deadlift straps worth $6. There were only five squatters this year so next year we are adding the front squat and jerk press events to the March meets. Mark Crozier just missed the 198 class by one pound bodyweight– his 430 looked very strong and is only 35 pounds behind Warren Cadwallader's state record. George LaBelle was fresh off his police & fire competition in Australia where he placed in 10 out of 12 events- once again he finished with a Minnesota state master's record squat. Gary Grahn invested in a power suit and boy has it paid dividends! He broke his old record by 50 pounds! Keep up the good work, Gary! Big Nate Pierce set non-resident record, and he looked good for at least 10 more pounds. Darwin Jacobson broke Glen Erickson's record so Glen will just have to take it back. Go for it, Glen! Next year's meets will be held on March 9th and hopefully at the VFW. Thanks to everyone who helped. (Thanks to Darwin Jacobson for results.)

USPF Alaska State
25 Feb 95 - Fairbanks, AK

Women	SQ	BP	DL	Total
Open 129				
C. Gallardo	65	145	200	410
139				
M. Curry	270	115	300	685
Masters 139				
M. Curry	270	115	300	685
R. St. Louis	260	125	275	660
P. Birmingham	265	85	280	630
176				
G. Wofenberger	315	190	350	855
Men				
Teen 132				
M. Jackel	185	160	260	605
148				
T. Druesedow-16	180	140	240	560
165				
J. Druesedow-17	350	240	420	1010
181				
R. Sneider-15	285	185	400	870
198				
C. Schaeffler-19	385	340	460	1185
242				
J. Price-16	460	295	525	1280
SHW				
J. Riley-17	455	235	405	1095
Open 148				
J. Smelcer	320	210	405	935
165				
D. Burns	540	275	580	1395
B. Brent	525	240	600	1365
J. St. Aubin	365	275	425	1065
T. Williams	275	225	350	850
181				
B. Gamble	475	250	500	1225
L. Everett	335	285	540	1160
198				
B. Woods	465	295	510	1270
L. Lockard	435	295	525	1255
E. Richards	430	240	500	1170
J. Troupe	405	290	470	1165
220				
M. Anselm	505	325	455	1285
242				
V. Veikune	625	435	550	1610
J. Wendt	585	420	515	1520
R. Bentson	605	380	525	1510
A. Spence	500	415	500	1415
275				
L. Fenumiai	655	480	605	1740
SHW				
K. Baker	475	325	475	1275
Masters 132				
I. Rosen	355	205	410	970
148				
G. Harben	325	225	410	960
165				
B. Brent	525	240	600	1365
181				
L. Everett	335	285	540	1160
B. Woods	340	275	420	1035
L. Freese	300	220	415	935
220				
L. Atkinson	425	310	400	1135
R. Anselm	400	235	450	1085
R. Washington	145	365	145	655
242				
J. Wendt	585	420	515	1520
R. Bentson	605	380	525	1510
275				
L. Riley	415	215	455	1085

(Thanks to Ben Brent for the results of this meet.)

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Midwest Bench Press Championships
1 Apr 95 - Rapid City, SD

123		C. Thurman	80
O. Garst	215	123	
132		C. Scherz	110
M. McClafferty	257.5	132	
T. Glanzer	225	E. Vandriel	220
J. Jensen	200	L. Dueker	180
L. Dueker	180	A. Ashmore	115
148		148	
J. Amo	300	D. Cummings	180
L. Earley	275	R. Fiferlick	165
T. Hurm	265	J. Hill	125
F. Schock	250	165	
J. Walker		S. Ryker	320
165		D. Ojeda	280
D. Lytle	345	T. Higley	175
R. Sundvold	340	D. Counts	170
B. Schrader	325	181	
S. Ryker	320	S. Carlson	240
T. Thurman	315	D. Boy	175
K. Raley	310	J. Daniels	175
C. Burton	295	198	
D. Murray	245	J. Perkins	265
D. Castle		B. Terrell	205
J. Reichert		J. Aust	155
181		220	
S. Gamo	367.5	M. Musselman	300
J. Shillingstad	300	J. Perkins	230
M. McCormick	290	SHW	
B. Mumma	275	T. Red Bird	275
L. Zaczkowski	255	M. Edwards	270
L. Culver	240	D. Edwards	225
198		Women	
D. Brown	425	A. Krejci 123	145
D. Gulk	382.5	C. Zlccaro 114	150
M. Schwendinger	380	L. Pures 148	120
D. Slavic	350	B. Moore 148	110
S. Hilton	305	R. Schmiedt 148	100
T. Haggenmiller	300	J. Walker 148	
J. Moss	290	Police/Fireman	
220		R. Sundvold 165	340
R. Priestly	455	J. Hutmacher 275	390
A. Dyce	432.5	J. Shillingstad 181	300
M. Smith	400	K. Finkey 220	330
J. Chitwood	370	J. Moss 198	290
R. Mylant	350	L. Culver 181	240
S. Merkwan	350	J. Reichert 165	
K. Finkey	330	Submaster	
E. Morningstar	315	A. Dyce 220	432.5
B. Teel	290	K. Walker 275	440
D. Pearce	385	M. Smith 220	400
M. Shannon	270	T. Thurman 165	315
242		M. Bridge 242	390
D. Hjelseth	450	S. Hughes SHW	405
J. Dudley	415	J. Shillingstad 181	300
B. Collins	405	J. Moss 198	290
M. Bridge	390	B. Teel 220	290
S. Howard	355	D. Castle 165	
T. Arampatzis		Masters 40-45	
275		D. Gulk 198	382.5
B. Huber	460	B. Dirksen SHW	450
K. Walker	440	C. Burton 165	295
J. Hutmacher	390	R. Mylant 220	350
T. Lurz	380	S. Howard 242	355
T. Red Bird	275	D. Murray 165	245
SHW		E. Redfox SHW	300
R. Dirksen	450	M. Shannon 220	270
S. Hughes	405	L. Culver 181	240
R. Hermansen	400	Grand Master 46+	
E. Harrison	305	Hermansen SHW	400
E. Redfox	300	S. Merkwan 220	350
Teen		O. Garst 123	215
114		Haggenmiller 198	300
D. Galven	120	L. Zaczkowski 181	255
S. Quackenbush	115	E. Harrison SHW	305

Teams: The Weight Room; Club Energize; 3rd - Tony's Fitness - Aberdeen, SD. Teen Team Standings: 1st - Hay Spring Power Team - Hay Springs, NE; 2nd - Sky Ranch Power Team - Sky Ranch, SD. (Thanks to Arlyn Dyce for providing these results)



The Weight Room Team *from Rapid City, SD took the championship at the Midwest Bench Championships. First row, left to right, Ted Thurman, Christopher Thurman, Michael McClafferty, Todd Glanzer, Jay Shillingstad, Richard Priestley, Ralph Dirksen, Arlyn Dyce, Mike Bridge; back row, left toright, Joe Amo, David Gulk, Rich Mylant, Steve Howard, and Steve Hughes. (photograph courtesy of the Weight Room)*

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. If you have suggestions for future articles or would like to send information, contact Stephanie Whiting, 4768 Barbara's La., Stevens Point, WI 54481.

THE MOST UPLIFTING SPORT Did you catch the full page ad for the Special Olympics World Games in People magazine? ADFPA lifter Andy Leonard is shown deadlifting under the caption "The most uplifting sports story of the year - or any year." The list of competing athletes starts with powerlifters! Would you like to get involved in helping with Special Olympics powerlifting in your state? I can guarantee you the best time you'll ever have in PL experiences. Contact Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817.

Here in Wisconsin, we ran the first regional PL meet last year. Since it was the first meet for the Special Olympians, we included plenty of time for coaching and practice during the warmups. The meet helpers were powerlifters and weight trainers from the local YMCA. The venue was a gym at the university in town. Most of the team coaches had very limited experience with powerlifting, so part of our time was set aside for helping them with coaching tips. A couple months later we ran the state Special Olympics PL competition. This year at the regional and state meets, we saw a vast improvement in the athlete's performance --steadier form in the lifts and closer attention to referee's signals.

Uplifting is the word to describe our time with the Special Athletes. They met the challenge of moving weight, learning how to concentrate their efforts for physical performance. We shared in their sense of accomplishment and their joy in participating in sports. We were grateful to be involved and to work with them. Consider sharing your powerlifting knowledge and skills by contacting Special Olympics in your state.

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	655	760	885	1025	1075	1145	1250	1275	1290	1305	1325
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	365	385	410	420	435	455	485	520	575	640
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 SPORTS MEDICINE

Dear Dr. Hartle- I have noticed in the last 6-8 months that I have pain when I extend my lower back, especially during the deadlift. This same pain also presents itself when I go from a sitting position to a standing position. It seems to last for several minutes until I get moving around. I also have some numbness on the outside of my left thigh. This goes from the hip area down to the knee. I have not sought out any help for this yet. What do you recommend I do for this as I do not want to give up powerlifting. Thank you for your time. *H.J., California*

Dear H.J.: By just the facts you have given me, it sounds like you have a chronic problem with your iliopsoas muscle in your back. This muscle does several things. It flexes your hip, rotates your hip outward and helps with the flexion of the trunk when your hip is not moving. It originates from the front part of your lumbar vertebrae (your lower back) and the iliac fossa (inside your hip crest area) and inserts into the upper part of your femur (thigh bone).

Passing through the upper part of the muscle is the lateral cutaneous femoral nerve, which supplies the sensation part of your thigh which you described earlier. Because of the chronic nature of your problem, this nerve is being affected as it passes through the muscle. I would suggest you either see a chiropractic or medical physician that knows about sports medicine and/or this condition. If you need a referral, please call me. I am sending you a specific stretch that I have found to be very effective to help relieve this problem and restore proper flexibility to this muscle and the associated hip region. Contact me again if you have further questions about this.

Please send your questions for the Sports Medicine Committee to Dr. Michael Hartle, 126 S. Main Street, Seymour, WI 54165. If you would like a personal response, please send a SASE with $1.00 to cover additional postage and other expenses. You can contact me at 414-833-7844/FAX 414-833-7563.

NEW ADFPA STATE CHAIRS

California: Manuel Villarreal, 895 N. Bayshore Rd. W., San Jose, CA 95112, 408-275-6449

Georgia: Rick K. Godby, 1206 Judy Pl., Vidalia, GA 30470, 912-537-1850

Kentucky: Steve Corum, 520 S. Main, Henderson, KY 42420, 502-826-7793

Michigan: Lloyd N. Coon, 5119 Worchester, Swartz Creek, Mlk 48473, 810-635-4206

South Carolina: Ray W.Jones, Rt. 1 Box 220A, Burton, SC 29902, 803-525-8351

Also, the Referees Committee is now headed by Don Haley, 12101 Reagan Street, Los Alamitos, CA 90720.

LOW FAT MUSCLE FUEL A favorite summer activity often leads to a tasty reward -- fresh fish fillets. Broiled, baked or grilled, fish is a nutritious source of protein. Here's a low fat method of preparing a tasty, muscle fueling meal.

1-1/2 lbs. fish fillets
1/2 teaspoon onion powder

A.D.F.P.A. Corner

A.D.F.P.A. Corner

1/4 cup low-calorie margarine
1/2 teaspoon grated lemon peel
2 teaspoons lemon juice
1/8 teaspoon pepper
1 teaspoon dill weed
salt to taste

Place fish in shallow broiler pan. Melt margarine, stir in remaining ingredients. Spread half of mixture over fish. Place fish, margarine side up, under a preheated broiler or margarine side down, on a preheated grill. Cook fish for 5 minutes, then turn and baste with remaining margarine mixture. Cook 5-8 minutes more, until fish is done. Four servings, each 187 calories, 7 grams fat.

NOTE A note from Gary Smith, Pathways Personal Training, says that he has temporarily closed his fitness facility in Gulfport, MS, but he will continue to answer questions from powerlifters. (Note his new address) Gary writes a fitness column for the Sun Herald newspaper with an emphasis on strength training.

ADFPA GYM AND COACHES DIRECTORY

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

American Eagle Gym, 12128 Firestone Blvd., Norwalk, CA 90650, 310-863-1308, Coach: Sherry Houston

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)

Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, (405) 226-5438, Owner: Stacy Green

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, Owner: Bruce Dowling

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, 122 Railroad Ave. S., Kent, WA 98032, (206) 852-2442 FAX (206) 413-1252, 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.

Payne's Gym, 520 S. Main St., Henderson, KY 42420, (502) 826-8354, Coaches: Pat Payne and Steve Corum

Pathways Personal Training and Powerlifting, 617 Sunset Dr., Bay St. Louis, MS 39520-2811, Owner/Trainer- Gary Smith

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.

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 gyms' 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 individual 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 help if you're traveling and need a place to train. To get your gym in the directory, send a check for $3.00 made out to the ADFPA or money order to: Stephanie Whiting, 4768 Barbara's La., Stevens Point, WI 54481.

A.D.F.P.A. Corner

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION ---

PLEASE PRINT *COMPLETE ALL ENTRIES*

LAST NAME | FIRST NAME | INITIAL

STREET ADDRESS | CURRENT REG NUMBER

CITY | STATE | ZIP CODE

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

REGISTRATION FEE EFFECTIVE - 11/1/94
$25.00 HIGH SCHOOL - $10.00

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.

APPLICANTS, fill out card completely and mail with fee to:
Make checks payable to:
ADFPA
19 Sunrise Dr.
Mountaintop, PA 18707
717-474-2662

World Team
DONATION _____
CLUB REPRESENTED
_____

ALL ADFPA MEMBERSHIPS EXPIRE 12/31

IF UNDER 21 HAVE PARENT INITIAL

SIGNATURE _____ DATE _____

ADFPA Maine Championships
15 Apr 95 - Waterville, ME

Bench Press				
Women				
P. Fairbrother-176	175			
D. Leavitt-176	125			
Men				
T. Farr-242	405			
D. Stevens-198	370			
Boudreau-SHW	450			
J. Blanchard-181	345			
R. Kelley-198	340			
Men	SQ	BP	DL	Total
Open 123				
D. LaJoy	315	170	285	770
132				
R. DelGallo	380	230	405	1015
H. McGreehan	300	160	340	800
148				
R. Hand	410	275	405	1090
B. Ames	295	175	315	785
165				
J. West	500	275	515	1290
P. Ganiache	490	255	480	1225
C. Branson	500	265	480	1225
K. Nautel	390	315	465	1170
C. Horr	415	275	420	1110
T. Guiod	300	210	375	885
181				
M. Hunter	570	255	525	1350
T. Khoury	505	300	485	1290
J. Lynch	440	285	450	1175
J. Pearson	425	225	435	1085
Z. Fossett	360	245	425	1030
198				
D. Stevens	600	370	550	1520
G. Howard	550	330	610	1460
J. Cross	460	300	550	1310
W. Phillips	420	330	540	1310
M. Colangelo	435	330	430	1195
B. Guay	420	320	440	1180
198				
G. Sousa	440	290	430	1160
W. Tripp	380	185	435	1000
220				
M. Ridge	615	365	550	1530
J. Gotlieb	550	350	550	1450
D. Prokey	535	340	550	1425
M. Laliberte	500	330	480	1310
J. Lawler	510	290	475	1275
R. Landry	430	245	440	1115
J. Massey	405	285	420	1110
242				
C. Ryder	680	345	520	1545
R. Beauford	525	335	540	1400
B. Ingraham	525	340	445	1310
W. Leavitt	460	285	475	1220
J. Penney	410	240	425	1075
275				
K. Fosler	680	400	625	1705
D. Thompson	615	325	555	1495
SHW				
J. Durham	685	450	550	1685
P. Boudreau, Jr.	700	450	525	1675
A. Storu	600	375	500	1475
Masters				
R. DelGallo-132	380	230	405	1015
D. Poulin-181	475	250	500	1225
R. Beauford-242	525	335	540	1400
R. Hand-148	410	275	405	1090
D. Prokey-220	535	340	550	1425
D. LaJoy-123	315	170	285	770
P. Slivers-242	510	295	450	1255
H. McGreehan-132		300	160	340
800				
B. Ames-148	295	175	315	785
W. Leavitt-242	460	285	475	1220
J. Massey-220	405	285	1120	1110
F. Glufreda-148	115	135	405	655
Teen				
J. Cross-198	460	300	550	1310
W. Sinnott-275	550	395	475	1420
M. Laliberte-220	500	330	480	1310
C. Horr-165	415	275	420	1110
G. Pinkhane-165	350	250	405	1005
Z. Fossett-181	360	245	425	1030
S. Soucy-181	320	280	365	965
J. Penney-242	410	240	425	1075
Women				
Open 116				
K. Mitchell	290	130	300	720
A. Gervais	180	90	200	470
129				
N. Guimond	210	110	235	555
139				
T. Tracy	225	75	250	550
154				
E. Ogden	250	135	285	670
176				
J. Tripp	275	125	310	710
D. Leavitt	190	125	270	585
Masters				
J. Tripp-176	275	125	310	710
T. Tracy-139	225	75	250	550
D. Leavitt-176	190	125	270	585
Teen				
N. Guimond-129	210	110	235	555
A. Gervais-116	180	90	200	470

Team Standings: 1. Union, 2. Mathieu's Fitness Center, 3. Bangor Dunkin Donuts. Another meet passed successfully. The meet was large but was completed in eight hours from the start. I would like to thank all the participants that came and all the support people such as spotters/ loaders, expediters, and table workers. Special thanks to Mathieu's Fitness Center for supplying the equipment. (Thanks to Dean Harding and Steve Vellieux for the results.)

USPF California State Open/Natural
22 Apr 95 - Santa Ana, CA (kg)

Women	SQ	BP	DL	Total
Open 114				
K. Emry	100	65	110	275
Natural 105				
N. Jones	90*	47.5*	112.5*	250*
114				
L. Le	117.5	85	125	327.5*
132				
L. Adams	170*	82.5	187.5*	440*
148				
C. Gensler	137.5	85	185	407.5*
K. Gardner	130	90*	150	370
165				
J. Morency	95	37.5	112.5	245*
Men				
Natural 132				
J. Arenberg	202.5	135	210	547.5*
G. Fernandes	92.5	97.5	182.5	372.5
148				
S. Lau	227.5	132.5	210	570*
S. Kato	207.5	152.5	207.5	567.5
R. Cortes	182.5*	120*	220	522.5*
C. Balanga	200	132.5*	187.5	520
J. Drake	200	95	217.5	512.5*
A. Nelson	175	125	155	455*
165				
J. Krebs	197.5	125	225	547.5*
M. Drake	205*	117.5	220	542.5
G. Jordan	190	152.5*	185	527.5
G. Baloian	182.5	115	215	512.5*
R. Lozano	170	132.5	200	502.5*
T. Britt	132.5	105	172.5	410
D. Gilliland	—			
P. Surface	—			
181				
M. Laney	265	155	277.5	697.5*
J. Carreon	272.5*	160	240	672.5
J. Fragoso	227.5*	152.5	282.5*	662.5*
C. Meier	217.5	160	247.5	625
W. Kindred	200	135	237.5	572.5*
J. Neyer	222.5	122.5	212.5	557.5
M. Garry	190	105	220	515*
J. Williams	227.5	175*	62.5	465
198				
D. Levandowski	262.5	147.5	275	685*
C. Quinata	227.5	190*	212.5	630
R. Willis	227.5	170	227.5	625*
E. Orlowski	197.5	127.5	250	575
J. Patrick	150	14	227.5	517.5
M. Womelsdorf	165	110	182.5	457.5
R. Kegel	145	125	177.5	447.5
220				
G. Muro	;237.5	145	250	632.5*
D. Smith III	102.5	2051	200	507.5*
C. Bell	—			
242				
K. Jones	312.5	192.5	280	785*
W. Cracknell	257.5	170	260	687.5*
R. Hargrave	227.5	140	237.5	605
A. Labare	—			
275				
M. O'Hearn	295	205	295	795*
T. Morris	295*	190	287.5	772.5
K. Scott	262.5	192.5	277.5	732.5
D. Tocker	205	160	260	625
C. Milligan	235	150	227.5	612.5*
M. Morrissette	227.5	137.5	227.5	592.5
SHW				
R. Schoenberger	62.5	275	62.5	400*
Open 148				
S. Lau	227.5	132.5	210	570
J. Drake	200*	95	217.5*	512.5
181				
C. Meier	217.5	160	247.5	625
J. Lem	65	65	240	370
198				
R. Fedkiw	310	210	302.5	822.5
B. Jasperson	272.5	165	255	692.5
J. Dean	235	137.5	237.5	610
J. Patrick	150	140	227.5	517.5
220				
S. Roberts	320	205	305	830
E. Foster	265	157.5	320	742.5
A. Morentin	—			
D. Bullard	—			
242				
A. Hardridge	382.5	227.5	320	930
G. Hogan	272.5	152.5	320	745
R. Casio	272.5	192.5	272.5	737.5
275				
S. Denison	305	217.5	305	820
P. Leonard	300	187.5	320	807.5
B. Meek	310	202.5	290	802.5
S. McRitchie	275	205	297.5	777.5
T. Morris	295	190	287.5	772.5
C. Milligan	235	150	227.5	612.5
G. Garcia	—			
SHW				
H. Hill	385	227.5	342.5	955
T. Tait	317.5	205	290	812.5
R. Perkins	260	215	287.5	762.5
R. Schoenberger	62.5	275	62.5	400

(m) Master, (j) Junior. + State Open record in age category, * State Natural record. ! State Natural Record in age category. @ American Masters record. United States Marine Corps Air Station (MCAS) El Toro, Santa Ana, California was the event site of the 1995 California State Open & Natural Powerlifting Championships sanctioned by the United States Powerlifting Federation (USPF). This event marked the first ever drug testing in the California natural division under the USPF. It was also the largest ever registration of seventy-six (76) competitors with only seventeen (17) entries in the open division. It is California's first ever record keeping in the natural division on all age categories. HISTORY WAS MADE. Magnum Power Productions once again directed and hosted a simple but elegant event. Two platforms were set u and anestimated 200 spectators were on hand to cheer and roar (as if in a live NFL game) the lifters. After the individual awards were presented it was time to recognize the Best of the Best Lifters. Apologies are extended to lifters who may have been embarassed because of distractions and lack of consideration given at the table area. The following congratulations are in order: Women's Divisions - Best Squat - Le N. Le, Best Bench Press - Le N. Le, Best Deadlift - Cynthia Gensler, and the Champion of Champions - Le N. Le. Men's Natural Division - Best Squat - Troy Morris, Best Bench Press - Richard Schoenberger, Best Deadlift - Jonathan Arenberg, and the Champion of Champions - Jonathan Arenberg. Men's Open Division - Best Squat - Anthony Hardridge, Best Bench Press - Richard Schoenberger, Best Deadlift - Everald Foster, and the Champion of Champions - Anthony Hardridge. Finally, manythanks go out to the following group of affable people who donated their invaluable time and service to make this event successful for the lifters. Referess - Filomen Pitassi (HRIC), Tommy Harris, Gretchen Burki, Jack Hughes, Gordon Santee, Bob Packer, Patrick McNeil, Guy Adams and Dan Mobley. Announcer - Roger Bolton. Scorekeepers - Mrs. Bolton, Divita Elliott, Heather Trotz and Lela Mocaby. Spotter/Loaders - Don Blair, Tom Lloyd, Joe Valdez andthe U.S. Marines of the MWR Fiitness Center. Athletic Director - Nick Smith and his staff at MWR for the decor of the Fitness Center, Los Altos Trophy - Marty Winfield - thanks for the elegant trophies. To those that I amyhave failed to mention. Special thanks to Dr. M. Kassen, Chiropractor, and to Gene Daoust of Integrated Health. For lifters and others interested ina video of the event you can contact Adams Video Productions by calling 805-256-2573. (Thanks to Vic Elliott for providing the results of this competition to *PL USA*)

DOC PA Championships
25 Mar 95 - Huntingdon, PA

114	SQ	BP	DL	Total
West	375	230	375	980
Su Le	300	135	325	760
123				
Kendricks	425	170	425	1020
Colon	335	190	350	875
Baum	290	180	350	820
132				
Nieves	460	250	420	1130
Hodges	410	250	460	1120
Beck	410	200	460	1070
Sumner	400	210	425	1035
148				
Orosz	525	335	525	1385
Hairston	475	330	500	1305
Newton	470	275	460	1205
Serratore	375	310	475	1160
165				
McClean	600	300	615	1515
French	565	320	620	1505
Stover	540	360	570	1470
181				
Smith	725	390	700	1815
Nuble	565	320	620	1505
Ramsey	600	360	550	1510
198				
Connolly	740	425	635	1800
Baltimore	665	390	740	1795
Brookins	665	440	650	1755
Moss	655	330	700	1685
220				
Phillips	875	455	710	2040
James	—			
Pearson	—			
242				
McFerren	840	430	640	1910
Currie	730	385	730	1845
Williams`	500	375	600	1475
Dunbar	—			
275				
Davis	725	370	575	1670
Putt	625	415	625	1665
Davis	—			
SHW				
Jewell	700	390	635	1725
Johnson	650	390	625	1665
Dotter	—			

Teams: 1. Rockview, 2. Cresson, 3. Camp Hill, 4. Pittsburgh, 5. Dallas, 6. Albion, 7. Huntington, 8. Waymart, 9. Somerset, 10. Retreat, 11. Greensburg, 12. Graterford, 13. Frackville, 14. Mercer, 15. Mahanoy. Outstanding lifters: Light-Warren Smith; Heavy- Brandon Phillips. Congratulations to all lifters who obtained their goals and to SCI Rockview's championship team. Thanks to all DOC administrators, staff, and coaches for another successful program. On Saturday, March 25, 1995, SCI-Huntingdon hosted the Department of Corrections PA State Powerlifting Championships. 15 state institutions participated with SCI-Rockview crushing all the competition with a total of 51 team points. SCI-Rockview had 9 lifters, including 6 first places, one 2nd place, one 3rd place, and one 4th place. (Thanks to Tom Peterman for the results.)

Bay State Team Meet
26 Mar 95 - Norfolk, MA

123	SQ	BP	DL	Total
P. Souvanna	280	150	310	740
148				
J. Keller	350	270	365	985
R. Carey	360	210	365	935
181				
B. Anderson-44	640	380	550	1570
P. Wojtanek	570	370	545	1485
A. Colantoni	435	275	440	1150
M. Eagles	410	240	410	1060
R. Couming	350	280	365	995
198				
P. Yacino	400	275	470	1145
220				
O. Griffin	475	300	480	1255
R. Bentley	455	327	—	
242				
B. Bowen	500	380	425	1305
SHW				
R. Bishop GL	740	420	720	1880

Best Lifters: Bruce Anderson and runner-up Roland Bishop. Bay State held its annual spring meet March 26th and as always Bruce Anderson stole the show. The 181 pound, 44 year old totaled 1570 to once again capture the best lifter award. The runner up was Roland Bishop, who weighed in at 301 and totaled 1880. Paul Wojtanek was next with personal records across the board. The Most Improved award went to Jesse Keller who in our last meet totaled 950 pounds at a bodyweight of 142 pounds. This meet he totaled 985 at a bodyweight of 135 pounds. Our prestigious Twin Towers award went to Richard Bentley who started out having a good day but lost it in the deadlift. We would like to thank our three outside judges Larry Larson, Joanne Shear, and Steve Brown without whose help the quality of our meet would not have been possible. We'd also like to thank Superintendent Matesanz, Director of Security Donald LeVesque, Tim McDonald, and Ted Carlson of the Recreation Department, Dan Keogh's kitchen staff, and all the guys who helped with the spotting and loading and the whatevers. In closing, I'd like to say to all powerlifters to keep pumpin' that iron, and you'll hear from us after our next meet. (Thanks to Owen Griffin, Vice Pres., Bay State PL Team for results.)

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ADPFA Missouri State
1 Apr 95 - Wentzville, MO (kg)

Ozark Bench Press		S. Corum	130
123		220	
J. Wilcutt	102.5	T. Sowder	220
148		R. Walsh	200
J. Zwick	127.5	R. Harrington	200
165		C. Holmes	180
S. Reando	140	D. Anguish	172.5
J. Davis	140	T. Crabtree	132.5
G. Ludwig	137.5	242	
R. Furey	127.5	M. Nichols	220
181		T. Puni	207.5
D. Rosenzweig	175	L. Sample	200
R. Middendorf	162.5	S. Corum	195
P. Martl	155	J. Piper	175
R. Grimmett	145	J. Olson	170
J. Groves	142.5	S. Smith	162.5
R. Horrighs	142.5	F. Honn	147.5
B. Thomas	122.5	275	
198		R. Coates	245
K. Ruble	177.5	P. Rankin	205
M. Philips	177.5	J. Pledger	175
D. Smith	175	B. Levine	147.5
L. Welch	150	SHW	
R. Robinson	147.5	M. Grant	260
		S. Karnes	220

Women Light	SQ	BP	DL	Total
L. Sutter	112.5	65	122.5	300
M. Boland	62.5t	42.5t	90t	195t
Women Heavy				
T. Myers	160*	72.5	162.5*	395d*
C. Chapman	125t	67.5t	115t	307.5
R. Dennis	115	57.5	115	287.5
L. Gaedike	70	115	50	137.5
302.5				
C. Ramirez	67.5	37.5	102.5	207.5
Missouri Open				
132				
K. Clemens	207.5	112.5	182.5	502.5
148				
A. White	230	125	247.5*	602.5*
M. Myer	202.5	117.5	180	500
165				
J. Denning	220	142.5	210	472.5
S. Reando	215	140	210	565
K. Richardson	220	130	210	560
G. Ludwig	210	137.5	205	552.5
G. Thompson	200	112.5	187.5	500
D. Riney	182.5	162.5*	62.5	407.5
J. Davis	25	140	70	235
181				
J. Clark	227.5	145	250	622.5
S. Wall	232.5	155	225	612.5
J. Groves	217.5	142.5	250	610
B. Mattingly	215	137.5	247.5	600
A. Ogle	217.5	127.5	237.5	582.5
B. Petzoldt	205	150	217.5	572.5
198				
M. Alexander	240	132.5	260	632.5
S. Wynn	265	155	192.5	612.5
S. Parson	215	152.5	217.5	585
S. Steinmeyer	222.5	125	205	552.5
M. Pierson	200	142.5	205	547.5
220				
C. Holmes	307.5*	180	327.5*	815*
L. Sample	277.5	172.5	282.5	732.5
T. Mitchell	275	175	250	700
M. Slivinski	272.5	157.5	262.5	692.5
D. Eason	287.5	137.5	240	665
T. Janes	237.5	155	237.5	630
L. Klutenkamper	242.5	130	245	617.5
242				
L. Sample	310	200	272.5	782.5
D. Garris	272.5	175	282.5	730
J. Piper	282.5	175	265	722.5
C. Trosper	272.5	165	272.5	710
T. Lehenbauer	265	145	260	670
S. Smith	255	162.5	225	642.5
M. Lea	207.5	155	210	572.5
F. Honn	182.5	147.5	217.5	547.5
275				
F. Rankin	322.5*	205	267.5	705*
J. Pledger	300	175	285	760
J. Kruszynski	295	150	295	740
E. Zimmerman	280	90	230	600
SHW				
V. Mafula	372.5	195	320	887.5
M. Werges	295	175	290	760
Masters (40-49)				
L. Sample-242	310*	200*	272.5	782.5*
L. Sample-220	277.5	172.5	282.5	732.5
B. Levine-275	247.5	147.5	242.5	637.5
J. Bridges-220	185	142.5	207.5	535
J. Hodde-220	112.5	160	142.5	415
J. Davis-165	25	140*	70	235
Masters (50+)				
D. Schaffer-SHW	197.5	205*!	250*!	652.5*!
W. Gardner-220	230	135	235	600
G. Utzsinger-220	232.5*	127.5	237.5*	597.5
L. Bargatze-198	205	117.5	210	532.5
G. Jackson-181	125*	85*	150*	360*
P. Westling-165	112.5*	107.5*!	125*	345*
D. Livesay-198	65	122.5*	60	247.5
Teen Light				
D. Robertson-181	187.5	92.5	205	485
E.Mulch-148	167.5	92.5	182.5t	442.5
Teen Heavy				
T. Clark-220	207.5t	162.5t	287.5t	657.5t
K. Schuldt-242	240	175t	250t	665t

J. Hodde-242	200	205t	255t	660
T. Serra-242	250t	157.5t	237.5t	645
B. Mudge-198	207.5t	120	192.5	520t
B. Brann-275	205t	137.5t	227.5t	587.5t

Ozark Open Powerlifting Championship

Women Light				
L. Sutter	112.5	65	122.5	300
M. Brown	70	42.5	110	222.5
M. Boland	62.5	42.5	90	195
Women Heavy				
T. Myers	160	72.5	162.5	395
R. Hack	150	75	160	385
L. McCune	125	75	125	325
C. Chapman	125	67.5	115	307.5
R. Dennis	115	57.5	115	287.5
S. Harris	90	57.5	115	262.5
B. Lattimore	82.5	100	142.5	325
Ozark Open 114				
W. Roberts	125	65	140	330
132				
K. Clemens	207.5	112.5	182.5	502.5
148				
A. White	230	125	247.5	602.5
M. Meyer	202.5	117.5	180	500
165				
B. Bridges	247.5	162.5	287.5	697.5
J. Denning	220	142.5	210	572.5
S. Reando	215	140	210	565
R. Blake	205	137.5	217.5	560
G. Ludwig	210	137.5	205	552.5
B. Clark	222.5	102.5	225	550

P. Carter	202.5	105	227.5	535
D. Riney	182.5	162.5	62.5	407.5
T. Wise	152.5	107.5	127.5	387.5
181				
R. Horrighs	245	142.5	237.5	625
J. Clark	227.5	145	250	622.5
J. Groves	217.5	142.5	250	610
B. Thomas	227.5	122.5	235	585
A. Ogle	217.5	127.5	237.5	582.5
198				
D. Smith	242.5	175	275	692.5
L. Welch	240	150	240	630
S. Corum	235	130	250	615
R. Fowler	245	127.5	217.5	590
220				
C. Holmes	307.5	180	327.5	815
L. Sample	277.5	172.5	282.5	732.5
R. Harrington	227.5	200	230	657.6
T. Janes	237.5	155	237.5	630
242				
P. Anderson	295	160	275	730
J. Piper	282.5	175	265	722.5
C. Trosper	272.5	165	272.5	710
S. Corum	242.5	195	260	697.5
S. Smith	255	162.5	225	642.5
275				
P. Rankin	322.5	205	267.5	795
J. Pledger	300	175	285	760
J. Kruszynski	295	150	295	740
J. Hurle	265	155	237.5	657.6
E. Zimmerman	280	90	230	600

SHW				
M. Grant	330	260	342.5	932.5
D. Emery	230	175	175	580
Women Masters (37-49)				
S. Hunter	155	67.5	172.5	395
M. Post	85	50	110	245
Men Master (40-49)				
L. Sample-242	310	200	272.5	782.5
J. Hurle-272	265	155	237.5	657.6
Masters (50+)				
G. Litzsinger-220	232.5	127.5	237.5	597.5
L. Bargatze-198	205	117.5	210	532.5
W. Allen-275	182.5	147.5	245	575
P. Westling-165	112.5	107.5	125	345
G. Jackson-181	125	85	150	360
L. Schell-198	157.5	132.5	160	450
Novice 165				
S. Reando	215	140	210	565
R. Calme	140	140	182.5	462.5
T. Wise	152.5	107.5	127.5	387.5
181				
J. Groves	217.5	142.5	250	610
M. Jones	182.5	117.5	207.5	507.5
B. Turner	190	115	182.5	487.5
R. Wall	187.5	100	182.5	477.5
A. Dahm	170	100	152.5	422.5
198				
L. Welch	240	150	240	630
S. Wynn	265	155	192.5	612.5
G. King	227.5	125	215	567.5
M. Pierson	200	142.5	205	547.5

R. Robinson	210	147.5	190	547.5
220				
D. Eason	287.5	137.5	240	665
T. Clark	207.5	162.5	287.5	657.5
D. Moore	210	150	240	600
242				
S. Corum	242.5	195	260	697.5
T. Serra	250	157.5	237.5	645
R. Dale	227.5	125	237.5	590
F. Honn	182.5	147.5	217.5	547.5
SHW				
S. Karnes	195	220	200	615
R. Ekelt	150	137.5	215	502.5

! American masters record. * state record. ♭ state teen record. Best Team Missouri State: 1. Universal Physique, 2. The Elite Team, 3. Above All Team. Best Team Ozark: Paynes Power Team. Best Lifters: Missouri state- Chad Holmes; Ozark Open- Michael Grant; Ozark Novice- Stiles Corum; Ozark Bench Press- Michael Grant. (results from Mike Cissell).

USPF Maine State Championships
1-2 April 95 - Rumford, ME

Women	SQ	BP	DL	Total
Open 105				
C. Jablon	214	110	242	567
132				
A. McAllister	253	121*	286*	661*
R. Pellerin	220	115	253	584

148				
L. Cool BL	275	132	336	744
B. White	281	110	308	700
C. Carter	187	83	225	496
Master				
C. Knapp-128	303	148*	286	738
H. Breaufait-149	286	165	286	738
K. Woodbrey-183	170	99	214	485
Teen				
T. Higgins-151	214	132*	275*	576
K. Morin-146	248	115*	236*	60*
L. Bargatze-198	242	99	270	610
J. White-150	259	115	264	638
K. Higgins-135	143	94	214	452
Men				
Open 132				
R. DelGallo	374*	236	402*	1014*
148				
D. Bellmore	429	319	418	1168
A. Cyr	501	341	--	
165				
A. Cayer BL	545	341	617*	1504
181				
M. Danforth	573	407	601	1581
R. Jeseiskis	661	314	507	1482
D. Smith	446	314	446	1205
C. Burgess	402	286	402	1091
P. Gervais	402	231	407	1041
H. Castonguay	325	209	369	903
198				
T. Powell	644	347	567	1559

M. Eugley	523	297	589	1410
B. Kelly	507	314	473	1295
D. Roberts	473	281	418	1173
220				
K. Roux BL	755	429	688	1873
J. Smith	716	380	650	1744
242				
D. Boucher	766	435	622	1824
S. Cote	639	363	567	1570
L. Godin	523	325	523	1372
275				
R. Lane	617	367	617	1603
Men Master				
M. Roy-163	589*	336*	518	1443*
P. Higgins-175	479	330*	545*	1355*
R. Austin-219	523	341	479*	1344
M. Levasseur-236	606	380*	501	1487
R. White	462	292	518	1272
R. Lawton-219	507	319	529	1355
S. Worthing-194	490	259	501	1250
M. Toderico	501	325	501	1328
S. Day	479	308	435	1223
Men Teen				
T. Bellmore-161	473	314	457	1245
S. Quimby-268	606*	374*	567*	1548
Symonevich-210	501	286*	424*	1240
S. Croteau-190	462	303	473	1240
A. Snipes-124	248	148	314	711
D. Miller-162	380	170	358	909
S. Blanchard-176	407	275	418	1102
E. Steward-111	225	121	270	617

C. Joseph-90	170	99	225	496
D. Couture-158	402	165	363	931
J. Johnson-184	358	231	485	1030
M. Peterson-196	303	236	402	942
N. Bizier-232	336	220*	402	942
R. Chabot-143	314	--		

*state record. Best Lifters: Women- Lindsay Cool; Men Light- Al Cayer; Men Heavy- Ken Roux; Team Men- Flex Inc.; Team Women- Gilly's Gym. A special thanks to Michelle Saba, Lynne Barlow, Monique Dargie, Dan Levasseur, John Bizier, Harry Curtis, John Pelletier, Adam Higgins, Sandy Roberts, Ted Poliquin, Steve Fuller, Willie Morrissette, Steve Cote, Phil Collings, Terry Halliday, Kevin Roux, Al Cayer, Dick Austin, Shelby Corson, Scott Worthing, Peter Adams, Mountain Valley High School, and all others for without all of your help there would be no event! (Thanks to Meet Director Russ Barlow for provicing these contest results.)

Terra Classic Bench Press
4 Mar 95 - Fremont, OH

148		220	
P. Yoby	265	R. Galford	425
D. Hammer	265	R. Trapzs	400
A. Marreo	240	D. Rothgery	390
165		Women	
L. Miller	430	T. Di Staulo	
181		M. Swain	
T. Finley	375	L. Kohler	
D. Minnich	370	Masters	
L. Gonzales	320	P. Yoby	
198		R. Trapzs	
P. Wilson	440	R. Butler	
M. DiStaulo	380	Teenage	
M. Chaffee	370	P. Wilson	
		J. Hovis	

(Thanks to Terra Community College for results.)

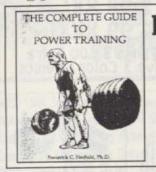
Prison Postal Novice
18 Mar 95 - Norfolk, MA

148	SQ	BP	DL	Total
R. Shyester	415	240	500	1155
K. Allard	295	205	405	905
165				
J. Ramirez	500	250	400	1150
S. Woodworth	345	225	430	1000
181				
W. Wesley BL	460	381*	555	1396
T. Morales	405	275	405	1085
P. Ferlito	405	235	415	1050
J. Chavese	405	225	415	1045
198				
J. Caniff	185	425	275	475
1175				
R. Pacheco	425	300	425	1150
J. Plante	425	275	435	1125
220				
A. Thompson	455	255	455	1165
242				
D. Wilson	705	370	625	1700
275				
P. Palermo	675	395	650	1720
SHW				
G. Gouveia BL	715*	475**	545	1735*

* NPT Divisional record, ** NPT All Time record. Most Improved: James Plante. The Norfolk Powerlifting Team held its Annual Prison Postal Powerlifting meet on March 18, 1995. The lifting was very conservative this year due to the administration disallowing us to use squat suits and bench shirts with the exception of knee wraps. The 148 class had two lifters. Roland Sylvester lifted well with a 1155 total, and Kevin Allard made his class III for team membership with a 905 total. The 165 class also had tow lifters making class III totals for team membership. The 181 class had four lifters. Wesley Weston lifted very well and taking top honors in this class, a 1396 total and divisional bench record of 381. He also earned Best Lightweight lifter. The 198 class had three lifters. This was a close match with the deadlifting deciding it. Billy Caniff pulled a 475 to place him in first. James Plante placed third, but his 1125 total record earned him Most Improved Team Member. The 220 class had only one lifter Alfred Thompson, who lifted only for class III total for team qualification. The 242 class had only one lifter, Donald Wilson went 7 for 8 on the day only missing a 725 squat, barely missing lockout. A 1700 total was the first of three team members to go over 1700 on this day. In the 275 class Paul Palermo lifted alone, and hit a 1720 total. Paul just missed lockout with a 670 deadlift, but showed he will own that next meet. The SHW class held the big man Geoffrey Gouveia who had his best meet going 9 for 9. He set divisional squat record of 715, a divisional total record of 1735, and a new all time bench record. Geoff also earned the honors of Best Heavyweigh. Thanks go to our spotters and loaders Jay Furtado an Joe Gedman. Thanks to the judges who called this meet strict, but fair: Elliot Cruz, Steve Hemphill, and head Judge Sean Murphy. Thanks also to the rec dept: Ray Haley, Peter Bucchiano, and Stan Kelley. Without their help these meets could not happen. (Thanks to Don Wilson/Paul Palermo for results.)

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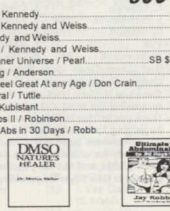
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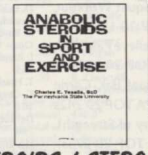
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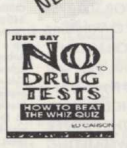
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SAAS North Shore Academy Bench
1 Mar 95 - Highland Park, IL

Women		A. Willis	226
M. Schumpp	61	I. Benabraham	182
K. Gibson	111	C. Woods	94.5
T. Jefferson	111	J. Grossman	133
B. Moebs	78	S. Southward	133
E. Kieper	50	R. Simpson	133
Men		K. Bell	94
J. Holmes	171	B. Schneiderman	89

Officials and Meet Directors: Mike Collet of SAAS; Dewitt Kelly, coach; Robert Gottlieb, principal of North Shore Academy. As you already know, Strong Athletes Against Steroids has made great strides in combating the use of performance enhancing drugs in sports. SAAS has: provided a hot line for those who need immediate information or help; provided education about the dangers of drugs in sports; offered thousands of young students and athletes personal presentations regarding the dangers of steroids; networked to help athletes who have found trouble in their lives from taking steroids; offered a drug free forum for strength training to athletes; produced drug free competitions for athletes in the sport of powerlifting; trained young students at risk to compete in a drug free environment; developed a program for mentoring youth at risk; developed the annual Kops and Kids Bench Press Contest to increase positive contact between police officers and youth; provided classroom support for health education; established a reward program for those who speak out against steroids; established a reward program for those who achieve excellence in his/her sport without the use of performance enhancing drugs; and established a mailing program that keeps athletes, both young and old, and educators aware of how the program is doing and what news there is regarding drugs in sports. Please call 1-800-722-7932 if you need help or can help. (Thanks to SAAS for providing the results of this competition.)

Winter Nationals Sports Festival
18 Feb 95 - Butte, MT

Bench Press		T. Meyers	365
132		B. Gleuckert	360
G. Rawson	270	L. Seyberg	330
148		SHW	
J. Williams	240	J. Allbro	390
165		F. Krantz	380
J. Ludwig	330	Master	
R. Jackson	325	J. Griffin	460
C. King	275	D. Shea	330
K. Shea	265	A. Hoang	265
E. Dulaney	245	R. Benton	245
181		Goldenmaster (50+)	
G. Skuletich	350	K. Hemmert	250
T. Post	350	R. Donnelly	235
B. Secor	245	Women 129	
A. Winstead	—	T. Griffin	160
198		High School 140	
J. Williams	345	B. Glauber	110
D. Shea	330	170	
220		L. Blaskovich	300
J. Griffin	480	170+	
T. Wright	410	J. Jones	320
A. Bliss	410	M. Kuchlyn	285
D. Raymond	385	P. Furthmyre	270
E. Stepan	395	R. Moody	255
P. Gleuckert	350	J. Conklin	240
260		S. Secor	185

The meet was the eighth annual event and was co-sponsored by the YMCA and Miller Lite. Jack Griffin lifted a meet record 480 pounds to easily win the men's 220 weight class, the masters (age 40+) division and the overall best bencher award. He attempted 530 pounds as an exhibition lift and just missed by about an inch, said Meet Director Rufus Whitaker. Tasha Griffin, a Butte High student, was the only women's division entrant, but still hoisted an impressive 160 pounds in the 129 class. (Thanks to Tim Myers for the meet results.)

North Penn YMCA Larry Frederick, Jr. Memorial Bench Press
4 Mar 95 - Lansdale, PA

123		R. Thompson	475
J. Gosling	285	P. Green	430
148		S. Gsell	370
M. Anderson	270	242	
K. Kozard	245	R. Hockman	440
T. Schurr	245	J. Rigous	425
165		S. Bliem	345
J. Holland	315	275	
M. Smith	305	D. Frederick	425
E. Katz	285	SHW	
181		J. Wells	550
J. Altoonian	390	Masters	
T. Alderfer	310	M. Frazier	320
198		R. Butz	335
L. Todora	460	M. Anderson	270
S. Pattison	405	Women	
K. Musselman	315	P. Lackner	80
220		J. Hackett	60

(Thanks to North Penn YMCA for the meet results.)

POWERLIFTING USA BACK ISSUES

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

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

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.

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

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

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

Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s

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 20 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

Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat WOrkout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

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Upper Dauphin Bench Press
1 Apr 95 - Lykens, PA

148		220	
Q. Demo	330	J. Grosser	360
C. Willingham	330	J. Bishop	345
T. Weller	210	242	
165		W. Porter	415
D. Blattenberger	415	R. Robinson	405
E. Hoffman	355	Masters	
D. Demo	320	I. Alexander	330
C. Johns	320	A. Kahley	410
181		D. Snyder	320
T. Domaracki	340	T. Weleir	210
C. Sabolsky	335	High School Teams	
T. Serfass	315	Williams Valley	
198		B. Thompson	255
A. Kahley	410	W. Wilson	225
J. Aumiller	340	J. Dunlop	195
R. McGuinness	340	G. Williard	225
220		T. Carl	210
C. Herman	480	J. Miller	225
K. Fultz	400	G. English	185
N. Wise	390	K. Hand	170
242		C. Lucas	180
W. Porter	415	A. Hand	120
R. Robinson	405	Millrsburg Uppr Dphn	
275		B. Hoover	165
K. West	250	M. Bower	150
Novice 114		J. Stintium	150
D. Larthey	120	R. Wenrich	230
148		M. Larthey	120
Q. Demo	330	L. Larthey	230
T. Ramsey	245	R. Leech	205
A. Phillips	235	T. Leech	185
T. Weller	210	J. Long	165
165		J. Bower	250
D. Demo	320	Millersburg High	
A. Venna	300	J. Reinoehl	220
181		B. Imhof	175
C. Sabolsky	—	R. Davis	175
J. Shomper, Jr.	315	Z. Steiner	225
G. Williard	225	R. Schlegel	195
198		S. Schlegel	275
M. Semanoff	340	B. Gilbert	275

Best Lifters: Open- Dave Blattenberger; Novice- Quentin Demo; Masters- Alexander. A special thank you to Dane Harman of Harman Stoves for sponsoring the meet and serving as head judge. Thank you to Matt Heintzelman and George Lazar for judging. Kathryn "Cookie" Moyer for managing the refreshment stand, Ms. Connie Auman, Mrs. Mary Judy for scoreboard. Ms. Desiree Klouser, scoring table, and Mr. Larry Larthey, announcing. (Thanks to Jake Boyer for providing these results.)

NHSP Spring Bench Press
8 Apr 95 - Concord, NH

Junior		S. Hall	315
B. Hill	325	J. Carroll	310
Submaster		220	
C. Carmody	360	C. Carmody	360
S. Hall	315	R. Raymond BL	340
S. Gallant	320	J. Gagnon	315
D. Leblanc	275	M. Donnelly	290
Grandmaster		F. Sousa	20
R. Rayond	340	D. Leblanc	275
Open 148		242	
J. Rand	280	G. Otero	335
165		J. Daman	315
T. Hanisen	340	P. Johnson	250
C. Cegelis	265	275	
181		B. Hill	325
DeMeritt, Jr. BL	370	S. Gallant	320
198		K. Bryant	220

The lifter turnout was good, with several new faces among the competitors. It was these new men who brought a g of excitement to the day's lifting. The young Bill Hill, entering his first meet, proved to be the best man in the 275 class. This being his first time out, we expect some big things from him in the future. Another new lifter was Tom Hanisen who came in from Fitchburg, Massachusetts. In Tom's very fist meet he managed to double his bodyweight, benching 340at 165 which is no easy accomplishment. Charles Carmody in only his second competition improved 40 pounds on his bench in just two months, making all three attempts and ending up with a 360 press. By far the most pleasant surprise of the day was 66 year old Ralph Raymond. Ralph holds the WPA grandmaster record in the bench. On this day he would try to break it. Unfortunately, Ralph came up just a little short on his two final attempts, due to technicalities, not strength, but did manage a very easy 340 press. The day's big man award goes to Robert DeMeritt, Jr., who at the tender age of 24 powered up a very easy 370 press on his third attempt. Robert had the heaviest lift and took the best lightweight lifter award. Not bad for a small guy. This meet was directed, scored, announced, and expedited by Freddy Liatsis, who deserves more thanks than he ever gets. Judges were S. Cormier, M. Donnelly, S. Hall, and N. Levesque. In August we will be hosting our annual summer powerlifting meet. All interested "free world" lifters are encouraged to contact Freddy Liatsis at the Muscle Mill Gym in Fitchburg, MA. (results by Mark Donnelly.)



Rock Walker, *Mississippi Bench Press masters overall champion.*

Mississippi Bench Press
Mar 95 - Jackson, MS

Open 132	BP	Masters Light	
M. Ross	225	B. Boutwell	315
148		H. McLain	290
F. Lofton	305	E. Pritchard	260
A. Lockhart	290	Masters Middle	
J. Bounds	275	B. Voltz	350
165		C. Webber	320
A. Williams	380*	J. Williams	280
C. Pitts	370	Heavy	
K. Skelton	355	R. Walker BL	480
181		C. Payne	380
G. Toins	370	Teen Light	
T. Austin	325	P. Dees	40
M. Lassiter	315	J. Van Dabbs	250
198		D. Webb	235
L. Ratliff	360	Teen Middle	
L. Taylor	315	J. Gordon BL	375*
N. Jones	275	C. Parker	295
220		C. Williams	260
T. Johnson BL	500	Teen Heavy	
R. Grace	425	D. Parham	365
R. Grant	380	A. Simmons	300
242		B. Mitchell	285
R. Walker	480	Teen 13-15	
B. Nichols	390	J. Cordon	375
D. Lott	360	Teen 16-17	
275		A. Simmons	300
L. Taylor	530	Teen 18-19	
B. Lee	385	D. Parham	365
J. Lauro	320	Women	
SHW		C. Bailey	55
J. McCormick	375		

Once again a large field of competitors from all over the state participated in the 14th Annual Mississippi Bench Press Championships. A total of sixty-eight competitors and two new state records were set. In the 165 lb. open class Alonzo Williams from Moss Point at a bodyweight of 154 lb. benched 380 lb., breaking the old record of 375. Also in the teen 13-15 year old division a new record was set. Justin Gordon, a 15 year old from Hattiesburg, benched 375 lb. Also attending the Mississippi Bench Press Championships was special guest Anthony Clark, "Strongest Man in the World." A packed house was at the seminar to hear and watch Mr. Clark. In the exhibition Anthony benched 600 lb. three times and also for the TV cameras he benched 315 lb. twenty times. Anthony also shared his testimony at the seminar. He was a great inspiration to young and old. Anthony Clark represents powerlifting in the highest regard as a great athlete but most of all as a strong Christian witness. (results courtesy of Gordon Weir, meet director)

ADFPA Pennsylvania State
22, 23 Apr 95 - Wilkes-Barre, PA (kg)

Women 116	SQ	BP	DL	Total
R. Langner	67.5	35	82.5	185
129				
N. Hill	90	45	117.5	252.5
R. Crissy	77.5	52.5	92.5	222.5
139				
C. Yalch	125	70	132.5	327.5
154				
L. Henninger	115	85*	125	325
W. Burns	117.5	55	137.5	310
K. Andrews	100	55	117.5	272.5
D. Frame	85	52.5	105	242.5
176				
J. Repman	102.5	60	110	272.5
Men				
123 Teen 16-17				
K. Macik	100	60*	135	295
123 Master 40-44				
D. Aguiar	100	85	142.5	327.5
123 Lifetime				
K. Macik	100	60	135	295
123 Open				
S. Snyder	167.5	100	187.5	455
K. Macik	100	60	135	295
132 Teen 16-17				
B. O'Connell	167.5*	82.5	172.5*	422.5*
13 Lifetime				
P. Gennaro	157.5	90	192.5	440
132 Open				
P. Gennaro	157.5	90	192.5	449
B. O'Connell	167.5	82.5	172.5	422.5
F. Glass	155!	67.5	182.5	405
148 Teen 14-15				
C. Strohl	122.5	82.5	135	340
148 Teen 16-17				
R. Koch	172.5*	112.5*	187.5*	472.5*
M. Reinheimer	132.5	92.5	155	380
148 Master 40-44				
N. Theodorou	205	110	237.5	552.5
J. Schailcy	202.5	137.5	205	545
148 Master 50-54				
I. Bonacci	172.5	110*	182.5	165
148 Lifetime				
P. Romanko	175	117.5	215	507.5
M. Feingold	145	107.5	152.5	405
148 Open				
M. Cagiola	227.5	152.5	217.5	397.5
B. Crowe	195	140	210	545
P. Romanko	175	117.5	215	507.5
R. Koch	172.5	112.5	187.5	472.5
B. Moss	155	110	202.5	467.5
M. Feingold	145	107.5	152.5	405
M. Reinheimer	132.5	92.5	155	380
C. Strohl	122.5	82.5	135	340
148 Submaster				
J. Guido	217.5	127.5	212.5	557.5
165 Master 40-44				
C. Stires	242.5	160	250	652.5
165 Master 45-49				
D. Malkin	175	105	175	455
165 Lifetime				
T. Anderson	192.5	110	207.5	510
G. Foy	182.5	120	202.5	505
S. Biancuili	180	107.5	190	477.5
165 Open				
C. Jenkins	205	125	210	540
M. Maiozi	200	117.5	217.5	525
T. Favata	182.5	130	220	532.5
T. anderson	192.5	110	207.5	510
G. Foy	182.5	120	202.5	505
S. Biancuili	180	107.5	190	477.5
D. Malkin	175	105	175	455
F. Strohecker	115	82.5	137.5	335
181 Teen 16-17				
E. Steiner	205	105	217.5	527.5
181 Master 40-44				
D. Banik	197.5	125	230	552.5
B. Debellis	165	102.5	192.5	460
181 Master 45-49				
D. Guyger	237.5	145	227.5	610
B. Hogan	182.5	112.5	212.5	507.5
181 Master 50-54				
R. Cianculli	92.5	80	115	287.5
181 Master 60-64				
A. Wurz	150.08*		105	187.5*
442.5*				
181 Lifetime				
J. Brown	242.5	167.5	232	630
B. Woolston	227.5	152.5	245	625
T. Watkins	227.5	187.5	207.5	622.5
D. Guyger	237.5	145	227.5	610
D. Banik	197.5	125	230	552.5
F. Streeper	192.5	125	230	547.5
R. Cianculli	92.5	80	115	287.5
181 Open				
C. LaRocca	267.5	177.5	252.5	697.5
J. Brown	232.5	167.5	230	630
B. Woolston	227.5	152.5	245	625
T. Watkins	227.5	187.5	207.5	622.5
G. Branson	237.5	147.5	227.5	612.5
D. Guyger	237.5	145	227.5	610
D. Novracki	230	140	227.5	597.5
D. Banik	197.5	125	230	552.5
B. Gibbons	200	142.5	205	547.5
F. Streeper	192.5	125	230	547.5
E. Steiner	205	105	217.5	527.5
G. Davis	180	122.5	220	522.5
J. Deering	125	95	142.5	362.5
198 Teen 16-17				
D. Soliman	205	115	227.5	547.5
C. Lakatosh	192.5	110	212.5	515
198 Teen 18-19				
S. Mann	250*	147.5	237.5	635*
198 Submaster				
B. Ludwig	275	165	257.5	697.5
T. Smoyer	190	160	185	535
F. Fino	192.5	125	192.5	510
198 Master 50-54				
R. Jenness	267.5	202.5	252.5	722.5
198 Master 45-49				
S. Zerbe	185	150	227.5	562.5
198 Master 50-54				
B. Lutby	240*	125*	232.5*	597.5*
198 Lifetime				
R. Jenness	267.5	202.5	252.5	722.5
D. Warburton	260	155	237.5	652.5
L. Peck	237.5	155	255	647.5
J. Ernst	212.5	135	207.5	555
198 Open				
M. Moran	272.5	202.5	252.5	727.5
R. Jenness	267.5	202.5*	252.5	722.5
G. Shaw	272.5	170	240	682.5
D. Warburton	260	155	237.5	652.5
D. Teels	262.5	155	230	647.5
L. Peck	237.5	155	255	647.5
S. Mann	250	147.5	237.5	635
T. Repman	220	140	250	610
L. Totani	207.5	140	217.5	565
D. Lewis	192.5	152.5	215	560
J. Ernst	212.5	135	207.5	555
D. Soliman	205	115	227.5	547.5
C. Lakatosh	192.5	170	212.5	515
220 Teen 14-15				
A. Reihner	140	70	170	380
220 Master 45-49				
J. Michaels	182.5	120	222.5	525
220 Lifetime				
A. Simmons	295	185	317.5	797.5
R. Kloppinger	230	150	247.5	627.5
J. Hirsch	215	177.5	215	607.5
J. Wilgus	230	140	230	600
L. Trombetti	195	142.5	245	582.5
220 Open				
W. Croner	332.5	205	282.5	820
A. Simmons	295	185	317.5	797.5
A. Schleich	322.5	182.5	265	770
E. Barr	250	170	287.5	707.5
M. Shirey	277.5	162.5	260	700
J. Rizzuto	282.5	157.5	242.5	682.5
R. Henry	262.5	165	237.5	665
P. Johnson	250	160	245	655
D. Messenger	265	145	240	650
R. Kleppinger	230	150	247.5	627.5
J. Hirsch	215	177.5	215	607.5
J. Wilgus	230	140	230	600
E. Trombetti	195	142.5	245	582.5
R. Pellowitz	190	155	212.5	557.5
A. Reihner	140	70	170	380
242 Teen 14-15				
J.Butler	230!	140*	205	575
242 Teen 18-19				
D. Csaszar	272.5	132.5	210	615
242 Master 40-44				
B. Shay	227.5	172.5	215	615
P. Simpson	227.5	150	227.5	605
242 Lifetime				
D. Robinson	295	202.5	310	807.5
S. Michaud	287.5	192.5	245	725
P. Simpson	227.5	150	227.5	605
J. Michaud	207.5	142.5	250	600
242 Open				
D. Robinson	295	202.5	310	807.5
D. Shiffer	30	205	282.5	807.5
P. Andrews	285	195	300	780
K. Moore	255	205	277.5	737.5
S. Michaud	287.5	192.5	245	725
S. Fonio	272.5	170	272.5	715
D. Csaszar	272.5	132.5	210	615
P. Simpson	227.5	150	227.5	605
J. Michaud	207.5	142.5	250	600
J. Butler	230	140	205	575
275 Master 55-59				
J. Spellane	140	160*	182.5	482.5
275 Lifetime				
C. Eckroth	272.5	150	250	672.5
J. Spellane	140	160	182.5	482.5
275 Open				
S. Cosgrove	295	150	265	710
C. Eckroth	272.5	150	250	672.5
D. Snider	250	150	255	655
J. Spellane	140	160	182.5	482.5
C. Partoch	137.5	130	150	417.5
SHW Teen 18-19				
T. Donlin	142.5	117.5	167.5	427.5
SHW Open				
D. Hulslander	265	210	272.5	747.5
T. Donlin	142.5	117.5	167.5	427.5

* state record, ! American record. Officials: C. Schroeder, M. Borrillo, M. Cramer, N. Cramer, F. Glass, J. D. Gaynor, N. Theodorou, J. Stone, J. Kane, J. Stevens. Spotters/ Loaders: M. Chesna, Ron Gallagher, Sam Bonner, Mike Bonner, J. D. Gaynor, Dave Everett, Bumper Kilcup, Tom Leinhard, Pat Crowley, and John Hawke. Scorekeepers: H. Hollock, M. Cramer, and P. Kovalchik. Special thanks to John and Dorothy McGowan and to Jim Thorpe High School for hosting this very successful competition. (Thanks to Bob Gaynor for results.)

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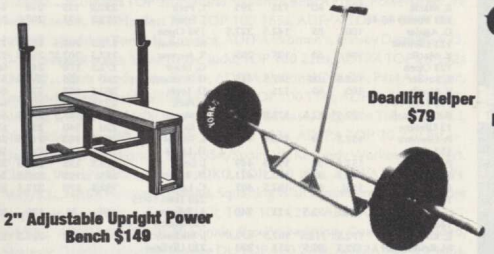
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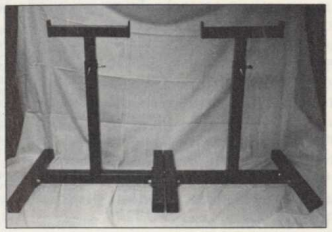


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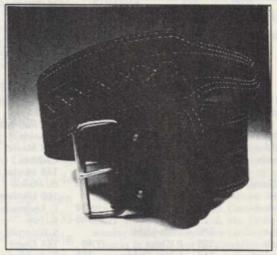


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I'm sure we don't have to tell you that the prices of bodybuilding supplements have gone right through the roof. In the good old days, you could pick up a month's supply of protein and multi-vitamins for under $15. But times have changed. . . supplements have changed. . . and costs have changed. You can now easily spend $100 or more a week on supplements and still not get everything you need.

No problem if your last name is Rockefeller. But if you're like the rest of us, it's getting pretty tough to keep up with your supplements bill. Obviously, when you only have limited financial resources, some serious choices must be made.

But now there's some good news! You don't have to hock your car, your home and your mate just to afford your supplements. Now there is one SUPER SUPPLEMENT that combines just about everything you will ever need to build muscle size and strength into one product. It's called HOT STUFF Double X and it is far and away the best dollar value on the market. Here's why.

HOT STUFF Double X contains over 50 powerful anabolic and lipotropic potentiators. You name it and you'll find it in HOT STUFF. Things like OKG, Creatine, Vanadyl Sulfate, Yohimbe, Smilax, Chromium Picolinate, Smilax, Amino Acids, Colostrum, Dibencozide, Inosine, Carnitine, Transferulic Acid, Ginseng. Just check out the label. The list is endless. In fact, each glass of HOT STUFF Double X is the equivalent of taking over 30 separate pills.

But there's still more. I'm sure we don't have to tell you how popular Whey has become as a protein supplement. The best proteins on the market are now made from Whey. But it isn't cheap and some of these powders are running $30 or more per canister.

GOOD NEWS!! HOT STUFF Double X uses 100% Whey as its protein source. And it'll actually cost you less for HOT STUFF with its over 50 potentiators than it will for just a Whey protein. Now that's a value.

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So what's our secret? Why are we able to bring you such a great product at such a great value? There really is no mystery. First of all, we have made a conscious decision at our company to seek only a fair profit for our products. You would be surprised how much over production cost some companies mark up their products. Some products that cost only $5 to manufacture, are being sold for $79 or more. We would never do that.

Secondly, since we sell so much HOT STUFF, we are able to buy our raw materials in very large quantities. This brings down their price considerably. Rather than pocket this extra money saved from high volume purchasing, we've decided to pass on the extra savings to you. Our goal has always been to bring you the very greatest bodybuilding supplements at prices you can afford.

So if you've been hit by America's sluggish economy, if you've lost your job or been forced to take a lower paying position, or if you just don't want to blow all of your hard-earned dollars on expensive supplements, then be sure to check out the fantastic, turbo-charged HOT STUFF Double X. You don't have to quit taking supplements just because economic times are hard.

And by the way, we got so side-tracked telling you about what a great value HOT STUFF is that we almost forgot to mention how great it works. If you need to pack on some serious muscle, if you've been spinning your wheels in the gym, then you are going to go head over heals when you try HOT STUFF Double X. It didn't get to be the number one selling bodybuilding product just because it's inexpensive. It's the best because it works.

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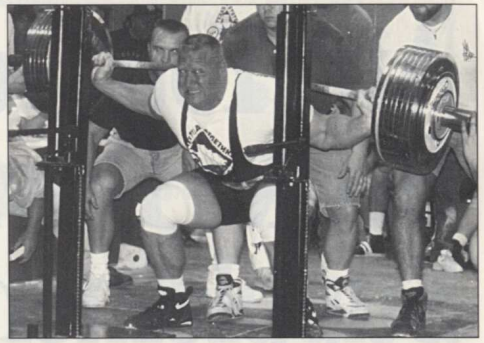
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USPF Texas State (kg)
1 Apr 95 - Corpus Christi, TX

Women 97	SQ	BP	DL	Total
G. Hartmann	97.7	61.3	125	284
123				
T. Devoltz	129.5	68.1	181.8	379.4
T. Barse	120.4	72.5	125	318.1
M. Pendergrass	109	72.7	127.2	308.9
132				
N. Capps	113.6	56.8	134	304.4
M. Molina	113.6	56.8	131.8	302.2
148				
L. Smith	102.2	54.5	154.5	311.2
T. Swander	77.2	70.4	159	306.6
M. Coder	93.1	56.8	118.1	268
C. Bryant	118.1	—	—	118.1
T. Gregory	—			
165				
G. Nicholas	159	109	193.1	461.1
L. Crawford	143.1	70.4	159	372.5
181				
J. Ayotte	136.3	56.8	136.3	329.4
L. Mehaffey	97.7	—	—	97.7
220				
G. Cano	118.1	50	122.7	290.8
Master 148				
T. Armstrong	84	47.7	106.8	238.5
Men				
Collegiate 123				
J. Sandoval	167.5	92.5	187.5	447.5
165				
A. Teran	136.3	79.5	138.6	354.4
198				
B. Hester	277.5	197.5	272.5	747.5
A. Stephenson	232.5	162.5	260	655
N. Durham	163.6	118.1	143.1	424.8
242				
J. Stevenson	215	104.5	195.4	514.9
T. Baylor	—			
275				
E. Cosner	327.5	185	280	792.5
B. Robinson	272.5	195	232.5	700
Masteri 165				
J. Tyree	262.5	155	280	697.5
181				
L. Thyssen	238.6	159	227.2	624.8
H. Meier	220.4	163.6	227.2	611.2
J. Christian	193.1	125	238.6	556.7
D. Pena	156.8	102.2	204.5	463.5
198				
G. Pendergrass	225	159	254.5	638.5
S. Rosenberg	215.9	125	236.3	577.2
P. Meheran	204.5	106.8	245.4	556.7
H. Bodden	184	134	193.1	511.1
M. Smith	170.4	109	204.5	483.9
220				
G. Moreno	238.6	134	215.9	588.5
M. Villarreal	211.3	152.2	211.3	574.8
F. Hughes	215.9	136.3	206.8	559
242				
R. Spencer	234	159	275	668
S. Scott	215.9	136.3	227.2	579.4
T. Howard	204.5	125	229.5	559
D. Ritter	152.2	120.4	229.5	502.1
275				
H. DelaRosa	252.5	147.5	260	660
H. Hudson	215	135	250	600
C. Wade	215.9	145.4	200	561.3
C. Wahl	110	87.5	162.5	360
SHW				
E. Surell	305	175	267.5	747.5
D. Martin	217.5	112.5	230	560
Open 123				
J. Sandoval	167.5	92.5	187.5	447.5
132				
R. Sandoval	207.5	145	205	557.5
148				
M. Duhon	195	110	212.5	517.5
165				
J. Tyree	262.5	155	280	697.5
R. Blount	227.5	125	272.5	625
181				
P. Gomez	250	159	254.5	663.5
T. Cruce	245	155	255	655
H. Meier	220.4	163.6	227.2	611.2
C. Sanguinetti	185	115	187.5	487.5
B. Bowers	—			
220				
T. Bruner	305	207.5	317.5	830
B. White	280	180	290	705
J. Rodgers	240	145	272.5	657.5
242				
J. Meyers	272.7	204.5	297.7	774.9
C. Garcia	332.5	132.5	282.5	747.5
G. Hargens	232.5	155	237.5	625
275				
P. Springer	365	260	355	980
E. Cosner	327.5	185	280	792.5
J. Putnam	275	197.5	272.5	745
J. Capps	277.5	172.5	290	740
B. Robinson	272.5	195	232.5	700
H. Hudson	215	135	350	250
600				
SHW				
D. McCaskill	327.5	217.5	310	855
Below Class I 123				
J. Vasquez	—			
M. Vasquez	—			
148				
S. Anderson	160	100	182.5	442.5
O. Watts	—			
165				
M. Brown	190	127.5	215	532.5
T.Mata	150	115	205	470
181				
S. Warr	267.5	177.5	227.5	672.5
A. Lloyd	207.5	160	240	607.5
F. Porras	215	132.5	217.5	565
C. Pittman	190	122.5	232.5	545
B. Shaw	170	135	195	500
C. Sanguinetti	185	115	187.5	487.5
D. Pena	156.8	102.2	204.5	463.5
198				
R. Nesuda	252.5	150	257.5	660
K. Slaughter	237.5	160	235	632.5
D. Broseman	212.5	130	217.5	560
B. Sanchez	155	95	172.5	422.5
F. Silva	202.5	157.5	—	360
E. Padilla	—			
220				
S. Morgan	272.7	145.4	240.9	659
K. Acosta	268.1	154.5	218.1	640.7
R. Lopez	234	163.6	213.6	611.2
A. Kuehne	220.4	138.6	245.4	604.4
T. Cardella	227.2	113.6	227.2	568
H. Cowey	181.8	134	200	515.8
F. Salinas	170.4	129.5	184	483.9
242				
J. Meyers	272.7	204.5	297.7	774.9
C. Rangel	286.3	181.8	290.9	759
J. Hirt	286.3	181.8	286.3	754.4
B. Hightower	272.7	186.3	286.3	745.3
R. Garcia	250	140.9	220.4	611.3
K. Reed	204.5	125	250	579.5
Bench Press Only		H. Bodden		134
Women 123		220		
T. DeVoltz	68.1	F. Hughes		136.3
S. Sheffield	48.6	242		
148		A. Moran		160
T. Swander	70.4	275		
165		B. Jackson		195
G. Nicholas	109	H. Hudson		135
Below Class I 148		K. Anderson		—
G. Reidy	125	Open 132		
S. Garcia	112.5	R. Sandoval		145
D. Hatcher	105	165		
O. Watts	—	G. Gutierrez		170
181		K. Sanders		—
B. Shaw	135	181		
198		J. Ravannack		180
D. Springer	160	H. Meier		163.6
F. Silva	157.5	P. Gomez		159
220		T. Cruce		155
E. Molina	160	198		
242		D. Madere		215
J. Meyers	204.5	C. Pamphilis		177.5
275		J. Miller		177.5
J. Huber	—	220		
SHW		T. Bruner		207.5
T. McKinney	200	L. Hartnett		172.5
S. Bruce	170.4	P. McMahan		170
Masters 165		242		
G. Serna	95.4	A. Hernandez		215
181		D. Abernathy		205
H. Meier	163.6	A. Moran		160
P. Gomez	159	G. Hargens		155
L. Thyssen	159	SHW		
198		J. Crum		250
R. Creevy	182.5			

One-hundred thirty-four lifters competed in the 1995 USPF Texas State Championships in Corpus Christi, April 1. There is no one like Paul Barbee to get the lifters and audience off to a rousing start. Paul's knowledge of powerlifting, and Texas powerlifters, made everyone feel welcome and each lifter felt the audience support throughout the meet. In the 97 lb. women's class the state champion is Glenna Hartmann, from Corpus. Glenna set a state record with a 275 lb. deadlift. The 123 champion is Teresa Devoltz from Tomball. Teresa is ranked number one in the U.S. in the deadlift and used a 400 lb. pull to beat Toni Barse of Marion and Melba Pendergrass from Seguin. The 132 lb. champion with a narrow victory over Michele Molina, from Seguin, is Nelda Capps, from Henderson. Nelda's last deadlift of 295 lb. gave her a five lb. margin of victory. One hundred forty-eight pound women's champion Professor Leigh Smith of Houston jumped ahead of the field with a 225 lb. squat and hung on to defeat Trish Swander from Harlington the 1993 champion. Gina Nicholas, the 165 champion totaled the highest of any woman competing with a 350 squat, 240 bench, and 425 deadlift. Current Texas teen state record holder Jinny Lyn Ayotte, from Seguin, captured the 181 lb. state title. Teresa Devoltz edged out Gina Nicholas and Glenna Hartmann as the best overall female lifter. The 123 and 132 open men's champion winners were two brothers from Kingsville, Johnny and Red Sandoval. Red, at 132, benched almost 56 lb., more than double bodyweight (319.5 lb.). Michael Duhon at 148 is the open champion with a total of 517.5 kg. John Tyree from Dallas reclaimed the 165 open title he has won, we believe, fifteen times. John also claimed the master's title at his weight along with the best master lifter. In a very competitive 181 class Phil Gomez was the winner with a kilo total of 663.5. With a perfect nine for nine Duane Madere captured the 198 open contest. On the way to setting two American records in the submasters (bench 457.25 lb., deadlift 699.75 lb.), Tim Bruner, from Austin, won the 220 lb. open class with a kilo total of 830. The 242 winner Jon Meyers also captured the Below Class I title with a 774.9 kg. total. Paul Springer at 275 turned in a world class performance, shattering the 2000 lb. barrier with a kilo total of 980 (2160 lb.) This performance earned Paul the best lifter title. His quiet determination and friendly manners won the respect of all who watched. SHW winner David McCaskill won with a kilo total of 855. (Thanks to Art Menton for the providing these meet results.)



Paul Springer squatting 804 pounds on the way to a 2160 lb. total.

German WomenTeam Championship
8 April 95 - Herten, NRW (kg)

A. Coppenau	SQ	BP	DL	Total
D. Bell	122.5	67.5	120	310
M. Krammer	167.5	90	170	402.5
K. Bruder	130	70	152.5	352.5
E. Wiesner	140	95	155	390
G. Weinberger	100	92.5	187.5	440
SV Westerholt				
D. Wehling	130	55	152.5	337.5
B. Al Fringhaus	145	80	152.5	377.5
M. Helmbrecht	120	60	135	315
S. Laughton	132.5	77.5	145	355
U. Eschenay	1350	65	140	340
SV Wuerzburg				
H. Schenk	100	45	135	280
Y. Heuring	100	47.5	155	262.5
S. Cleve	170	100	192.5	462.5
E. Rademacher	110	50	120	280
E. Scherpf	110	57.5	115	282.5
KKEV Sonneberg				
D. Wollin	75	35	92.5	202.5
Sachs-Mueller	1025.	50	125	277.5
H. Schubert	100	60	122.5	282.5
U. Greiner	67.5	40	90	197.5

(Thanks to Thomas Klose for the contest results.)

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ADFPA Military Nationals
18 Mar 95 - Ft. Hood, TX

Men 114	SQ	BP	DL	Total
W. Jackson	330*	180*	415*	925*
123				
J. Smith	385*	190	390*	965*
A. Gunoe	245	215	370	830
F. Jones	330	180	300	810
J. Murphy	175	170	290	635
D. Berlin	210	150	250	610
132				
B. Coleman	405*	285*	435*	1125*
K. Hawkins	330	275	375	980
R. Bryant	330	240	320	890
A. Cole	350	150	340	840
148				
J. Richard	445	335*	450	1230*
M. Smith	535*	250	440	1225
T. Bryant	450	275	480	1205
C. Peterkin	375	265	490*	1130
R. Rayford	405	275	405	1085
L. Taylor	315	230	465	1010
165				
C. Turner BL	610*	360	620*	1590*
T. Brinkey	555	345	540	1440
O. Parker	500	340	500	1340
L. Turner	445	380*	450	1275
M. Brown	395	275	440	1110
R. Bosco	380	310	410	1100
J. Perez	395	255	410	1060
D. Jensen	370	230	415	1015
181				
N. Andrus	590*	390	645*	1625*
D. Pillitiere	590*	340	580	1510
R. Herring	500	335	600	1435
R. Ayers	435	425	540	1400
J. Johnson	475	315	500	1290
J. Barnes	480	330	450	1260
S. Currier	455	245	430	1130
J. Nickols	400	235	455	1090
B. James	370	280	390	1040
M. McDonald	345	255	345	945
198				
B. Stokes BL	635*	4340	685*	1750*
E. Dale	585	455	600	1640
T. Higginbottom	600	325	580	1505
H. Niemi	560	420	525	1505
D. Lozano	555	345	530	1430
R. Harris	410	300	485	1195
F. Greenhalgh	425	305	400	1130
220				
J. Young	625	400*	650*	1675*
D. McGill	630	380	595	1605
J. Reape	610	370	550	1530
M. Jackson	600	355	555	1510
D. Slaughter	475	385	590	1450
J. Critelli	510	350	490	1350
242				
T. Weidow	650	430	720*	1800*
P. Boyd	695	410	600	1705
B. Bajsert	600	330	640	1570
S. Hankins	575	380	575	1530
W. Hamilton	560	365	560	1485
J. Campbell	575	375	525	1475
K. Goss	425	440*	480	1345
D. Senaha	405	365	495	1265
275				
T. Bonner	730*	515*	640	1885*
L. Madkins, Jr.	650	500	700	1850
J. Rouu	600	355	585	1540
H. Chwaster	500	425	515	1440
SHW				
K. Vance	650*	460*	700*	1810*
Women 116				
T. Kemper	275*	145*	320*	740*
K. Brook	230	125	285	640
R. Benjamin	265	125	240	630
122				
D. Fogg	210*	100	280*	590*
J. Howat-m	195	105*	250	550
N. Akin	205	85	225	515
129				
R. Clark	285*	130	325*	740*
L. Holmes	255	155*	300	710
139				
A. Hoffman BL	325*	180*	375*	880*
154				
E. Disler	305	145	330	780
L. Holston	305	160	310	775
J. Walker	215	125	285	625
176				
L. Green	365*	255*	380	1000
R. McKinney	350	170	410*	930
P. Calhoun	295	180	345	820
M. Ounanian	215	125	245	585
Men Masters 148				
M. Peek	370	215	420	1005
165				
L. Tentinger	275	370	400	1045
181				
B. Lopez	455	265	480	1200
220				
K. Canzater	485	350	585	1420
242				
J. Graham	720*	375	145	1240
Bench Press		J. Ravannack		—
Men 123		198		
L. Williams	240	J. Chol		475
A. Guinoe	215	E. Dale		455
132		J. Rovehnack		400
B. Coleman	285	J. Booker		360
R. Bryant	240	E. Scott		320
148		J. Patrick		280
J. Stenson	—	220		
J. Richard	—	D. Smith		470
165		J. Young		400
L. Turner	380	M. Jackson		355
L. Tentinger	370	M. Boone		350
T. Brinkey	360	K. Canzater		350
C. Turner	360	A. Bray		—
O. Parker	340	242		
J. Wells	—	K. Goss		440
181		D. Santos		315
R. Ayers	425	275		
J. Martinez	385	T. Bonner		515
A. Virella	375	SHW		
J. Johnson	315	K. Vance		460
		H. Chwaster		425

m- masters. * national military records. The 1995 ADFPA National Military Powerlifting/Bench Press Championships was held on 18 March at the General Abrams Fitness Center at Fort Hood, Texas. This contest has continued to grow each year, with this year's meet being the largest ever with 101 lifters signed up. There were three no-shows, but the 98 lifters who did compete, came to set records. Never before in my over 20 years in this sport have I ever seen so many records fall in one day. After the dust had cleared, 60 new national military records were set.

This was a two-platform meet, with only one day of lifting scheduled. Now that I know that the military lifters are really fired up about this contest, it will be run on two days next year. We were planning on having about 60 lifters, but about two weeks before the deadline we were already up to eighty. We also had the largest number of female lifters ever, with 17 competing.

This was a truly great meet with lifters coming in from Cuba, Germany, Hawaii, Alaska, Korea, and England. Most of these lifters were not funded by their units, and paid a great deal of their own funds to compete here.

The contest started off about 30 minutes late because of the high number of lifters, but when it did start, records began to fall immediately. The ladies showed their military might with Toni Kemper from Colorado rewriting the record books in the 116 class. She set the records in every lift with a 275 squat, 145 bench, and 320 deadlift. Second place went to Kathy Brook for Fort Hood, and third was Ruth Benjamin of Detroit.

The 122 class saw Dana Fogg of the Marine Corp. from Beaufort, South Carolina, winning this class with quality lifting throughout the contest. She also rewrote the record books with a 210 squat, 280 deadlift, and 590 total. Nikki Akin of Fort Polk, Louisiana, came in second; and Jean Howat won the masters class and also set the bench press record with a 105 lb. effort.

The 129 class was a battle from the start between Rhonda Clark of Fort Richie, Maryland, and Latwanda Holmes of Fort Hood. Rhonda took a 30 lb. lead on the squats after Latwanda had to take her opener over. In the bench press Latwanda made up some of that margin with an easy 155 third attempt to Rhonda's 130. Rhonda's pulling power was too much for Latwanda to overcome as she opened with a new national record 325 lb. pull.

In the 139 class Amy Hoffman, stationed in Cuba, was doing some training lifts that were out of this world. Being on a plane for 22 hours and trying to lose six pounds overnight really drained her. She had to do three attempts to make her squat record of 325 lb. pass, then coasted on to new records in the bench press with 180 lb., and deadlift with a 375 lb. effort.

The 154 class was also a great battle until the end with Edith Disler of Waldorf, Maryland, defeating Latricia Holston of Fort Hood by five pounds. These ladies went back and forth with both getting in a 305 lb. squat. Latricia took a lead at subtotal with a 160 lb. bench to Edith's 145. In the deadlift the battle continued with Latricia making an easy 310 lift on her third attempt. Edith moved her weigh tup to 330 for the win, and with great form and lots of power she muscled up the lift for the national title. Both of these lifters are new to powerlifting with this being Latricia's first powermeet ever, and you will see a lot of battles from these women in the future. Joanne Walker, the 1994 national champion came in third in the contest.

The 176 class saw Linda Green of Kelly AFB, Texas, do some quality lifting with record squats, bench press, and total. She made all her lifts look easy as she was the only lady during the contest to go 9 for 9. Robin McKinney of El Cajon, California, really got the people excited as she pulled a record 410 lb. deadlift for second place. Melanie Ounanian of Fort Hood came in third, and Paulette Calhoun, also of Fort Hood, won the masters class.

In the men 114 class William Jackson of Fort Hood went uncontested, but that didn't stop him from giving his best, and in the process, set all the records in that weight class. He did a 330 squat, 180 bench, and an easy 415 deadlift.

James Smith traveled all the way from Germany two weeks in advance and trained with the Fort Hood team. After his record squat of 385 lb. the rest of the lifters in this class started fighting for second place. Not only can he squat, but he can also deadlift, as he once again put his name in the record books with a 390 lb. pull and 965 total record. Allen Guinoe came in second with a big 215 bench, and 370 deadlift, just beating out Frank Jones. This was one of the toughest 123 classes seen in the military nationals.

Bruce Coleman defended his 132 class national title from 1994 with smooth and precise lifting. He once again rewrote his own records with a 405 squat, 285 bench, 435 deadlift, and 1125 total. Also, master lifters be advised that this guy is 39 years old and will be 40 by the time the masters nationals roll around in November. Kevin Hawkins came in second, and Robert Bryant moved up from the 123 class to come in third place.

The 148 class was the toughest of the morning session with three lifters with their eyes on the national title until the last deadlift. Defending champion Michael Smith of Fort Hood, Texas, took a commanding lead with a 535 record squat. What was so amazing about this lift was the fact that he was lifting on a sprained ankle. Jeff Richard of Beaufort, South Carolina, made up ground with a record 335 bench press. We have always heard that the meet is not over until the bar touches the floor and that was the perfect statement for this class. Smith pulled a 440 deadlift on his second attempt, and Richard came back with a 450 pull. Smith then missed 460, and Richard did the same on 465, with Richard getting a 1230 total record to Smith's 1225. Tracy Bryant of Fort Hood was third with a 480 lb. deadlift just missing 505 for the win. Coleman Peterkin was fourth with a 490 deadlift.

Chris Turner of 29 Palms, California, has won the 165 class every years since the beginning of this contest in 1993, and still has a lock on this championship. This guy has some outstanding lifting and great coaching from Ken Canzater that keeps him on top of this weight class. He broke his own squat, deadlift, and total records with 610, 620, and 1590. He seems to be in a class all to himself, and the second place finisher Thomas Brinkey, a great lifter in his own right, was 150 lb. behind him. Oladah Parker of Redstone Arsenal, Alabama, finished third. Larry turner of Fort Hood came in fourth with a new record bench press of 380 lb. Chris also won the best lifter award for the lightweight division.

The afternoon session saw Nathan Andrus of 29 Palms, California, repeat as the 181 lb. champ. Nathan also is one of those lifters who not only is strong, but also a true sportsman of the power game. The sport can use a lot more of Nathan Andrus. As usual, Nathan's deadlift had the other lifters fighting it out for second place. He topped off the meet with a record 645 deadlift and 1625 total. Dan Pillitiere and the West Point Team "Men of War" was second with a bodyweight record squat of 590 lb. Robert Herring of Fort Polk, Louisiana came in third with a 600 lb. deadlift, and this guy does not use a belt or tight suit to deadlift in.

The 198 class saw Bubba Stokes of West Point win this class with a loud and fired up support group. He went on and posted a 635 lb. record squat, 685 lb. deadlift, and 1750 total. Bubba also walked away with the Best Lifter award in the heavyweight division. Edrinaldo Dale of 29 Palms came in second, and Thomas Higginbottom of New Orleans placed third.

James Young was on orders to report to Alaska two weeks before the Nationals but with a few phone calls and some major command input, we were able to keep him here at Fort Hood until after the contest. It all paid off for the Fort Hood team as he won the 220 lb. class with some record lifts to take with him to Alaska. Young finished the meet with a record and personal record bench press of 400 lb., and a record of 650 lb. deadlift and 1675 total. Derrick McGill was second with a great 1605 total, and last year 198 lb. champ Jack Reape was third.

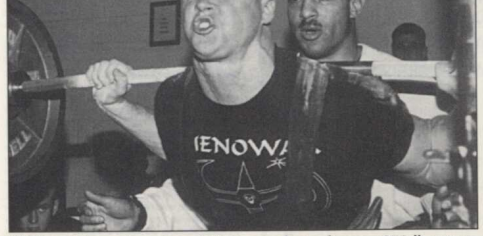
The 242 class saw another West Point lifter Todd Weldow win this class with the help of his fellow West Pointers. Todd had a record 720 lb. deadlift and 1800 lb. total. Second place went to Perry Boyd of Fort Polk, Louisiana, for the second straight year. If Perry would learn how to lockout his knees during the heavy lifts, he might be able to walk out with a national title. Brian Bajsert also finished third for the second year. Meet Director Johnny A. Graham of Fort Hood won the masters class and set a squat record of 720 lb.

Two big guys who have gone back and forth beating each other in the past year, once again met for a battle of the big men. Tomas Bonner of San Diego won the battle hits time with a record 730 lb. squat, and 515 lb. bench press over Leon Madkins. Leon did walk away with the deadlift record with a 700 pull. Thomas' 1885 lb. total was also a new meet record. Johnny Rouu finished third in this class.

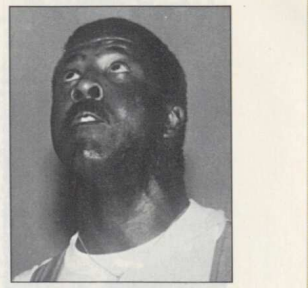
Kirth Vance was the other lifter without any competition, but that didn't stop him from going for the records. He won the SHW class with all new lifts with a 650 squat, 460 bench, 700 deadlift, and 1810 total.

The team award went to the "Phantom Corps" from Fort Hood for the second straight year. Second place went to "Eternal Champions" from 29 Palms, and third was the "Men of War" from West Point.

I cannot finish this article without thanking all the people who have made this contest the success that it has been. First, I would like to thank the Fort Hood DPCA Col. Carter for giving me the chance to host an event of this size; to my officials who really run the meet - LTC Joe Marksteiner, Ernie Surrell, Tracy Brady, Debbie Alexander, Mike Martin, Eric Hammer, Johnie Martinez, and Steve Bergasz; my physical therapists - Darin Elkins and Dr. Rebecca K. Whitson; to all my spotters, loaders, platform managers, scorers, and the great detail that I received from CSM Lewis of Divarty, 2AD; and a special thanks to my sponsors - Titan Support Systems, Casa Blanca Travel, US Military Sports Assoc., Nautilus, JCT Total Fitness, and the Ramada Inn of Killeen, Texas. I hope that I haven't forgotten anybody, but if I did, thanks a lot. Next year's contest will be held on 9-10 March 1996 here in Fort Hood, Texas. (resultsfrom Johnny Graham.)



***Bubba Stokes**, champion at 198 pounds, performs a 650 lb. squat.*



Johnny Graham squatting 720 lb.



Roy Brantzag, 114 lb. Norwegian champion (photo by Wahlstrom)

Norwegian Championships
31 Mar - 2 Apr 95 - (kilos)

Women				
52 kg				
A. Hansen	155	70	162.5	387.5
L. Andreassen	120	45	122.5	287.5
56 kg				
I. Pytte	172.5	85	165	422.5
E Engskar	165	90	155	410
L. Christensen	137.5	55	135	327.5
60 kg				
S. Brekke	170	97.5	157.5	425
	4th	100		
M. Asp	140	82.5	142.5	365
V. Haddal	125	57.5	115	297.5
67.5 kg				
I. Blikra	180	85	170	435
K. Vinje	170	77.5	152.5	400
L. Thomassen	120	62.5	130	312.5
75 kg				
K. Rappestad	135	72.5	145	352.5
A. Johansen	132.5	65	147.5	345
E. Mikkelsen	120	55	120	295
82.5				
A. Stiklestad	230	87.5	190	507.5
Men				
52 kg				
R. Brandtzag	215	107.5	200	522.5
56 kg				
S. Beldo	140	87.5	145	372.5
60 kg				
J. Christiansen	215	132.5	202.5	550
67.5 kg				
J. Bredalen	242.5	135	240	617.5
S. Kristoffersen	210	132.5	220	562.5
K. Olsen	200	125	205	530
S. Eriksen	200	115	190	505
75 kg				
S. Valentinsen	290	165	290	745
S. Stormdalshei	260	147.5	260	667.5
G. Bedin	285	120	250	655
G. Gregersen	225	145	240	610
J. Brudevoll	220	132.5	230	582.5
82.5 kg				
J. Kjos	285	160	310	755
K. Kaspersen	320	150	282.5	752.5
G. Hove	260	165	255	680
W. Porsvik	265	152.5	250	667.5
O. Hansen	240	155	260	655
T. Andersen	260	150	242.5	652.5
A. Opheim	220	125	245	590
J. Andersen	—			
H. Aa	—			
J. Jensen	270			
90 kg				
E. Stiklestad	330.5	180	280	790
F. Gundersen	310	182.5	290	782.5
O. Bjornsen	300	207.5	260	767.5
J. Johansen	300	150	290	740
T. Waksvik	280	140	267.5	687.5
L. Myrdal	270	165	250	685
G. Johannesen	265	170	250	685
R. Amundsen	270	142.5	257.5	670
L. Tollefsen	265	160		
G. Johannesen	250	165		
100 kg				
C. Christoffersen	335	210	305	850
F. Rui	295	170	295	760
T. Rydheim	290	145	315	750
T. Stiklestad	300	160	290	750
O. Melsnes	260	180	267.5	707.5
P. Sjol	265	145	285	695
L. Bedin	267.5	150	275	692.5
S. Simonsen	247.5	152.5	270	670
K. Lykseth	245	145	100	490
110 kg				
A. Edvarsen	310	190	302.5	802.5
I. Merli	295	185	322.5	802.5
S. Hove	295	175	285	755
R. Eriksen	290	195	270	755
H. Haug	282.5	162.5	282.5	727.5
V. Kristoffersen	270	160	240	670
125 kg				
S. Davidsen	360	220	330	910
J. Nilsen	295	180	275	750
F. Nagy	295	175	275	745
T. Haugen	280	147.5	230	657.5
125+ kg				
H. Kalleberg	370	195	310	875

Best Lifters according to Schwartz: Ingird Pytte 385.5 points; Roy Brandtzeg 502.8 points. Junior World Record by Anne S. Stiklestad with 230 kilo squat (82.5 kg. class). 16 new Norwegian records were set altogether (results by Arnulf Wahlstrom)

Tennesee State Championships
25 Mar 95 - Chattanooga, TN

132	SQ	BP	DL	Total
M. Cross	270	180	300	750
165				
L. Roden	385	305	460	1150
181				
F. Garza	535	300	515	1350
M. Bell	485	300	450	1235
198				
J. Rodgers	565	405	535	1505
S. Phaures	600	310	520	1430
R. Mills	535	335	540	1410
B. Nicholson	540	335	535	1410
M. Snow	420	225	430	1075
220				
S. Cormon	580	355	465	1400
242				
S. Jenkins	700	465	560	1725
C. Vigus	600	350	600	1550
SHW				
M. Nease	700	420	700	1820
L. Forsythe	600	405	500	1505
Master				
D. Dill	400	300	500	1200
M. Cross	270	180	300	750
Bench Press Only			J. Rodgers	405
132			H. Jordan	405
M. Cross	270		220	
165			E. Avons	315
L. Roden	305		242	
G. Dickey	300		S. Jenkins	465
181			SHW	
F. Garza	300		C. Bailey	600
198			L. Forsythe	455

The Meet Directors of the Tennessee State Championships were Rick Posey and Phil Avons.

Body Works Gym BP/DL Classic
1 Apr 95 - Fayette, AL

Bench Press		SHW Master 40-44	
Women		G. Reynolds	450
123		Deadlift	
A. Blackman	70	Women	
181 Master 50-54		148	
C. Roberson	155	S. Kellum	220
181 Open		M. Caban	210
K. Turner	130	181	
Men		K. Turner	260
132 Pure		Men	
T. Stewart	240	132 Pure	
148 Pure		T. Stewart	345
J. Tucker	225	132 Pure	
165 Pure		J. Alvarez	240
G. Kizer	375	148 Pure	
181		K. Richards	365
T. Smith	330	J. Lamela	340
S. Porter	185	148 Master 50-54	
181 Master 60-64		T. Faulkner	345
T. Roberts	150	165 Pure	
198 Pure		G. Kizer	655
T. Moore	300	181 Master 45-49	
D. Turner	335	W. Johnson	475
220 Pure		198 Pure	
D. Cretzberg	380	T. Moore	515
242 Pure		220	
M. Nixon	380	D. Turner	475
L. Washington	250	242	
275 Master 50-54		R. Jordan	400
G. Roberson	340	SHW Master 40-44	
		G. Reynolds	740

25 lifters from Alabama and Mississippi attended Body Works Gym's finest event ever. There were some outstanding lifts for a small meet. Gregory Kizer weighed 157 and did a four-times bodyweight deadlift in the pure division. Gary Reynolds did more than his existing NASA world record in the deadlift. We needed a few good men and women so Rob Wallis brough eight marines from the naval air station in Meridian, Mississipi. Thanks to all the spotters and loaders and judges. Thanks to all lifters. (Thanks to Ted Butler for the results.)

South Florida Bench Press
25 Mar 95 - Miami, FL

Women		P. K.	365
114 Novice		198 Novice	
D. Harrison	100	C. Desue	375
148 Open		W. Outler	350
V. Best	225	D. Bivens	340
A. Quinata	145	198 Master	
L. Lazarz	140	T. Tomulivicz	430!
148 Submaster		J. Mitsopoulos	380
V. Best	225	220 Novice	
L. Lazarz	140	C. Harvell	460
148 Novice		R. Benavente	360
M. Koscielniek	145	220 Open	
148 Teen		P. Long	370
Men		242 Master	
148 Teen		P. Long	370
R. Fernandez	235	242 Novice	
165 Novice		A. Wallace	385
O. Adelrahman	350	242 Master	
G. Wright	315	J. Hudak	305
165 Open		R. Romero	240
C. Jarvenik	325	242 Novice	
R. Bates	325	J. Hudak	305
165 Teen		275 Novice	
R. Bates	325	D. Desandi	475
181 Novice		D. Hagen	410
C. Keen	325	M. Schwagel	405
J. Rodriguez	300	275 Open	
181 Open		R. Lademan BL	535
T. Ruigliano	405	SHW	
S. Lane	370	Henderson-EXH	650

1 world record. EXH- Exhibition lifter. (Thanks to Rick Failla for providing the results of this contest.)

6th Winter Range Games
26 Feb 95 - Fargo,ND

Bench Press		Men Teen	
Men Open Heavy		T. Meier-162	240
J. Miller-212	405	T. Warren-197	245
Bommrsbach-223	400	Women Open	
J. Dorsher-198	300	A. DeGroot-176+	215
D. Spriggs-260	305	Deadlift	
T.Warren-197	245	Men Open	
Men Open Light		J. Dorsher-198	510
F. Janella-162	315	D. Spriggs-260	405
C. Schmaltz-166	285	Women Open	
		A. DeGroot-176+	405

The 6th Annual Winter Range Games Bench Press and Deadlift contests were held at the Fargo Eagles Club. All proceeds from this event are donated to the "Home on the Range" in Sentinel Butte, North Dakota. I would like to thank John Schultz, Mark Grothe, Anne DeGroot, Rick Hanson, Jan Hanson, and Karen Simmons for their help. (Thanks to Roy Simmons, meet director, for providing the results.)

2nd ADFPA Central States
4 Mar 95 - Edmond, OK

60kg Lifetime	SQ	BP	DL	Total
Bechtol	125	105	182.5	412.5
75kg Lifetime				
Vaughn	230	135	230	595
75kg Open				
Tim Jones	182.5	97.5	200	480
75kg Masters				
Charles	122.5	82.5	132.5	337.5
82.5kg Lifetime				
Johnson	222.5	145	272.5	640
Schraub	150	87.5	187.5	425
Johnson	142.5	100	182.5	425
82.5kg Open				
Kinnamon	227.5	132.5	250	610
82.5kg Masters				
Kinnamon	227.5	132.5	250	610
Williams	150	102.5	195	447.5
Davis	165	100	170	435
90kg Lifetime				
Murray	245	140	227.5	612.5
Ward	150	92.5	185	427.5
90kg Open				
Murray	245	140	227.5	612.5
Combs	182.5	145	207.5	535
90kg Masters				
Caputo	227.5	152.5	242.5	622.5
Ringle	217.5	132.5	185	535
100kg Lifetime				
Kroeger	242.5	—		
100kg Open				
Berger	217.5	155	250	622.5
110kg Open				
Panter	275	197.5	285	757.5
125kg Masters				
Calvin	62.5	140	110	312.5
SHW Lifetime				
Moore	170	130	205	505
SHW Open				
Skeens	275	160	247.5	682.5
Bench Press		Sc. Green		150
60kg		Alfaro		125
Parker	115	100kg		
82.5kg		Serda		200
Shalkowski	162.5	110kg		
90kg		Rodenberg		215
St. Green	155			

(Thanks to Beast Power Company for the results.)

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IPA National Bench Press
20 May 95 - Brick, NJ

Women (tested)	123	SHW	
J. Rhoads	185	J. Buchanan	405
B. Milby	100	R. Kennedy	320
132		165 Master (45-49)	
M. Felton	115	A.Smith	310
148		181 Master (50-54)	
B. Gwiazda	130	J. Mitsopoulos	340
Men (tested)	114	220 Master (40-44)	
M. Abramson	105	D. Hamil	310
132		220 Master (40-44)	
A. Piloto	275	G. Powers-hp	250
148		242 Master (40-44)	
J. Manochio	320	L. Frazier	320
165		Pro Women 148	
T. Jones	295	K. Donato	190
B. Mancini	—	Pro Men 132	
181		T. Trainer	275
J. Love	320	181	
E. Wells	315	J. Dunne	300
198		M. Plescia	275
A. Succarotta	430	198	
G. McClain	400	A. Kuyl	425
D. Powell	380	C. Delvecchio	320
220		220	
D. O'Keefe	390	S. O'Kelley	510
D. McClain	385	J. Wardell	485
R. Taylor	385	242	
275		J. Schaeffer	—
J. Weiss	335	275	
		M. Teter	440

hp - handicap. Best lifters in the Amateur (tested) were Jodi Rhoads and Anthony Succarotta. Best lifters in the Pro division were Karen Donato and Shawn O'Kelley. The overall team champions were Fitness 2000. Second place went to the Animal Pit of Lakewood, New Jersey. Third place went to JJ's Fitness of Wolmessdorf, Pennsylvania, and fourth went to Wardell's Gym of Norwood, New Jersey. First and foremost a very special thanks goes to the meet support staff who unselfishly volunteer their time to help put on this event. Without their help there would be no meet. The are: Dave and Eleanor Abramson, Joseph Amoroso, Helen Argondizza, Louis Argondizza, John and Mariet Bott, Pat Cumbrera (co-meet director) who ran around like a maniac the last few weeks, Dan Diaso, Mark Ellick, Terry and Tamara Grimwood, Bob Heinen, Tom Levering, Janet, Brian and Dillon Kamand, Anita Pacella, Jose and Stacy Perez, Dale Powell, Gina Powell, John Powell, John and Lyn Schaeffer, Josephine Sher, Daniel Van Kruiningen, and Jack "Pops" Weiss. The first IPA National Bench Press Championships saw a low turnout of lifters, but there was a lot of excitement. There was lots of media coverage and several interviews conducted with many of the participants. Starting with the ladies in the 123 class we saw Betty Milby in her first meet from Tuckerton, New Jersey, bench 100 lb. in first place and the best lifter was Jodi Rhoads who did an easy 185. She tired a world record 200 on her third attempt which went up but was not passed by the judges. In the 132 class professional ice skater Melissa Felton of the Fitness 2000 team did a personal best of 115 lb. In the 148 Beth Gwiazda did very well and ended up with a 130 lb. bench. In the 148 pro division the unopposed 49 year old Karen Donato from Delaware cruised to an easy 190 bench. This two time world champion also tried a world record that came very close. In the men's class at 114 pounds a new Abramson has emerged. Mike Abramson, the son of Dave Abramson in his very first meet benched a world teen record of 105 pounds. He is only 13 years old and just getting started. He has a great future ahead of him like his dad. In the 132 class Anthony Piloto had a rough day only making his opener. This New Jersey bench champion is built like a bodybuilder and had to cut some weight to make the class limit which may have affected him. In the 132 pro division Tom Trainer made three good attempts and cruised to the victory. In the 148 pro John Manochio opened with an easy 320. He then tried for the world record on his next two attempts with 340. They came very close, and I am sure he will have them next time out. John and his wife just had a new baby. In the 165 class Tim Jones made two out of his three attempts and finished with 295. Robert Mancini had some technical problems and was unable to get an attempt in. Master lifter 46 year old Al Smith made three good attempts and finished with 310 for the day. Al is a teacher for Little Egg Harbor Township. In the 181 class Joe Love only made his opener, but it was enough to win by five pounds over last year's champion Ernie Wells. In the pro division John Dunne and Mark Plescia took first and second places, respectively. In the masters John "Magic Man" Mitsopoulos tried to use some of his magic and came very close with a world record attempt of 355. In the 198 class one of the greatest benchers in the history of the sport Anthony Succarotta had an easy three for three day. Anthony, due to work commitments, has not been able to train for the last few weeks. Even so he won easily and was able to take the best lifter trophy. In second place was a very powerful Greg McClain who weighed only 186 pounds. In third was Fitness 2000 co-owner Dale Powell. This was Dale's first meet, and I know he was good for a lot more than what he did. In the pro division former teen bench sensation Al Kuyl did three easy attempts. Al is now a bodybuilder and has a contest in three weeks. His strict dieting hasn't affected his strength levels. In second place from North Plainfield was Charles Delvecchio who made three good attempts. In the 220 class Dennis O'Keefe made some nice benches to win over his fellow teammates. Second and third places in this class was decided on bodyweight between Darren McClain and Rob Taylor. In the pro division there was a close battle between submaster world bench record holder Shawn O'Kelley and IPA world champion John Wardell. Both are 500+ benchers, and they battled until the very end. It was Shawn's day today. Shawn also tried a world record 525 that came very close. In the masters division Don Hamil did very well and finished with an easy 310. In first place in the masters handicap division was 45 year old Greg Powers. Greg is a polio victim and a fantastic example to people all around him. If you want to do something you truly love, nothing should ever hold you back. In the 242 class John Schaeffer felt the effects of a 20 lb. weight loss to make weight and the flu. He had planned on doing a 600 lb. world record but had an off day. All three of his attempts blasted off his chest only to stall just inches from lockout. In the masters division Larry Frazier coming back from a shoulder injury did a nice 320 world record. Powerlifting's most illustrated and pierced man, Jim Weiss entered the meet at the last minute. This three time ADFPA state champion made only his opener but had a fun time. Jim is one of the most intimidating looking guys around as many of the children went scurrying away when he walked past them. Thank God his dad keeps him in line. Marvin Teter only made his opener but came very close with 475 twice. In the SHW big Dr. John Buchanan did a nice 405. John is a chiropractor in Point Pleasant and a part time stand up comic. In second place was big Corky Kennedy who had the best lifting suit in the meet. (Thanks to Tony Kamand for providing the results.)

ADFPA Eastern Natural BP/DL
30 Apr 95 - Baltimore, MD

	BP	DL	Total
148	305	390	695
S. Wible	235	390	625
M. Salkowski			
165	360	450	810
B. Twyman	295	480	775
F. King, Jr.	280	440	720
D. DeWalt			
181	385	495	880
J. Pasquarello	335	500	835
R. Branch	265	530	795
H. Lee, Jr.			
198	350	550	900
T. Neal	375	520	895
M. Gray	360	490	850
A. Smith	300	480	780
B. Bejeck	265	505	770
R. Maizels	255	430	685
B. Kongsted			
220	380	620	1000
D. Riffle, Jr.	420	565	985
J. Ballard	430	530	960
J. Plummer	385	540	925
M. Sanders	300	565	865
M. Briant	275	525	800
G. Grammes	315	450	765
E. Canfield	250	500	750
T. Stewart	265	455	720
J. Bouchelle			
242	425	575	1000
T. Messick	370	500	870
E. Santiful, Jr.	360	485	845
P. Elias	335	500	835
J. Stump			
275	375	640	1015
C. Carrington	365	530	895
L. Lee			
275	440	680	1120
E. Smith	460	630	1090
R. Huesman			
Junior Men 148	305	390	695
S. Wibel			
Women	175	320	495
M. Grasso-154	bomb		
P. Riffle-129			
Men Master (40-49)	350	550	900
T. Neal-198	290	500	790
J. Mazzuca-165	370	460	830
M. Evans-220	265	455	720
J. Bouchelle-220	215	300	515
R. Bowers-165			
Men Master (50-59)	300	420	720
Richardson-198	280	400	680
N. Singh-198	305	400	705
Downey, Jr.-220	210	325	535
Stockwell-220			

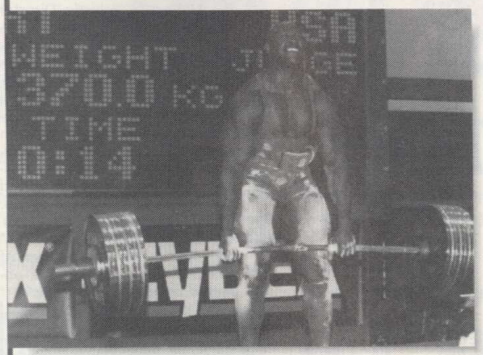
(Thanks to Brian Washington for these results.)

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NASA Ohio State
6,7 May 95 - Cincinnati, OH (kg)

Women Pure 114		198		
Davis	55	Boyer	162.5	
Pure Novice 148		Grone	130	
Thomas	135	Schaffer	127.5	
165		220		
Ashley	157.5	Kelly	190	
Cucchetti	142.5	Dawkins	—	
Ruth	120	242		
Negrete	72.5	Keeney	160	
181		Natural 165		
Longs	150	Negrete	72.5	
Drake	125	198		
198		France	205	
Murphy	197.5	Hawkins	162.5	
Hawkins	162.5	Hamilton	157.5	
Douglas	162.5	220		
220		McIntosh	195	
Wilson	202.5	Watkins	160	
Clear	202.5	242		
Hill	152.5	Edwards	182.5	
SHW		SHW		
Giza	200	Zedeker	182.5	
Junior 165		Carter	177.5	
Meholick	140	Submaster I 181		
181		Bishop	167.5	
Bobb	140	Long	150	
Submaster II 148		198		
Evant	122.5	Murphy	197.5	
165		Douglas	162.5	
Jones	187.5	Pelfrey	137.5	
Pegoli	132.5	Morassey	132.5	
198		220		
Davis	157.5	McIntosh	195	
Cordial	152.5	Calloway	—	
Wisniski	122.5	242		
242		Summers	185	
Sommer	187.5	Edwards	182.5	
Austin	175	Pure 181		
SHW		Drake	125	
Zedeker	182.5	198		
Wooten	170	Hawkins	162.5	
Women Submaster I 165		Davis	157.5	
VanHoose	78.5	220		
4th attempt	80	Wilson	202.5	
Master II 165		Clear	202.5	
Curley	137.5	McIntosh	195	
181		242		
Hall	122.5	Edwards	182.5	
Morgan	115	Austin	175	
198		SHW		
Schnell	140	Giza	200	
220		Carter	177.5	
Kelly	190	Master I 198		
Master III 165		France	205	
Ashley	157.5	Boyer	162.5	
Curley	137.5	Schaffer	127.5	

Youth 105	SQ	BP	DL	TOTAL
Miller	67.5	27.5	80	175
Pure Novice 148				
Marrero	172.5	112.5	197.5	482.5
165				
Crawford	175	115	192.5	482.5
Negrete-os	102.5	72.5	142.5	317.5
181				
Gonzalez	235	147.5	252.5	635
198				
White	187.5	127.5	220	535
220				
Jacobs	305	147.5	250	702.5
Koch	195	152.5	—	
275				
Schwarz	260	187.5	227.5	675
Tressel	235	180	227.5	642.5
Gilmore	182.5	140	212.5	535
SHW				
Mitchell-os	250	182.5	260	692.5
Submaster II 148				
Johnson-os	210	117.5	245	572.5
Evans-os	150	122.5	195	467.5
165				
Rudolph	195	112.5	185	492.5
181				
Scott	232.5	155	240	627.5
Cornell	215	140	207.5	562.5
Junior 148				
Romes	140	72.5	135	347.5
165				
Deb	160	122.5	207.5	490
181				
Landon	167.5	100	205	472.5
198				
White	187.5	127.5	220	535
220				
Jacobs	305	147.5	250	702.5
Pure 148				
Marrero	172.5	112.5	197.5	482.5
165				
Negrete-os	102.5	7.25	142.5	317.5
198				
Rothgery	300	162.5	240	702.5
Matos	252.5	160	210	622.5
Schaffer	205	127.5	200	532.5
220				
Hammond	317.5	157.5	272.5	747.5
242				
Bell	227.5	122.5	227.5	577.5
Natural 165				
Negrete-os	102.5	72.5	142.5	317.5
181				
Cornell	215	140	207.5	562.5
Whale	220	125	205	550
Zyla-os	212.5	160	217.5	590
198				
Matos	252.5	160	210	622.5
SHW				
Spencer	255	192.5	250	697.5
Submaster I 181				
Gonzalez	235	147.5	252.5	635
Bishop	197.5	167.5	227.5	592.5
198				
Rothgery	300	162.5	240	702.5
220				
Koch	195	152.5	—	
Keesey-os	255	172.5	245	672.5
Master I 198				
Schaffer	205	127.5	200	532.5
Master II 198				
Ward	190	120	190	500
Schell-os	192.5	140	147.5	480
220				
Wilder	185	135	172.5	492.5
Master III 198				
Schaffer	205	127.5	200	532.5
Adams	180	127.5	180	487.5
220				
Hanges	255	140	235	630
Wilder	185	135	172.5	492.5
Wiegand	165	90	170	425
Women Submaster II 114				
Robertson	75	67.5	122.5	265
Women Junior 132				
Bowshier	147.5	80	155	382.5
220				
Zedecker	112.5	55	117.5	285

os- out of state (Thanks to NASA for the results.)

Southern States Bench Press
29 Apr 95 - Stockbridge, GA

	BP			
Open 123		G. Crosway		295
P. Edwards	255	275		
L. Burgamy	210	S. Carpenter		505
L. Smith	190	B. Corbin		485
132		M. Hastings		445
G. Bradley	240	SHW		
148		A. Fraley		510
C. Brunson	390	T. Gant		425
M. Palmer	340	J. Lewis		455
T. Liker	305	Teen 123		
165		O. Seenarain		225
D. Sargent	380	L. Smith		190
R. Janier	340	R. Silver		170
G. Morrison	335	132		
181		J. Scott		230
L. McCormick	475	R. Garrison		185
B. Mabus	430	S. Garner		170
P. Whiteman	395	148		
198		R. Crump		225
G. Herring	535	J. Williams		190
C. E'Dalgo	460	165		
C. Gaddis	440	T. Boett		315
220		A. McLaughlin		290
D. Kelly	510	T. Kennedy		270
W. Thompson	480	181		
G. Ballard	470	G. Fields		345
242		G. Buice		250
D. Williamson	530	C. Lee		205
R. Hilderbrand	525	198		
J. Weaver	525	G. Schmeelk		240
275		220		
J. Jancil	530	D. Tremonti		375
C. Harris	530	D. Wooten		135
S. Carpenter	—	242		
SHW		J. Byrd		245
K. Crump	535	275		
A. Fraley	510	J. Holcomb		315
M. Williams	500	SHW		
Novice 123		B. McKinzie		320
R. Silver	170	K. Pickel		150
K. Mercer	100	Teen Women		
132		E. Clought-228		150
J. Gains	175	Masters (over 40)		165
148		I. Zwick		290
G. Firestone	320	S. Crabb		295
J. Liker	305	165-198 lb.		
G. Harper	300	D. Hooper		350
165		R. Maddox		280
R. Janier	340	T. Stalney		280
S. Morrison	335	220		
K. Martin	325	D. Brown		435
181		R. Rogers		345
B. Mabus	430	242		
W. Yader	380	N. Bailey		405
T. Kidd	370	O. Johnson		485
198		J. Gruber		415
A. Hart	435	275		
K. Donalson	420	T. Tancil		530
K. McDuffie	415	C. Baumgartner		450
220		J. Strigles		415
G. Ballard	470	275+		
K. Johnson	435	J. King		365
D. Brown	435	Open Women		
242		C. Sterling-146		185
D. Webb	420	R. Schmith-159		185
C. Gibson	400	A. Ponder-164		135

(Thanks to Sandy Ellis for these contest results.)

MidSouth Police/Fire Regional Games
28 May 95 - Memphis, TN

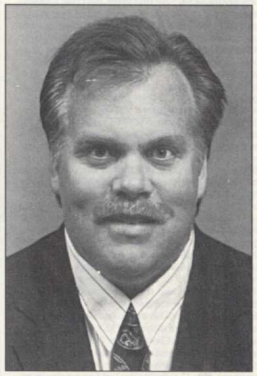
145 Submaster 35-39		198 Submaster (35-39)	
K. Bryant	126	Q. Shumpert	242
165 Submaster (30-34)		198 Master (45-49)	
T. Baker	264	C. Smith	314
J. Cockerham	225	198 Master (50-54)	
181 Open		D. Haynes	253
K. Lavelle	369	220 Open	
P. Jones	341	J. Ludwig	369
E. Friedrica	325	220 Submaster (30-34)	
181 Submaster (30-34)		R. Hobeck	418
C. Wilson	341	242 Master (45-49)	
C. Berry	281	D. Dugger	285
181 Submaster (35-39)		242 Master (40-44)	
J. White	275	C. Stewart	341
181 Master (40-44)		247 Open	
J. Distretti	275	J. Griffin	341
181 Master (45-49)		SHW Master (40-44)	
L. Distretti	308	C. Willihite	341

	SQ	BP	DL	TOTAL
165 Submaster (30-34)				
J. Cockerham	225	225	259	710
181 Open				
P. Jones	485	341	501	1328
R. Birdson	374	286	352	1013
181 Submaster (30-34)				
C. Berry	485	281	451	1218
181 Master (45-49)				
L. Distretti	468	308	507	1284
198 Submaster (35-39)				
Q. Shumpert	253	242	402	898
198 Master (45-49)				
C.Smith	512	314	473	1278
220 Open				
J. Ludwig	402	369	451	1223
242 Master (40-44)				
C. Stewart	451	341	490	1284
SHW Master (40-44)				
C. Willihite	501	341	523	1366

(Sanction 5-95-1. Results courtesy John Distretti.)

WARE Hits the Big Time...

"John Ware, assistant head football coach the past five years at Northeast Missouri State, has been appointed head football coach at the University. Athletic Director Walter H. Ryle said the appointment of the 36 year old Ware is effective immediately. Ware has served as interim coach since mid-March when Eric Holm resigned to become head coach at Northern Michigan University in Marquette. The new coach indicated it will be a tremendous challenge and pleasure for him to lead the Northeast football program. "I'll try to continue the great tradition and football atmosphere here," he said. "It's the best balance of athletics and academics I've observed anywhere. I feel good about the future of the Bulldog program." Ware said he appreciated the support and vote of confidence from the University administration and campus community. *A Decade of Service:* He came to the University a decade ago as a graduate assistant coach in charge of strength training and the defensive line. Ware became a full-time assistant eight years ago. In addition to his duties as assistant head coach, Ware has been serving as Bulldog offensive line coach and strength and conditioning coordinator. He coached three All-America offensive linemen. *Before Northeast:* Before coming to Northeast, he was a counselor for three years at group facilities for juvenile delinquents in Ottumwa, Iowa, his hometown. He also served as line coach and strength and conditioning coach for the Ottumwa High School football team for a season. *A Bulldog Before:* Ware played football at Drake University in Des Moines, Iowa, where he was an All-America and first-team all-conference offensive lineman for the Bulldogs. He also collected academic All-America and academic all-league honors and performed in the 1981 Blue-Gray All-Star Classic. In 1981, Ware signed with the San Francisco Forty Niners as a free agent and played in four exhibition games before getting cut. *Ryle Confident in Ware:* Ryle said he is confident Ware will continue to provide outstanding leadership for the Northeast football program and serve as a great role model for Bulldog student-athletes. "Because of John's character, knowledge of the game, and his kindness and consideration for his student-athletes, he's highly regarded by them," Ryle pointed out. "Customarily, successful football programs promote from within, and I'm delighted we have an outstanding individual that can provide the necessary continuity to insure future success." Ryle indicated Ware has demonstrated commitment to the University's academic mission and unwavering loyalty to the football program for many years. *The Ware File:* He received a bachelor's degree in 1981 from Drake and a master's degree in 1987 from Northeast, both in psychology. Ware was a five-time U.S. Senior National Powerlifting champion. He was the 1989 world record holder (2427 pounds, squat, bench and deadlift) and the 1991 World Powerlifting Champion. He is married to the former Melissa Thomas ('87)" (information courtesy the NEMSU "BULLDOG BARK")



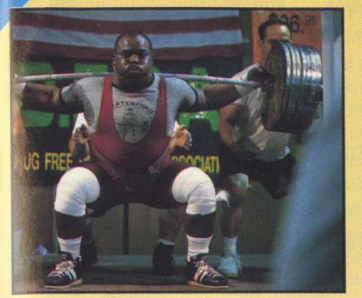
John Ware... the new head football coach at Northeast Missouri State

TITAN

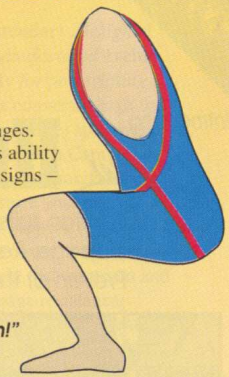
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Patent #5,046,194



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SST Pro Series – The ultimate powerlifting shoe! Every shoe features; **(1) Custom sizing** (any size, width or heel height): **(2) Wedge arch support; (3) Totally flat crepe** sole from heel to toe for maximum weight disbursement and slippage resistance; **(4) Full grain leather** construction with Cambrelle lining; **(5) Hi-density molded sockliner; (6) Fiberboard heel counter** to prevent "roll over"; and **(7) Velcro lateral strap** for fine tuning adjustments. (For best fit send tracings of both feet. Allow 4–6 weeks for custom manufacturing. Sorry no COD's). Worn by the best squatters in the World!

- **White with black trim** **$139.00**

Ultra Belt – The heaviest, strongest belt in existence! Only the Ultra Belt features: **(1) a stainless steel seamless roller** with walls a full 3mm thick! **(2)** Two plies of extra **tough American "bull-hide"** for absolute maximum thickness and support; **(3) eleven 1" spaced holes for superior fit: (4) 6 rows of heavy duty stitching;** and **(5) THE GUARANTEE** (read this carefully). The buckle and roller are guaranteed for your lifetime, not the lifetime of the belt as our competitors advertise.

- **Colors:** Black, Royal Blue, Red. Custom colors available **$90.00**

Use order blank on previous page

SUPPORT SYSTEMS, INC.

TITAN

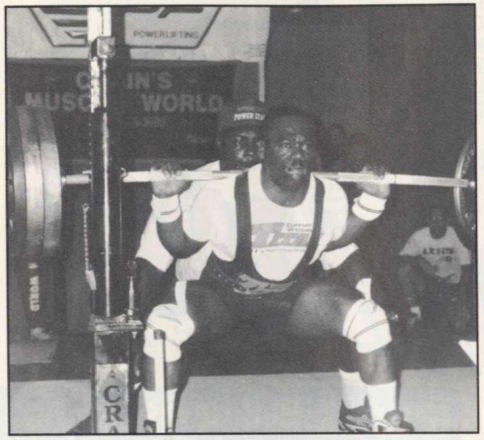
#1 in Power Lifting Performance

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!

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

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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
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- **High or Low Cut**

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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.***

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

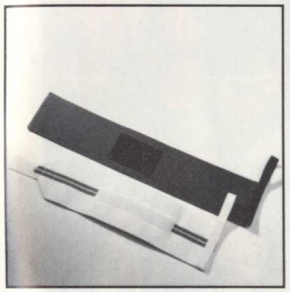
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Now featuring the heaviest stainless steel seamless roller on the market! Cylinder walls are a full 3mm thick with a lifetime guarantee! Made from heavy stock American bullhide and the finest American suedes. Also features 6 rows of stitching and 1"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

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

WRIST WRAPS

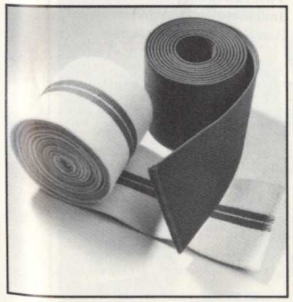


Red Devils: *Don't be fooled by cheaper versions.* Features Titan stitching (not inferior straight stitching), original Red Devil Material, thumb loop and Aplix (30% stronger than Velcro). 6 mos. guarantee

- **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.**

Quantity discounts available!

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**

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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 _____

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Overseas add 30% Air	
Tx. Res. add 7.75% Tax	
Total	

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AAU Women's National (kg)
27 May 95 - Renton, WA

97	SQ	BP	DL	Total
L. Barnes	100	65	112.5	277.5
105				
D. Kelly	112.5	57.5	125	295
114				
Y. Chang	145	82.5	165	392.5
C. Budd	132.5	72.5	140	345
B. Lee	120	70	140	330
123				
Kelii	162.5	100	170	432.5
G. Keeble	140	65	137.5	342.5
K. Dingle-Craig	112.5	60	140	312.5
A. Mayers	105	55	120	280
132				
P. Whiteside	55	45	80	180
148				
C. Grekoff	142.5	70	157.5	370
165				
D. Petersen	167.5	9	157.5	415
J. Maile	145	77.5	185	407.5
181				
A. Perri	182.5	72.5	162.5	415
198+				
J. Kaanapu	172.5	105	172.5	450

Best Lifters: Light - Kelii; Heavy - Debra Petersen.
Team Champions: 1. Pacific Powerlifters, 2. Power Outlaws. On behalf of the Pacific Powerlifters I would like to thank the AAU for choosing us to hold their first national championship meet. All seemed to go well, and the lifters seemed to be having a good time, which is the bottom line for any powerlifting meet. We had one of our beautiful, sunshiny days in Seattle, a nice way to welcome out of state visitors.

The referee crew of Martin Beavers, Richard Mezoff, Dick Schuller, and head referee Bill DePorter showed why West Coast refs are highly-respected. There were no complaints on any of the classes, and believe me, folks, these guys were not giving anything away. Likewise, the spotting/loading crew received well-earned kudos from the lifters for their speed and competence, including a couple of Ken Griffey-like snags of lost squat bars. And there were zero, count 'em, zero misloads. Take a deep bow, Harry Gosthnian, Kevin Going, John Scott, Phil Pham, Tim Richards, and Greg Benjamin. (If I forgot someone's name in this article, please forgive me or shoot me. Your choice.)

Veteran lifter Linda Barnes came up from California and did some fine lifting, including a personal record in the bench to take the 97s. Newcomer Diana Kelly had a nine for nine day and showed incredible poise on the platform, totaling 295. She has much more in her and looks like a great one. She is only 25. Nice job, Diana, and congrats to coach Darin Daniels, who did a great job of peaking her for this meet. The 114s were tough. World champion Yueh Chun Chang is in her own class, even when totaling 40 pounds below her best. Yueh Chun had a nice pull at 392, just losing it about one half inch from lockout. 400 real soon, Yueh Chun. Chris Budd and Betty Lee battled it out for second, with Betty going for it on her last deadlift, but the weight just wouldn't go. The 123s were also nasty. Platform warrior Kelii was fired up and went eight for nine including a 220 bench. I wish I could put up that weight as fast as this woman did. World master's champ Garriel Keeble did some fine lifting for second, including a personal record in the squat, breaking the 300 lb. barrier. Kathy Dingle-Craig showed fine form in all her lifts. AnnDee Mayers came down with the flu at the start of the week and didn't get the lifts she had expected but did some fine deadlifting, including the grittiest, longest deadlift of the meet. Look for big things from her in the next few years. Pre-meet injuries greatly reduced the 132s, including an auto accident involving Phi Pham. Made me think of Joe Pyra's bumper sticker, "Train hard, eat right, get hit by a car." Paula Whiteside is coach John Ford's conversion from a bodybuilding project and has definite potential. Chris Grekoff missed her fist squat, and then buckled down to make her next eight lifts, and was in strong contention for the best heavyweight lifter. The 165s had the closest battle of the day, with Janna Maile getting the day's biggest deadlift, hauling up 407 lb. Debbie Petersen was on a mission, however, and her fine eight for nine day got her the gold. Great work by Debbie and her coach Todd Christiansen. Angie Perri also came here determined, and it showed. Angie had the biggest squat of the day, coming up easily with over 400 lb. Juana Kaanapu set personal records in all three lifts, obliterated her previous best total, and showed great form and flexibility. Her only miss was on her second squat, where she beat the rack command. I enjoyed getting to meet Juana and her husband Samuel.

At least a million thanks to all who helped in this meet, set-up crew and expediters Barb Talmadage, Sami Lee Rogers, Paul Douglas, Gretchen, Barb White, Lunn Koopmans, Ginnie Gardner, the stalwarts of all my meets, April Prey, Jannei Edwards, Corinna Goings, Yueh-Chun Chang, Mick Stevens, Pat Eichle, Patty Baker, and once again to Martin Beavers, who also helped with the calculations. Likewise thanks for the generous support provided by Gateway Athletic Club, National Health Products, and *Powerlifting USA* by Mike Lambert, one of powerlifting's greatest supporters. Finally, special thanks for the way beyond the call of duty assistance provided by Willie Austin, Chris Grekoff, Garriel Keeble, and last, but certainly not least, Colleen Mezoff. Blessings on all of you good people. (Results courtesy Richard Mezoff.)



AnnDee Mayers presses 55 kg. in the 123 class (photos by Ron Allured)



Kelii deadlifting 170 kg. at 123 lb.



Yueh-Chun Chang squatting 145 kg. at 114

$25.00 ADULT (20 and over)

$10.00 YOUTH (19-under)

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Attention: Mike Janssen

Is this membership renewal? ☐ YES ☐ NO
If yes, please write in your former membership number _____

DATE OF BIRTH | AGE | SEX | DATE OF APPLICATION

MEMBERSHIP CATEGORY
Check One: ☐ Athlete ☐ Coach ☐ Volunteer
Check One: ☐ Youth Program ☐ Adult Program

SPORT CODE P|0 | CLUB # | CLUB NAME

FIRST NAME | MIDDLE INITIAL | LAST NAME

ADDRESS

CITY | STATE | ZIP

Are you presently covered by health & accident insurance?
☐ Yes ☐ No

I know that my participation in AAU activities is potentially hazardous and can cause bodily injury or death. I clearly understand that, by signing this form and/or my involvement in AAU sports activities, I assume all risk for any injury resulting therefrom.

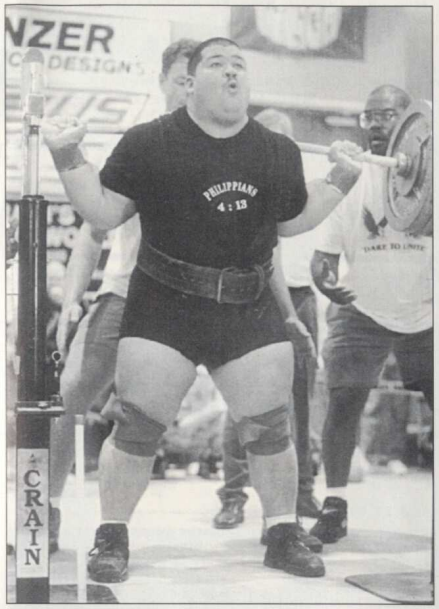
X _____ APPLICANTS SIGNATURE

X _____ PARENT/GUARDIAN SIGNATURE

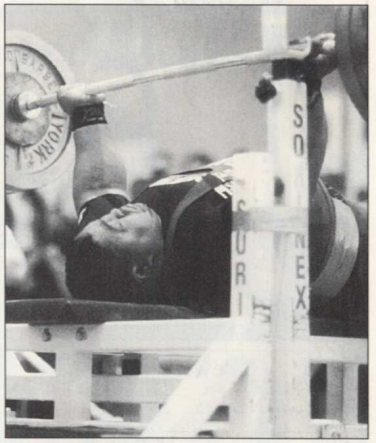
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*Youth Fee $10.00 *Adult Fee $25.00 *Coach Fee $12.00

Accepted By: _____ Date: ___/___/___



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!





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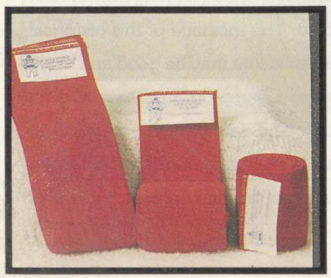
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Power Wrap™ 3.....$ 9.99
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Power Wrist Wrap™

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The "Original" Big Red Power Wrap™ $16.99



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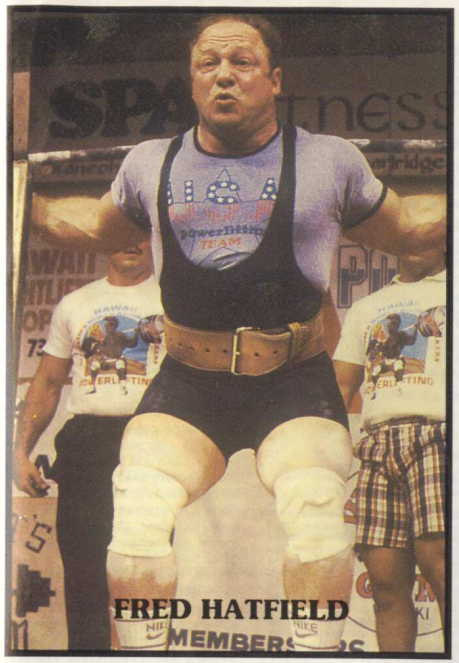
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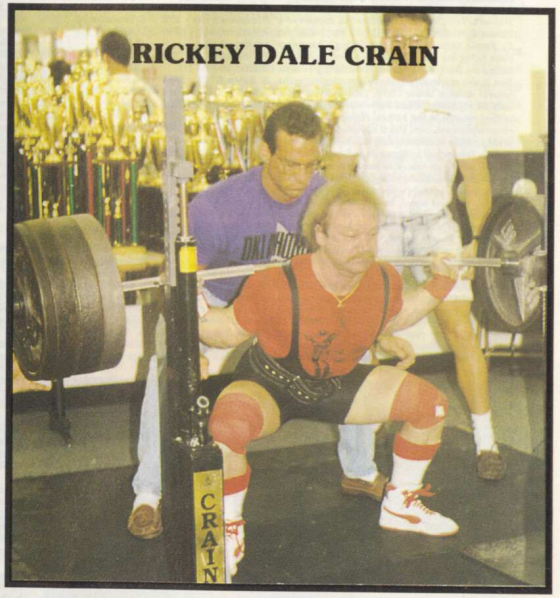
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USPF California State Juniors
27 May 95 - Santa Ana, CA (kg)

Women	SQ	BP	DL	Total
Open 123				
P. Ty	90	76	146!	312*
Natural 123				
P. Ty	90	76	146	312*
Men				
Natural 123				
J. Arenberg GL	160	132.5	185	477.5
123				
M. Shahbazin	95	80	125	300*
R. McCauley	120	110	182.5	412.5*
M. Olivares	115	97.5	137.5	350
148				
J. Drake	200	100*	207.5	507.5
J. Tesimale	157.5	85	155	397.5
R. Fusco	127.5	—		
165				
L. Elliott	228.5*	130*	230*	588.5*
J. Ford	177.5	137.5	182.5	497.5*
S. Ayon	135	140*	182.5	457.5*
J. Brown	157.5	85		
181				
C. Pearson	167.5	140	227.5	535
J. Fragoso	—			
198				
C. Richardson	165	100	192.5	457.5*
J. Mastroianni	212.5	135	225	585*
220				
A. Nachor	160	82.5	162.5	405*
D. Ballon	—			
242				
T. Newkirk	137.5	125	192.5	455*
Open 132				
M. Olivares	115	97.5	137.5	350*
148				
J. Drake	200	100	207.5	507.5
165				
L. Elliott	228.5*	130	230	588.5
J. Ford	177.5	137.5	182.5	497.5
198				
C. Richardson	165	100	192.5	457.5
220				
A. Nachor	160	82.5	162.5	405

* state record. ! American junior record. May is the National Fitness and Health month. Morale, Welfare, and Recreation Division, Marine Corps Air Station El Toro, Santa Ana, California, sponsored a Fitness & Health Fair week (22-27 May) with the California State Juniors Powerlifting Championships being the grand finale. This event was sanctioned by the United States Powerlifting Federation. It also marked the first ever drug testing in the natural division under USPF. Though there were only 18 registered lifters there was still room for setting records in the natural division. Two other records were set. Lord Elliott squatted 504 pounds setting a state open record in the 18-19 age group. Pamela Ty benched 167 pounds and deadlifted 321 pounds setting an American juniors open record in the 20-23 group. Recognizing the Best of the Best lifters in the women's division was Pamela Ty winning the best squat, bench, deadlift, and the Champion of Champion in both open and natural divisions. Men's Natural Division: best squat- Lord Elliott; best bench- Stewart Ayon; best deadlift- Lord Elliott; and Champion of Champions- Lord Elliott. Men's Open Division: best squat- Lord Elliott; best bench- James Ford; best deadlift- Lord Elliott; and Champion of Champions- Lord Elliott. Many thanks to all the volunteers who donated their invaluable time and service to make this event successful to the lifters. Also to Marty Winfield of Los Altos Trophy. And last but not least to Nick Smith, Athletic Director MWR, and his staff for the decor of the Fitness Center. For lifters and other interested in a video of the event, contact Adams Video Productions (805)256-2573. (Results of this competition were provided courtesy of Vic Elliott.)

Clinton County YMCA Hammer Strength Classic
22 Apr 95 - Wilmington, OH

Women	SQ	BP	DL	Total
V. Schwenker-131	405	195	380	980
M. Birtel-105	240	135	260	635
A. Kirby-157	330	175	320	825
Teen Guest Lifter				
D. Hammond-216	450	190	225	865
Master 45-49				
D. Schumaker-234	490	380	475	1345
L. Hammond-185	385	245	405	1035
Master 55-59				
R. Coyer-318	440	270	510	1220
Open 165				
C. Plantz GL	500	385	500	1385
181				
D. Brown BL	500	290	500	1290
J. Poynter	445	270	515	1230
198				
G. Sewell	505	305	545	1355
G. Rome	500	325	515	1340
C. Mitchell	435	300	490	1225
220				
K. Carey	600	405	550	1555
S. Harper	540	350	575	1465
M.Hicks	375	255	405	1035
242				
J. Amato BL	710	480	650	1840
T. Little	550	410	580	1540
C. Poynter	510	325	515	1350
T. Brock GL	705	440	700	1845
275				
K. Patterson	645	660	505	1810
C. Baxter	730	460	600	1790
C. Milan	650	450	670	1770
D. Damron GL	735	480	670	1885
308				
T. Waddle GL	900	520	780	2200
Bench Press Only			Open Women 123	
Teen			S. Alden	100
T. Ball-187	350		Open Men 148	
P. Landrum-149	270		R. Hamsher BL	270
J. Bayless-194	240		D. Dille	250
Master 40-44			165	
M. Johnson-198	290		J. Abney	275
Master 45-49			181	
B. Bayess-275	460		M. Frost	315
J. Vest-174	340		198	
E. Freeman-173	335		B. Bean	365
Master 50-54			G. Rome	315
H. Stanley-193	330*		J. Bayless	240
Master 55-59			220	
S. Curley-163	280		K. Carey	405
G. Keesy-200	310		242	
R. Coyer-318	270		P. Zimmerman BL	460
Master 60+			D. Mayo	450
K. Dille-160	200		M. Miller	425
J. Bailey-196	200		275	
Women			D. Poudns	410
W. Tong-145	165		P. Gibson	400
B. Bayless-138	130		308	
S. Alden-123	100		B. Bayless	460
D. Pitzer-164	105		B. Mozelle	430

* state record. The teen, women, and master classes were determined by the Reshel Formula. The Team Trophy was won by Wilmington Beach Club. Members are: Sara Alden, Bonita Bayless, Wendy Tong, Jarod Bayless, Mike Frost, Howard Stanley, Gary Rome, Van Stickney, Bill Bayless, John Louallen. (Thanks to Tina Parrish for results.)



Lord Elliott at the California State Junior Champs. (photo by Vic Elliott)

ADFPA Rhode Island State
15 April 95 - Providence, RI

Women 116	SQ	BP	DL	Total
C. Capone-o	195	125	175	505
Masters (40-49)				
A. Irby	465*	285	500*	1250*
Men 132				
E. Hubert-o	215	150	320	685
148				
M. Valinotti-o	360	235	445	1040
W. Clark	275*	185	345*	805*
165				
P. Solomon-o	425	250	520	1195
198				
T. Longolucco	535*	335	525	1395*
J. Emin	480	325	575*	1380
W. Capone-o	330	260	330	920
242				
J. Davis-o	520	345	530	1395
275				
R. Barlow	605*	350	540*	1495*
Bench Press		C. Am		350
Women 139		198		
K. Pinch	165*	A. Calise		475*
Masters (40-49)		E. Fiori		400
E. Lanoue	400*	M. Lefebvre		350
W. McLaughlin	315	P. Harrison		300
Men 132		220		
J. Delbonis	285*	R. LaBelle		450*
148		P. Cattuci		365
J. Emery	290	K. Clynes		300
165		242		
J. Avant	340*	M. Lidsky		375*
R. Babcock	335	275		
J. Miley	330	A. Fonaro-o		450
J. Chouinard	315	C. Scherza		410*
J. Andreozzi	305	Guest Lifter		
181		J. Vale		475

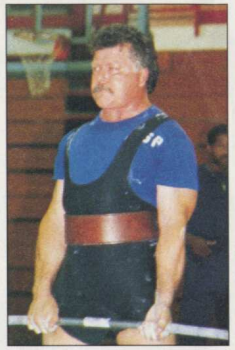
o- out of state. * state record. Best Lifters: Powerlifting- Tom Longolucco; Bench Press- Anthony Calise; Team- 1. World Gym, 2. Ocean State. This was the first ADFPA full meet in Rhode Island. I would like to thank all the lifters, spotter/loaders, judges, the announcer Howie, and especially my wife Laurie who helped me get through my first meet. It's a lot different from outside the platform. The meet itself went very well. We had almost a hundred spectators. We started 15 minutes late but got underway nice and smooth. We had a couple of hitches, especially when a 400 pound bar fell out of the hands of a bencher. He's all right though. John Delbonis opened up with a 275 bench, five pounds above his own record set in 1993. He went on to bench 285 at a bodyweight of 132. Anthony Calise broke his two year old record by five pounds with a bench of 475 in the 198 class. There were a few 400 pound benchers who have a lot of potential as do some of the powerlifters. Train hard and stay clean. Drug free powerlifting is here to stay. Big Andy Vale benched an easy 475, a personal best. Thank you all, hope to see you next year. Records are made to be broken. (results by David Roderick)

CHPD Bench Press Classic
21 May 95 - Chicago Hts., IL

Open 132	BP	275		
L. Mendoza	235	G. Krueger		425
148		K. Turner		390
J. Zubeck BL	375	SHW		
M. Kischkel	315	S. Ellis BL		520
J. Kelly	275	J. McCollom		470
V. Zaranti	250	A. Phillips		430
165		Master 148		
B. Medina	390	V. Zaranti		250
J. Gaffin	385	165		
S. Craig	355	S. Craig		355
M. Shaefer	340	E. Rubio		280
B. O'Connell	340	181		
T. West	315	D. Brady		390
181		198		
D. Brady	390	T. Harris		365
R. Couser	375	N. Lobue		355
R. Dewelt	355	M. Matuk		310
P. Starky	305	220		
198		J. Flamini		375
R. Ford	430	T. Arambasich		360
P. Wolf	410	242		
M. Capriotl	400	P. Rute		405
J. Pinckard	390	J. Matishak		400
R: Ladewig	350	275		
P. Rodriguez	320	G. Krueger		425
220		R. Vaneck		315
J. Aver	465	SHW		
M. Mendoza	405	S. Ellis		520
A. Romano	400	M. O'Brien		435
G. Hibbs	390	Teen		
G. Anderson	360	Schrementi-198		310
T. Arambasich	360	T. Gregori-113		105
T. Bartolomei	330	G. Kinder-133		90
242		I. Wierzbicki-165		195
R. Burke	455	Women		
F. Ruhe	425	C. Kernica-157		185
S. Ziccarelli	415	T. Gregori-113		105
P. Rute	405	G. Biamonte-103		80
B. Briggs	315			

(Thanks to Dave Dunne for these contest results.)

IN DEDICATION



Mike Stone passed away on June 19, 1995, after a six year battle with cancer. Mike was 50 years of age at the time of his death. He is survived by his wife Avis, and his daughter Christy. Mike was a class act for our sport to follow, always displaying model sportsmanship. His lifting dates back three decades. In Tennessee, he was one of the early pioneers! Mike won numerous Tennessee State titles as well as several national championships. Mike's largest accomplishment, by far, was winning the 1990 WPC World Championship in Pescara, Italy (45-49 age category, 220 lb. weight class). Mike leaves behind many friends that he trained with in both the Nashville and Cookeville, TN areas. He was always there to help a lifter train and to help them better themselves. He was never too involved in his lifting to talk and to share his knowledge and experience with other lifters ... Mike was even known for telling a "few" jokes every now and then! Whether the need was judging, loading weights, or announcing, Mike was always there to lend a hand at meets. He even put on several meets in recent years! You could always count on Mike Stone! If Mike said he was going to be there, he was there! Mike's life was not all powerlifting... He was a member of the Phi Delta Theta fraternity at Tennessee Tech University in Cookeville, TN where be received an undergraduate degree. He also received a Master's Degree from the University of Tennessee in 1993. Employed by the State of Tennessee, Department of Corrections, Mike was a teacher at the Riverbend Maximum Security Prison in Nashville. Mike Stone was very much loved and respected. He possessed a sincere concern for others, and considered others needs before his own. I am a better person for having known Mike. He touched my life as he did so many others who had the privilege of calling him "friend." We are going to miss you, Mike! Powerlifting has lost a good friend. *Mark Phillips*

BULLETIN BOARD... this is the place to look for organizational news and notes ---- "THE BIRTH OF THE NORTHEAST CHALLENGE CUP I imagine that all of the young lifters, like young sons and daughters, get tired of us "old-timers" telling them how good the earlier days of powerlifting were. With all of the problems related to the regulation of wraps, poor meet sites, often deplorable training conditions, and administrative scandals, we had a lot of fun. For those who have read my columns for over seventeen years in this magazine, fun and enjoyment is the constant theme. You should enjoy your training and competition! Recently, my partner (in business, powerlifting, and any number of other things) Ralph Raiola affiliated with the IPA. We were excited by the possibilities of the organization and in order to make it even more exciting for our Northeastern lifters, we have instituted the **Northeast Challenge Cup**. On the spur of the moment, as we were gazing into Al Siegel's trailer loaded with beautiful awards, Tom Flynn and John Antigniani of Connecticut asked "What about a team trophy?" I said, "What about a Stanley Cup that goes to the winner and stays there for a year?" Boy, did they get red hot on that idea. Flynn's Gym team is red hot all the time anyway, but we literally had guys jumping up and down in the parking lot with glee. In order to jump the gun, the trophy was inaugurated at the Memorial Day Iron Island Classic on this day prior to the meet. While the Iron Island Gym won (sheer numbers will do it every time), I heard the exact response I wanted from such a venture. Flynn sent word over that we "shouldn't bolt it to the floor because it will be in Connecticut next year" and Grimwood's wanted to know if they snuck in to take it. Once our meet schedule is confirmed for 1996, one meet will be designated the Northeast Cup Challenge. I would like the states of Connecticut, New Jersey (with John Bott's team), Pennsylvania (with Grimwood's, R and A Fitness, and Carl Seeker's), and New York (us and hopefully others) to have a team entered. If the response is there, it could be a meet consisting only of team competition, with head to head clashes in every weight category for women and men. Of course, we might have to do something about the boundaries of the "Northeast" if the excellent Ohio and Maryland lifters get involved. The purpose of this is to stimulate interest and inject some fun into the sport and meet preparation. I know that our men and women really enjoyed this aspect of the competition and I assume others will too. Al Siegel is preparing a special cup for this purpose. Perhaps other neighboring states can capitalize on natural friendly rivalries. I know that in those old days, informal team competitions would always liven things up. We are certainly looking forward to aggravating those Flynn Gym lifters one more time! *--Ken Leistner* ---- **On behalf of Titan Support Systems, Inc.,** I wish to thank our customers for their sympathy and understanding. For almost a two month period from April to May we endured through a death and another prolonged, near fatal illness in the immediate family. It resulted in delays of delivery of up to four to five weeks in some cases. To those customers we offer our apologies. But more importantly, we want to thank the lifting world for their show of support. The great majority of lifters not only understood and offered their sympathy but made this period of transition more tolerable by allowing for late deliveries. With the exception of extraordinary emergency situations, customers can always find Titan open and accessible on our national toll free line, 1-800-627-3145. We again offer our apologies to any lifters inconvenienced by this emergency, and again, I cannot thank those enough who offered their condolences and words of encouragement. *--Pete Alanis.* ---- This article and future articles will bring up-to-date information about the International Powerlifting Association and what is going on inside the Association. The IPA is quickly growing in numbers thanks the hard work of John Schaeffer. Mr. Schaeffer is the President of the IPA and is out promoting and recruiting for the Association. The IPA's motto is "Lifters for Lifters." All those associated with the IPA are lifters who you see at meets and are always helping out the meet director or lifters with questions. Those lifters I am referring to are Anthony Clark, Tony Kamand, Doug Heath, Jose Perez, Hoss the Boss, Terry and Tamara Grimwood, and many more! State Chairman positions are filling up at a quick pace, and lifters are inquiring about the IPA. The IPA Nationals are scheduled for November 18, and Mark Chaillet will be the meet director. If you have been to any of Mark's meets or read anything about them, then you know this will be a top-notch run national meet. State meets are being scheduled as well as local meets. Anyone interested in scheduling meets can feel free to call the IPA (610)589-5213 to find out who your state chairman is, and they will help you with ideas and the philosophy of the IPA. The rules of the IPA have slight variations to benefit the lifters. Let's face it, all organizations have basic rules with different variations in them. Look into our rules; I will bet you say "this is what I have been looking for in an Association." Each month we will try to bring you ideas to help the lifter, meet director, and even the fans of the sport to stay on top of what is going on and where. Next month will feature a few tips for meet directors to help improve meets. Also a list of current state chairpersons. Until then, do your part to promote the sport we all love! *--Carl Seeker*

(article continued from page 42)

bodybuilding and powerlifting federations to put aside their differences and unite in a public relations campaign to educate the public relative to natural strength athletes. Maybe I can help?

As far as the number of federations, I think it's actually good. However, I would like to see them either work together or become regional organizations. If you were to map the meet locations and event size, you would see a definite regional correlation. Most important, it is much more important to cater to the average lifter than the elite!

BG: Would you outline your training progress for us?

JD: *Since I began, my progress has been steady. My Dad began my training with a lot of conditioning sets. I still do them once in a while. Within 6 weeks of training, I did a 303 squat, 154 bench, and 336 deadlift at my first full meet. Within a year, my best lifts were 386 squat, 193 bench, and 441 deadlift at 132 lbs.; and 413 squat, 204 bench, and 446 deadlift at 148 lbs. My current training lifts are 520 squat, 215 bench, and 500 deadlift. At my next meet, I would like to do 524 squat, 225 bench, and 551 deadlift, for a total of 1300. I always lift better at a meet than at the gym. My Dad says I squat way too deep at home.*

MD: *My lifts have also been rising consistently. Although I have been competing regularly, I have only been focusing for a few months on strength. Most of my training since my return has been focused on bodybuilding.*

As far as James' training, you can see we train a rather atypical fashion. In his conditioning phase, James may finish off a leg day with 25 to 30 reps in the squat at 225 or deadlift 135 lbs. for 100 plus reps. Many people believe these lifts are low rep only exercises, but we find a major advantage to mixing high and low rep days. Unlike most powerlifters, we train daily, working different body parts each session. We start each session with the basic 3 lifts. All of the supplemental exercises are also basic movements. Precise form is the key to James' training. Each squat rep is slow, deep, and deliberate. We pause bench each rep and we do not allow James to go up in poundages in the deadlift unless the form is correct. Technique can make an ordinary lifter good and a good lifter great. Bench shirts and tight suits are seldom used in training.

BG: What kind of supplements do you use?

JD: *I use Creatine and OKG that we get from Marathon. Other than that, I eat a very well-balanced good diet because I need to keep lean for bodybuilding.*

MD: *As James mentioned, the diet and a few good supplements are the key. My oldest son, Brian, is very knowledgeable in the area of nutrition and provides additional guidance. We stay on a low fat, medium protein, medium carb diet the year round. Just before power meets, we up the carbs and reduce them just before a bodybuilding show. Sodium is also dropped. James will stay within 4 lbs. of his bodybuilding weight year round and I stay within 5 lbs. I will diet harder for the National and International shows. We don't allow James to severely diet for any show because of his age. From March to December we are never more than a week from competition weight.*

BG: Any other comments?

JD: *Thanks for the interview. I would like to wish everyone good luck in their lifting goals.*

MD: *I would like to encourage everyone to lift heavy, have fun, and stay natural!*

(Major Meet Coverage section continued from page 7)

lights of the master division was the big win by Jan VandeWeghe. We haven't seen Jan lift for awhile and he did a phenomenal job right until he blew his bicep on his last deadlift, finishing in first. One of the closest battles of the meet came between Ed Mohan and Jo Jo White. Only 2.5 kg. decided the winner, but when the chalk finally settled, Ed emerged the winner over legend Jo Jo who has returned to the lifting platform after an absence of a few years. And finally, battling clean up as the only SHW, Lee Pestka gave a credible performance, improving every year.

I didn't want to down-play the awesome lifting that went on during this weekend, so I saved the guest lifters for the end. Saturday afternoon saw Willie Wessel warming up for Senior Nationals with some incredible lifting. Looks to me that Willie is going to be very tough to beat come July. Sunday afternoon Craig Tokarski brought the hose down with a benching display that was breath taking. He made all time heavyweight lift look as light as I have ever seen - and I have had the privilege of personally witnessing almost all the over 700 lb. bench presses done since Ted Arcidi did 705 in Hawaii in 1985. Craig's entire performance was recorded by John Abdo for his National Sports Show on cable. Watch for it. Craig had 747 within an inch of lockout. Talk about history. This was a great meet. If I gave you a list of all the people who helped it would take another three pages. Thanks to all the people who helped at weigh-ins. The judges worked long and hard - many were lifters in the meet. My table staff was excellent. Dwight High School coach Gary Baum did a great job as usual, getting his students (and brother) to load and spot. Tex, from Frantz Sports did a fine job also. This group of young men are always willing to help - they do an outstanding job of spotting. One name that must be mentioned is Amy, Ernie's office manager and right hand. She's the pleasant voice on the phone at Frantz Sports and the APF office. Amy, you're terrific. In case you hadn't figured it out, I would say this weekend would have to go down in the books as one of the best ever. (Thanks to Marie Sternberg for these contest results and the report)

1995 International Cup
21,22 Apr 95 - Dorado, Puerto Rico

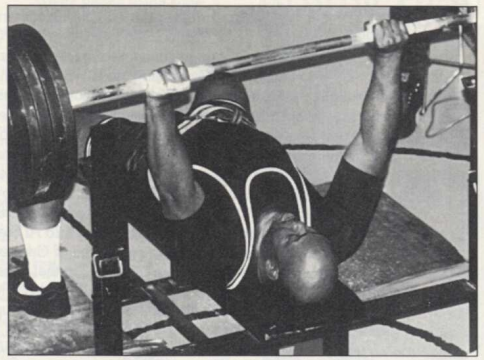
Women		**165 Junior 18-19**	
97 Junior 16-17		J. Jamison	297
P. Mann	99	P. Musso	270
123 Junior 18-19		**181 Junior 16-17**	
M. Mercardo	115	A. Calderon	259
132 Junior 18-19		**181 Junior 20-23**	
A. Sanchez	115	R. Mercado	308
132 Junior 20-23		R. Veerle	336
J. Newbrough	143	**198 Junior 14-15**	
148 Master		T. Wilson	325
J. Moser	148	**198 Junior 18-19**	
165 Master 45-49		E. Horton	303
L. Turner	132	**198 Junior 20-23**	
165 Master 40-44		J. Rodriguez	325
C. Moraczewski	176	**220 Junior 16-17**	
181 Master 50-54		I. Hollins	352
D. Delleree	214	T. Davik	—
Junior Men		275	
114 Junior 20-23		J. Bullard	523
C. Rivera	148	**Masters Men**	
132 Junior 18-19		**123 Master 35-39**	
L. Espinal	—	G. Murphy	203
148 Junior 20-23		**132 Master 45-49**	
E. Miranda	314	J. Alamo	—
T. Kaufman	297	**148 Master 35-39**	
A. Lugo	270	J. Lawrence	341
165 Junior 16-17		R. Yates	292
J. Ross	341	**165 Master 35-39**	
D. Hall	303	**220 Master 40-44**	
165 Master 45-49		D. McMillan	512
E. Gonzalez	248	**220 Master 50-54**	
165 Master 50-54		B. Sponaugle	319
D. McCartney	259	**220 Master 60-64**	
181 Master 35-39		J. McCray	358
R. Guzman	341	**220 Guest**	
181 Master 40-44		R. Alee	418
I. Cruz	308	**242 Master 35-39**	
181 Master 45-49		K. Taylor	512
C. Hultquist	303	**242 Master 40-44**	
J. Burgus	292	J. Magruder	523
181 Master 50-54		**242 Master 45-49**	
J. Mitsopoulos	336	M. Cruz	286
181 Master 55-59		**242 Master 50-54**	
J. Litzenberg	303	F. Pierson	358
198 Master 35-39		**275 Master 35-39**	
J. Edwards	440	V. Moser	468
198 Master 40-44		K. Payne	440
D. Jeffrey	407	J. Gonzalez	358
C. Fernandez	330	**275 Master 40-44**	
A. Santos	—	N. Busick	479
198 Master 50-54		**275 Master 45-49**	
D. Marchette	418	C. Lawton	484
N. Gregory	—	**SHW Master 35-39**	
220 Master 35-39		R. Ayala	297
D. Harpold	451	**SHW**	
S. O'Kelley	429	**Master 45-49**	
		L. Iams	468

Under the direction of David Jeffrey, whose experience extends over three decades of promoting powerlifting, we were provided an outstanding championship. The meet site was the luxurious Hyatt Cerromar, that boasts clientele of the rich and famous. Putting on a meet of these proportions can cause some logistical nightmares. However, with the beautiful climate and outstanding accommodations, the lifters were provided with a first class competition. Powerhouse Gym owner Yvette Vega, Rainsoft Water treatment owner Bill Sponaugle, and Bob Munoz of Fitness Warehouse provided sponsorship to insure everything ran smoothly. With competition set to begin Friday afternoon the US contingent began to get serious, with sixty-four lifters from four countries getting ready to establish new records.

Beginning with the first session, the women provided some exciting lifting. Donna Delleree benched a big 214 in the 50-54, 181 lb. class to win and be the highest female bencher. Other outstanding lifts were provided by Moraczewski's 176 record, Joni Moser's 148, and Linda Turner's 132. Junior women were highlighted by Penny Munn's 99 record, Janna Newbrough's 143, Ana Sanchez' 115, and Madeline Misla's 115. The junior men were treated to massive Johnny Bullards 523 bench in the 275 class. Johnny looked like he had room to spare and will certainly be one to watch in the future. Other outstanding lifts were performed by 16-17, 165 lb. Jimmie Ross who smoked an easy 341 lb. bench, Puerto Rico's 148, 20-23 year old Elvin Miranda's 314, and 15 year old Todd Wilson's 325 at 198. The second day began with master lifters who established many records. Lifting highlights were former USA world team member Jim Lawrence's 148 lb. debut with a 341 bench; Danny McMillan's 512 bench in the 220 lb., 40-44 age group; Keith Taylor's 512 bench in the 242, 35-59 group; world record holder Jeff Magruder's return from retirement exciting the crowd with his easy 523; professional wrestler Nick (The Bully) Busick's 479; and England's Chris Lawton's 484. The USA team was very well coached by Keith Rippeto, Rob Graham, Jim Ross, Jose Perez, Ron Timlick, and Barry Burnett. A special thanks to the aunt and grandfather of referee Griselle Ufret, Heyda Rivera. Heyda provided pre-meet publicity and supported workers for the meet. Others who helped make the meet possible were Richard and Stella Herrick who referee'd and took care of drug testing; Carlos Fernandez who provided spotters and warm-up equipment; David and Lillian Wilson, Verlinda McMillan, Tom Buzzo, Tony Fitton, and John Litzenberg, who provided housing for meet director David Jeffrey so that the meet could be set up. Announcers David Hall and Rob Graham, chiropractors Bruce Dye and Allen Hirschensen for all of the expert care they provided. (results of report of the event provided to PL USA by Dave Jeffrey)



***Master Winners and Record Setters** at the International Cup in held in Puerto Rico included Danny McMillan (right) with a 512 bench at 220 and Jeff Magruder with a 523 at 242. (Courtesy Dave Jeffrey)*



***IN MEMORY.... Eugen H. Rivers Jr.** died on Thursday, April 13th, 1995 after a sudden illness, leaving his wife Christine and two children, Eugene III and Lanenisha. Gene, pictured above, held the IPA World Masters Record in the bench press at 475 in the 242s. He last competed 2 weeks prior to his death. From his friend Gary Heim "I knew Gene back from whenhe was a Montgomery County Constable and played semi-pro football with me and he has always epitomized the term 'Gentle Giant'. We will all miss him." We also note here the tragic passing of **MARK PRINCE**, 31 year old lifter and meet director from Pennsylvania, and a good friend of bench press phenom Jamie Harris. Mark died in a car accident on the local Interstate which took 3 lives.*

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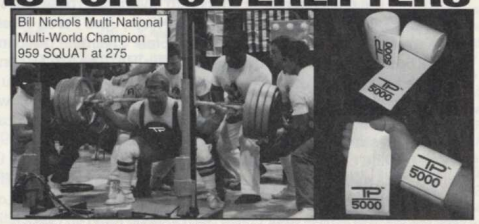
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1	501 Buterbaugh, D..7/2/94	347 Buterbaugh, D..11/3/94	540 Taylor, T..7/30/94	1262 Taylor, T..7/30/94
2	485 Kendricks, C..12/10/94	308 Allen, R..8/27/94	518 Castro, M..7/16/94	1212 Connolly, S..12/17/94
3	451 Baker, G..7/16/94	297 Lee, A..7/16/94	501 Connolly, S..12/17/94	1168 Buterbaugh, D..7/2/94
4	451 Connolly, S..12/17/94	292 Higgins, F..5/19/95	490 Weiss, D..7/16/94	1151 Lee, A..7/16/94
5	440 Young, G..2/4/95	286 Taylor, T..7/30/94	486 Boudreau, C..5/6/95	1146 Baker, G..7/16/94
6	435 Anderson, C..1/28/95	285 Stefani, J..8//6/94	446 Thomas, R..8/12/94	1140 Boudreau, C..5/6/95
7	435 Taylor, T..7/30/94	285 Gosling, J..3/4/95	445 Walker, D..2/4/95	1135 Castro, M..7/16/94
8	429 Higgins, G..11/5/94	275 Tran, V..6/25/94	440 Burris, R..7/23/94	1124 Higgins, F..11/5/94
9	424 Burris, R..7/23/94	270 Washington..6/4/94	435 Lee, A..7/16/94	1118 Weiss, D..7/16/94
10	418 Lee, A..7/16/94	270 Weiss, D..7/16/94	435 Baker, G..7/16/94	1091 Burris, R..7/23/94
11	415 Keefer, F..4/15/95	270 Cunningham, W..8/8/94	429 Higgins, F..5/19/95	1080 Kendricks, C..12/10/94
12	413 Boudreau, C..5/6/95	270 Ware, E..8/27/94	425 Kendricks, C..12/10/94	1074 Thomas, R..8/12/94
13	410 Sutherland, J..3/25/95	264 Stanfill, E..12/3/94	425 Gosling, J..3/25/95	1069 Young, G..2/4/95
14	402 Sano, S..7/16/94	260 Snell, K..6/4/94	424 Snell, K..7/30/94	1055 Keefer, F..4/15/95
15	400 Duval, D..4/8/95	260 Beninato, S..11/12/94	415 Cooke, J..4/15/95	1050 Duval, D..4/8/95
16	396 Thomas, R..7/16/94	259 Blakely, A..7/1/94	413 Sandoval, J..4/1/95	1025 Wojtal..4/7/95
17	395 Jackson..4/8/95	259 Baker, G..7/16/94	413 Snyder, S..4/22/95	1020 Walker, D..2/4/95
18	391 Wojtal..4/7/95	259 Connolly, S..12/17/94	410 Trammer-Bey..4/29/95	1020 Sutherland, J..3/25/95
19	385 Blakeley, A..7/1/94	259 Edwards, P..3/4/95	407 Mendoza..6/17/94	1015 Gosling, J..3/25/95
20	385 Smith, J..3/18/95	255 Wickline, J..8/27/94	402 Cross, M..11/3/94	1010 Anderson, C..1/7/95
21	374 Castro, M..7/16/94	253 Nacon, A..9/17/94	402 Richey, J..12/3/94	1003 Jackson..4/15/95
22	374 Burgess, D..4/28/95	253 Orozco..9/17/94	402 Wojtal..4/7/95	1003 Snyder, S..4/22/95
23	370 Walker, D..2/4/95	253 Jackson 4/15/95	400 Devoltz, T..4/1/95	986 Blakely, A..7/1/94
24	369 Weisberger, A..11/3/94	250 Jones, R..9/6/94	400 Duval, D..4/8/95	986 Smith, J..4/22/95
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32	358 Long..4/7/95	240 Huskey, B..6/11/94	390 DiDonato, A..5/6/95	953 Shen, A..11/19/94
33	358 Kalil..5/27/95	240 Surita, D..7/3/94	385 Despino, J..7/9/94	953 Kalil..5/27/95
34	355 Trammer-Bey..4/29/95	240 Aberwald, D..12/10/94	385 Lee..12/3/94	948 Weisberger, A..11/3/94
35	352 Davis..10/29/94	240 Kreisel, M..3/4/95	385 Thomas, J..2/18/95	942 Luft..5/20/95
36	352 Shen, A..11/19/94	240 Keefer, F..4/15/95	385 Sutherland, J..3/25/95	940 Huskey, B..6/11/94
37	352 Luft..5/20/95	237 Bowen, M..6/4/94	385 Mason, K..3/26/95	936 Despino, J..7/9/94
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85	297 Mitchell, K..5/6/95	209 Weisberger, A..11/3/94	341 Chen, D..4/7/95	795 Rodriguez, T..3/26/95
86	295 Ghan, R..9/4/94	209 Hawkins, N..2/12/95	341 Burgess, D..4/28/95	793 Gilbert..6/17/94
87	295 Schwenker, V..10/22/94	209 Perez, J..3/18/95	341 Jeffrey, L..4/28/95	793 Cantu..9/10/94
88	295 Dinh, D..2/25/95	209 Wojtal..4/7/95	340 Bump, G..9/10/94	790 Wells, J..1/28/95
89	292 Keebie, G..8/13/94	205 Burgamy, L..7/30/94	340 Schneidmill..11/20/94	788 Holland, S..8/6/94
90	290 Stein, E..12/10/94	205 Kruse, C..8/20/94	340 Wells, J..1/28/95	788 Lilly, L..4/28/95
91	290 Reed, E..2/18/95	205 Ibaan, C..10/29/94	340 Rivera, T..2/25/95	785 Ellis..7/23/94
92	290 Henderson, J..2/25/95	205 Lee..12/3/94	336 Stanfill, B..12/3/94	771 Stinbrink..4/7/95
93	290 Baum..3/25/95	205 Walker, D..2/4/95	335 Cortez, R..6/4/94	771 Cane, D..5/6/95
94	286 Kennedy..8/12/94	205 Rivera, T..2/25/95	335 Predeek, E..6/4/94	770 Rivera, T..2/25/95
95	286 Maffioli, M..3/25/95	205 Mason, K..3/26/95	335 Coos, W..10/1/94	770 Houk, T..3/25/95
96	286 Stinbrink, A..7/7/95	205 Miller, B..4/8/95	335 Dinh, D..2/25/95	770 LaJoy, D..4/15/95
97	285 Wolfe, J..6/4/94	204 Kiahaba, P..8/20/94	331 Kiahaba, P..8/20/94	766 Nichols, J..7/9/94
98	285 Grant, T..9/94	203 Olivares, M..8/13/94	330 Ellingsworth, G..6/18/94	766 Olivares, M..9/24/94
99	285 Altus, B..1/28/95	203 Peterson..8/12/94	330 Aragon, J..7/30/94	766 Raley, A..11/5/94
100	285 Mason, K..3/26/95	203 Bui..1/26/95	330 Schwenker, V..10/22/94	766 Robinson..1/26/95

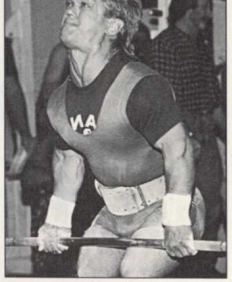
PL USA Top 100 Achievement Awards



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 $6 per certificate or $21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7 1/4% tax).

NEXT MONTH... TOP 132s

Corrections: Elizabeth Pepe should have been credited with a WNPF world record in the open and masters categories for her deadlift at the WNPF World Championships. Also, Samora Brown-Dixon's boyfriend - trainer - coach was misidentified in our article on her in the June issue of *PL USA*. His name is actually Joe Head. We do make errors in the production of this and other ranking lists, as well as in meet results and articles that are published. If you find any errors if the material published in PL USA, send corrections to "ERRORS," P. O. Box 467, Camarillo, California 93011.



***Dave Buterbaugh** is one of the top ranked lifters on this month's TOP 100 Bantamweight listing.*

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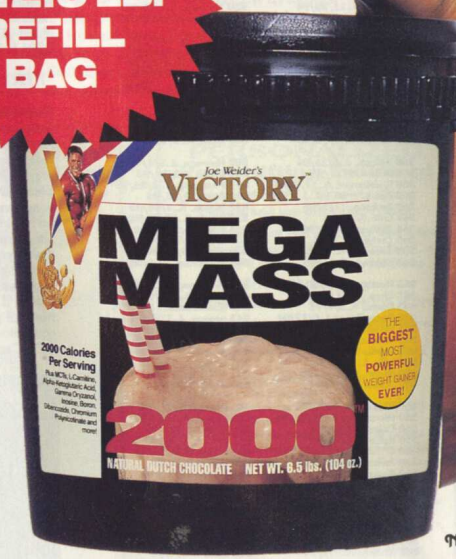
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CALORIES PER SERVING *MIXED WITH LOWFAT MILK*	CALORIES PER SERVING *POWDER ONLY*	NUTRITION PROFILE *POWDER ONLY* PROTEIN (g)	CARBS (g)	FAT (g)
2000	1640	82	317	5

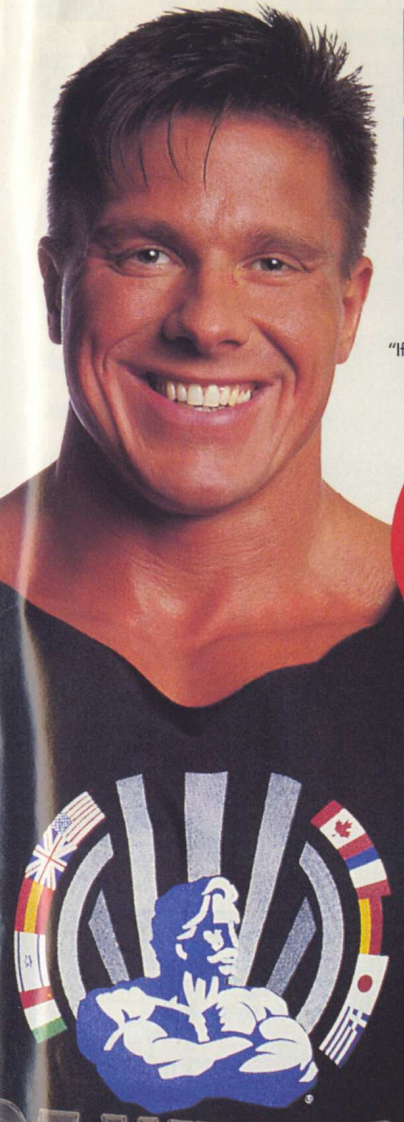
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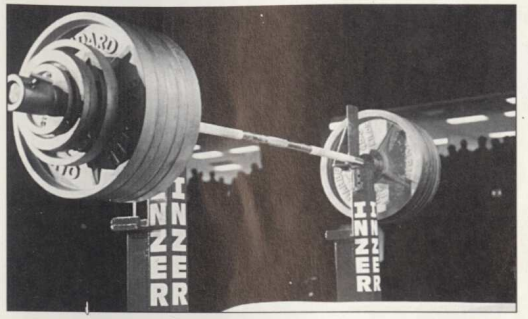
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