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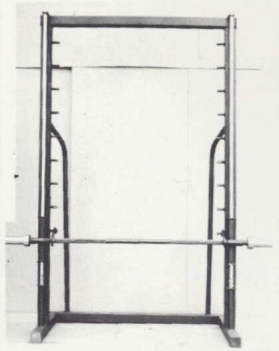
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## INJURIES!



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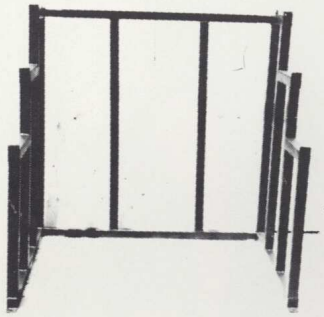
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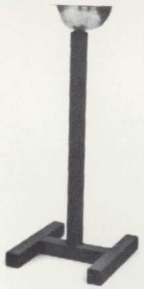
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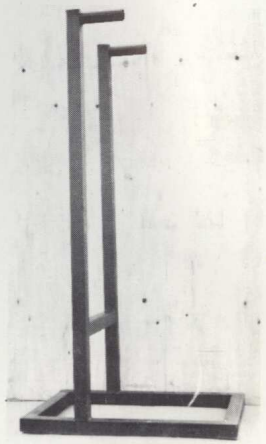


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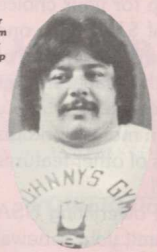


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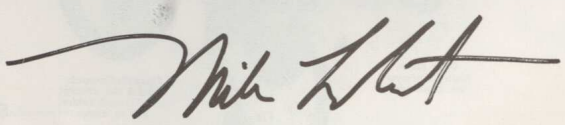
# MAJOR SAVINGS NOW!

The next issue of this magazine will mark a visible step forward in the development of POWERLIFTING USA. We will introduce the use of high quality, coated paper to improve the reproduction of photographic material in the magazine as well as enhance the beauty and durability of the publication. We will begin refinement of the graphic aspect of the magazine, making it easier to read and more pleasurable to look at. However, by far the most important and dramatic change will be in the consistent use of *full color photographic reproduction* in every issue of the magazine. We expect that the impact of our coverage of major lifting events and the stars of our sport in *full color* will be one of the most profound and enthusiastically appreciated aspects of the publication in the future. Go to a major meet and you will have to admit that color is a part of Powerlifting, and from the next issue onward, color will be a part of *all* of Powerlifting USA, not just on the cover.

The use of fine printing paper and color reproduction carries a premium price in the magazine world and to finance our increased production costs, there will be an increase in the price of a subscription to Powerlifting USA, effective with the next issue. Through use of the survey questionaires on the reverse side of your Powerlifting USA renewal form, we have polled our readership on how much they think these improvements are worth and set our price increase accordingly. Nonetheless, a price increase is a price increase, and something that many of you would like to avoid, if possible. As a special consideration, we are announcing this price increase in advance so that those who are interested can take advantage of the current pricing and extend their existing subscription, no matter what their present expiration date, as far as two additional years into the future at the "nowadays" price.

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*'..the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success,.....through their own love for the sport....this is their magazine.'*

POWERLIFTING USA (ISSN 0199-8536) is published monthly for $18 per year. The office of publication is 1568 DAPPLE AVENUE, CAMARILLO, CA 93010. 2nd class postage paid at Camarillo, CA 93010

POSTMASTER: Send change of address notices and undeliverable copies to POWERLIFTING USA, Box 467, Camarillo, California 93011

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***USA & CANADA, 1 yr.....$18.00 US***
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*November, 1983*

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*ON THE COVER...Steve Wilson with the lift he was injured on at the 1980 Worlds and (inset) after the bicep tore*

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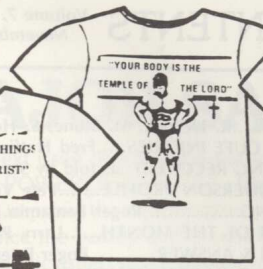
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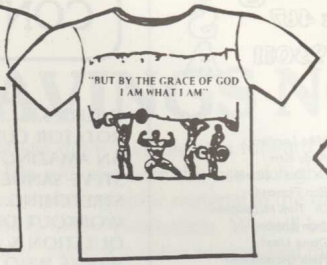
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# POWER-RESEARCH

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## INJURIES IN STRENGTH-POWER ACTIVITIES

### *(With Special Emphasis on the Knee)*

*by Richard T. Herrick, M.D., Mike Stone, PH.D. and Stella Herrick, B.S.*

Despite the fact that weight training and weight lifting, whether powerlifting, olympic lifting, or general strengthening programs for other sports, has probably become the fastest growing form of exercise in the United States, and throughout the world, there is real paucity of information in the literature regarding injuries sustained in such activities, their treatment, and perhaps even more importantly, their prevention.

In an exhaustive study of the English language literature, including the use of two computer-assisted searches, fewer than 20 significant articles and a few case reports have been found. Some of these are outdated, and include some statements which we believe to be erroneous.

In an attempt to elucidate further the type and incidence of such injuries, members of the American Orthopaedic Society for Sports Medicine and the American College of Sports Medicine were polled regarding this question with some interesting results.

The following are the approximate numbers gleaned through both the utilization of this informal poll, including the review of the literature:

Documented Injuries

Fewer than 10 wrist fractures;
Three Musculocutaneous nerve compressions;
Fewer than 10 pectoralis tears;
10 shoulder impingement syndromes including Coracoacromion ligament; Bicipital tears; Rotator cuff tears;
Five ulnar neuritis;
Ten ruptured biceps (distal);
Five ruptured triceps;
Approximately 50 osteolysis of distal clavicle
Fifteen patellar tendon tears;
Eight meniscal tears;
Forty patella-femoral syndrome;
Eight knee ligament tears;
One myositis ossificans;
Neck fracture: 1 indirect avulsion and 5 direct trauma;
Twenty spondylolysis (lumbar spine);
Thirty undefined elbow pain; including brachialis and anconeus, intra-articular difficulties and nerve impingement.

In further explanation, the area of biceps tear can occur and usually does when too much stress is placed upon the origin or the insertion of the muscle by way of its tendons rather than within the muscle belly itself, although it does occur here also.

With isotonic contraction, most of the pull of the biceps is placed at its insertion distally on the radius, and injury to this insertion can occur either by the muscle pulling away from the bone attachment or literally tearing off a piece of bone with the tendon itself.

Problems within the shoulder itself can include all 3 major portions of the deltoid, each portion of which has a definite location of symptoms, and with definite activities during which the symptoms are most prevalent.

Other areas of injuries sustained while weight lifting or weight training include compression of the ulnar nerve by the muscles and/or ligaments that normally occur in the elbow, or if abnormal structures are present, either congenital, or developmental, as a result of injuries or overtraining.

Another form of injury that has been reported is the calcification or ossification within the soft tissue muscle mass, called mycositis ossificans, the plain x-ray view of which can look identical to a tumor. Using specialized techniques of radiology, specifically the CAT scanner or computerized tomography, the specific pattern of the calcification can be determined, and from this it can be determined whether this is indeed a tumor requiring further workup, possible surgery and/or amputation, or simple rest for eventual resolution.

Another type of injury that has only been recently reported is the avulsion or tearing away of a portion of a bone in the neck, in which the major muscle inserting on a portion of the 7th certical vertebra has been torn loose by over-activity of muscles being utilized incorrectly during weight lifting, and which may go on to non-union or fibrous union. This usually becomes asymptomatic, and produces only a short term, a matter of weeks, during which regular work has to be either confined to minimum or considerable decrease in the amount of weight being lifted until healing has been adequate.

There are also 'weight lifter toes' in which someone accidentally dropped the weights on the ends of the toes, causing injuries to the nailbeds, toenails, bony structures, most of which heal well with simple cleansing, debriding and protection, but may take several weeks before one can wear regular shoes, and may take up to 5-6 months before the nail grows back, hopefully normally.

Almost all the articles which cited episodes of low back pain and spondylolysis incriminated the overhead press type of activity, most of which has been eliminated since the standing or overhead press was discontinued as a competitive lift in 1972.

Both studies showed that the incidence of clinical and radiographic evidence of osteoarthritis of all joints in the general population is much greater than in athletes, 50 percent substantially requiring modification of their athletic activities, and in activities of daily living, greater than 20 percent.

The normal diathrodial, or 'hinge joint' as we think of it, is comprised of the bone, a cartilage cap on each side, supporting structures, primarily the capsule of the joint, enclosing the joint cavity which is filled with joint fluid and lined by the synovium. In the knee particularly, there are also the menisci or semi-lunar cartilages, which most people think of as the cartilages that are damaged in football and wrestling injuries. With arthritis, there is degeneration of the articular cartilage, the cartilage on the ends of bone, and when this occurs, there is degeneration of the underlying bone, bony spurs or hypertrophy, particles of the cartilage and bone get within the joint itself and act as a 'bad bearing.'

In any event, these recent studies are in contradistinction to some of the early orthopaedic literature which stated (and unfortunately has been quoted and perpetuated by several well meaning, but apparently ill-informed physicians, coaches, trainers, etc.) that deep-knee bends with weights, especially heavy squats, were injurious to the ligament of the knees and could increase the 'injury potential' of these individuals.

Subsequent studies have not confirmed these earlier papers, and in fact, indicate that 1) deep-knee bends with weights, that is squats, will actually improve knee stability provided that the placement of the foot causes no undue rotational affects upon the knees; 2) there is very little predictive relationship between knee stability measurements and the incidence of knee injuries, especially in football; 3) the junction strengths of bone-ligament-bone is increased with exercise training, especially in males; 4) the strength of repaired ligaments, at least in animals, is definitely increased with strength-training and decreased with immobilization, ACTH, and Thyroxin (thyroid hormone).

These findings also reinforce the 'specificity of exercise' concept, and suggest that the junction-strength changes are dependent upon the type of exercises performed, and certainly not solely on the time devoted to exercising, possibly due to augmenting the blood flow and the availability of healing hormones to the repaired ligaments and also to previously uninjured ones.

It has been postulated with some very good supportive data, that the patellar tendon rupture-point is equal (at least at approximately 90 degree angle of the knee) to over 17 times the lifters body weight before failure. Since most of those reporting knee injuries due to weight training incidents ascribed the injuries to a limited number of specific 'mistakes' we, at the National Strength Research Center, tried to get more information regarding this.

Interestingly, most causes of training-produced pain are the same ones cited most frequently in the literature, and are specifically:

1) Inadequate warm up and/or stretching
2) Improper technique
3) Trying out a new technique, previously untested.
4) Maximum effort, usually during competition, far exceeding those previously attempted in training.

Our general outline was to try to collect and collate information regarding weight lifters, and knee injuries they may have sustained, the nature of the injuries, and hopefully, how to prevent them.

Our goal to collect the biometric data of lifters and their knee injuries was achieved by providing questionnaires to highly proficient lifters, prior to, during, or following competition, as well as sending them out by mail, and publicizing their availability.

We based our questionnaire on several previously used ones that have appeared in various publications, including POWERLIFTING USA, THE JOURNAL OF BONE AND JOINT SURGERY, CLINICAL ORTHOPAEDICS AND RELATED RESEARCH, etc., but limiting the scope specifically to knee injuries.

Over 600 questionnaires were sent out, 209 plus were returned, and this included a few duplicates and one triplicate.

The data collected and herein surveyed and presented is that specifically pertaining to those who have a level of proficiency such that they were of either national or international caliber in their respective sport. Some of the subjects covered within the questionnaire included present age, weight, height, age at which they began training, the specifics regarding the training program, including but not limited to, the number of months spent per years, days per week, sessions per day, and hours per day and also the number of competitions per year and specifically the number of high intensity days of training per week.

After we separated the biometric data, according to whether the primary mode of competition was either olympic lifting, or powerlifting, and even further, whether they were,

or had, significant knee pain or had sustained a significant knee injury.

Of the total 209 lifters surveyed, there were 58 olympic lifters, only 4 of whom were female; 167 powerlifters, 32 of which were female; or a total of 33 females and 176 males. You may notice that the totals of these do not sum up to 209, since, surprisingly, at least to some of us, some of these lifters were of national or international caliber in each of these 2 sports!

With regard to the olympic lifters, there was quite a range with regard to the ages, the size of the lifters and ages at which they started training, especially within the males.

While comparing the olympic lifters data, specifically comparing those who had knee pain, and those who did not have knee pain, a few interesting dissimilar relationships appeared; however, there are also many similarities between the olympic and powerlifters.

With regard to the powerlifters, there was quite a range with regard to their ages and sizes, and actually quite similar ranges with regard to the training programs, both when compared to the olympic lifters and when the powerlifters were compared within their own group comparing the ones with knee pain and those without.

Using the simplest statistical methods available, which could handle multiple variables within a rather limited population, there were no significant relationships with regard to the amount or incidence of knee pain related to the number of years training, the number of days of high intensity training per week, the number of competitions per years, the age of the competitor, the height and/or weight of the competitor.

There was a trend for more moderate knee pain in those who had attained a higher level of proficiency.

We then tried to determine whether there was a relationship of any one of those variables to either moderate or severe knee pain. Our definition of moderate knee pain was that which would require significant modification of training program for more than 3 weeks and severe as that which required surgery and/or caused missed training for more than 2 months. This is not exactly that used by other athletic injury reporting programs, but which, we believe, is more appropriate for either weight lifters, powerlifters or those who utilize considerable amount of weight training in their programs, and who may ascribe the knee problem to their weight training.

Within the group who attributed their knee pain to lifting, among the powerlifters, a significant number of both males and females did have moderate knee pain but only 8 percent of the males and none of the females had severe pain. The olympic lifters had a significantly higher percentage of pain, both the males and the females, but none had severe pain.

With regard to that group of lifters who attributed the knee pain to causes other than to lifting per se, there is actually a higher percentage of those who had severe pain among the powerlifters, and a lower number of those among the olympic lifters.

Among the 'other causes' listed with regard to the cause of knee pain, as may be suspected, the leader was football. This was followed by a group of causes of fairly equal incidence with a surprising number of motor vehicle accidents (car and/or motorcycle), wrestling, falls and running injuries.

The remainder of the causes appear very infrequently, at least among those who answered our questionnaire.

The vast majority of those who listed 'other causes' of their knee pain volunteered tyhe fact that one of the reasons they started lifting either powerlifting or weight training within their program was because of the knee pain caused by other injuries, as a method of rehabilitation.

Of those who ascribed the knee injury or pain to their lifting we listed the 'presumed diagnoses.'

Of all those who gave a specific name to the diagnosis, the most frequent among olympic lifters was patellar tendonitis and among powerlifters it was fairly equally divided between patellar tendonitis and ligament strain.

Interestingly, the largest category of powerlifters was 'unknown' and this is the category in which the lowest percentage saw physicians with regard to their knee problems.

We then tried to determine whether there was any relationship between the incidence and/or severity of knee injuries and the inclusion of running in the training programs.

A significantly greater number of olympic lifters, approximately twice as many, included running in their program as compared to the powerlifters. Of those who included running in their program, among the olympic lifters, 80 percent who included running had knee pain; whereas only 7 percent of those who did not include running had knee pain. Among the powerlifters, 76 percent of those who included running in their program had knee pain; whereas only 53 percent of those who did not include running had significant knee pain. The proportion of males is approximately equal to that of females.

Also with the exception of one female, all athletes who were of a national or higher class or caliber with regard to their capabilities in both olympic lifting and powerlifting had knee pain, to some degree.

In an effort to try to compare the incidence and severity of knee problems and other injuries pertaining specifically to weight lifting, we consulted the National Athletic Injury and Illness Reporting System, at the Penn State Sports Research Institute, and received an in-depth study of knee injuries related to this sport of football within colleges in the United States over the last 7 years.

Their injury rate with regard to surgical knee or severe injuries in our terminology was lower, with approximately 2½ operations per 100 athletes. They also showed that approximately 25 percerit of the college football players suffered significant injuries throughout their college career, with an injury rate of 52.3 percent of the athletes. Their definition of 'moderate' injury was 8 to 21 days out of any active participation, and 'major' more than 21 days.

Although this implies a lower incidence of knee injury within college football players, as compared to the lifters, of all those who suffered knee injuries in college football over these 7 years, over 80 percent, whether 'major' or 'moderate' in severity, underwent surgery, a significantly higher percentage than among the lifters.

We did not study in-depth; therefore, do not have the answers to questions such as what specific conservative treatment was used either instead of surgery or following, how successfully each of these modes of therapy were, the anabolic steroid effect, the dietary effect, or the specific affect of weight-machines.

We do know that all but 4 of our weightlifters who suffered significant knee injury underwent surgery; and all but 2 of these have returned to competitive lifting, these 2 having suffered their injuries only very recently.

The most commonly used medication, of course, was aspirin, followed by the non-steroidal anti-inflammatory drugs, which not only kill pain but also specifically decrease the inflammation secondary to overuse, injury, etc. A significant number of the lifters also routinely use DMSO, and this is also a subject to an ongoing study.

With regard to the relationship of injuries to the use of anabolic steroids, one fairly recent reseach report notes that while joint capsule strength is directly proportion of the collagen content and fibrial diameter, both of these are enhanced with level of testosterone in orchiectomized Wistar rats. Whether this can be directly related to the human lifter is unknown at this time.

A few studies have also shown that there is a definite change within the structure of collagen in those animals that have been given high levels of anabolic steroids, and this may be related to a change in the stress-strain relationship, and as such could have an influence on the incidence and/or severity of such injuries, especially about the knee.

Unfortunately, it is very difficult to obtain information from all of those directly involved, including the physician, the trainer or coach, and the participant, and only very slowly will we be able to obtain more meaningful information.

With regard to rehabilitation, and especially with regard to its relationship to the incidence of knee injury or knee pain, and the inclusion of running in the program, we already know that the 'malicious malalignment syndrome' is directly related to an increased incidence in knee problems in runners. If the lifter also has this particular physiognomy there should be a higher incidence of knee problems. One method of decreasing the amount of knee problems in runners is to undergo a very definite methodical stretching program prior to the running, and if they are running any more than a mile or two, after running. This could also be related to the incidence of injuries specifically sustained while weight training.

The exercises most commonly prescribed and (when used correctly) most effective, are the hamstring and plantar fascia stretching exercises, the adductor stretch, the bent-knee stretch for calf muscles (the Achilles' tendon and the posterior tibial tendon, as well as the plantar fascia), the abductor and ilio-tibial tract stretch, which is much more important for the olympic lifter or runner than the powerlifter, and several others that can be found within the running and sportsmedicine literature.

Our conclusion is that deep-knee bends, which includes, of course, squats, with heavy weights in both olympic and powerlifting, as well as weight training for other athletic endeavors, when done correctly, safely and under constant supervision by adequately trained personnal, are not only safe but probably a significant deterrent to the injuries to the knee. They are definitely helpful in the rehabilitation of knee injuries of any cause, and this was cited by several of our lifters; in fact, the vast majority of those who had sustained any knee injuries at all.

This, of course, is due to the specific muscles that are exercised while doing the squat, including the erector spinae of the lower back, the buttocks, including all of the gluteal muscles as well as the tensor fascia lata, and the quadriceps of the thigh.

The specific technique is utilizing the weights in a safe fashion, positioning them correctly, slowly descending, without a bounce on the bottom and with the thighs at least parallel to the floor with heels remaining in contact with the floor with the head up and, of course, with an adequate number of well trained spotters.

Again, all those subjects within this study who ever experienced any type of knee pain from whatever cause, except these two recent severe knee injuries, utilized and attributed their recovery to weight training and have returned not only to active competition, but of a caliber equal to or better than their previous state.

Some of the previous studies cited indicate that weighted deep-knee bends improve stability, that there is little predictive relationship between knee stability measurements and injuries, and that with strength-training there is an increase in the strength of the bone-ligament junction and that repaired ligament strength is increased. Our case studies certainly manifest these conclusions.

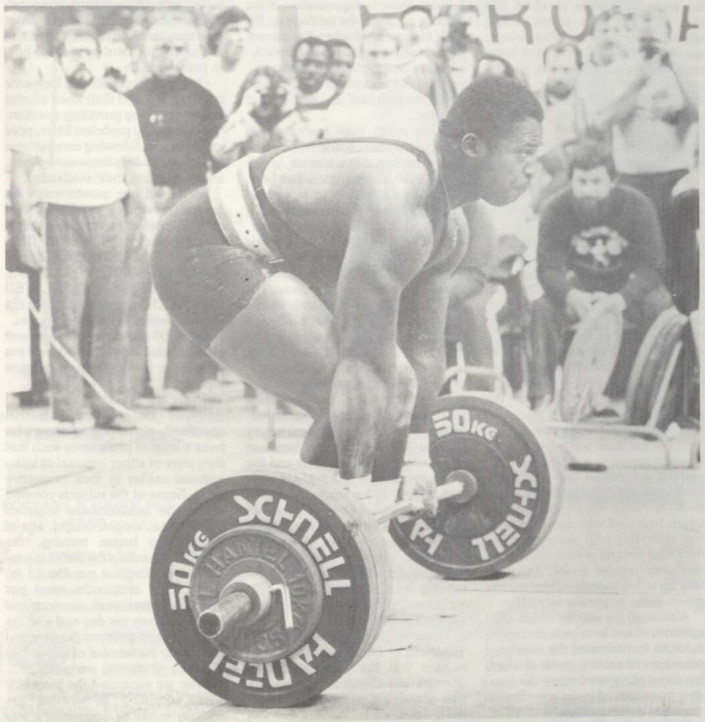
The literature states, as our study verifies, that with regard to the incidence of knee pain, the highest incidence is actually in the general population, that is, those who do not participate regularly in athletic endeavors, greater than in the olympic lifters, and the least incidence of knee pain (at least of a significant degree) is in powerlifters, a large proportion of which have had to overcome rather significant problems in the past, and have used powerlifting and the attendant exercises to overcome these problems.

CONCLUSIONS:

To reiterate our conclusions: Deep-knee bends including heavy squats and olympic lifts, when done correctly, safely and under proper and well trained supervision, are not only safe, but are significant deterrents to knee injuries.

Also there is a definite tendency to have less clinical or symptomatic arthritis among the elite lifters, than among the general population.

*Dr. Herrick would like to give thanks and credit to all the lifters who cooperated as well as to the other members of the Sports Medicine Committee of the United States Powerlifting Federation who assisted.*




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# Rotator Cuff Injuries

*by Fred Hatfield, PH.D.*

There is an alarming increase in muscle tears in the sport of powerlifting. Quads, pecs, biceps -- and rotator cuffs -- all seem to be particularly vulnerable areas, and have been succumbing to the stresses of heavy weights with increasing frequency lately.

I could, I suppose, sit here and philosophize as to what the reasons are for the increases in muscle tears -- but I did that in my last article (quad tears). Hopefully, some astute sports-minded orthopod out there will pick up the loose ball and run with it -- we need some professional guidance here in the trenches! How about it?

After having received a record-breaking six phone calls and at least a dozen letters over the past two or three weeks about rotator cuff rehabilitation following surgery, it finally dawned on me that there is some sort of epidemic sweeping the world of weights! I guess it's the fact that I've had two myself, and know the pain involved is worse with this particular injury than any other. I have a level of empathy that allows me to -- no, begs me to share some of my experiences with the rehab processes I underwent.

The graph shows the progress I made during the rehab process with my left shoulder -- that was in 1979. In 1980 I was at it again with the right shoulder. A bit wiser from the previous year's experience, I did a few things differently, and my progress is also graphed.

First, as a general comment, I was more careful about training around the injured shoulder the second time around. I did leg extensions, crunchers, free body squats (deep knee bends), and, importantly, exercise for the other arm for some bilateral transfer effect. It worked well for me -- the graphs show the speeded up progress for year two, as well as the fact that atrophy wasn't as severe during the immobilization period.

I believe that it's extremely important for any athlete to have the arm immobilized in an airplane brace (out 90 degrees from the body) instead of the traditional sling with the arm immobilized against the sides. When the arm is finally let out of the brace (in about six weeks following surgery), it will be easier to lower (stretch) the immobilized shoulder muscles than it will be to get them strong enough to raise the arm. Also, in the extended position there is less stress on the repaired cuff, and the repaired muscles will, I am told, heal stronger with less scar tissue.

Powerlifters, wrestlers and other athletes whose skin is exposed to a lot of abrasive activity (such as the bar resting on the shoulders or rolling around on a mat) are very susceptable to infection after surgery because the microabrasions breed bacteria. So, after surgery, when recovering in the hospital ward, insist on being handled in a thoroughly sterile fashion -- and be insistent to the point of threatening suit if infection sets in. It did with me both times, and I am convinced that I could've been a few bucks richer today had I been nasty. Infection causes deep, ugly scars to be left behind.

You will have to be weaned from the airplane brace slowly -- over three days. It will be quite impossible for you to lower your arm right away, and the muscle should be allowed to stretch out slowly.

Once out of the brace, Codman exercises, passive manipulatory exercises, a lot of heat and electrostimulation as well as ultrasound is essential. Of course, your dietary supplementation should have been high in all of the necessary nutrients right from the start. In about a week, you will be able to begin with a bit more aggressive therapy. PNF (proprioceptive neuromuscular facilitation) exercises and muscle re-education exercises are definitely in order by weeks two and three. Every waking moment should be spent achieving free range of motion -- a difficult feat owing to the very nasty problem of scapular rotation being prematurely initiated. For this problem you will need to have your training partner versed in proper stretching techniques because your therapist is undoubtedly not strong enough to be effective.

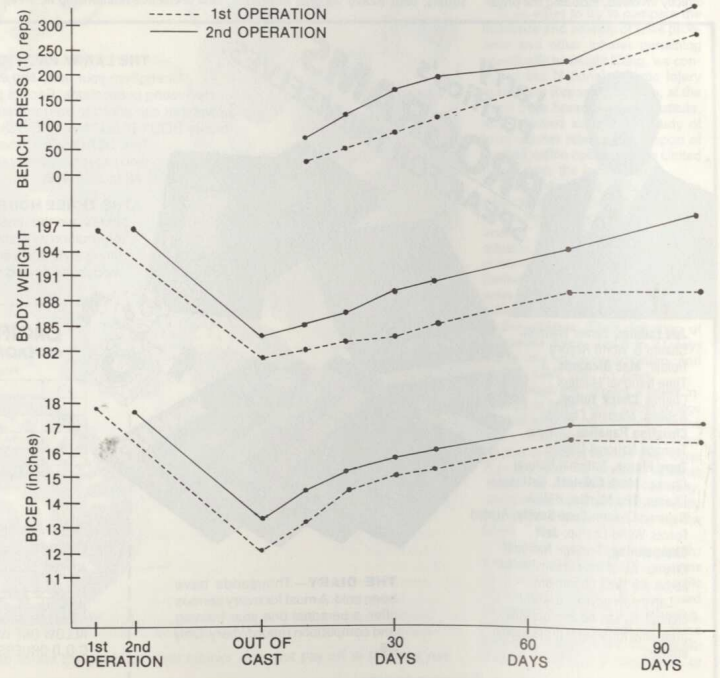
By week three or four you should be well on your way to good range of motion, and continuing with all of the therapy modes mentioned above. Begin doing some light dumbell work at this point. For starters, I recommend the following, as they incorporate all of the movement planes the shoulder is capable of (and therefore all of the affected muscles): bench presses, bent rows, pulldowns, presses, inward and outward rotations (Cybex machine -- Isokinetics) horizontal flexion and extensions (cable crossovers from both directions), tricep extensions, bicep curls, shrugs

You must be sure to use light resistance at first because there's no future in your reinjuring the shoulder with macho or bravado attempts at coming back too quickly.

Don't even THINK about competing for at least six months -- better to wait for 10 months or a year, as that is how long it will probably take for 100 percent recovery. The first few weeks are the most critical, for it is the time during which you will have to work through unbearable pain to break up scar tissues and adhesions in order to achieve normal range of motion. The first fitness component you should work for, aside from range of motion, is endurance. The increased blood flow to the shoulder area will make strength gains possible later on. First the blood has to get there, and without the capillaries it can't. Remember, being cut on destroyed much of the blood supply capabilities, and the muscle subsequently suffered massive necrosis (death). Your efforts must be directed toward rejuvenation -- more blood -- before anything else.

I found that the most difficult obstacle to overcome was the horrible mental anguish. I never really felt that my shoulders would come back 100 perrcent, and that hurt more than the often unbearable pain of rehab. But they came back -- ho hum! Well, almost -- I have been forced to tread lightly when it comes to bench workouts. There is nothing that I can tell you in the truest terms to make you understand just how horrible this surgery is. It's miserable, and I would kill myself if I had to do it again (at least that's what I said to myself after the first one).

With that, let me tell you the real secret. Avoid the injury in the first place! Careful planning and training is the only way I know of to avoid injury. Even then, It seems to happen with all too much frequency.



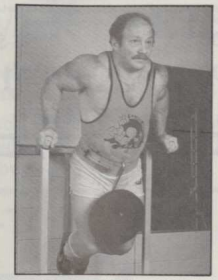




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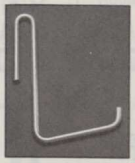
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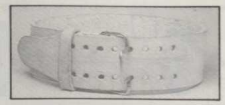
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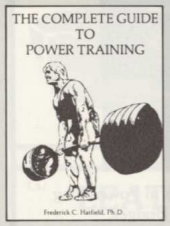
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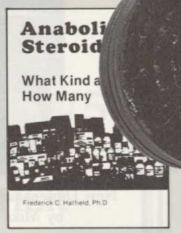
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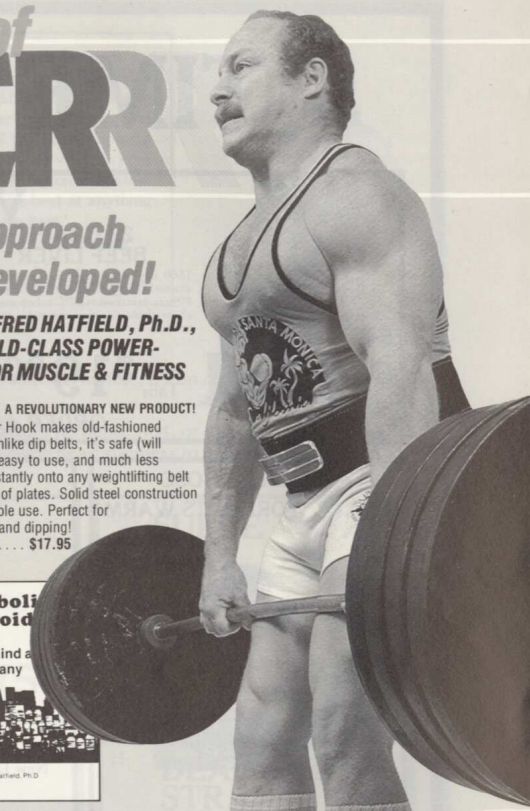



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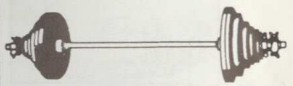
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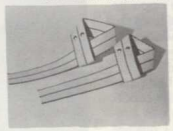
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# The Amazing Recovery of Steve Wilson

***On the cover of the magazine you can see just what happened to Steve Wilson at the 1980 World Powerlifting Championships. As he pulled up his opener in the deadlift with 749 his biceps ripped loose from its lower attachment. Steve actually finished the lift with the bicep completely torn, as shown, and his eventual full recovery from the accident is now told in Steve's own words and the words of those who helped him along the way.***

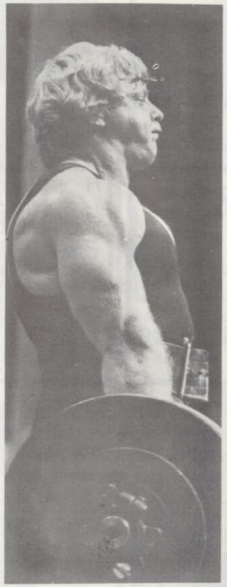
What happened in November of 1980 at the World Championships in Arlington, Texas may be recalled by some as one of the most shockingly graphic injuries in Powerlifting history. This story, never before told, is about that injury and my recovery.

I was lifting as a guest lifter at the World competition, but was anxious to show that I could stand up to the challenge of the immortal John Kuc. After getting an 810 lb. squat turned down I had to settle for 771. Then I narrowly missed a World Record 578 lb. bench press, but I did get credit for a 556, which left me with a 6 pound deficit to John in the subtotal. I felt I had a big deadlift in me if the sciatic nerve condition in my left leg did not flare up, but in the warm-up room my hip began to bother me somewhat. When it came time to pull my opening attempt deadlift of 749 lbs., I was worring about my hip and not concentrating enough on my form. I bent my right arm instead of keeping it straight. I felt something happening as I pulled the bar up, but I was so intense in making the lift that I did not realize the bicep had torn. I finished the lift and got a quick down signal. My grip of my right hand was actually frozen around the bar, and I had to use my opposite hand to help free that hand from the bar. I quickly turned and waited for the judges decision on the lift and saw there were three white lights. After knowing that the lift had passed, I relaxed and noticed the condition of my arm. Everyone was asking if I was all right, and I quickly realized I wasn't.

I was taken by ambulance to the nearest hospital, where I was x-rayed to see if there was any structural damage. I was then told to keep ice on the injury and to get home and have a doctor of my choice look at it. I took the first available flight back and got in to the doctor on Tuesday. I was admitted to the hospital Thursday and operated on Friday morning. This was approximately five days after the injury occurred. For the best operative results in any muscle tear situation, I understand that it should be repaired within seven days of the occurrence of the injury or else the muscle will simply reattach where it happens to be lying.

My operation involved reattaching the tendon to the bone with the attachments consisting of four holes drilled in the bone. The tendon was sewn through the holes which were located near the back of the forearm. In order for this operation to take place, two incisions had to be made. The first one was a "serpentine" incision on the face of the right bicep extending slightly down into the forearm. The other incision was made on the back of the forearm. The incisions were closed by the use of staples rather than stitches. The arm was kept in a splint holding it at about a 110 degree angle of flexion.

After about a week the staples were removed and I was put in a cast which kept the angle of flexion about the same. After about five weeks the cast was removed and another was put on, which increased the amount of flexion. This cast was removed about four weeks later. Then the rehabilitation began.



***Seniors Champ**...after years of frustration, Steve Wilson finally prevailed at the Senior Nationals. His amazing recovery from the serious biceps tear at the 1980 World meet is underscored every time he enters a meet. Though he still bears a massive scar on both the front and back of his huge right arm, he never shows any fear when handling as much as 800 pounds and more on the bar. Tuite photo.*

At this point the measured difference in size between the right arm and left arm was a full 3½ inches. As I had not been using the arm, it atrophied to 16 inches, and the left arm was still 19½ inches, with my bodyweight at this time being 212 pounds. At the time of the accident both biceps were over 21 inches.

Two days after the cast was taken off, I was able to lock my arm out, a feat which the doctor told me would take approximately 2 weeks. I believe that if you make your mind up to do something and have nothing but positive thoughts, you can probably accomplish anything, and that's the attitude I used in recovery. I soaked the arm in warm salt water 3 times a day and kept moving it while in the water. As soon as I could lock out, I went to the gym and warmed up and did 3 reps in the bench with 300 lbs. It was shaky, but relatively easy. The type of injury I had should not effect the muscles used in the bench press.

The next step in the rehabilitation was to start rebuilding the muscle back to size and to get the range of motion back. For this I was referred to Physical Therapy. The therapy started with soaking in the whirlpool for approximatley thirty minutes. While soaking I was to move the arm around to get the range of motion back. This involved turning the palm up and down, until I had the same range of motion as the other arm.

After the whirlpool, I was started

### Steve Wilson's Actual Operation Report

**Providence Hospital  Sandusky, OH 44870**

**REPORT OF OPERATION**

**PATIENT: Steven Wilson  DATE 11/14/80**

*PREOPERATIVE DIAGNOSIS:*
*Avulsion biceps tendon from the tuberosity of the radius.*

*POSTOPERATIVE DIAGNOSIS:*
*Same.*

*OPERATION:*
*Repair of the avulsion.*

*SURGEON:*
*Dr. Rist.*

*ANESTHESIA:*
*Dr. Setty.*

*PROCEDURE:*
*Under adequate general anesthesia the right upper extremity was prepared and draped in appropriate fashion. Serpentine incision over the anterior aspect of the arm, extending up the lateral side of the biceps was made, carried through sub-Q tissue. Bleeding was controlled by cautery. The deep fascia was incised in line with skin incision, revealing the biceps brachii to be rolled up on the brachialis muscle, tendon was lying free. Dissection continued distally to the point where the tunnel down to the radius was identified. At this point the incision was made over the ulna, the free border of the ulna out to the olecranon. This was carried through sub-Q tissue down to deep fascia. Muscle was elevated from the olecranon and from the ulna down to the interosseous membrane and then stripped from the membrane until the radius was identified. Periosteum over the radius was split and with further blunt dissection and with pronation of the forearm the radial tuberosity could be felt. At this point a #2 Mersilene was passed back and forth through the biceps tendon exiting at the free edges, margin of the tendon. It was passed down through the tunnel previously mentioned and out through the extensor aspect of the forearm in the region of the tuberosity. Four drill holes were then created just posterior to the tuberosity. The Mersilene sutures passed through these holes so that the biceps tendon could be brought down to bone. This was done and the Mersilene was tied. The wound was thoroughly irrigated on several occasions during the procedure with Keflinsolution. The wound was then closed with chromic for deep tissues. Both wounds were closed with chromic for deep tissue repairing tendon planes as well as deep fascia. Staples were used on the skin. A sterile dressing with a posterior splint holding the arm at about 110 to 120° of flexion was applied. He was then removed to Recovery Room in good condition.*



### Steve Wilson's Physical Therapy Report

*Dear Steve:*

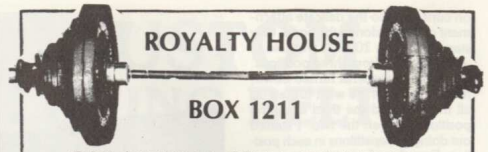
*I have reviewed your records from your biceps tendon injury and will try to repeat the course of events and treatment that you had following the injury.*

*The record shows that you were admitted November 13, 1980 for a complete avulsion of the biceps tendon of the right arm. The injury had occured one week prior to admission. On November 14, 1980 surgery was carried out to repair the ruptured tendon and refasten it to the radial tuberosity. This was carried out by orthopedic surgeon, Dr. Douglas Rist. Approximately 9 weeks post operatively you were referred to Physical Therapy for gradual range of motion program and strengthening exercise program for the right biceps. The treatment plan at that time consisted of whirlpool bath soaks for approximately 30 minutes followed by gentle active range of motion to the right elbow with emphasis on flexion, extension, supination and pronation of the arm. Treatment was carried out daily and minimal limitation of motion was noted in elbow flexion with approximately 120 degrees available and limitation of supination and pronation at the extremes of the range. After several treatment sessions range of motion had improved in that you had full elbow flexion which was 125 degrees due to the muscle mass of the biceps. At that time you also demonstrated full extension and had close to normal supination and pronation with weakness in flexion supination and pronation noted. Due to the delicate nature of the tendon fixation to the bone you were then started on 10 pound resistance isotonically using a 10 pound bar bell with 30 repetitions in a supinated position, pronated position and neutral position of the forearm. You were also started on resistive supination, pronation using a axial resistance shoulder wheel with wrist attachment. It was noted at that time that you had some difficulty especially in assuming full pronation of the forearm. This program was carried out daily and within a matter of 8 treatments you were lifting 15 pounds with a barbell on biceps in all three positions and advised me at that time that you were starting to do 300 pounds bench pressing at home.*

*Also at the end of the 8 treatments you advised me that you had started doing a minimal deadlift again with the right arm pronated this time instead of in the supinated position as you had lifted before. This really concluded your active Physical Therapy program here at the hospital and I feel that you will have to describe your progressive and resistive exercise, used in your home program following this.*

*If I were to treat this condition again I feel that I would have added the Cybex Isokinetic Exercise program to your therapy program. This equipment was not available at the time of your injury but since has been added to the Physical Therapy Department. As you probably know the isokinetic exercise of the Cybex allows you to exercise at maximal or submaximal resistive exercise throughout the entire range of motion using a fixed speed of contraction which can be varied from 0 to 300 degrees per second. In your case of powerlifting I would feel that your exercise on the Cybex would have have been limited to the lower speeds where you are more interested in building power and strength rather than speed of exercise. I would also suggest that as you continue your deadlift especially, I would continue to do the deadlift with the right hand or dominate hand, pronated on the bar and the left hand in the supinated position.*

*Stan Homerick, Licensed Physical Therapist*

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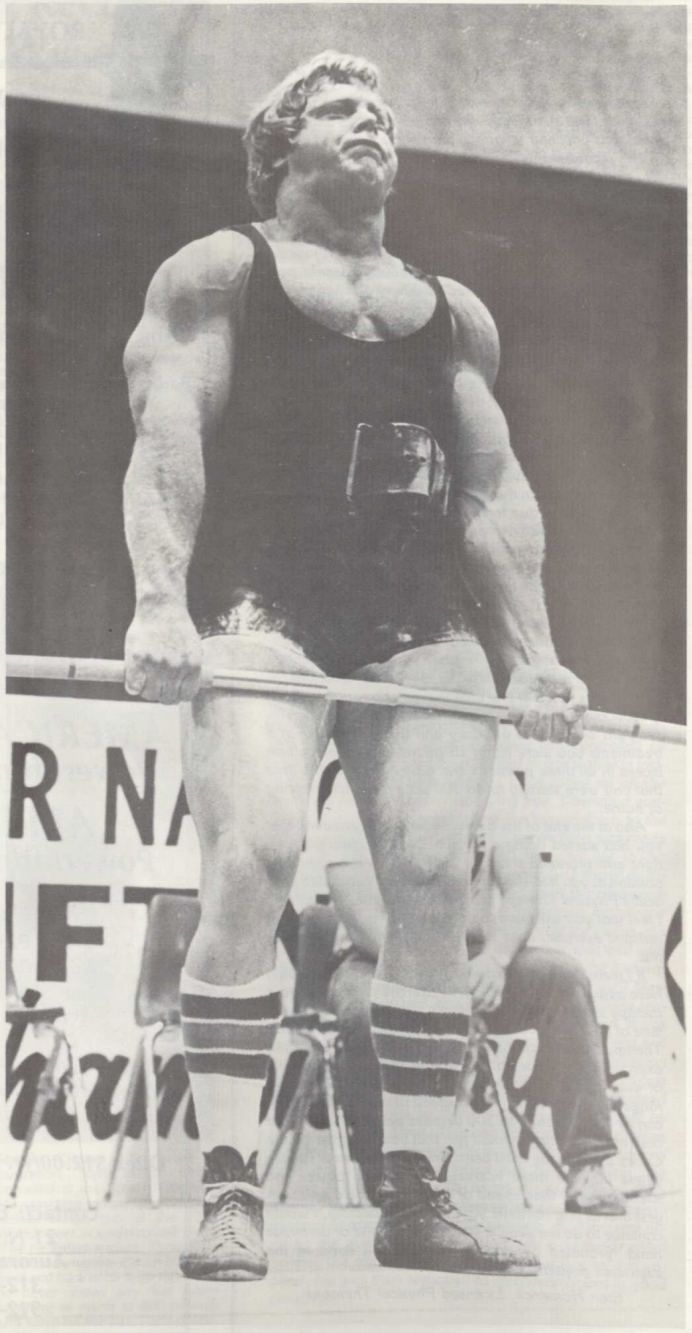
on curls. Due to the delicate attachment of the tendon to the bone, they started me with 10 lbs. I was told to work the curls from three positions: the first with the wrist turned down, the second with the wrist turned up all the way and the third a neutral position between the two. I started out doing 30 repetitions in each position. From here I was taken to an axial resistance shoulder wheel with a wrist attachment. With this machine I got the range of motion back in the flexion of the wrist by turning it all the way down and then all the way up. After about eight visits I had full range of motion back in my arm, and had already added a full inch to the arm. The physical therapist and doctor could not believe the progress. They credited it to having such a strong mind and the will to compete again. It is the same principal by which a sick person must *want* to live, in order to get better.

At this point I began lifting on my own. I added 5 pounds per week on my curls and by the time I reached 45 pounds, my right arm was nearly the same size as my left, about 20 inches and my weight was about 230 lbs. Once your arm has been that big it does not take long to get it back, due to the phenomenon called "muscle memory".

I started deadlifting about two weeks after I was out of the cast, and I changed my hands around. The right arm was used in the pronated (down) position instead of the supinated (up) position. This did not apply any pressure to the injury at all. The transition only took about 4 weeks to get used to, and it just came natural after that. As a matter of fact my grip felt even stronger.

At this point, I decided to try tc make the Senior Nationals. First I set up a nine week cycle to lift in the Canton Hall of Fame Meet. I made my goal to total 2000 lbs. there. The meet was May 9, 1981. I went 9 for 9 and ended up squatting 750; benching 505; and deadlifting 745 (5 lbs. less than what I was lifting when the injury occured) and totaled 2000. I was awarded Best Lifter and broke all the meet records except for the deadlift. The important thing to remember is to add weight gradually after an injury like this and not to push yourself to the limit every heavy workout. If you let an injury heal properly, it can be stronger than before. Scar tissue, especially, is said to be stronger than regular tissue.

To sum everything up, in recovering from an injury you must first have patience and not rush yourself. Second, you must believe you can come back, no matter what the odds are. Third, listen to your doctor and physical therapist. I would like to especially mention two people to whom I owe a lot, Dr. Douglas Rist, my surgeon and Stan Homerick, my Physical Therapist.



***The Proof**..that you can come back from a serious injury like Steve's. Only 8 months after one of the most terrible bicep tears ever seen, Steve was back on the Senior National platform in 1981 at Corpus Christi, and, as seen here, he pulled a 771 deadlift, 22 pounds more than the weight that originally injured him.*

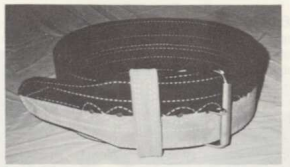



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# POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

## Steve Sanderson
### Powerlifting's Most Massive Legs
*by Pete Vuono*

During the years from 1956-1958 the strongest and most influential American weightlifter was Paul the "wonder of nature" Anderson because of his extraordinary strength especially in the squat. Paul was also known for his exceptionally developed thighs, measuring 36½".

Now, 25 years later, a new "wonder of nature" is developing out of the quiet New England area of Cape Cod. This man is Steve Sanderson who may very well be the modern day successor to Paul Anderson. The 330 pound Sanderson has been a full super-heavyweight for less than a year. During this stage of development his thighs have reached a staggering 35 inches in circumference cold. After one examines the accompanying photos, one can see why I feel Steve's thighs are the best combination of massive size and definition in powerlifting. This is the story of how Steve reached this phenomenal development and how he brought his squat from 712 to 850 in just over a year.

When Steve Sanderson was growing up in Walnut, California he, like many potential strongmen, was inspired to start improving his physique because of his apparent lack of strength. He could not do one push-up, sit-up or chin. He was badgered by family members about his physical inadequacies and decided to change for the better. He began, like Paul Anderson, to train at home and is still progressing.

While attending Walnut High School, Steve decided to enhance his athletic ability further by playing football. A transfer to Diamond Bar California served to further propel Steve's lifting career. It was here that he met Bruce McNeal (now the strength coach at the University of Texas) who inspired Steve to continue his weight training and to carry it with him to college football camp.

Steve played college football at the U.S. Air Force Academy in Colorado Springs and finally at Wichita State. During his stay at Wichita State Steve became comitted to powerlifting, becoming America's 18th ranked super-heavyweight.

During Steve's off season from playing ball at Wichita State, his roommate asked his to spend the off season training with the legendary Bob Backus, whom George Frenn calls the "greatest weight thrower of all time". It was at the Bob Backus Olympic Gym in Pembroke Mass. that Steve learned about the 3 classical powerlifts and all other phases of strength training.

After only a short period of training, rumors of a young heavyweight with enormous thighs and squats rumbled out of the Cape Cod Canal area like a tsunami. Sanderson made his presence officially known with a 712 squat as a heavyweight and 770 squat as a light (260) 275 pounder.



***Big Legs**...author Pete Vuono (185 lbs.) compares thighs with Mr. Sanderson*

Steve however did not think that his potential could be attained at a lighter bodyweight. He also had an objective to squat more than anyone else had in New England (914). He therefore decided to made his super-heavyweight debut in November of 1982 posting an 826 squat at the Boston Open Power Meet.

A few months later Steve won the North American Powerlifting Championships making an official 832 squat in doing so. His North American Championship win drove Steve with more enthusiasm toward the 1983 National Junior Championships. While placing 5th Steve increased his squat record to 850 (6th ranked in the nation) and if he hadn't missed an 870 attempt he would have had the highest squat of the meet.

Although Steve has been an official super-heavyweight for less than a year his weight has soared to 330 pounds. His measurements are truly mind boggling and yet are all in proportion to one another which is indeed rare for a super-heavy. Steve currently posseses a 56" chest, 42" waist, 21" neck, 21½"bicep, 18"forearm and 20" calf. These measurements were all taken cold and in addition to them, the mighty Sanderson has increased his thigh measurement to an incredible 35" which tapers down very little from the upper to lower quadricep.

Steve credits his amazing thighs partially due to heredity and partially due to the fact that he generally squats in "olympic lifter" style. That is, with a close stance, upright position and descending to the maximum depth which his huge "Gargantua gams" will allow. We powerlifters are sometimes criticized for not performing strict olympic squats. Not so with Sanderson. His squat is as low and strict as any olympic or powerlifter and he has a very carefully planned training schedule to maintain his huge proportions.

Steve trains on Tuesday, Thursday and Saturday. On each of his basic powerlifting movements he warms up to one heavy set of 5 reps increasing the poundage when it feels easy. All auxiliary lifts are done with a higher rep scheme but a low amount of sets. Steve always guards himself against overtraining.

TUESDAY
squat (every other week the bar is held high on the back)
leg curl
calf extensions
tricep pushdowns
barbell curl
Roman chair sit-up

THURSDAY
Dead stop bench press
auxiliary work (same as Tuesday)

SATURDAY
Deadlift (every other week - rack pulls from below the knee)
auxiliary work (same as Tuesday and Thursday)

Steve finishes every workout by taking 315 pounds and performing 3 sets of 25 repetitions in the shrug. He feels that large trapezii provide a strong mantle on which the squat bar rests. This is an old principle from the George Frenn school of powerlifting.

Currently, Steve trains at home with his wife D.J. (with a 605 total in the 123's), 310 pound Bob Fratus and 200 pound Bob "Hog" Costa. The 28 year old engineer considers lifting and "growing" as his hobbies and hopes to attain a bodyweight of 350. Ultimately he would like to continue injury free to whatever extent his genetic potential will allow.

I feel that if Steve continues in this manner a 1000 squat and the largest, most muscular thighs in recorded history are within his capabilities. I wish him well on his way to the top.



***With Bob Backus**..the longtime hammer and weight throwing champ is a close acquaintance of Steve's. Photos courtesy Vuono.*



# TRAINING

## Stretching, Injury Prevention, Rehabilitation
*by Roger Benjamin*

Everybody knows how to get strong, or so it would seem. Lift weights, eat right, study Pharmacy 101 (if that's your persuasion), and you are there! Granted, there are many ways to skin a cat, but the real key to success in any form of strength sport is getting strong without something going 'pop' or 'rip' under your skin!

Many top lifters find their upper limitations to be weakness of flesh and bone, not of spirit. Injuries are a result, generally speaking, of many factors, but I feel the most common source of injury in this sport is lack of flexibility, especially in the hip and leg. As muscle size is increased, flexibility can and must be maintained! If you're strong already, and tight, from lack of attention to this aspect of your sport, you can achieve increased flexibility. It's not too late.

Stretching is an activity that has been done for health and well being for centuries in the form of Yoga. This is nothing more than learning to relax and breathe normally in a stretched position. Whereas most folks feel a few stretches are quite sufficient, the Yoga devotee will spend 2-5 minutes in each of 10-15 positions. This is, of course, excessive for our needs, but we are foolish not to learn something from this ancient form of exercise.

Isolation stretching should be done before and after each lifting session. Lifters become much more body-conscious than any other athlete, and once you begin this activity, it will help you 'tune in', so to speak, on problem areas. Another thing that will help you to warm up properly with stretching is to dress in layers for your training. This, of course, applies more to those of us in the 'frozen north' but even in warm climates, you warm up faster and more efficiently if you dress to the wrist and ankle, then begin discarding layers of sweat gear as the session progresses. If you truly want to stay healthy for this game, you've got to forget about the mirrors in the gym while you train. If you must look at yourself between sets, and refuse to wear heavy sweats, then you're in the wrong sport. Shave down, grease up and become a body boy. Most don't handle anything heavy enough to injure themselves, so they don't have to worry about joint warmth like powerlifters do, or should.

NEVER RUN A HORSE HARD AND PUT HIM UP WET! You may ask what the hell that has to do with powerlifting, but there is a lesson in that phrase. The finest, most intuitive athletic trainers in the world, in my estimation, work with the most expensive athletes in existence - RACE HORSES! They all know through years of practical application that if you warm the animal down after a hard workout, until his lather (sweat) has completely stopped, he will not be nearly as stiff and stove-up the next day. Continual light movement will carry lactic acid and other impurities from the muscle. You will experience less muscle tightness and soreness if you will devote ten minutes to stretching down after your sessions. Do so in a relaxed manner, concentrating on the muscle groups that you have just worked.

A maintenance schedule of stretching should also be done every evening before retiring. It is during this private, relaxing activity that you will prepare mentally for your next session, and the meet coming up in seven weeks at ENORMOUS STATE UNIVERSITY. This regimen should include 20-30 minutes of stretching and mental imagery EVERY NIGHT! If you do not wish to devote the extra time necessary, you will suffer on the platform. If you can justify 15-20 hours per week in the gym preparing your body, you'd best plan on giving 3-4 hours per week to maintaining your body through stretching. You will also notice fewer instances of crawling on all fours to a hot tub in the morning in order to walk upright into work that day.

To paraphrase Robert Burns. 'Alas, the best laid plans oft go astray.' You stretched, did everything by the book, and you still screwed your back up. You must use hands on thighs to stand upright; it feels as though someone has a knife between your ribs when you inhale; and you're about ready to throw in the towel on the meet you've worked so diligently toward!

First of all, if you're a serious lifter, don't expect much help or empathy from Dr. Perfect. If he doesn't flat out talk down to you, he will at least infer that a more suitable means of conditioning could be found.

You may have to get used to taking injuries in your own hands, even back injuries. Assuming that your x-rays show no disc damage, just what the hell do you do to come back?

ACHIEVE RANGE OF MOTION! Forget strength and forget power movements until your spine is straightened out and full range of movement can be experienced with no pain. A $30 trip to the chiropractor will usually do it, but if necessary you can help yourself some too. First off, drop 4 aspirin, and then slip into the hottest tub of water you can stand. When things begin to loosen, perform static stretching on the hamstrings while in the tub. If you can, do this 4 times daily during the first 3 days of the injury. Hopefully, the spine will tend to realign itself during one of your sessions.

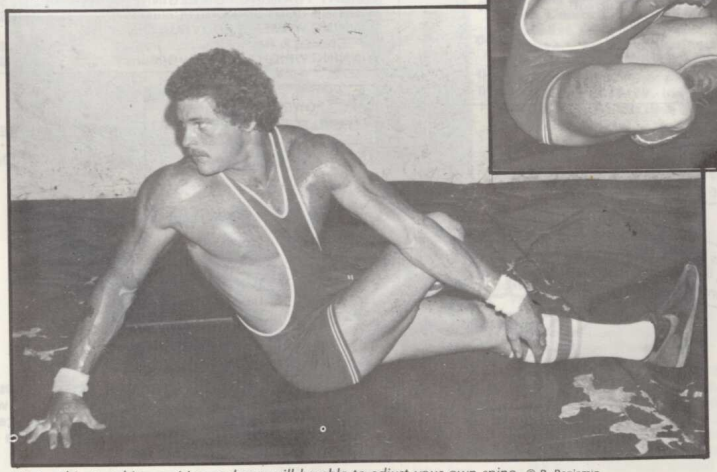
Muscle injuries are much more complex to deal with than back spasms. The course of treatment I would recommend involves ice to the area, and no movement for 48-72 hours. The process of muscle tissue repair begins by allowing adhesions and scar tissue to form, along with reducing blood flow and swelling with ice therapy. Medications may help. I've tried every anti-inflammatory agent on the market, and in my estimation, aspirin works as well as anything available in reducing inflammation from injury. A physician really should be consulted on bad injuries, but don't be disappointed if the man or woman shows little interest and/or very little knowledge.

Become a student of your sport. Buy a 'GRAY'S ANATOMY', and study the area your injury affects. Your understanding of kinesiology will be expanded, and you will better able to chart a course of action to rehabilitate the malady.

One final note on injuries. I tore a pectoralis major 17 days prior to a competition in 1978, and called Larry Pacifico for help. He emphasized the powers of mental healing, positive thoughts together with a clear mental image of the healing process taking place. Well folks, it works, and I'd never have conceived that notion had I not picked someone's brain. Don't be afraid to get on the phone and discuss injuries with top lifters. They've all been there and have all experienced the let down that comes with injury.



*This position will stretch the lower spinal erectors and lats.* © R. Benjamin



*Master this stretching position and you will be able to adjust your own spine.* © R. Benjamin

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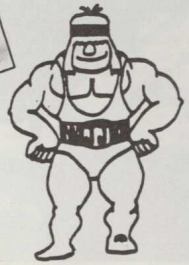
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# WORKOUT of the Month

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

## Add 44 Lbs. to Your Bench

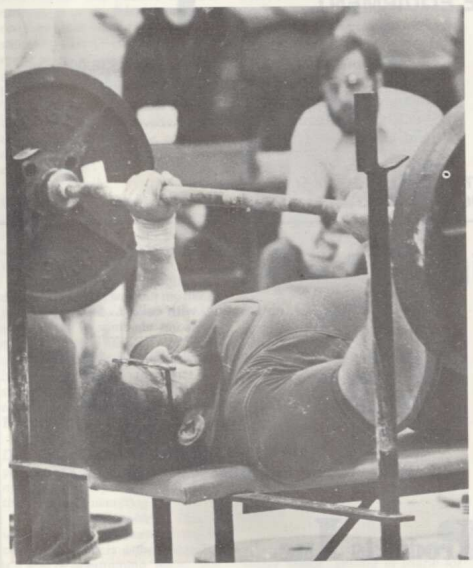
*by 9 Time World Champ, Larry Pacifico*

This is a suggested workout routine for a 352 lb./160 kg. bencher. I recommend this workout because it's fun and has proven to work wonders for many of my team members. To be precise, after putting seven lifters on the following program, the average increase in max bench press poundage was 64 lbs. for the 8 week cycle, thus, I feel a 44 lb./20 kg. gain should be within the capability of most trainees. If I worked with each of you who read this personally, the routine would be worth more due to eye contact, motivation, atmosphere, etc.

Let's train the bench twice a week, say Tuesday and Saturday, and let's do arms (triceps) Wednesday and shoulders and lats Sunday.

**Week #1-4: Tuesday: use 1 inch wider grip than normal. 132x10, 220x8, 275x6, 308x4x4 sets, 275x4 with a pause, 220x10; Incline Dumbell Press 70x8x4 sets, Flat Bench Flies 50x8x4 sets.**

**Saturday: Use 1 inch closer grip than normal 132x10, 220x8, 275x6, 308x4x4 sets, 275x4 with a pause, 220x10. Dumbell Press with feet up 90x8x4 sets, Bar Dips 20x2 sets. NOTE: Increase the weight if you need to on the 4 sets of 4 only. By the 4th week you may move up to 319 or so.**



*Larry Pacifico..has always been one of the best bench pressers in the world, in several weight categories from 198 to 242. Photo courtesy John Faas.*

**Week #5: Tuesday: Use your regular grip from now on. 132x10x2 sets of slow reps, 220x8, 275x6, 308x4, 330x4x3 sets, 275x10. Incline Dumbell Press 80x8x4 sets, Flies 65x8x4.**

**Saturday: 132x10x2 sets of slow reps, 220x8, 275x6, 308x3. Try a single in the 374-385 range, plus 308x3 paused on the 3rd rep, Dumbell Press with feet up 100x8x4 sets. No Dips.**

**Week #6-7: Tuesday: 132x10x2 sets, 275x6, 308x4, 341x2 with 2 second pause, 352x2x2 sets, 275x10. Incline Dumbell Press 80-90x10x2 sets, Flies 65x10x2 sets.**

**Saturday: 132x10, 220x8x2 sets, 275x6, 308x4, 341x2, 352x2, 364x2, 275x6 with 2 second pauses, No extras today**

**PR Week#8: 132x10, 220x8x2 sets, 275x6, 341x1, 363x1, 385x1, 396-408x1 (of course, this attempt may be higher, but 396-408 should be a guarantee.)**

Your tricep work-out should consist of 5 sets of 6 reps in the lying tricep extention, lowering the weight to the nose, followed by tricep pushdowns, 4 sets/8 reps, done slow.

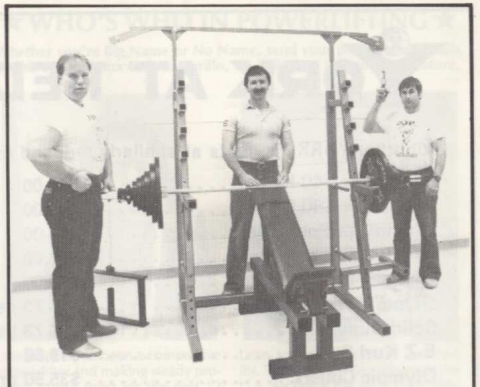
Shoulder work should consist of alternating front dumbell raises with thumbs up, 5 sets of 8 reps, increasing the weight each set, plus side cable raises, 4 sets of 8, and bent over cable raises, 4 sets of 8s. You should limit your vertical pressing to partial reps, meaning, press in front from chin level to ¾ lockout for 4 sets of 8 reps, increasing the weight on every set.

Lat work should include chins, 4 sets of your limit, up to 15; Dumbell Rows, 4 sets of 10 reps with heavy weight; and straight arm pullovers, maintaining your breathing, for 4 sets of 12 reps each.

I will have a new training book out this spring. It will be a complete strength increasing guide. There will be chapters on stretching, squats, bench press, deadlift, nutrition, injuries and rehabilitation, isometrics, bodybuilding for power, steroids, power programs for football, baseball, hockey, basketball, sprinters and throwers.

This 400 page book will be a lifters bible for now and years to come. Fred Culver, high ranking bodybuilder and nutrition expert, will be a contributing author. Also Dr. Evan Young, my orthopedic surgeon, will take part in the injury chapter.

**Brian Smith**..enjoyed his trip to the United States as platform manager at both the Senior Nationals and the Women's Teenage Nationals. A few of the people he would like to thank for their hospitality are Jan and Terry Todd, Ken Leistner, Mr. and Mrs. Dick Burke, Tony Fitton, Mr. and Mrs. John Pettitt, Larry Pacifico, and especially Chip McCain, Rickey Dale Crain and Kim Crain. He also felt that the loaders and spotters at the Nationals were the best he had ever worked with in his international travels.

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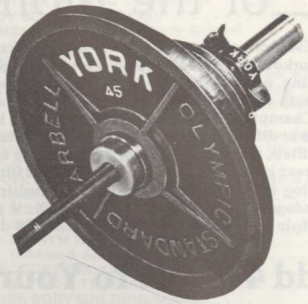
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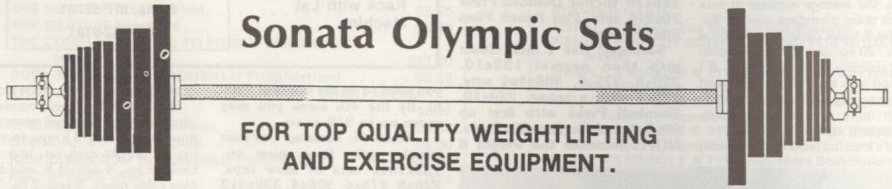



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# Question & Answer

***This month, training questions are answered again by Roger Estep, 1979 Sr. National Champion and World Record breaker in the 198 lb. class. If you have a training question, send it to QUESTION & ANSWER, 1413 Holgate Dr. Anaheim, CA 92802***

**Dear Roger:** In a regular training session, do you wear the same lifting suit that you would wear in a meet? I understand that Mike Bridges wears his all the time and Fred Hatfield has the opposite opinion and only wears his tight suits just prior to a meet. ***Tom Evans***

*Dear Tom: My opinion on the use of the suit emphasizes only intermittent wearing of the suit. I only wear my suit when I have had several weeks of progress in the squat and know I am getting close to limit poundages. By wearing the suit at this time you give yourself some insurance that you are going to make your lifts for that given workout. Let's say that you have been making 10 pound increases in the squat for four weeks in a row without your suit. In the fifth week you don't want your progress to stop, but everyone knows a 50 pound increase in five weeks is pushing your progress. As you approach the squat workout you have a question in your mind that you might not be able to make the squat that you have planned for that day. Now you pull out the stops and put on your good suit and wraps which gives you the added blast to make your squats. This positive workout restores your confidence and you can take more weight the next week without a suit. Of course, you can't make progress every week, but it is a good confidence builder to get you through a questionable workout. You should also wear the suit two weeks before a meet so you can get used to the feel of the squatting movement you'll have to do in front of the judges.*

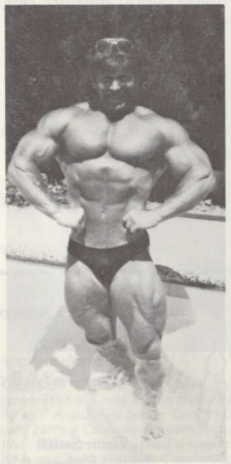
**Dear Roger:** I don't know if you'll remember me, but, you got me started powerlifting about 7 years ago at Luke's Gym in New Martinsville, West Virginia.

I'm still lifting and my squat and deadlift are doing well but my bench just won't move. I need to make some gains to stimulate my workouts. It's getting harder to go to the gym for a workout. I've strayed away from the original program that you started me on and since I didn't keep any records, I can't recall it. ***Brian Tucker.***

*Dear Brian: Of course I remember you. Luke's is a legend in powerlifting. Luke's Gym put West Virginia on the map of powerifting.*

*Now to your problem. Usually when a person has been training for a number of years without results it is a sign of overtraining. Many people have had this problem and solved it by starting over at the ground floor. Let's say you are benching twice a week and have worked up to 300 lbs. and then your progress stops. You try adding extra sets for a while; then you take a short lay off. Nothing works. You just can't break through 300 lbs. I would guess that all your training sessions involved poundages that were over or at the 300 mark. This is an ego problem that we all must overcome. Sometimes we should swallow our pride and train with lighter weight for the sake of progress. What you should do is start over even though the weight will feel extremely light. Remember you're trying to build strength, not test it. You should train twice a week. The first day you should do four singles: 185x1, 205x1, 225x1, 185x1. Now on the second bench day warm up and do 165 for 3 reps in good form, no bouncing or cheating.*

*The next week you do four singles again, but with an increase of 10 lbs. Example: 195x1, 215x1, 235x1, 195x1. Also take a 10 pound increase in your triple if you made your triple the week before. Other assistance work should include bicep, tricep and lat work of your choice. Check your grip also, make sure it's not too narrow. If the grip is too close, you could be putting too much work on your tricep and not enough on your pec. This program will make you hungry for the next workout and this will get you in the right frame of mind to train.*



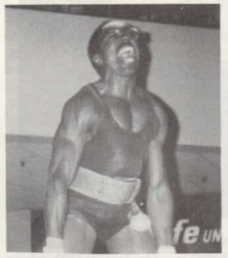
***Roger Estep**...getting in shape for future bodybuilding competition. Photo courtesy of Roger Estep.*

# ★WHO'S WHO IN POWERLIFTING★

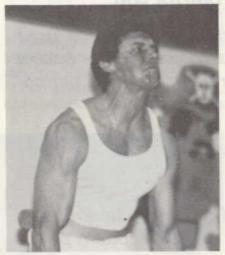
**Whether you're Big Name or No Name, send your picture and details ('Who's Who', Box 467, Camarillo, CA 93011) to this popular feature.**



Jon Smoker has been a competitive powerlifter and making steady progress in the sport for the past 12 years. He recently won his 6th Indiana State Title in a 3rd weight class of 181 lbs. with a total of 1,555. He was the 1977 YMCA National Champion and future plans include entering body building competion. Laudeman photo.



Lean and mean at 5'11" and 164 lbs. Staff Sergeant Tee Meyers of the U.S. Air Force has gone from 1084 in Feb 82 to a 1330 total via 485, 300, 565 and 1st place in the Augusta Open Powerlifting Championships. He thanks Air Force Lt. Heavyweight Champion Ray Long for getting him started in powerlifting. Atkins photo



At East Carolina University in Greenville, North Carolina, 190 pound Al Gerard deadlifts 595. One of the judges was Supereavyeight sensation Terry Long, who later went on to make his astonishing debut at the North Carolina State meet. Al has his eye on the state deadlift record in the 198s in 1984. Photo and info by Jimmy Davis.



Australia's Bev Francis dropped some weight after her recent Women's World Powerlifting Championship victory to do some bodybuilding exhibitions, as shown above, in a photo supplied courtesy of Ray Rigby. Although she likes being cut up, she likes being strong more, and will continue to concentrate on Powerlifting and Track.



Bill Hippard (242) left, Art Fox (220), and Bob Olinger (198) right, from the South Hills area of Pittsburgh, have been constant training partners and have competed in several local meets together during the past two years. All are members of the "500 Pound Squat Club". Photo by Barbara Fox, taken in Bob's home gym. Information courtesy Art Fox.



3 of Bordentown Correction's top lifters: Ken (Mad Mike) Altmann, E.I. Jones, and Anthony (Carteret Powerhouse) Russo, recently posted close runner-up finishes in the New Jersey State Prison Championships. After such close defeats they have vowed to avenge themselves at next year's meet and are blasting hard to take the title.

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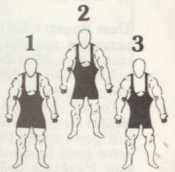
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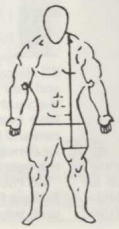
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# STARTIN' OUT

*A special section dedicated to the beginning lifter*

## PEAKING AND FREE CYCLING

**by Graham Miller, BAWLA Senior Coach and Powerlifting coach to Scotland.**

Most lifters know about cycling their training and peaking for contests. The dangers of early peaking are well understood. Many lifters interpret 'peaking' as simply a medium-term build-up to a contest, over perhaps the final 5-6 weeks, adding 5 kilos or so to the lift each week until they reach competition weights. This is a reasonable approach but is also one which may leave the lifter under worked and short of his or her potential. The following suggestions are offered as guidelines to get the maximum amount of progress via quality work, with contrast (and therefore stimulus) for the competition platform.

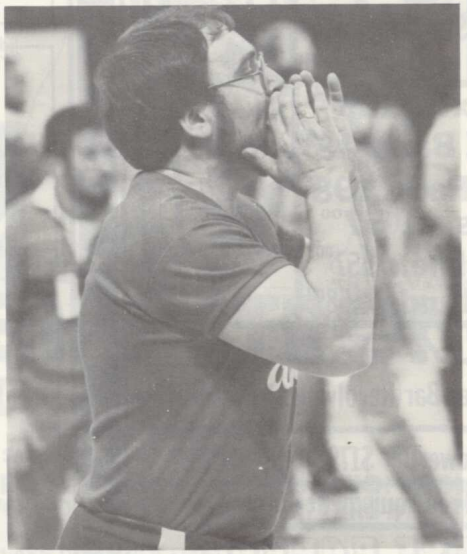
The competition week is one of working rest: you're in the gym, keeping 'in touch', keeping sharp, toning up and maintaining condition, but without any real stress or hard work, which would only drain you. Keeping in touch is important - you want as near normal conditions as possible, without the train drain. One week back, you hit starting poundages via competition warm ups (as near competition conditions as you can get, i.e. pacey - no coasting or long rests, etc.) This has the triple purpose of providing valuable practice, confirming the first attempts, and doing those lifts easily, impressively and dynamically. They should seem easy after the hard slog of training that went before and this gives a real mental boost for the contest. You'll feel really sharp.

Two and three weeks back you can work some max singles. You're going for weight now, not a long slog in the work outs. High intensity. You're also conditioning the mind. You should be hungry for heavy poundages, done in a snappy, business-like style of work out, which will be a refreshing change and a boost after the long, hard weeks of grind that went before. You must not be afraid of, or phased by, failures. It's here that you're getting the markers to your form.

What I've just described is what constitutes the competition 'peaking' - the build up. Everything before this is the strength building, pre-competition phase: the hard slog. For that I suggest just two things. Firstly, I suggest that the best progress (training effect) will come from low repetition, heavy weight work rather than singles. It's personal, of course, and you may want to hit some big singles if you feel like it, but the indications are that for most people, sustained work on singles soon leads to a plateau or even a decline in performance. Reps can provide more overload, more stress, more training and therefore more gain. Also there's a lot of mental effort/stress - and risk - in high quality singles work.

Secondly, I suggest 'free cycling' on whatever schedules you are using. That means going for whatever you're physically capable of on the night. If you're going well - push, don't hold back. If what was to be your final set goes very well, then increase the weight and do another. If that goes, then move up again. If you feel good on Wednesday, go big. Don't hold back just because Monday had been a real heavy session. Monitor the body and use instinctive rest and recovery. You need recuperation but you must capitalize on good form. By the same token, if it's going really hard and badly, then back off. This doesn't mean jacking in the session and going home! Try and work through, but if you can't then adjust for lower weights than you'd hoped for, but for more reps. You may not be 'on' for the big ones, but you might still be able to do some good work. It helps to keep a record of personal bests for reps. That way you can milk more plus points out of a lousy workout. Always be positive. A best for 6 is encouraging, even if you're not capable of top weights. If it's really tough, try to recognize when your body is giving warning signals, saying 'no' and genuinely needs rest and recovery. If that's really the case, don't press on and risk damage to yourself or to later workouts. Cut the heavy power work and do bodybuilding instead (you can't lift like Walter Thomas if you look like Sebastian Coe - no offense meant to Mr. Coe).

Heavy training is physically very hard. At best, we might only be looking for one really high quality, good set (the 'top' set) in a workout: the set that makes the gain. The growing set. This could be the heaviest set. Or it might be a back off set after some mediocre singles, when you nevertheless feel hot for a new rep best. The important thing is to get that 'top set' each time. That's where the progress is.



***GRAHAM MILLER*** *(seen here coaching in Munich) is a competing powerlifter in Great Britain and a former British Secondary Champion (at 90 kg.). A qualified Senior Coach with the British Federation, he is also a card carring Category II international Referee with both the IPF and the IWF. Graham has coached a number of Britain's top lifters on a personal basis and been Assistant Coach to the GB team. Recently official Coach to the powerlifting team of Switzerland on World, European and international platforms, he now resides in Scotland and has been appointed National Powerlifting coach to the Scottish Amateur Weightlifters' Association.*

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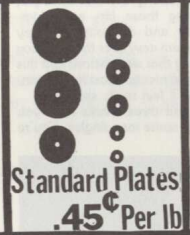
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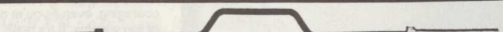
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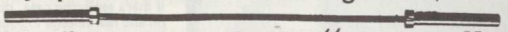
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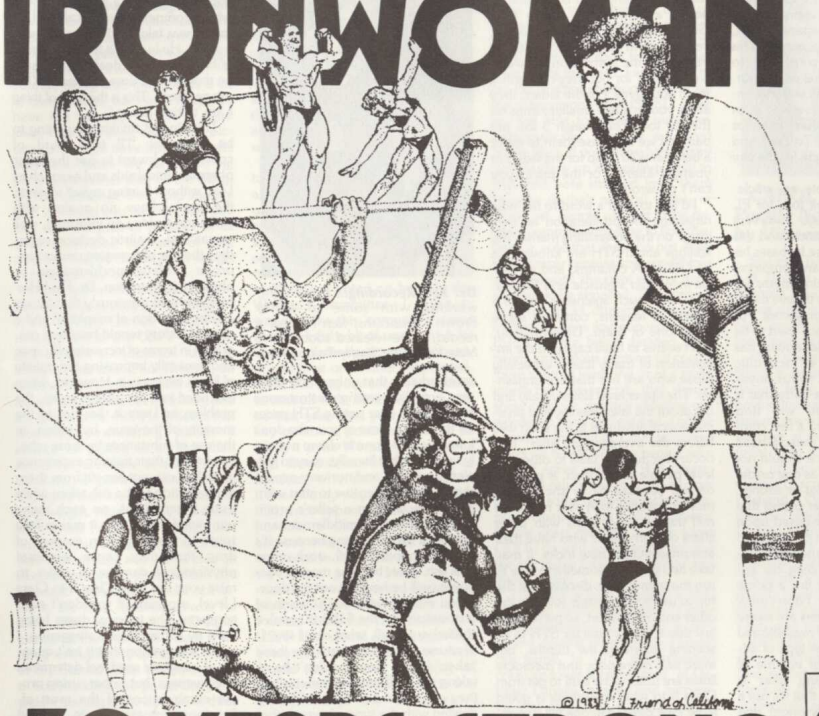


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# More From Ken Leistner

Before tackling our topic for this month, allow me to clarify an issue that came up in response to my coverage of the Senior Nationals. As I noted, there was behind the scenes bickering among some of the participants of the 220 pound class, a number of coaches, and at least one official. I want to make it quite clear that Dr. Fred Hatfield was not involved in any of the unpleasantness. I thought that the meet report was clear in this regard but for those who interpreted the report differently, I want to assure all who expressed any concern that Fred prepared to lift, completed his attempts, accepted his award, was most courteous to everyone, as is his usual demeanor. For those who were left with the impression that Fred was involved in an argument with another lifter or coach, my apologies. To Fred and his family too, I apologize for the any misinterpretation.

Clarence Bass wrote an article, and a damn good one too, for PL USA quite some time ago. I was very impressed with Clarence and his work, primarily because he bases his theories on scientific and empirical fact. He leaves the lifting myths for those foolish enough to believe them, and he has done his homework. For the uninitiated, Clarence used to be a hell of an olympic lifter and he has taken quite a bit of scientific knowledge, applied it to his physique, and developed a body that is as muscular as you will find anywhere. I have heard a few comments, typical of the muscle head mentality, that Clarence should not be listened to because, as one reader put it, 'He's not that big or strong.' God forbid the day ever comes that truth and accuracy are based upon the size of a man's arm or his bench press poundage. Clarence has written two books chronicling his approach to losing body fat, a prime concern for every lifter. I don't think that too many powerlifters are aware that Ripped Two is now available and offers more of the same type of advice present in the first volume of Ripped. The intelligent lifter is becoming more aware that it's not a matter of overall bodyweight that determines poundage lifted, but rather, the amount of lean tissue in relation to bodyfat that will serve as a yardstick of success, and for all the closet bodybuilders out there, you'll obviously turn more heads if you're displaying those cuts and striations than if you're packing around ten extra pounds of suet. Although Mr. Bass is a bodybuilder, this Ripped Two should be in your library, as it offers sensible, scientifically based information that will allow you to maximize your muscle tissue and reduce body fat stores.

One last commercial comment. As I strolled past one of the product laden tables at the Austin Seniors, I spied an unusual looking set of collars. I distinctly recall stating, aloud, 'Ah yes, just what the world needs, Okie Grips!' Well, as it turns out, we have a pair in the gym and let me tell you, those little suckers are convenient, I mean very convenient. No one pays too much attention to collars until the weights slide off the bar and break someone's foot, or when you just can't get the things on (usually breaking your concentration before a critical set). These Okie Grips have proven to be very secure, very safe, and easy to use. It may not have been the innovation the world was waiting for but they're worth a try in your gym. For the ladies, they allow you to make smaller-jumps on the bar too. They weigh 3 lbs. per pair and we often use them to make a between-kilo jump for the ladies or younger lifters. For the price, you can't go wrong.

I'd like to offer a word to the wise regarding the proliferation of 'new drugs' on the powerlifting market. My feelings about STH are known, via two PL USA columns, and an article in Weider's Muscle and Fitness. I am very much against its use for a variety of reasons, common sense being one of them. Unfortunately, STH seems to have captured the imagination of many lifters, especially those who are not that accomplished. The upper level lifters usually find out about the latest training and pharmaceutical advances in the sport well before the average gym lifter. This occurs because he talks to other top level people more often, is perhaps on top because he or she is a bit more innovative than your run of the mill trainee, and trains with other lifters of high caliber who have their antennae out for new tricks. It may take two years for something new to run the gamut from discovery at the top to use by the people towards the other end of the sport, so perhaps it's just that it is now time for STH to be seeping down to the depths, but more and more poor and mediocre lifters are utilizing the stuff to get from Class II to what they think is going to be Elite ranking in one fell swoop. Well, each to their own, and if you think this is the panacea you've been waiting for, terrific, but in order to fill the void, the unscrupulous members of the athletic fringe community have sunk their fangs into an unsuspecting market. Some of the more naive have expressed shock that entrepreneurs send out mail order forms for anabolic and related drugs, but that's how it is. The unfortunate part of this is not that there are people there to fill a black market void to service to the lifting community, but that a distressing number of them are not, according to my feedback, very reliable. You get what you order at times, and at other times, you may not. STH is used to bring understatured children closer to normal levels of height and the supply is limited. Common sense should tell you that the stuff would not be that easy to obtain, yet every gym pusher has 'unlimited supplies', but at highly inflated prices. Recently I have



***Dr. Ken Recording!**...that's right, working with some of James Brown's musicians, Ken has cut a record, to be released soon in the New York area. Kathy Tuite photo.*

received calls that unknowing lifters are actually getting testosterone preparations after paying STH prices for them. For those of you who don't know, testosterone is cheap not only relatively, but literally; easy to get, plenty around, and not very expensive. STH is expensive to start with, and if you add on a seller's profit, perhaps two more middlemen, and then tack on something because it's currently popular, well, stock up on tuna fish, dear, because most of your money will be heading out the door. If you end up with $6.00 worth of testosterone for the $165.00 you've shelled out, well, what can I say. I, of course, feel no sympathy for these 'taken' lifters; they shouldn't be a) taking the stuff anyway especially if they can't afford it, b) shouldn't be dealing with the type of person that is unscrupulous and c) are probably paying the price for trying to take a shortcut to success, a form of karmic retribution. So, beware you consumers on the "shortened" road to success and lifting glory.

As much as I hate to ramble on about the drug issue, most of my recent mail pertains to it. One of the lifters that I often correspond with and whom I share training info with, just wrote a very sincere and concerned letter that I'd like to share with you. 'Ken, there is a lot of confusion about the steroid issue, especially at the local level (novice and teenage lifters)...One misconception is that testosterone is harmless because 'it is similar to your natural hormone'...I know a lot of teenagers who are taking cypionate and dianabol because it makes them big, which at that age is seen as desirable. Some of them have limited training experience and/or do not compete in either physique of lifting. They are completely unaware of the possibilities of cardiovascular impairment (high cholestoral levels, reduced HDLs, etc.) caused by highly androgenic steroids. I would like to see this addressed in your column, because I believe it is a real problem and has serious implications. I know how you feel about STH but most guys here can't afford it, so in that way, it is less of a hazard to young lifters because they can't afford to use it and it's not as readily available as the conventional stuff...I had a lifter in the 242s who is competing on a local level tell me he was taking 2100 mg of "test" a week. He looked it too, the whites of his eyes were a deep red. He said he reduced the dosage later to 1000 mg per week. This is the kind of thing I am talking about.'

This kind of thinking is getting to be universal...'I'll train hard of course, but I want to use the latest pharmaceutical aids and as much as I can without hurting myself to get to the top.' I have no qualms with someone making an informed, well researched, realistic decision regarding the use of ergogenic aids to improve athletic performance or physiological function. Dr. Fred Hatfield has said previously that 'drugs are the salvation of mankind' and a view of history would bear that out, at least in terms of increasing life span and generally improving the quality of life as we know it. However, when extended into the athletic arena, the problem as I see it, lies not in the morality of the issue, but rather, in the use of substances by those who, by virtue of their training experience or ability, can not benefit from them in proportion to the risk taken while using them. Right, we each make our own decision, but it makes little sense to me to use an amount of drug that may cause eventual physiological damage in order to raise your lifts from Class II to Class I level, especially if you don't even compete. The types of doses being used by some lifters is staggering. I am of the opinion that it isn't quantity of substance used that determines effectiveness, but rather, using proper combinations of the most efficacious substances, in limited amounts, that will give the greatest return for the risks taken. The more uninformed lifters are still into the more is better school of thought and they are the ones at greatest risk, more so because the uninformed are often among the younger members of the lifting community. There is literally no reason for anyone to take 2100 mg of test cypionate per week. There are lifters who do, some top men too, but that's not done out of any intelligent reasoning. We'll wrap this up next month, but keep in mind that for those who have chosen to use drugs to enhance performance, it's not quantity you should be concerned with, nor is it a shotgun approach, trying to consume everything ever developed. Rather, if a lifter is going to use drugs, he must continue to train as hard as possible, eat sensibly, and use moderate amounts of pharmaceutical enhancers in a manner that will most complement his particular needs.



# Women's Corner

Hello Ladies and Gents:

The fall is finally starting to set in out here in the Big Northwest; that usually means two things, one....my arthritis starts to act up during all our cold rain, and two....I begin to look forward to our national championships. I know I am starting a bit early, but every year I can't wait to get back and see everyone again. Of course, along with that comes a bit of competition, but I fully intend to have fun anyway. I have a good idea; why not bring out all the pictures you might have from last years meet and when we have our big party-get-together after all the lifting, we can exchange them and share a few. If most of you are like I am, you end up with tons of pictures of all your teammates, but none of your own lifts. Maybe this way you will get a chance to see some.

I have had several people mention an interest in getting powerlifting into the Olympic Games. I would like to suggest that the USPF get busy and appoint a committee to work solely on that idea. Paul Thomas, an olympic lifter and powerlifting coach from Portland has been looking into the likelihood of this. He believes that women's powerlifting stands a chance of getting in sooner than men's for a couple of reasons: 1) there are no sports for women in the Olympics that are based on size, or bodyweight. Men already have four such sports (boxing, wrestling, judo and olympic lifting), (2) Track and field women sued and won a case on discrimination grounds when the Olympic Committee would not include the long distance events for them. They now have nearly equal events to the men. (3) There is no other strength only sport for women in the Games. With the emergence of bodybuilding and powerlifting and weight training in the last two or three years, we need an area to exhibit our newly discovered prowess. (4) Olympic lifting for women is not taking hold as it did for men. That sport boasts a much smaller number of countries and people participating which would make women's powerlifting the logical choice for a strength sport for women in the Olympics. It is certainly a worthwhile goal to work towards. If any of you have some ideas or suggestions regarding this thought, please fill me in. We might as well start from the ground and work up.

There has been something brought to my attention a couple of months ago that has been bothering me a great deal. Those of you who have attended any of the USPF Women's Committee meetings in the past have seen how business is conducted. The majority of the issues that affect us as lifters are voted on by only this Women's Committee. I began to wonder how this 'committee' came to be so I did a bit of research. A lot of the important positions have been, at one time or another, appointed. Now, that may not seem too unusual to start off with, but have you noticed that year after year when these key executive positions need to be filled, it is the Women's Committee that determines, in one way or another, who sits in these slots. It has a funny way of working out in that, once appointed, it is almost impossible to change the leadership because everyone on that Committee wants to stay, and thus, the circle keeps going. Many of the members have appointed by the very person they are being asked to elect. I would think that registration as a USPF lifter would qualify each and every one of us to vote on these crucial items. I am proposing an amendment to our constitution that would change the procedure. I believe we all should be able to vote on such key positions. I do not know of any area of politics where such a monopoly exists, except in a dictatorial rule. Since I am now a member of the general Womens Committee, I feel an obligation to bring this problem out and try to remedy it. Unfortunately, the amendment will be voted on by this very same committee. If you feel that as a registered lifter you should be entitled to a vote on these items, then voice it to your regional rep, or athletes rep, and please show up for the meeting in Austin. You owe it to yourself and the sport to get involved and stay involved. I would like to see the practice of 'appointments' by the chairperson ABOLISHED. If we are not able to conduct ourselves democratically, why be a United States lifter. If you knew how many people show up at meetings only to find their vote stripped from them because of their political views, or worse yet, people who get to the national committee meeting to find they have a vote that they did not even seek, simply because someone thinks they will vote 'the right way', I think you would be appalled. The purpose of a Women's Committee is to bring in diverse ideas and concepts. With EVERY issue being decided by a nearly unanimous decision (of course there were at least one or at a maximum two dissenters), that should show that we are not allowing our women to grow and expand. I refuse to believe that out of 1,000 registered lifters we have only two people who do not agree with the 998 others. Let's get our house in order and get down to some real brass tacks on important issues. I am looking forward to this years meeting; I think some GOOD ground work can be laid and we will move forward to bigger and better things.

This past month marked a BIG milestone in my own career. I have been dreaming of hitting a 500 pound deadlift since the day I began this game. In 1979 that sounded crazy and was a far off goal. In October I finally reached and surpassed that dream by a good margin. Now I must look towards the next BIG number. Who will be the one to hit 600? Wanda Sander and I have a bet...Wanda, what are ya up to now? I know that girl can do anything she wants.

One last item for this month. I have had a rash of requests for names of good coaches from around the country. From Houston, Texas, to Lawrenceburg, Tennessee women need some help and advice. I know there are many competent women and men out there who are willing and able to contribute their time to some of these lifters within their area. If you are willing to do that, please drop me a note with your name and gym address. I have a special need for a coach in the Houston area and another in Chattanooga, Tennessee. If I could compile a list, it would be a big help to those ladies out there working alone without any assistance. Til next month, keep working hard. ***Ruthi Shafer, 4067 NW 1st, Gresham, Ore 97030***

**U.S.P.F. Women's Committee Framework**...The voting membership of the USPF Women's Committee shall consist of the following individuals: (a) The National Chairperson shall be elected by the voting membership of the USPFWC and shall serve a two year term. (b) National Secretary: appointed by USPFWC Chairperson. (c) The Executive Committee shall consist of six individuals and shall include the Chairperson and Secretary of the USPFWC. The four remaining positions will be elected for a term of two years with two members being elected every year..(d) Regional Representatives: One person for each of the 13 recognized USPF regions shall serve as a voting member on the USPFWC. Regional Representatives shall be elected by the participating women powerlifters at the appropriate regional women's championships and shall serve a one year term. It is the responsibility of the Regional Representatives to see that a women's regional championship is held each year; that regional records for women are maintained; that an election is held (and that notice is sent to women in the region of the upcoming election) each year at the regional champoinships to elect a new Regional Representative; and to attend the annual meeting of the USPFWC as a voting member. If no election is held, the USPFWC Chairperson, in consultation with the Regional Chairman shall appoint a women's representative. (e) Members at Large: Five members at large will be elected every two years. (f) Athlete Representatives: Five athlete representatives will be elected by a vote of all women powerlifters present at the annual meeting of the USPFWC held in conjunction with the Women's National Championships. Athlete Representatives shall serve a two year term. (g) National Records Keeper: shall serve a two year term. (h) Delegate to USPF National Committee as Member at Large shall serve a one year term. (i) Delegate to USPF Athlete's Representative Committee shall serve a one year term. To be elected by a vote of all women powerlifters present.

# POWER PROFILE



## CAROL PATTERSON
### *Pacific Northwest Champ*
### *by Vincent B. Eldridge*

She may be small, at 114 lbs. and 5 ft. 1½ in. tall, but she's a real dynamo when it comes to energy, power and strength. She's 26 year old Carol Patterson and she's near the top of her class in powerlifting.

How she got interested in powerlifting is surprising, but understandable. Being a ski enthusiast and having worked on Ski Patrol at Mt. Baker, she wanted to get better and stronger at skiing. With encouragement from her husband, Ken, she took up powerlifting. By the way, Carol's coach is Paul Thomas from Portland, Oregon. He has also coached Angie Ross, former World Champ in the 148 lb. class.

Carol is a native of Bremerton, Washington and has been training for 3½ years. She now lives in Port Orchard, Washington where she is a registered nurse and owns Olympic Gym with her husband Ken.

Her best competitive lifts are 308 squat, 165 bench, and 374 deadlift. She has not really planned any future goals for the bench press or squat, but recently accomplished a personal record with a 400 pound deadlift in her Port Orchard gym! Her titles and records include: all the Region 12 records, the 1982 Pacific N.W. Open, and 2nd place winner at the 1982 and 1983 Women's Nationals.

Diet: Carol takes a Beverly International Pack each day, eats lots of fresh fruits and plenty of whole grain cereals, but not much red meat and only the white of eggs.

Workout: Monday: heavy benches
Tuesday: light squats
Wednesday: bench press (close grip)
Thursday: heavy squats
Friday: light bench press
Saturday: heavy deadlifts

On her bench press days, she supplements with tricep extensions, lat pulldowns and press behind the neck (3 sets of 8 to 10 reps). On squat and deadlift days she supplements with sit ups, off the box deadlift, leg extentions and leg curls (3 sets of 8 to 10 reps). On a light day Carol uses less weight and works the assistance exercises harder.

# TRAINING

## BALANCING THE DEADLIFT

*by Kim 'Grip' Goss*

***Print Media Representative, Pacific Weightlifting Association***

Many powerlifters insist that findings in Olympic lifting in no way relate to their sport. I disagree. To support my position, this article will show how an Olympic lifting exercise can help prevent lower back injuries in Powerlifting.

### Muscle Balancing

Every muscle has an antagonist to complement it, and balanced development of each muscle pair stabilizes the joints. For example, the knee flexors contract to bend the legs, while the knee extensors contract to straighten the legs. To protect the knee joint, Athletic Trainer Dan Wathen recommends that "knee flexor development should be at a level no less than 65 percent of knee extensor development at slow speeds and no less than 80 percent at high speeds."(1) Along the same lines, many world class Olympic lifters practice bench presses to complement the pulling movements.(2)

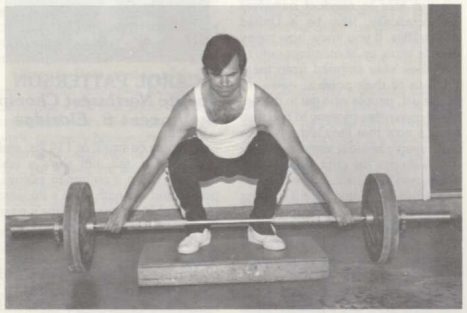


***FIGURE 1:*** *The starting position of the Smitty Deadlift is similar to the start of the olympic snatch, except the hips are a bit lower. (Photo by Dr. Alan Kirshner)*

This 'muscle balancing' principle also applies to a singular muscle. Accomplished powerlifting coach Dr. Tom Baechle illustrates the importance of this relationship with athletes who perform the parallel squat: '...the form required of the parallel squat will probably produce a shortening effect in the involved muscle groups and a concommitant reduction in the range of movement permitted in the joints being crossed by them. This condition, therefore, renders the athlete somewhat inflexible and more prone to injury if appropriate exercises are not included.'(3)

Deadlifts can also cause asymmetrical muscular development. Dick 'Smitty' Smith, head coach of the 1979 and 1981 US Olympic weightlifting teams, believes most American Olympic lifters 'get too thick in the erector muscles about 4-6 inches above the hips.' Smitty contends this often results from pulling with a rounded back.(4) Besides developing injury-prone erectors, pulling this way is biomechanically inefficient in Olympic lifting.

### Conventional lower back exercises

To handle the heaviest poundages in the deadlift many Powerlifters must pull with a rounded back. Consequently, these athletes require a remedial exercise which concentrates on the lower attachments of the erectors. Many common assistance exercises for the lower back are hyperextensions, good mornings, stiff-legged deadlifts, and platform deadlifts.

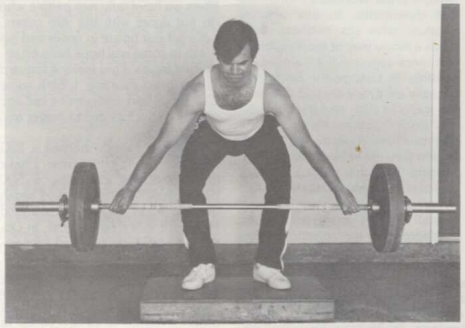


***FIGURE 2:*** *Unlike conventional deadlifts, the movement stops just below the kneecaps. (Photo by Dr. Alan Kirshner)*

The major drawback to doing hyperextensions is finding a way to do them! This exercise requires a comfortable bench, high enough to permit a full range of motion, and a way to anchor the feet. To accomplish this, the Soviets often utilize a buck horse, padded with two cushions three inches apart and parallel to the athlete's spine, and a padded gymnastic ladder.(5) Unfortunately, few lifters have access to such equipment.

Good mornings and stiff-legged deadlifts provide a good range of motion and require no special equipment, but the stresses on the lumbar and their supportive tissues during these exercises (6) may irritate the lower back.

In choosing a remedial exercise for the lower back, Powerlifters must consider stress-line properties. According to Wathen, the best injury-prevention exercises involve forces that 'approximate stress lines encountered in actual competition within the limits of safety.' For example, because they more closely match the movements encountered in sports, Wathen prefers standing leg curls to prone leg curls. Therefore, an 'ideal' assistance exercise for the deadlift must resemble a deadlift.

An exercise that comes close to filling all the aforementioned requirements is the deadlift on a raised platform. Close, but no cigar. For Powerlifters this movement is too specific; that is, it so closely resembles the classical lift that it may alter one's form in competition. Furthermore, the long stroke of platform deadlifts makes it difficult to perform high repetitions, thereby limiting variety in the repetition cycle.

### The 'Ideal' exercise

Having scrapped most of the favorites, I'd like to acquaint the readers of PL USA with Smitty's variation of the snatch-grip deadlift.

To perform this exercise, stand on a 4-6 inch platform with the feet slightly narrower than shoulder width and the toes pointed out. Using a snatch grip, pull the bar to just below the knee caps, returning it to the floor during each repetition (see Figures 1 and 2). Throughout the movement arch the back and keep the shoulders down and back to protect the spine.

This deadlift is performed just like the first pull of the snatch; however, the hips need to be very low because it's hard to pull from this position. Finally, Smitty suggests lifting in front of a mirror, to ensure proper form and holding the final repetition of each set at the knees for 4-6 seconds.

To recap, here are the major advantages of Smitty's deadlift:

1) Using a snatch grip and standing on a platform allows for specialized development of the erectors at their lower attachments.

2) The stress lines are similar to a regular deadlift but not so much as to alter competition styles.

3) Its short stroke allows for variety in the repetition cycle.

4) The back remains arched during the exercise, concentrating the stress on the muscles rather than the supporting structures.

Olympic lifting offers powerlifting more than just exercises. For example, Powerlifters can benefit from the research the Olympic lifting community has conducted in restoration and mental preparation techniques. Likewise, Olympic lifters can learn from Powerlifting research.

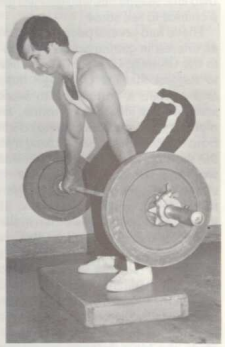


***FIGURE 3:*** *The top pull of the Smitty Deadlift as viewed from the side. Note that the lower back is flat and the shoulders are in front of the bar. (Photo by Dr. Alan Kirshner)*

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## Aims of Natural Powerlifting

**by William B. Schaffer**

There is an old cliche that floats around and is often used against drug free powerlifting advocates: "You can't legislate morality." Sounds as if it were etched somewhere in stone, but it's not. It's a piece of proverbial wisdom, a borrowed thought, an unoriginal rationalization, but who cares anyway? I believe the drug free powerlifting organization is aiming to legislate fairness, not morality.

When competing against another, as a natural, I wouldn't care if he smoked two feet of rope, did fifteen lines of devil's dandruff or dated my dog. I'd care only if he took a strength producer.

A couple of years ago the National Football League outlawed 'stick-um' used by wide receivers and defensive backs because it was an un-natural advantage. That had nothing to do with legislating morality, and I may be wrong, but I think extra steroids are an unnatural advantage.

If drug testing is moral legislation than the International Olympic Committee has certainly jumped deeply into the business. But, again, who cares? The drug free organization simply seems to be paddling quietly upstream. It has no business telling someone else what to do. It's only business is to offer an alternative avenue for those who choose it. Perhaps it is what their presence implies that offends some people (ideally, we must all admit, the organization should not have to exist). It seems solidly supported and is not about to disappear. I see it as no threat to the larger governing bodies.

Pause..rest...think. It's a strange situation. I don't know. Personally, I don't take to being preached to or having a Bible thumped in my ear, but at the other end of the spectrum, I just can't seem to put my faith in a bunch of blind guys swearing on the Underground Steroid Handbook.

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# INJURIES

## Injuries in Powerlifting, Part 2

*by Dr. Tom McLaughlin*

Can my body take it? No doubt most of us have shared this thought at least once when pondering the effect a new poundage might have on us. As for myself I first remember having this thought years ago when I was struggling to budge 700 pounds for 'very' partial squats and found myself thinking "when will I do that in competition?" Fortunately, most of us do make progress (sooner or later). Along the way, however, we occasionally incur an injury, the unwelcome companion that often seems to accompany powerlifting progress.

In an attempt to both prevent powerlifting injuries (which I refer to optimistically as being largely avoidable) and rehabilitate any injuries that do occur, a better understanding of the body is helpful. Consequently, I began last month with a look at the properties and behavior of tendons and ligaments. This month I will continue with a look at bone and cartilage.

Before I begin, let me bring up a point that I have been mulling around quite a bit. In my October article I stated that I saw no evidence that we are fast approaching our ultimate structural limits even with today's inflated poundages. Quite the contrary is indicated. Why, then, are there the injuries we see (especially with top lifters) in powerlifting? A major reason comes to mind: (1) the importance of technique; as the weight on the bar gets larger there is much less margin for error. Technique is everything! A miniscule change in bar position or a small increase in bar velocity, etc. can have very drastic effects on the injury potential of the body. In my mind, technique while engaged in powerlifting with heavy weights is more important than even in more 'complex' neuro muscular sports like pole vaulting, because in such sports the loads are only approximately body weight or less, whereas in powerlifting we're talking "mega weight" these days; and (2) the effect of fatigue and overtraining. The muscles become fatigued from training and when too much additional training is done that day or on another workout day that is too close to the initial workout the risk of injury escalates dramatically. For example, squats involve the low back very much with similar intensity to deadlifts. Too many lifters schedule heavy squat and deadlift workouts too often and the consequences are often painful. Also, heavier weights structurally fatigue the involved connective tissues faster and more extensively than with lighter loads.

It seems to me that in order to protect lifters from injury an emphasis on technique needs to be reawakened in all of us. Nothing can protect a muscle ligament from injury when you combine sloppy technique with a lot of weight on the bar. If you choose to use steroids you need to be careful that the importance of technique is not forsaken. The androgenic effect ("I am invincible" syndrome) and heightened sense of well being that often accompanies steroid use can easily cause one to forget the importance proper technique. Similarly, overtraining can cause injury problems to a steroid user, if he is not careful to avoid the inclination to overdo it.

In an effort to better understand our body's structure and tolerance to training loads, let's continue now with a look at bone and cartilage.



***Dr. McLaughlin**...is offering reprints of all his previous PL USA articles, which cover technique on all 3 lifts, abdominal, low back, arm, and shoulder training. Send check or money order for $5 plus $1 handling to Tom McLaughlin PhD, Box 507, Auburn, AL 36830.*

### B. Bone

The purposes of the skeletal system are primarily to provide rigid motion segments and attachment points for muscles, to enhance muscle effectiveness in body movements, and to protect the internal organs. Bone is a dynamic substance that has very unique mechanical properties which allow it to carry out its functions. Bone is even self repairing. It can change its properties and shape as the mechanical demands on it vary. For example, heavy powerlifting no doubt increases bone density, and, conversely, periods of disuse or non-training can decrease bone density. Even changes in the shape of bones can be seen as a result of non-activity, fractures, etc.

Our skeleton is composed of cortical and spongy bone. The difference between the 2 types of bone is what we call porosity. Porosity is a measure of how much of bone is non bone material (usually measured by percent). Cortical bone runs from 5 to 30 percent porous while spongy bone is 30 to 90 percent porous. Basically cortical bone is more 'solid' than spongy bone. Cortical bone also is stiffer and can handle greater stress before failure. Our long bones (like those in the upper arm, thigh, etc.) are composed of spongy bone at the ends and cortical bone in the middle shaft. One reason for this is that the spongy material at the ends of our long bones has higher energy storage capacity due to its porosity.

As I mentioned earlier, bone behaves differently under different loading conditions, depending on whether compression (pushing together) or tension (pulling apart), or shear (applying load "sideways") forces are applied. In a typical powerlifting or training situation at least two of these loading conditions usually exist for any bone involved. It's hardly ever that a bone is subjected to only one type of loading. Besides compression, tension and shear loading, there are other types of loading conditions, like torsion ("twisting" a bone around an axis) and bending. Studies show that most fractures are due to a combination of these different loading conditions. Generally, (1) tensile loading is typical of fractures in spongy bone (like fractures of the heel bone near the attachment of the achilles tendon), and (2) compression loading usually causes fractures in vertebrae. Also, cortical bone can take greater stress in compression than it can in tension or shear.

An important point for powerlifting is that muscle contraction changes the stress distribution in bone. Normal muscle activity serves to eliminate or at least decrease the tensile stress on bone by producing a counteracting compressive stress. As muscles become fatigued this protective function, neutralizing stress in our bones, is endangered. Possible bone injuries can result.

Weight training's effect on bones is typically to alter bone size, density, and even shape. The size and shape of bones is a major factor in determining bone strength and stiffness. Basically, as the cross sectional area of bone increases, the greater the strength and stiffness, especially in tension. Other factors also affect bone strength and stiffness, especially surgical alteration, like screw holes, removal of bone pieces, etc. Such surgical changes can greatly weaken bones, reduce energy storage capacity of bone, etc. Care is needed after surgery is done on bones to insure that heavy training does not cause problems.

As mentioned earlier, bone adapts to the mechanical demands imposed upon it by changing its structure, shape and size. This takes place according to what is known as Wolff's Law. It says that bone is created where needed and resorbed (dissolved) away where unneeded. If a powerlifter suddenly eliminates or cuts down dramatically his workouts from previous training levels and thus doesn't subject the bones to the usual mechanical stresses, some resorption of bone may occur and bone strength and thickness may decrease. Since bone that has been subjected to repeated high mechanical stresses has been shown to increase in size, density, and strength...I start to get concerned about long layoffs between heavy lifting cycles. For bone, as well as tendons and ligaments, the importance of regular year round training is obvious. So, if you must take an extended layoff (or if you totally immobilize a bone in a cast) be aware that your bone will be losing some size and strength just as your muscles are.

Finally, the effects of aging on bones are increasingly documented in the scientific literature. From what we know so far, older bone is almost as strong as young bone but is only able to handle about half the strain ('change in bone length'). Older bone is also able to store less energy before failure. As aging continues, what happens over time is that the balls of the spongy bone in the body become progressively thinner and may even be resorbed. Consequently, this results in decreased strength and thickness for the bone. No data appears on the effects of aging for the bones of individuals who engage in systematic weight training over the years. Intuitively, I would, however, expect to see positive effects on bone capacity with training.

### C. Cartilage

Physiologically, cartilage is an isolated tissue of the body with no blood supply, nerves or lymphatic supply. The main functions of cartilage are to (1) spread loads over a larger area at the joints in order to decrease the joint stresses, and (2) to permit relative motion (sliding) of bones in contact with a minimum of wear and friction. About 60 to 80 percent of cartilage is water, with the remaining 20 to 40 percent of cartilage composed primarily of collagen and ground substance.

Cartilage can be compared to a water saturated sponge, but unlike the sponge, water can be removed only with difficulty. However, under load (as in a heavy powerlift), most of the water in cartilage can be squeezed out. The squeezing out of the water depends on the rate at which the load is applied. In a rapid loading and unloading situation, as in the case of jumping, there is no time for the water to get squeezed out, so the cartilage acts much like a shock absorber. In slow loading (like standing with a weight on your shoulders) most of the fluid is squeezed out of the cartilage with time, and the cartilage will reduce in thickness as the water is eliminated. In this situation, there is a greater risk of friction and wear for the contacting bones. Finally, cartilage has almost no capacity for repair and regeneration. If you have cartilage problems, good luck!

Well, I have run out of time, so I'll close for now. Until next month, pay more attention to technique and training loads and hopefully you can stay injury free. More and more, the uninjured lifter ends up the champion. Good lifting to you.




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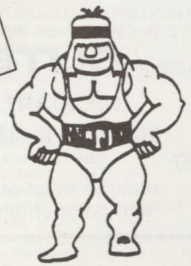
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Today, the USPF stands ready to accept specified or earmarked donations provided the USPF benefits, and subject to the conditions listed below in a memo prepared by our auditor and member of the Finance Committee, George R. Weber, C.P.A.

*"The United States Powerlifting Federation is a nonprofit corporation incorporated in New Hampshire with federal employer identification number 59-216 8508. Application for exemption from income tax under Internal Revenue Code Section 501(c) (3) has been timely filed and is under review by the Internal Revenue Service at October 11, 1983. Individuals involved with powerlifting should be aware of three basic areas of taxes relating to activities concerning the U.S.P.F.:*

*1.) Business expenses.*
*2.) Expenses incurred from services performed.*
*3.) Contributions disallowed for personal benefit received.*

*The following summary disposition concerning these basic areas can not answer all possible questions which might occur. Those who are not sure of their status in relation to this discussion should consult with their tax preparer or tax counsel.*

*BUSINESS EXPENSE*

*Powerlifting has related business activity. For example, someone might incur expense while traveling to a powerlifting meet to promote or sell products or services. Such expenses would be tax deductible business expenses the same as any income realized from such activity would be taxable.*

*EXPENSES INCURRED FROM SERVICES PERFORMED*

*Expenses incurred from voluntary service rendered for U.S.P.F. are deductible as charitable contributions. Such deduction for expenses should be reduced by any reimbursements received. If reimbursement exceeds expense, the excess would be taxable income. The value of services rendered is not a charitable deduction.*

*CONTRIBUTIONS DISALLOWED FOR PERSONAL BENEFIT RECEIVED A donor can not deduct a charitable contribution to the extent he receives, or can reasonably expect to receive, financial or economic benefit. Accordingly, a deduction could not be taken for funds contributed to be: 1.) Used for the donor's own travel expenses. 2.) Used for such expenses which constitute support for a dependent or benefit for anyone from which benefit is received or expected in return by the donor."*

For tax purposes spouses are considered the same person. One may not, then, earmark a donation to one's spouse or dependent child. One may make a deductible contribution to the USPF earmarked, for example, for a personal coach accompanying one of the U.S. team members traveling abroad, provided that coach's way is not being paid by the USPF. Because in this example the USPF could reasonably be expected to benefit from having the personal coach available, we would be willing, subject to the conditions stated above, to accept the specified donation, and to send our cheque in like amount tothe person for whom it was intended.

November starts our new registration year. The 1983 registration card is good for the remainder of this calendar year. However, if you are planning to renew your membership during November or December, it is important that you include your 1983 registration number on your 1984 membership application blank. This will save the USPF $1.75 in accident insurance premiums. Remember, if you hold a 1983 registration card your insurance premiums have already been paid. If you do not record your 1983 registration number on your 1984 registration application during November and December, we will be required to pay your insurance premiums again. The savings to the USPF is considerable!

On September 25 the Executive Committee conducted its first conference call meeting since January 27, 1982. Eleven agenda items from the National Committee meeting in Austin that we did not have the opportunityto act on prior to adjournment had been mailed to the members of the Executive Committee together with a ballot marked, "I vote to adopt", "I vote not to adopt", or "Discussion is needed before I vote". The ballots were then marked and mailed back to me. The purpose of the conference call was to provide a forum for discussion. Lyle Schwartz was out of the country and Fred Hatfield sat by his phone waiting in vain for the conference operator to call him.

Mike Lambert is publishing elsewhere in this issue the results of that conference, and I shall confine my remarks to my impressions concerning the Executive Committee doing business by phone.

The conference call is, of course, far more costly than my polling the members of the Executive Committee individually by phone, which was been our usual practice. I observed, however, many times when I poll the members individually I change my mind during the course of polling. Now, any of the members will tell you that I scrupulously avoid trying to influence their vote when I am polling them individually. Consequently, I refuse to ask any member to "justify" his vote. Nonetheless, a member, often as not, will volunteer an explanation of his vote. While I never probe, I do listen. If my thinking could so frequently be influenced by listening to my fellow members, could not my fellow members similarly profit? The answer, of course, is that indeed they could. Thirteen times during the conference call the eight participants changed their votes after having had the benefit of discussion.

I was struck by the quality of the discussion during the conference call. The delegates at Dayton chose well. The sport is being well-served by its Executive Committee. ***Dr. Conrad Cotter, President***

**Recent U.S.P.F. Executive Committee Decisions**...the following agenda items not handled at the National Committee meeting in Austin have been decided by the Executive Committee:

Agenda Item 11: The USPF delegates to the I.P.F. World Congress shall have a one-year term. ***(failed...5-5)***

Agenda Item 18: Any lifter who places in the top three in his weight class at the Senior Nationals shall be deemed qualified in that weight class for the following year's Seniors. ***(passed...7-1)***

Agenda Item 21: Qualifying periods for any national meet begin one day after the completion of the previous national meet. ***(passed 10-0)***

Agenda Item 22: Define an open meet as one in which any USPF cardholder may enter. ***(passed 10-0)***

Agenda Item 23: Any "National" meet (i.e. using the world "National" in the title) must be sanctioned with the approval of the National or Executive Committees. ***(passed 9-1)***

Agenda Item 38: Provide that national bids be screened by state and regional chairmen. ***(passed 9-0)***

Agenda Item 44: Provide that American records minimally must be judged by one IPF and two national referees. ***(failed 1-8)***

Agenda Item 61: Provide that when rival teams each claim to represent the university or college, the determination of which shall be the representative team shall be left to the Collegiate Committee. ***(passed 9-0)***

Agenda Item 62: Provide that no more than ten lifters at the National Collegiates may come from the same college or university. ***(passed 7-3)***

Agenda Item 64: Hold two national committee meetings per year, limiting the scope and use of the Executive Committee as an interim body. ***(failed 1-8)***

Agenda Item 65: Provide that registration cards shall include club affiliation. ***(passed 9-0)***

Other matters decided include that entries to National Meets must be postmarked no later than 3 weeks prior to the competition, but a lifter may actually qualify after that 3 week deadline. Rickey Dale Crain was awarded the U.S.P.F. National High School Championship meet for 1984. Also, it is allowable for Puerto Rican lifters to lift in our U.S.P.F. meets and take a place on our national teams if they earn the position and decline to lift for Puerto Rico. The admission of South Africa to the I.P.F. has been placed on the agenda for the I.P.F. Congress in Sweden this year. Numerous nominations for elected positions in the I.P.F. have been offered by the U.S.P.F. to the I.P.F including Nate Foster for I.P.F. President, Treasurer, and Secretary. Bob Packer has been nominated for the Technical Committee, and Nate has been nominated for the I.P.F. Women's Committee. Larry Pacifico has been nominated to serve as Vice President for the Americas. A confirming nomination for Jan Todd as Chairperson of the I.P.F. Women's Committee was voted down by the Executive Committee. It is now allowed that we can set up Rule Clinics for the purpose of testing International Referee Card applicants, with the first clinic taking place in conjunction with the Southern States meet on Oct. 21st in Florida.



***Death of a Lifter**...the State of Virginia is saddened at the death of David Mays, who was operated on for a brain tumor, but later went into a coma and died on September 22nd of this year. He left behind a loving wife, Judy, who was always his number one supporter and the fond memories of those who came in contact with him. Dave had opened a gym in Colonial Heights, Virginia which was quite a success and had a great love of powerlifting in all its aspects. He was one of those who went out and got the finances, some out of his own pocket, to send Curtis Walker to the World Masters Championships and as he lay ill he encouraged Curtis's son Barry not to worry about him, but to concern himself with his lifting at the Temple Hills meet. He was also a fine lifter, and Willie Morris (who supplied this information) recalls a great contest that David, Willie, and Bob Edmanson had in a bench contest, where Dave took the title with a 450 to Bob's 445, and Willie's 440. Photo courtesy of Calvin Shumate.*

# NUTRITION CORNER

by Jack Digangi

## Nutrition and Coronary Heart Disease

For the past decade, one of nutrition's most controversial debates has been whether or not one's diet is related to heart disease...or more specifically, can what you eat or what you avoid eating affect your chances of acquiring cardiovascular disease. Two opposing views have debated their side with unquestionable belief in the prevailing scientific evidence. One side of this debate contests that by lowering the dietary intake of fat, particularly saturated fat and cholesterol, a person would decrease the incidence of any cardiovascular problems. The other side of this debate claims no substantial evidence has been shown to support the relationship between the amount of dietary fat and cholesterol in the diet and the occurrence of heart disease. To date no one single diet or eating pattern has been brought forth which has been substantially proven to curb the incidence of coronary heart disease. Granted, there have been countless diets and regimes laid out before the public in an effort to combat heart disease. However, despite all the scientific research and debate, no diet plan yet has fully satisfied the medical community. In this edition of Nutrition Corner, we'll explore the past and current issues of dietary programs designed to decrease heart disease.

If you look at the debate with more intensity, you will see the argument extends beyond the question of diet. Some people question whether or not a high cholesterol level in the blood and the increase in occurrence of cardiovascular heart disease (CVHD) are even related. For example, one group of persons having a high concentration of cholesterol in the blood would suggest an increase in the possibility of heart disease. Alternatively, another group of persons who have a history of CVHD might let you conclude these persons have a high cholesterol count. Yet in looking at both of these groups, no definitive correlation can be drawn. In fact, here lies a truly baffling situation. True vegetarians, for example, eat a diet extremely low in cholesterol. Their diet is rich in fiber and very low in saturated fat. Yet vegetarians are not immune to CVHD. Statistics bear out this fact. (Strictly speaking, there are many more variables involved in CVHD than just nutrition. For example, genetics, culture, personality, stress management, etc. have all been cited as factors in CVHD). It would seem as if vegetarians should have an absence of statistically significant incidence of heart disease, but true vegetarians (not lacto or ovo vegetarians) do have a high enough incidence of CVHD to prove otherwise. The points I wish to consider, however, are whether or not a change in diet will lower cholesterol, whether the lowering of cholesterol will decrease the incidence of CVHD and whether the diet pattern is in itself safe.

Let's take a look at cholesterol's functions and some of its biological, biochemical, and nutritional properties. Here in the United States the average cholesterol level is about 220 milligrams per deciliter. Cholesterol is a member of a very large group of structures called sterols. As you'll see later, cholesterol compounds and their subsequent derivations play a vital role in the synthesis of natural steroids. Chemically, these compounds are all related by the basic 4 ring structure which is the foundation of cholesterol as well as other members of this family. Cholesterol, as its 'ol' ending implies, is a member of the alcohol family. It can be found in free form by itself, or it may be found in combinations with fatty acids. Cholesterol is found in animal tissue with one exception being a type of natural steroid, ergosterol, that is found in plants.

Cholesterol is an essential component in the structure of all cells. It is a vital component in the structure of both brain and nerve cells. As mentioned previously, cholesterol is a vital component of the natural synthesis of steroid compounds within the body. Yes, cholesterol is a foundation for the androgens as well as for the estrogens, progesterone, adrenocortical hormones, and bile acids. All of these compounds play an important role in the body and are required for the maintenance of good health. For example, (1) the bile acids act similarly to soap or detergent, and while in the intestines, mix with fat setting up the proper conditions for fat absorption. (2) The adrenocortical hormones assist in the sodium-potassium level in the body. Also, adrenocortical hormones, all three of them, aldorsterone, corticosterone and cortisone are involved in the metabolism of protein and carbohydreates. (3) Cholesterol is involved in the sex hormones, androgen, estrogen and progesterone. (4) Cholesterol serves as a type of barrier or protector of unwanted chemicals entering the body through the skin. It sets up a barrier on the surface of the skin which prevents many chemical agents and water-solvent properties from penetrating the skin. One can see that cholesterol and its derivates are vital to health. On those grounds, limiting or restricting cholesterol from the diet might just prove to be harmful.

Cholesterol is synthesized in the body. Both the liver cells and the intestine cells manufacture cholesterol. However, cholesterol can be synthesized in any tissue cell. The liver can store cholesterol. This will depend on the amount available in the body. The (estimated) amount of cholesterol stored in the body by the liver is about 2000 mg or about two grams. This amount will also directly reflect the total dietary intake.

Foods that are low in cholesterol or contain no cholesterol are all fruits, vegetables, cereals and grains.

The body itself will synthesize and metabolize a far greater amount of cholesterol than is supplied by the diet. In fact, the body's absorption of cholesterol is only about 50 percent. Therefore, by cutting back on foods that contain cholesterol, the valuable fat-soluble vitamins found in these same foods will also be cut back. These fat-soluble vitamins, A, D, E and K are essential to the body's proper function and health. If these vitamins are left in short supply, serious nutritional deficiency diseases will occur.

In a recent survey, the average intake of cholesterol in the United States is about 450 mg daily. As stated before, only about half of the cholesterol ingest is actually absorbed from the digestive tract. Thus, approximately 200-225 mg of cholesterol can be considered in the net total intake. This amount is far below the body's own synthesis of about 700 mg per day. Studies of cholesterol have shown that there is a complex and delicate balance that exists between what cholesterol is ingested, exogenous, and the quantity synthesized by the body, endogenous. This is an important point because as the quantity of exogenous cholesterol increases, the body will adjust its production rate of cholesterol in order to maintain a prescribed level. That level is subject to each individual but it is generally around 225 mg/dcl in the average person. A very recent group of studies focused on volunteers with the average cholesterol count. The volunteers deliberately increased their cholesterol intake by eating large quantities of eggs. The result of the study showed no significant increase in cholesterol. This information seems to indicate that the body will somehow automatically adjust its own level of cholesterol regardless of dietary intake. Also, reducing the dietary intake from 450 mg to say 300 mg/day, as authorities suggest, may not substantially affect the overall cholesterol level. Even if the intake would be decreased from 450 mg to 300 mg, the difference would only be 150 mg total cholesterol and about 75 mg net intake when absorption is considered. Moreover, this 75 mg figure is hardly more than ten percent of the body's own synthesis of cholesterol of about 700 mg/day.

Recent recommendations state that fat intake, in proportion to the rest of the diet, should be reduced from its present level of 40 percent to about 30 percent, and also that the level of fat intake be adjusted to equal portions of monounsaturated/polyunsaturated to saturated fats. One immediate flaw recognized in this proposal is that no two individuals would respond exactly the same to the diet. For example, one person would benefit from the change in fat intake portions while another person would not benefit. To date there is no effective means of measuring the benefit, or detriment, of this or any such proposal. Also, as of this writing, there is little useful information in recognizing the true potential in lowering the dietary cholesterol level. Again, the problem is that lowering dietary cholesterol may benefit some, but it may precipitate harm to others.

In a review of the literature, studies point out that a change in polyunsaturated to saturated ratio, a 0.4 to 1.0, would bring about little change in lipid levels. These studies reveal no significant change in the blood levels by raising the intake of unsaturated fats. However, these studies are setting their ideal cholesterol level on lower current recommendations rather than on a more realistic cholesterol level. For example, in the above recommendation of shifting the the polyunsaturated to saturated ratio, a real decrease of only ten percent in the cholesterol level would occur. This then would lower the level of the average 225 mg to about 205 mg for the general population. Yet as mentioned before, some persons would respond positively while others may benefit little. The question still remains, though, whether a diet which yields a ten percent decrease in cholesterol, will set up conditions leading to a decreased incidence of CVHD. In reviewing some very recent and on-going studies, persons who were subjected to a reduction in saturated fats, and therefore a reduction in cholesterol, failed to show any significant decrease in CVHD. There could be several reasons explaining the outcome of these studies. One, is that the length of time was too short. Another is the method itself of the study, or the persons chosen had some inherent quality which may have altered the final outcome. Other studies are discovering that there may be little benefit in assuming a cholesterol level ranging from 220-225 mg/dcl. Apparently what is being discovered is that a level below this range for middle age groups will yield little or no change in the occurence of CVHD.

Is the diet regime that lowers cholesterol a safe diet? Will the diet of low fat, and an increased ratio of polyunsaturated fat to saturated fat combined with low cholesterol produce any harmful side effect? From the results that have come in regarding this type of diet, persons displayed no ill side effects. Yet there are still some uncertainties about this plan. One serious point to consider is the ratio itself. Will a polyunsaturated to saturated ratio of 1 yield less benefit than say a P/S ratio of 2? Studies show that the higher the P/S ratio, the greater the effectiveness in its ability to lower cholesterol. Yet with such a high ratio, other causes of concern may be warranted. For instance, what effects would the ratio have on the body's metabolism and absorption of nutrients. Evidence is pointing to an increased risk of gallstone production, perioxide formation, fatty acid metabolism/absorption and possible cancer. Very recent animal studies are showing that there are signs of some detrimental changes in cell integrity when an altered fat ratio diet is followed. Still, there may be even further evidence that will show a higher P/S ratio may bring about more harm. Recently it was discovered that at the cellular level, changes are being found when on this diet pattern. It seems that when the polyunsaturated ratio is high, there is a tendency to find a decrease in the percent of cholesterol in the high density lipoproteins. High density lipoproteins (HDL) have been demonstrated to play a defensive role in CVHD, while low density lipoproteins (LDL) bring about an increased risk of heart disease. It is assume that any agent, diet or otherwise, precipitating the lowering of HDL's and/or the subsequent raising of LDL's, may have negative consequences.

Recent recommendations are more conservative in the suggesting of total percentage of polyunsaturated fats. Most diets today are recommending only about ten percent of the total calories be derived from polyunsaturated sources. However, as mentioned previously, the outcome is yet uncertain.

Many debates center around exactly what point a person's cholesterol level should be labled as ideal. Is 225 mg ideal? Or would 215 mg, or even 195 mg? If the scientific community does label, say, 205 mg/dcl as prudent, then what about the person with a 225 mg reading. Should this person follow a diet of low fat and an increased ratio of P/S in order to reduce the reading? The answer lies somewhere in the fact that firstly, dietary shifts such as the one proposed do not bring about any significant changes in the cholesterol level. Secondly, nutritional consideration is only one part of the total contribution to CVHD. People, in trying to adhere to the 'prudent diet', begin to avoid eggs, red meat, whole milk, etc. By doing this, these persons are also losing vital nutrients necessary for good health. Over a period of time, these people may, in a sincere effort to prevent one disease, unknowingly precipitate a host of others, including some serious nutritional deficiencies, involving protein, iron, B-12, etc. In the next edition of Nutrition Corner, the etiology of CVHD, and nutritional considerations will be covered.

Nutritionally,
Jack Digangi, R.D.

### Low Cholesterol Foods

| MEAT GROUP | wt. | (mg) |
|---|---|---|
| Tuna or Salmon | 1 Oz | 0 |
| Peanuts | 25 | 0 |
| Peanut butter | 2T | 0 |
| **FAT GROUP** | | |
| Avocado | 1/8 | 0 |
| Margarine | 1 t | 0 |
| Coconut oil | 1 t | 0 |
| Corn oil | 1 t | 0 |
| Cottonseed oil | 1 t | 0 |
| Olive oil | 1 t | 0 |
| Peanut oil | 1 t | 0 |
| Safflower oil | 1 t | 0 |
| Sesame oil | 1 t | 0 |
| Soybean oil | 1 t | 0 |
| Vegetable fat | 1 t | 0 |
| Almonds | 5 | 0 |
| Pecans | 4 | 0 |
| Walnuts | 5 | 0 |
| **MILK GROUP** | | |
| Chocolate milk | 1 cup | 0 |
| Cocoa (skim) | 1 cup | 0 |
| **BREAD GROUP** | | |
| Bread | 1 slice | 0 |
| Roll | 1 | 0 |
| Cereal, cooked | 2/3 cup | 0 |
| Crackers, saltine | 6 | 0 |
| Popcorn, unbuttered | 1 cup | 0 |
| Potatoes: | | |
| Chips | 1 oz | 0 |
| French fried: | | |
| In corn oil | 10 | 0 |
| In lard | 10 | 0 |
| Mashed potato | ½ cup | 0 |
| **DESSERT** | | |
| Sherbet | 1/3 cup | 0 |
| Low fat cookies | 5 | 0 |
| Coconut | 1 oz | 0 |
| Chocolate sauce | 1 oz | 0 |

### Cholesterol Containing Foods

| MEAT GROUP | | |
|---|---|---|
| Beef | 1 oz | 27 |
| Cold cuts | 1 sl | 30 |
| Cottage cheese | ¼ cup | 5 |
| Frankfurters | 1 | 50 |
| Eggs | 1 | 253 |
| Shellfish | 1 oz | 24 |
| Pork, ham | 1 oz | 27 |
| Lamb | 1 oz | 27 |
| Liver | 1 oz | 75 |
| Poultry | 1 oz | 23 |
| Pork sausage | 2 lk | 45 |
| Veal | 1 oz | 27 |
| **FAT GROUP** | | |
| Bacon | 1 str | 5 |
| Butter | 1 T | 12 |
| Half and half | 2 T | 2 |
| **MILK GROUP** | | |
| Milk, whole | 1 c | 27 |
| Milk, 2 percent | 1 c | 15 |
| Milk, skim | 1 c | 7 |
| **BREAD GROUP** | | |
| Biscuit | 1 | 17 |
| Cornbread | 1½" sq | 16 |
| Doughnut | 1 | 27 |
| French toast | 1 sl | 130 |
| Muffin | 1 | 16 |
| Pancake | 1 | 38 |
| Sweet roll | 1 | 25 |
| Waffle | 1 | 28 |
| **DESSERT** | | |
| Cake | 1 pc | 45 |
| Fruit pie | 1/6 | 11 |
| Ice cream | ½ c | 43 |
| Ice Milk | ½ c | 5 |


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# Power Hotline Sale

The sale on Power Hotline subscriptions advertised in the last issue of Powerlifting USA was taken advantage of by many, but by the time you read this, the October 31st deadline for the sale will be past. If you are still interested in getting *newsflash* quick results of the fast approaching World Powerlifting Championships in Sweden, there is a way you can make the same savings on Power Hotline as were offered in the sale. Our Combo offer of a 1 year renewal (US and Canada only) to Powerlifting USA and one year of Power Hotline is available for the discount price of $42.00 for both, and if you grab on to this offer, you'll save the same $4 overall that last month's Power Hotline Sale offered on PH by itself. Power Hotline is the companion publication to Powerlifting USA that comes out twice per month, for those who can't wait to get the latest news on the Powerlifting front. The September 30th issue of Power Hotline had flash coverage of a new member of the 600 pound bench press club, Ron Collins' latest lifts, how 2 big name Powerlifters survived a tryout for the USFL over 100 other candidates, PLUS how close Ruthi Shafer has come to the 500 pound deadlift barrier in training, how NBC has paid $61,000 to televise an upcoming international powerlifting event, and much more. The October 18th issue of Power Hotline had coverage of the National Masters meet, the National Police and Firemen's Competition, Larry Pacifico's New Comeback and his finger-pointing interview about Steroid Use in a coming issue of Weider's MUSCLE & FITNESS...PLUS...how Gus Rethwisch has fared in his bid to win a part in the sequel to CONAN THE BARBARIAN, Tom Magee's debut in Olympic lifting, who won the Mr. Olympia contest, and Much MORE. Subscribe right away and we can start your subscription to Power Hotline with the issue that covers the World Powerlifting Championships in Sweden. Send $28.00 payable to Powerlifting USA for the next 24 First Class bulletins, or $42.00 to pre-renew your subscription to Powerlifting USA and get the next year of Power Hotline as well (a $4 savings with our Combo Offer) to Box 3238, Camarillo, CA 93011.

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**Region 9,** Larry Plumlee, 1026 Del Norte Cir., Pascagoula, Ms 39567, (601)769-1630 (home).

**Region 10,** Bill Decker, 9656 W. Kimberly Way, Peoria, AZ 85345, PH: NA.

**Region 11,** Mike Berg, Rt 1 Bx 116, Canistota, SD 57012, (605)296-3268.

**Region 12,** Doyle Kenady, 4480 River Road, N., Salem, Oregon 97303, 503-390-0728

**Region 13,** Jim Lem, 875 Broadway No. 6, San Francisco, CA 94133, (415)433-2376

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# TOP 100

## *MIDDLEWEIGHTS*

***(165¼ lb./75 kg.)***

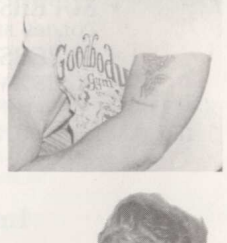
for USA lifters competing from October 1982 through September 1983

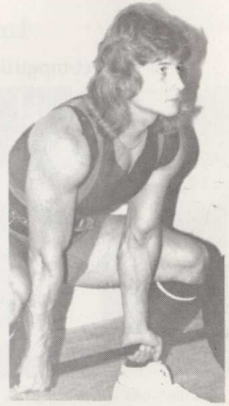
| | SQUAT | BENCH PRESS | DEADLIFT | TOTAL |
|---|---|---|---|---|
| 1 | 705 Crain, R 11/13/82 | 485 Weil, R 7/23/83 | 722 Inzer, J 8/13/83 | 1774 Crain, R 11/13/82 |
| 2 | 699 Wahl, R 1/8/83 | 451 Phillips, M 7/23/83 | 716 Crain, R 7/23/83 | 1763 Bell, G 7/23/83 |
| 3 | 688 Gay, D 7/23/83 | 440 Dobson, J 7/30/83 | 705 Cavalier, B 3/12/83 | 1758 Gay, D 7/23/83 |
| 4 | 680 Topsoglou, J 4/16/83 | 430 Grant, B 3/27/83 | 683 Coan, E 1/8/83 | 1741 Coan, E 1/8/83 |
| 5 | 672 Roy, M 10/21/82 | 430 Allor, G 8/6/83 | 683 McCarty, J 7/23/83 | 1730 Herring, G 7/23/83 |
| 6 | 672 Bell, G 7/23/83 | 424 Bronner, J 2/26/83 | 672 Herring, G 12/4/82 | 1714 McCarty, J 7/23/83 |
| 7 | 655 Coan, E 1/8/83 | 424 Rafael, A 4/2/83 | 672 Bell, G 7/23/83 | 1708 Weil, R 7/23/83 |
| 8 | 655 Herring, G 7/23/83 | 418 Panetti, J 3/26/83 | 672 Gay, D 7/23/83 | 1703 Wahl, R 1/8/83 |
| 9 | 644 Bolin, J 7/23/83 | 418 Bell, G 6/5/83 | 665 Topsoglou, J 4/6/83 | 1700 Topsoglou, J 4/16/83 |
| 10 | 639 McCarty, J 7/23/83 | 418 Bolin, J 7/23/83 | 661 Brown, C 6/5/83 | 1697 Phillips, M 7/23/83 |
| 11 | 639 Weil, R 7/23/83 | 415 Stamper, W 3/19/83 | 655 Hundley, D 12/12/82 | 1669 Inzer, J 8/13/83 |
| 12 | 633 Rosciglione, J 5/21/83 | 415 Mowka, E 4/10/83 | 650 Wahl, R 1/8/83 | 1664 Bolin, J 7/23/83 |
| 13 | 633 Gutierrez, J 9/17/83 | 413 Hood, J 2/26/83 | 650 Bell, G 4/9/83 | 1653 Phillips, M 4/17/83 |
| 14 | 628 Ellis, B 2/5/83 | 413 Herrring, G 7/23/83 | 639 Mooney, E 2/5/83 | 1636 Roy, M 10/21/82 |
| 15 | 628 Bettin, R 8/13/83 | 410 Failla, J 10/82 | 639 Martin, M 6/5/83 | 1636 Cavalier, B 3/12/83 |
| 16 | 625 Rush, J 1/23/83 | 410 Sakaguchi, R 1/29/83 | 633 Tyree, J 9/17/83 | 1625 Tyree, J 9/17/83 |
| 17 | 622 Martin, M 3/83 | 407 Mendoza, I 2/27/83 | 630 Keel, B 2/26/83 | 1614 Martin, M 3/83 |
| 18 | 622 Phillips, M 7/23/83 | 407 Martin, M 3/83 | 630 Hoffman, H 3/19/83 | 1587 Rhodes, J 11/20/82 |
| 19 | 622 Inzer, J 8/13/83 | 405 Sandvold, R 12/4/82 | 628 Brown, B 10/31/82 | 1587 Austin, D 12/11/82 |
| 20 | 622 Tyree, J 9/17/83 | 402 Carroll, D 11/13/82 | 622 Dangerfield, T 3/26/83 | 1587 Mooney, E 2/5/83 |
| 21 | 617 Austin, D 12/11/82 | 402 Roy, M 12/12/82 | 622 Phillips, M 7/23/83 | 1587 Rosciglione, J 5/21/83 |
| 22 | 615 Peterson, D 12/4/82 | 402 Coan, E 1/8/83 | 620 Soto, L 12/4/82 | 1581 Rafael, A 4/2/83 |
| 23 | 600 Soto, L 10/17/82 | 400 Clark, R 7/9/83 | 620 Mitchell, B 3/27/83 | 1570 Ellis, B 2/5/83 |
| 24 | 600 Mintz, L 11/20/82 | 400 Pavetti, J 7/9/83 | 617 Austin, D 12/11/82 | 1570 Grant, B 3/27/83 |
| 25 | 600 Menaker, G 1/22/83 | 400 Skuczas, D 7/9/83 | 617 Bolin, J 3/26/83 | 1565 Rush, J 1/23/83 |
| 26 | 600 Volpe, D 3/5/83 | 397 Garner, R 11/6/82 | 615 Montoya, E 3/83 | 1565 Keel, B 2/26/83 |
| 27 | 600 Smoker, J 3/19/83 | 396 Tsutsui, R 4/2/83 | 612 Wonyetye, M 11/6/82 | 1565 Sandvold, R 4/16/83 |
| 28 | 600 Cavalier, B 12/11/82 | 396 Gay, D 7/23/83 | 611 Hancock, M 10/16/82 | 1560 Hoffman, H 3/19/83 |
| 29 | 600 Hoffman, H 3/19/83 | 395 Jalovec, J 10/9/82 | 611 Rhodes, J 11/20/82 | 1559 Brown, C 6/5/83 |
| 30 | 600 Young, C 4/19/83 | 395 Lower, S 6/4/83 | 611 Silverman, B 3/26/83 | 1555 Volpe, D 3/5/83 |
| 31 | 600 Winquist, M 6/25/83 | 391 McCarty, J 7/23/83 | 611 Rogers, G 9/17/83 | 1554 Carroll, D 11 13 82 |
| 32 | 600 Lanzante, P 9/24/83 | 390 Clem, M 4/16/83 | 610 Hopkins, J 11/13/82 | 1545 Soto, L 10/17/82 |
| 33 | 590 Sandvold, R 12/4/82 | 385 Rhodes, J 11/20/82 | 610 Dunn, B 4/9/83 | 1545 Dunn, B 4/9/83 |
| 34 | 590 Pacifico, T 2/5/83 | 385 Mooney, E 2/5/83 | 606 Cavanaugh, J 11/21/82 | 1543 Panetti, J 3/26/83 |
| 35 | 590 Wagner, Z 2/27/83 | 385 Safdarinia, J 2/5/83 | 606 Varrone, J 1/23/83 | 1540 Peterson, D 12/4/82 |
| 36 | 590 Wright, C 7/9/83 | 385 Maecker, B 3/83 | 606 Panetti, J 3/26/83 | 1537 Brown, B 10/31/82 |
| 37 | 589 Rhodes, J 11/20/82 | 385 Register, J 4/10/83 | 606 Maloney, G 3/26/83 | 1521 Bettin, R 8/13/83 |
| 38 | 589 Chetlin, B 2/27/83 | 380 King, P 12/4/82 | 606 Shocket, S 7/31/83 | 1520 Stamper, W 3/19/83 |
| 39 | 589 Rafael, A 4/2/83 | 380 Hamrick, D 12/4/82 | 605 Peterson, D 12/4/82 | 1519 Menaker, G 2/27/83 |
| 40 | 585 Cooper, M 10/16/82 | 380 Hallada, J 3/19/83 | 605 Everett, H 3/19/83 | 1515 Maloney, G 3/26/83 |
| 41 | 585 Hundley, D 12/12/82 | 380 Reeves, J 3/26/83 | 600 Carroll, D 11/13/82 | 1515 Goude, K 4/23/83 |
| 42 | 585 Walsh, R 4/17/83 | 380 Edwards, J 6/28/83 | 600 Valenti, J 11/13/82 | 1504 Hood, J 2/26/83 |
| 43 | 584 Brown, B 10/31/82 | 380 Crain, R 7/23/83 | 600 Forni, M 11/13/82 | 1504 Bell, R 3/5/83 |
| 44 | 584 Stamper, S 3/5/83 | 380 Sanchez, B 7/30/83 | 600 Menaker, G 12/12/82 | 1504 Stamper, S 3/5/83 |
| 45 | 584 Haar, B 6/29/83 | 380 Sanzone, R 8/7/83 | 600 Barber, M 1/24/83 | 1504 Reeves, J 3/26/83 |
| 46 | 584 Glenn, D 9/24/83 | 375 Ramirez, R 10/3/82 | 600 Ellis, B 2/5/83 | 1500 Robinson, 2/10/83 |
| 47 | 584 Smegelski, W 9/24/83 | 375 Jones,S 11/14/82 | 600 Volpe, D 3/5/83 | 1500 Louie, S 3/13/83 |
| 48 | 580 Grant, B 3/27/83 | 375 Cohen, P 12/18/82 | 600 Weir, K 3/5/83 | 1500 Young, C 4/19/83 |
| 49 | 580 Pulizzi, J 4/16/83 | 375 Renfroe, D 3/19/83 | 600 Cirigliano, R 3/12/83 | 1499 Valenti, J 11/13/82 |
| 50 | 578 Valenti, J 11/13/82 | 375 Welzel, S 4/17/83 | 600 Rush, J 3/19/83 | 1495 Varrone, J 1/20/83 |
| 51 | 578 Goude, K 4/23/83 | 375 Isoldi, N 7/30/83 | 600 Powers, B 3/26/83 | 1493 Glenn, D 9/24/83 |
| 52 | 575 Louie, S 3/13/83 | 375 Pardue, S 7/23/83 | 600 Anderson, S 4/2/83 | 1490 Hundley, D 12/12/82 |
| 53 | 575 Graham, D 3/26/83 | 374 Borchert, B 3/26/83 | 600 Guido, J 4/17/83 | 1490 Posey, R 4/9/83 |
| 54 | 575 Pereda, B 3/27/83 | 374 Neeley, R 4/16/83 | 600 Goude, K 4/23/83 | 1485 Wambsgans, F 9/24/83 |
| 55 | 575 Dunn, B 4/9/83 | 374 Sullivan, J 6/11/83 | 600 Rosciglione, J 5/21/83 | 1482 Hancock, M 2/5/83 |
| 56 | 573 Nishioka, E 10/17/82 | 370 Vrabel, J 10/3/82 | 600 Hill, D 8/6/83 | 1480 Allor, G 8/6/83 |
| 57 | 573 Hancock, M 2/5/83 | 370 Keel, B 2/26/83 | 600 Eiseman, T 8/20/83 | 1480 Pardue, S 9/10/83 |
| 58 | 573 Villani, A 2/5/83 | 370 Harriman, K 3/5/83 | 595 Millington, Q 4/30/83 | 1480 Karam, D 9/24/83 |
| 59 | 573 Bichler, D 2/13/83 | 370 Beavers, M 4/16/83 | 590 Jalovec, J 10/9/82 | 1477 Weir, K 3/5/83 |
| 60 | 573 Bell, R 3/5/83 | 370 Dominelli, G 7/9/83 | 590 Graham, D 3/26/83 | 1475 Shocket, S 3/19/83 |
| 61 | 573 Reeves, J 3/26/83 | 370 Whiteman, L 7/16/83 | 590 Posey, R 4/9/83 | 1475 Smoker, J 3/19/83 |
| 62 | 573 Payne, M 3/26/83 | 370 Bellamy, R 8/28/83 | 589 Brunson, P 3/6/83 | 1475 Graham, D 3/26/83 |
| 63 | 573 Zellmer, J 4/30/83 | 369 Haar, B 1/22/83 | 589 Payne, M 3/26/83 | 1471 Wonyetye, M 11/6/82 |
| 64 | 570 Poindexter, R 3/83 | 369 McLeod, J 2/27/83 | 589 Pacifico, T 6/5/83 | 1471 Mendoza, I 11/13/82 |
| 65 | 567 Varrone, J 1/20/83 | 369 Bell, R 3/5/83 | 585 Montoya, E 10/16/82 | 1471 Anderson, S 4/2/83 |
| 66 | 567 Maloney, G 3/26/83 | 369 Decamp, B 4/17/83 | 585 Kamand, T 4/17/83 | 1471 Pacifico, T 6/5/83 |
| 67 | 567 Brown, C 6/5/83 | 369 Tyree, J 9/17/83 | 585 Murray, L 4/30/83 | 1470 Montoya, E 3/83 |
| 68 | 565 Keel, B 2/26/83 | 365 Jean-Guillaume, F 11/13/82 | 584 Thompson, B 3/26/83 | 1470 Kamand, T 4/17/83 |
| 69 | 562 Mooney, E 2/5/83 | 365 McClure, N 11/13/82 | 584 Weil, R 6/5/83 | 1470 Wright, C 7/9/83 |
| 70 | 560 Posey, R 4/9/83 | 365 Taylor, T 1/22/83 | 580 Gallagher, J 10/30/82 | 1466 Safdarinia, J 3/26/83 |
| 71 | 560 Gonzales, B 6/4/83 | 365 Pellegrino, J 4/24/83 | 580 Knewitz, S 1/23/83 | 1466 Haar, B 6/29/83 |
| 72 | 556 Chong, B 10/17/82 | 365 Bradley, D 4/83 | 580 Bourbonnais, J 3/19/83 | 1466 Lanzante, P 9/24/83 |
| 73 | 556 Speedy, J 12/4/82 | 365 Poteste, V 7/9/83 | 580 Sandvold, R 4/16/83 | 1465 Brunson, P 3/6/83 |
| 74 | 556 Bridges, E 3/12/83 | 363 Palmer, F 11/21/82 | 578 Joyner, M 12/11/82 | 1465 Poindexter, R 3/83 |
| 75 | 556 Moran, M 8/7/83 | 363 Reed, K 12/4/82 | 578 Fowler, M 1/15/83 | 1460 Chetlin, B 2/27/83 |
| 76 | 556 Hampton, N 8/7/83 | 363 Austin, D 12/11/82 | 578 Hare, J 3/26/83 | 1460 Silverman, B 3/26/83 |
| 77 | 556 Smith, J 8/7/83 | 363 Deisenroth, F 6/11/83 | 578 Wambsgans, F 6/5/83 | 1460 Mitchell, B 3/27/83 |
| 78 | 555 Murray, L 3/19/83 | 360 Feraco, T 11/13/82 | 575 Blazer, J 12/12/82 | 1460 Neeley, R 4/16/83 |
| 79 | 555 Thompson, D 3/26/83 | 360 Casolano, J 11/21/82 | 575 Champion, P 1/15/83 | 1460 Winquist, M 6/25/83 |
| 80 | 551 Carroll, D 11/13/82 | 360 Rush, J 12/18/82 | 575 Dutro, K 2/19/83 | 1455 Gudermuth, L 3/6/83 |
| 81 | 551 King, P 12/4/82 | 360 Piazza, T 2/19/83 | 575 Spicer, K 4/83 | 1455 Maecker, B 3/83 |
| 82 | 551 Reape, J 1/16/83 | 360 Dunn, B 4/9/83 | 575 Solomon, 5/14/83 | 1455 Walsh, R 4/17/83 |
| 83 | 551 Barber, M 2/10/83 | 360 Lavalette, C 4/24/83 | 575 Walker, W 5/14/83 | 1455 Gutierrez, J 9/17/83 |
| 84 | 551 Weir, K 3/5/83 | 360 Wambsgans, F 4/30/83 | 575 Wolf, D 6/19/83 | 1449 Bronner, J 2/26/83 |
| 85 | 551 Rigsby, M 3/5/83 | 360 Lofer, M 5/7/83 | 573 Chong, B 10/17/82 | 1449 Payne, M 3/26/83 |
| 86 | 551 Brunson, P 3/6/83 | 360 Costa, J 6/11/83 | 573 Roy, M 10/21/82 | 1445 Barber, M 1/24/83 |
| 87 | 551 Gudermuth, L 3/6/83 | 358 Phillips, K 3/6/83 | 573 Titus, R 11/20/82 | 1445 Murray, L 4/30/83 |
| 88 | 551 Cardin, C 3/83 | 358 Henry, D 3/12/83 | 573 Bichler, D 2/13/83 | 1444 Speedy, J 12/4/82 |
| 89 | 551 Wonyetye, M 4/9/83 | 358 Frakes, D 6/11/83 | 573 Lambert, S 2/13/83 | 1444 Bichler, D 2/13/83 |
| 90 | 551 Neeley, R 4/16/83 | 355 Holek, D 10/10/82 | 573 Brown, S 3/20/83 | 1444 Pizaa, T 4/17/83 |
| 91 | 551 Lechler, M 5/28/83 | 355 Barnett, F 11/13/82 | 573 Neeley, R 7/12/83 | 1438 Dangerfield, T 3/26/83 |
| 92 | 551 Silverman, B 8/7/83 | 355 Seagle, J 11/13/82 | 573 Perugini, D 8/7/83 | 1435 Pereda, B 3/27/83 |
| 93 | 550 Galetka, D 3/5/83 | 355 Lamont, S 12/82 | 573 Gutierrez, J 9/17/83 | 1435 Spicer, K 4/83 |
| 94 | 550 Stamper, W 3/19/83 | 355 Volpe, D 3/5/83 | 573 Hlavac, P 9/24/83 | 1430 Hopkins, J 11/13/82 |
| 95 | 550 Shocket, S 3/19/83 | 355 Louie, S 3/13/83 | 570 Cannova, S 11/13/82 | 1427 Chong, B 10/17/82 |
| 96 | 550 Lewis, 4/24/83 | 355 MacLaughlin, M 3/20/83 | 570 Demaske, J 3/12/83 | 1427 Forni, M 2/27/83 |
| 97 | 550 Groskopf, D 6/12/83 | 355 Topsoglou, J 4/16/83 | 570 Louie, S 3/13/83 | 1427 Rogers, G 9/17/83 |
| 98 | 545 Pardue, S 12/4/82 | 355 Sidari, F 5/21/83 | 570 Smoker, J 3/19/83 | 1425 Thompson, D 3/26/83 |
| 99 | 545 Powell, H 1/23/83 | 355 Winquist, M 6/25/83 | 570 Piazza, T 5/14/83 | 1422 Cirigliano, R 12/4/82 |
| 100 | 545 Wolf, D 3/12/83 | 355 Hill, D 8/20/83 | 570 Marchiano, A 6/19 83 | 1422 King, P 12/4/82 |



***Above**...Rickey Dale Crain will go to Sweden to defend his World Championship title, while Rick Weil **(below)** sets his mind on a 500 bench at 165. Former Teenage Champ John Inzer **(bottom)** has come back to lead the deadlift pack.*







NEXT MONTH...TOP 181s

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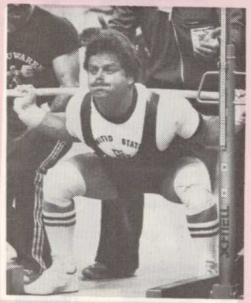
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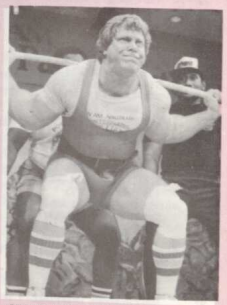
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| **LIPO SOLUBLE** | |
| Vitamin A (Palmitate) | 25,000 IU |
| Vitamin D (Erad Egostrol) | 600 IU |
| Vitamin E (d 'Alpha) | 1,000 IU |
| **C-COMPLEX (TIME RELEASE 6-8 HOURS)** | |
| Vitamin C (Natural Ascorbic Acid) | 3,000 mg. |
| Lemon Bioflavonoid | 1,000 mg. |
| Natural Selected Rose Hips | 500 mg. |
| Hesperitin Complex | 50 mg. |
| Rutin (Green Buckwheat) | 50 mg. |
| **B-COMPLEX (TIME RELEASE 6-8 HOURS)** | |
| Folic Acid | 400 mcg. |
| Vitamin B1 | 130 mg. |
| Vitamin B2 | 130 mg. |
| Vitamin B6 | 130 mg. |
| Niacinamide | 130 mg. |
| Vitamin B12 | 130 mcg. |
| Biotin | 130 mcg. |
| Pantothenic Acid | 2,200 mg. |
| Choline | 130 mg. |
| Inositol | 130 mg. |
| Para Amino Benzoic Acid | 130 mg. |
| **CHELATED MINERAL COMPOUNDS** | |
| Calcium (Amino Acid Chelate) | 1,500 mg. |
| Magnesium (Amino Acid Chelate) | 750 mg. |
| Zinc (Amino Acid Chelate) | 250 mg. |
| Iodine (Kelp) | 225 mcg. |
| Copper (Amino Acid Chelate) | 4.5 mg. |
| Iron (Amino Acid Chelate) | 45 mg. |
| Chromium (Amino Acid Chelate) | 350 mcg. |
| Selenium (Yeast 21) | 350 mcg. |
| Manganese (Amino Acid Chelate) | 16 mg. |
| Potassium (Proteate) | 100 mg. |

| | |
|---|---|
| **ENZYME COMPOUNDS** | |
| Betaine Hcl | 150 mg. |
| Glutamic Acid Hcl | 150 mg. |
| **DIGESTIVE ENZYMES** | |
| Amaylase Activity (Starch digestion) | 45,000 NF Units |
| Protease Activity (Protein digestion) | 15,000 NF Units |
| Lypase Activity (Fat Digestion) | 3,600 NF Units |
| Pancreatin 5X | 150 mg. |
| Natural Whole Papaya | 150 mg. |
| Natural Diatomacious adsorptive Colloid | 100 mg. |
| Betaine Acid Hcl | 390 mg. |

A standardized specially processed natural Pancreatic Enzyme equivalent to 5 times the digestive capacity of N.F. Pancreatin at a ph of 7-8 at 37° in one hour.

**GLAND COMPOUNDS (BOVINE ARGENTINE)**

The Marathon glandular products are derived from specially selected (U.S.D.A. certified) Argentine bovine products — Are guaranteed to contain no preservatives, no artificial flavoring or coloring, no stilbestrol or other harmful chemicals.

The activity associated with Marathon glandular product is indigenous to the gland themselves. Processed tissue (dehydrated, defatted, and impurity free) at or below 37° to retain the naturally occuring vitamins and enzymes.

| | |
|---|---|
| Raw Adrenal Extract | 200 mg. |
| Raw Orchic Extract | 200 mg. |
| Raw Whole Pituitary Extract | 200 mg. |
| Raw Pancreatic | 200 mg. |
| Raw Heart Extract | 200 mg. |
| Raw Kidney Extract | 200 mg. |

**DIRECTIONS**

One Pack Daily or as directed.

**30 day supply $27.00** **60 day supply $52.00**

Not another Hi-Potency "Me Too Formula". DYNAMO-PAK puts the high potency where you need it the most. With emphasis on:

SUPER POTENCY GLANDULAR COMPLEX — for muscle growth, energy levels, better workouts.
EXTRA VITAMIN C — for tissue repair.
HIGH PANTOTHENIC ACID — better adrenal function.
HIGH ZINC — for tissue repair & hormone production.
HIGH CHROMIUM — increase insulin production.
HIGH SELENIUM — anti-oxydent & better Vitamin E utilization.

## GOLD MEDAL PACK

***"the standard of Hi-Potency Formulas"***

Each Pack contains:

| | |
|---|---|
| **LIPO SOLUBLE** | |
| Vitamin A (Dry) | 25,000 IU |
| Vitamin D (Dry) | 600 IU |
| Vitamin E (d 'Alpha) | 1,000 IU |
| **VITAMIN C COMPOUNDS (TIME RELEASE)** | |
| Vitamin C (Natural Ascorbic Acid) | 2,000 mg |
| Lemon Bioflavonoids | 500 mg |
| Natural Selected Rose Hips | 500 mg |
| Hesperitin Complex | 50 mg |
| Rutin (Green Buckwheat) | 50 mg |
| **B-COMPLEX FACTORS (TIME RELEASE)** | |
| Folic Acid | 400 mcg |
| Vitamin B1 | 130 mg |
| Vitamin B2 | 130 mg |
| Vitamin B6 | 130 mg |
| Niacinamide | 130 mg |
| Vitamin B12 | 130 mcg |
| Biotin | 130 mcg |
| Pantothenic Acid | 130 mg |
| Choline | 130 mg |
| Inositol | 130 mg |
| Para Amino Benzoic Acid | 130 mg |
| **CHELATED MINERAL COMPOUNDS** | |
| Calcium (Amino Acid Chelate) | 1,500 mg |
| Iodine (Kelp) | 225 mcg |
| Iron (Amino Acid Chelate) | 45 mg |
| Magnesium (Amino Acid Chelate) | 750 mg |
| Copper (Amino Acid Chelate) | 4.5 mg |
| Zinc (Amino Acid Chelate) | 34 mg |
| Manganese (Amino Acid Chelate) | 15 mg |
| Potassium (Proteate) | 100 mg |
| Selenium (Yeast 21) | 150 mcg |
| Chromium (Amino Acid Chelate) | 150 mcg |
| **ENZYME COMPOUNDS** | |
| Betaine Hcl | 150 mg |
| Glutamic Acid Hcl | 150 mg |

**30 day supply $17.50** **60 day supply $32.00**

## SUPER PACK

***"the original Hi-Potency vitamin-mineral pack."***

Each packet contains eight tablets:

| | |
|---|---|
| Vitamin A (Fish Liver Oil) | 25,000 IU |
| Vitamin D (Fish Liver Oil) | 1,400 IU |
| Vitamin E (d 'Alpha Tocopherol) | 600 IU |
| **B-COMPLEX FACTORS SUSTAINED RELEASE** | |
| Folic Acid | 400 mcg. |
| Vitamin B1 | 125 mg. |
| Vitamin B2 | 125 mg. |
| Niacinamide | 125 mg. |
| Vitamin B6 | 125 mg. |
| Vitamin B12 | 125 mcg. |
| Biotin | 125 mcg. |
| Pantothenic Acid | 125 mg. |
| Choline | 125 mg. |
| Inositol | 125 mg. |
| Para Amino Benzoic Acid | 125 mg. |
| **VITAMIN C BIOFLAVONOID FACTOR SUSTAINED RELEASE** | |
| Natural selected Rose Hips | 500 mg. |
| Vitamin C (Ascorbic Acid) | 1,000 mg. |
| Lemon Bioflavonoid | 500 mg. |
| Rutin (Buckwheat) | 50 mg. |

| | |
|---|---|
| **MINERAL COMPLEX ORTHO MOLECULAR** | |
| Calcium (Oyster Shell) | 1,000 mg. |
| Iodine (Kelp) | 150 mcg. |
| Iron (Peptonate) | 16.5 mg. |
| Magnesium (Oxide) | 400 mg. |
| Copper (Gluconate) | 2 mg. |
| Zinc (Gluconate) | 15 mg. |
| Potassium (Gluconate) | 90 mg. |
| Manganese (Gluconate) | 10 mg. |

In an ortho molecular base of: Magnesium, Ferric, Calcium, Potassium, Aluminum, Phosphoric Acid, Sodium, Titanium, Sulphites, Molybdenum, Manganese, Chromic, Vanadium, Nickel, Barium, Copper and Zinc.

| | |
|---|---|
| **DIGESTIVE ENZYMES** | |
| Amaylase Activity (Starch digestion) | 45,000 NF Units |
| Protease Activity (Protein digestion) | 15,000 NF Units |
| Lypase Activity (Fat Digestion) | 3,600 NF Units |
| Pancreatin 5X | 150 mg. |
| Natural Whole Papaya | 150 mg. |
| Natural Diatomacious adsorptive Colloid | 100 mg. |
| Betaine Acid Hcl | 390 mg. |

**30 day supply $14.50** **60 day supply $25.50**
**90 day supply $35.50** **180 day supply $63.50**

***A great buy for your "vitamin dollars"***

## ONE PACK

***"for the individual who desires a medium potency"***

Each packet contains eight tablets:

| | |
|---|---|
| Vitamin E (d 'Alpha) | 200 IU |
| Vitamin A (Fish Liver Oil) | 10,000 IU |
| Vitamin D (Fish Liver Oil) | 400 IU |
| **B-COMPLEX FACTORS** | |
| Folic Acid | 400 mcg |
| Vitamin B1 | 50 mg |
| Vitamin B2 | 50 mg |
| Niacinamide | 50 mg |
| Vitamin B6 | 50 mg |
| Vitamin B12 | 50 mcg |
| Biotin | 50 mcg |
| Pantothenic Acid | 50 mg |
| Choline Bitartrate | 100 mg |
| Inositol | 50 mg |
| Para Amino Benzoic Acid | 50 mg |
| **VITAMIN C BIOFLAVONOID FACTOR** | |
| Natural selected Rose Hips | 150 mg |
| Vitamin C (Ascorbic Acid) | 500 mg |
| Lemon Bioflavonoid | 50 mg |
| Rutin (Buckwheat) | 50 mg |

| | |
|---|---|
| **MINERAL COMPLEX ORTHO MOLECULAR** | |
| Calcium (Oyster Shell) | 1,000 mg |
| Iodine (Kelp) | 150 mcg |
| Iron (Peptonate) | 16.5 mg |
| Magnesium (Oxide) | 400 mg |
| Copper (Gluconate) | 2 mg |
| Zinc (Gluconate) | 15 mg |
| Potassium (Gluconate) | 90 mg |
| Manganese (Gluconate) | 10 mg |

In an ortho molecular base of: Magnesium, Ferric, Calcium, Potassium, Aluminum, Phosphoric Acid, Sodium, Titanium, Sulphites, Molybdenum, Manganese, Chromic, Vanadium, Nickel, Barium, Copper and Zinc.

| | |
|---|---|
| **DIGESTIVE ENZYMES** | |
| Amaylase Activity (Starch digestion) | 45,000 NF Units |
| Protease Activity (Protein digestion) | 15,000 NF Units |
| Lypase Activity (Fat Digestion) | 3,600 NF Units |
| Pancreatin 5X | 150 mg |
| Natural Whole Papaya | 150 mg |
| Natural Diatomacious adsorptive Colloid | 100 mg |
| Betaine Acid Hcl | 390 mg |

**30 day supply $9.00** **60 day supply $16.50**
**90 day supply $23.00** **180 day supply $43.00**

(turn page for order form)



# INCREASE YOUR POWER

## With the Greatest Training Aids You've Ever Had

**HIGH POTENCY HIGH UTILIZATION GLANDULARS**

marathon® glandular formulas provide you with the high-density nutrients needed to fuel your workouts and act as a catalyst for muscular growth and strength gains. These products are unparalleled for their quality and results. A must for the serious trainee.

### GLANDULAR COMPLEX — 1200 mg. CAPSULES

Each capsule contains:

| | |
|---|---|
| Raw Adrenal Substance | 200 mg. |
| Raw Whole Pituitary Substance | 200 mg. |
| Raw Orchic Substance | 200 mg. |
| Raw Pancreatic Substance | 200 mg. |
| Raw Heart Substance | 200 mg. |
| Raw Kidney Substance | 200 mg. |

**50 CAPS $9.50** **100 CAPS $17.25**
**250 CAPS $39.50** **500 CAPS $75.50**
**1000 CAPS $140.00**

### ADRENAL-500 mg. CAPSULES

Each capsule contains:

500 mg. RAW ADRENAL SUBSTANCE

**50 CAPS $7.00** **100 CAPS $12.50**
**250 CAPS $27.75** **500 CAPS $52.50**

### ORCHIC-500 mg. CAPSULES

Each capsule contains:

500 mg. RAW ORCHIC SUBSTANCE

**100 CAPS $11.00** **250 CAPS $24.50**
**500 CAPS $46.50**

### PITUITARY-500 mg. CAPSULES

Each capsule contains:

500 mg. RAW WHOLE PITUITARY SUBSTANCE

**50 CAPS $10.25** **100 CAPS $18.50**
**250 CAPS $41.50**

### PANCREATIC-500 mg. CAPSULES

Each capsule contains:

500 mg. RAW PANCREATIC SUBSTANCE

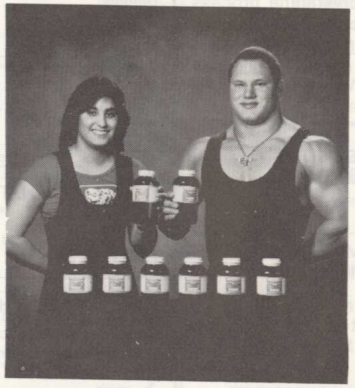
**50 CAPS $4.00** **100 CAPS $7.00**

### HEART-500 mg. CAPSULES

Each capsule contains:

500 mg. RAW HEART SUBSTANCE

**50 CAPS $3.50** **100 CAPS $6.00**



*CHRISTINA PAPALIOS — teenage national power lifting champion. JOE LADNIER — 220 lb. class teenage phenomenon and senior national champion.*

*Both Joe & Christina have used Marathon glandular products with tremendous results. Much of their improvement in training & competition is directly related to their use of these glandulars.*

### KIDNEY-500 mg. CAPSULES

Each capsule contains:

500 mg. RAW KIDNEY SUBSTANCE

**50 CAPS $3.00** **100 CAPS $5.00**

### GLAND PROTEIN POWDER

TASTES GOOD • MIXES WELL

VERY HIGH UTILIZATION

***"an essential for building muscular bodyweight"***

**1 LB $9.75**

### ONE GRAM LIVER TABLETS

Argentine Beef Liver 1000 mg. (15 grain) tablets.

**250 TABS $7.00** **500 TABS $13.00**
**1000 TABS $24.00**

### GLANDULAR COMPLEX — 2500 mg.

Each tablet contains:

| | |
|---|---|
| Raw Adrenal Substance | 350 mg. |
| Raw Orchic Substance | 350 mg. |
| Raw Pituitary Substance | 350 mg. |
| Raw Pancreatic Substance | 350 mg. |
| Raw Kidney Substance | 350 mg. |
| Raw Heart Substance | 350 mg. |
| Raw Thymus Substance | 350 mg. |
| RNA (Ribo-Nucleic Acid) | 250 mg. |

**50 TABS $17.00** **100 TABS $31.00**
**250 TABS $69.50** **500 TABS $130.00**

### GLANDULAR COMPLEX — 1500 mg.

Each tablet contains:

| | |
|---|---|
| Raw Adrenal Substance | 225 mg |
| Raw Orchic Substance | 225 mg |
| Raw Pituitary Substance | 225 mg |
| Raw Pancreatic Substance | 225 mg |
| Raw Kidney Substance | 225 mg |
| Raw Heart Substance | 225 mg |
| Raw Thymus Substance | 225 mg |
| RNA (Ribo-Nucleic Acid) | 150 mg |

**50 TABS $10.00** **100 TABS $18.00**
**250 TABS $41.50** **500 TABS $77.00**

### the original 2 GRAM LIVER TABLETS (31 GRAIN)

Nothing matches desiccated liver for building strength, stamina and energy. Compare Marathon 2 Gram (31 grain) Argentine Beef Liver Tablets with your current liver supplement:

Each tablet contains:

| | |
|---|---|
| Desiccated liver | 2,000 mg. (31 grains) |
| B-12 | 50 mcg. |
| Protein 90% | 2 gr. |

Five protein-coated, easy swallow tablets provide:

| | |
|---|---|
| Argentine Beef Liver | 10,000 mg. |
| B-12 | 250 mg. |
| Protein | 250 mg. |
| Calories | 40 |
| Carbohydrates | 0 |
| Fat | 0.035 gr. |

**100 TABS $5.00** **250 TABS $11.00**
**500 TABS $21.00** **1000 TABS $39.00**

**Marathon nutrition glandular products are derived from specially selected (U.S.D.A. certified) Argentine bovine products — Are guaranteed to contain no preservatives, no artifical flavoring or coloring, no stilbestrol or other harmful chemicals.**
**The activity associated with Marathon glandular product is indigenous to the gland themselves. Processed tissue (dehydrated, defatted, and impurity free) at or below 17°C to retain the naturally occuring vitamins and enzymes.**

(see order form on reverse side)

**Ask for full disclosure pamphlet on the entire line of vitamins, minerals and supplements — another first by your quality nutrition company, MARATHON NUTRITION**

# marathon™ Nutrition Leads the Way. Compare our High Quality Products & Prices. Buy Marathon & Save $$$.

## A WORD ABOUT FREE-FORM AMINO ACIDS
### ISOLATED • CRYSTALLINE

After hard workouts recuperation is the key. Marathon Nutrition provides you with the latest breakthrough in this area. Either the 2½ gram or 1 gram formula will allow you to maintain the high-nitrogen balance required for tissue repair. These products, because of the free form crystalline process, allow you a 10-1 ratio of use over conventional amino acids and proteins. They make themselves directly available to the body's amino acid (protein) "pool" for use in tissue repair.

### SUPER POTENCY • FREE FORM AMINO ACID 2500 2½ GRAMS

Each tablet contains:

2500 mg. of FREE FORM AMINO ACIDS
Isolated & Crystalline

"250% more potent per tablet than any other free form amino acid product on the market today."
COMPARE & SAVE $$$

**50 TABS $8.50 100 TABS $15.00 250 TABS $33.75**
**500 TABS $64.50 1000 TABS/$125.00**

### FREE FORM AMINO ACID — ONE GRAM (1000 mg.)

Each tablet contains:

1000 mg. of FREE FORM AMINO ACIDS
Isolated & Crystalline

***"the original one gram formula"***

**100 TABS $7.75 250 TABS $17.25 500 TABS $32.50**
**1000 TABS $61.00**

### 6 GRAM (6000 mg.) AMINO-ACID COMPLEX POWDER

Each packet contains in powder form a total of 6 grams (6,000 mg.) of the 18 amino acids necessary for muscle growth. The amino acids (100% protein) are isolated, hydrolized & predigested for the highest possible utilization of any form of know protein. Use with all liquids (protein drinks, juice, milk, water & soups). Sprinkle on food or mix with gravies.

6 gram amino acid powder is an excellent drink to take before and during training or competition. It will insure the high protein blood levels necessary for a sustained high performance.

A NUTRITIONAL BREAK THRU
THAT WILL HELP YOU GAIN. IT WORKS!!

**14 DAY SUPPLY/$18.00 28 DAY SUPPLY/$34.00**

### L-ARGININE 500 mg.

Amino acid to stimulate muscular growth & burn fat.

**90 TABS $7.50 180 TABS $14.00 360 TABS $26.00**
**720 TABS $49.00**

### L-ORNITHINE 500 mg.

Amino acid to stimulate muscular growth & burn fat. Used as a catalyst in conjunction with L-Arginine. 2:1 ratio Arginine to Ornithine.

**90 TABS $11.25 180 TABS $21.00 360 TABS $39.00**
**720 TABS $76.00**

### L-LYSINE 500 mg.

A key amino acid for repair of tissue and muscular growth.

**250 TABS $8.00 500 TABS $15.00 1000 TABS $28.00**

### L-TRYPTOPHANE-500 mg.
***"Nature's Tranquilizer"***

A limiting amino acid essential for proper rest & helps nerves.

**30 TABS $6.75 60 TABS $12.50 90 TABS 17.75**

### L-PHENYLALANINE 500 mg.

An essential amino acid used as a natural 'diet control' and a natural mental stimulant. Combined with Spirulena to control appetite.

**50 TABS $6.50 100 TABS $11.75**

### SPIRULENA 500 mg.

Excellent source of protein from sea life. A great diet aid. Combine it with L-Phenylalanine for best results in dieting.

**100 TABS $6.00 250 TABS $13.00**

SUPER STRENGTH
### KLV & B-6
(Kelp, Lecithin, Applecider Vinegar & B-6)
THE FAT BURNER

**250 TABS $5.00 500 TABS $9.00**

### VITAMIN B-15
100 mg. Calcium Pangamate

**100 $6.00 200 CAPS $11.00**

### AMINO ACIDS
1 Gram (1000 mg.) Tablets

**50 TABS $4.00 100 TABS $7.00**

### MILK AND EGG PROTEIN
*Good taste easy mixing, highest protein efficiency*

**1 LB. $7.50**

—2 FOR 1 SALE —
### MAGNA-BOL
***"Naturally . . . there's an alternative to chemicals".***

Magna-Bol is a pure herb that helps convert testosterone to hydro-testosterone, which is the form of testosterone that the muscles utilize.

**100 TABS $17.00 250 TABS $36.00 500 TABS $65.00**

Buy 1st Bottle at the regular price
Get the 2nd Bottle (same size) **FREE**

Hi-Potency
### LIPO-TABS
(Lipotropic Tablets) Burn Fat — Breakdown Cholesterol

Three Tablets Contain:

| | | | |
|---|---|---|---|
| Choline | 1000 mg. | Vitamin B6 | 5 mg. |
| Inositol | 1000 mg. | Vitamin B12 | 100 mcg. |
| L-Menthionine | 100 mg. | Folic Acid | 400 mcg. |
| Betaine Hcl | 100 mg. | Pantothenic Acid | 100 mg. |
| L-Cystine | 100 mg. | P.A.B.A (Para-Aminobenzoic Acid) | 100 mg. |
| Lypase | 100 mg. | Nicacin | 50 mg. |
| Vitamin B1 | 5 mg. | Biotin | 100 mcg. |
| Vitamin B2 | 5 mg. | | |

**90 TABS $7.50 180 TABS $14.00 360 TABS $26.00**

### B-COMPLEX — 125 mg. TIME RELEASE

Each prolonged release tablet contains:

| | | | |
|---|---|---|---|
| Folic Acid | 400 mcg. | Biotin | 125 mg. |
| Vitamin B1 | 125 mg. | Pantothenic Acid | 125 mg. |
| Vitamin B2 | 125 mg. | Choline | 125 mg. |
| Niacinamide | 125 mg. | Inositol | 125 mg. |
| Vitamin B6 | 125 mg. | Paba | 125 mg. |
| Vitamin B12 | 125 mg. | | |

In a base containing Lecithin, Yeast, Watercress, Alfalfa and Rice Polish.

**60 TABS $7.50 90 TABS $10.75**
**180 TABS $18.75 360 TABS $33.75**

### B-COMPLEX-50 mg. CAPSULES

Each capsule contains:

| | | | |
|---|---|---|---|
| Folic Acid | 100 mcg. | Biotin | 50 mg. |
| Vitamin B1 | 50 mg. | Pantothenic Acid | 50 mg. |
| Vitamin B2 | 50 mg. | Choline | 50 mg. |
| Niacinamide | 50 mg. | Inositol | 50 mg. |
| Vitamin B6 | 50 mg. | Paba | 50 mg. |
| Vitamin B12 | 50 mg. | | |

In a base containing Lecithin, Yeast, Watercress, Alfalfa and Rice Polish.

**100 CAPS $5.75 250 CAPS $12.50 500 CAPS $23.50**

### B-COMPLEX-100 mg. CAPSULES

Each tablet contains:

| | | | |
|---|---|---|---|
| Folic Acid | 100 mcg. | Biotin | 100 mg. |
| Vitamin B1 | 100 mg. | Pantothenic Acid | 100 mg. |
| Vitamin B2 | 100 mg. | Choline | 100 mg. |
| Niacinamide | 100 mg. | Inositol | 100 mg. |
| Vitamin B6 | 100 mg. | Paba | 100 mg. |
| Vitamin B12 | 100 mg. | | |

In a base containing Lecithin, Yeast, Watercress, Alfalfa and Rice Polish.

**50 CAPS $7.00 100 CAPS $13.00 250 CAPS $29.00**

### MULTI-ONE WITH STRESS FACTORS

A One-a-Day High Potency Vitamin-Mineral Tablet.

**30 TABS $4.00 90 TABS $10.00 60 TABS $7.00**
**180 TABS $19.00 360 TABS $37.00**

### ONE-DAILY FORMULA 100 (sustained release)

A Multi-Vitamin & Mineral tablet featuring 100 mg. B. Complex & Amino Acid Chelated Mineral.

**30 TABS $5.25 60 TABS $10.00**
**90 TABS $14.00 180 TABS $26.50**

### SUPER BIO-C 2000
**sustained release Vitamin C Complex**

Formulated with naturally selected Rose Hips Powder, and Bioflavonoids which act as a catalyst for Vitamin C, helps maintain capillary integrity and heal muscle tissue.

Each tablet contains:

| | | | |
|---|---|---|---|
| Vitamin C | 1000 mg. | Bioflavonoids | 500 mg. |
| Rose Hips Powder | 500 mg. | Rutin | 50 mg. |

**100 TABS $7.00 250 TABS $15.25**

### VITAMIN C CRYSTALS

5000 mg. of Vitamin C per level teaspoon.

**8 OZ. $7.25 16 OZ. $13.25 32 OZ. $25.00**

### VITAMIN C-1000 mg. CAPSULES

With 150 mg. of Bioflavonoids per capsule.

**100 CAPS $7.00 250 CAPS $15.00**

TIMED RELEASE
### VITAMIN C-1000 mg.

With Rose Hips 150 mg. per tablet.

**100 TABS $5.25 250 TABS $11.75**
**500 TABS $22.00 1000 TABS $42.00**

### VITAMIN E 400 IU CAPSULES

d'alpha or mixed tocopherol (your choice).

**90 CAPS $5.00 180 CAPS $9.00 360 CAPS $16.00**

### MAX-A-MIN HIGH POTENCY MINERAL COMPLEX

Two tablets contain:

| | | | |
|---|---|---|---|
| Calcium | 1000 mg. | Copper | 3 mg. |
| Magnesium | 500 mg. | Selenium | 50 mcg. |
| Zinc | 22.5 mg. | Chromium | 20 mcg. |
| Potassium | 95 mg. | Betaine Hcl | 100 mg. |
| Iron | 30 mg. | Glutamic Acid Hcl | 100 mg. |
| Iodine | 150 mcg. | Vitamin D | 400 IU |
| Manganese | 10 mg. | | |

**180 TABS $7.25 360 TABS $10.25**

### CALCIUM & MAGNESIUM TABLETS

Essential to prevent cramping and usuing Vitamin C.

4 Tablets provide:

| | | | |
|---|---|---|---|
| Calcium (Oyster Shell) | 1000 mg. | Magnesium (Oxide) | 620 mg. |

**250 TABS $4.00 500 TABS $7.50 1000 TABS $14.00**

AMINO ACID CHELATED
### ZINC-50 mg.

"Essential in tissue repair & hormonal production."

**250 TABS $6.75 500 TABS $12.75**

### BREWERS YEAST TABLETS

7.5 grains (500 mg.)

**500 TABS $5.25 1000 TABS $9.75**

## SHOP BY PHONE OR MAIL

★ If you would like a complete list of Marathon Nutrition Vitamin, Mineral and Glandular Supplements, check here. ☐

| PRODUCT | SIZE | QTY. | PRICE | EXT. | PRODUCT | SIZE | QTY. | PRICE | EXT. |
|---|---|---|---|---|---|---|---|---|---|
| Gold Medal Dynamo Pack™ | | | | | Glandular Complex-2500 mg. | | | | |
| Gold Medal Pack™ | | | | | Glandular Complex-1500 mg. | | | | |
| Super Pack™ | | | | | Free Form Amino Acid-2500 | | | | |
| One Pack™ | | | | | Free Form Amino Acid-1000 | | | | |
| Glandular Complex-1200 mg. | | | | | | | | | |
| | | | | | | | | | |
| | | | | | TOTAL$ | | | | |

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☐ MasterCard ☐ VISA

Card No. _____

Expiration Date _____

**MARATHON NUTRITION**
1229 Via Landeta,
Palos Verdes Estates,
CA 90274

(213) 519-7111 / 375-3802

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for airfreight. Calif. residents
add 6% Sales Tax,
6½% L.A. County

## Augusta Open
### 26,27,28 Aug 83 — Augusta, GA

| | SQ | BP | DL | T |
|---|---|---|---|---|
| WOMEN | | | | |
| B. Carswell | 350 | 220 | 405 | 975 |
| J. Williams | 205 | 150 | 295 | 650 |
| M. Shealy | 225 | 110 | 250 | 585 |
| J. Reno | 200 | 105 | 250 | 555 |
| S. Walters | 195 | 130 | 245 | 570 |
| C. Revier | 240 | 125 | 260 | 625 |
| B. Pantyoa | 110 | 105 | 200 | 415 |
| M. Forbes | 200 | 100 | 275 | 578 |
| MASTERS | | | | |
| S. Zimmerman | 580 | 315 | 575 | 1470 |
| S. Langford | 515 | 330 | 600 | 1445 |
| L. Backer | 500 | 290 | 465 | 1255 |
| F. Rizzo | 450 | 305 | 545 | 1300 |
| R. Anderton | 480 | 295 | 480 | 1255 |
| R. Taylor | 420 | 250 | 480 | 1150 |
| TEENAGE | | | | |
| 123 | | | | |
| D. Scott | | | | |
| 148 | | | | |
| J. Atkins | 380 | 260 | 430 | 1070 |
| T. Naillon | 300 | 230 | 400 | 930 |
| G. Manly | 305 | 205 | 350 | 868 |
| 165 | | | | |
| B. Forbes | 405 | 215 | 455 | 1075 |
| K. Wike | 400 | 210 | 430 | 1040 |
| 198 | | | | |
| S. Conway | 480 | 340 | 505 | 1325 |
| B. Cutt | 465 | 275 | 490 | 1230 |
| 242 | | | | |
| A. Wentworth | 645 | 400 | 620 | 1665 |
| V. Sharpton | 500 | 305 | 505 | 1310 |
| CLASS II | | | | |
| 148 | | | | |
| R. Gambles | 435 | 315 | 430 | 1180 |
| A. Roman | 405 | 275 | 450 | 1130 |
| W. Richardson | 350 | 220 | 415 | 985 |
| T. Williams | 320 | 265 | 400 | 985 |
| 165 | | | | |
| R. Vigneault | 525 | 355 | 500 | 1380 |
| T. Myers | 485 | 300 | 565 | 1350 |
| K. Wike | 400 | 210 | 430 | 1040 |
| D. Brunson | 500 | 340 | 450 | 1290 |
| T. Whitton | 415 | 270 | 505 | 1190 |
| D. Jenkins | 350 | 300 | 475 | 1125 |
| J. McDonnald | 145 | 145 | 475 | 765 |
| E. Melton | 425 | | | |
| 181 | | | | |
| A. Yearby | 520 | 400 | 550 | 1470 |
| R. Glinski | 465 | 325 | 510 | 1300 |
| M. Jones | 450 | 480 | 545 | 1285 |
| R. McClain | 440 | 480 | 525 | 1245 |
| E. Byrd | 440 | 315 | 460 | 1215 |
| D. Williams | 390 | 315 | 420 | 1125 |
| D. Dorsey | 335 | 235 | 435 | 1005 |
| 198 | | | | |
| S. Cox | 535 | 310 | 560 | 1405 |
| S. McNeill | 490 | 275 | 480 | 1245 |
| B. Price | 415 | 350 | 435 | 1200 |
| 220 | | | | |
| P. Pauline | 600 | 380 | 620 | 1600 |
| K. Jordan | 580 | 365 | 580 | 1525 |
| R. Harris | 530 | 380 | 575 | 1485 |
| S. Langford | 515 | 330 | 600 | 1445 |
| M. Petrino | 580 | 300 | 530 | 1410 |
| T. Ulm | 435 | 315 | 505 | 1410 |
| 242 | | | | |
| M. O'Bryan | 725 | 440 | 545 | 1710 |
| M. Timmerman | 500 | 360 | 600 | 1460 |
| J. McClure | 525 | 315 | 570 | 1410 |
| V. Sharppton | 500 | 305 | 505 | 1310 |
| 275 | | | | |
| R. English | 600 | 375 | 550 | 1525 |
| J. Powell | 520 | 365 | 500 | 1385 |
| SHW | | | | |
| R. Cordle | 560 | 325 | 530 | 1415 |
| E. Shank | 410 | 280 | 500 | 1190 |
| OPEN | | | | |
| 114 | | | | |
| J. Reno | 200 | 105 | 250 | 555 |
| 123 | | | | |
| C. Dunbar | 470 | 315 | 375 | 1160 |
| 132 | | | | |
| R. Kea | 485 | 330 | 485 | 1300 |
| J. Williams | 205 | 150 | 295 | 650 |
| 148 | | | | |
| A. Alexander | 540 | 325 | 580 | 1445 |
| R. Cattone | 440 | 335 | 515 | 1290 |
| H. Coney | 450 | 260 | 515 | 1225 |
| 165 | | | | |
| T. Meyers | 485 | 300 | 565 | 1350 |
| T. Whitton | 415 | 270 | 505 | 1190 |
| M. Creel | 400 | 230 | 450 | 1080 |
| 181 | | | | |
| S. Pointer | 500 | 330 | 610 | 1440 |
| G. Hatfield | 550 | 360 | 490 | 1400 |
| 198 | | | | |
| B. Hopkins | 450 | 315 | 450 | 1215 |
| 220 | | | | |
| M. Jones | 715 | 415 | 650 | 1780 |
| R. Potts | 690 | 440 | 650 | 1780 |
| P. Pauline | 600 | 380 | 620 | 1600 |
| L. Collins | 550 | 275 | 555 | 1380 |
| 242 | | | | |
| D. Daniel | 645 | 405 | 700 | 1755 |
| M. O'Bryan | 725 | 440 | 545 | 1710 |
| J. Payne | 640 | 375 | 640 | 1655 |
| 275 | | | | |
| K. Payne | 690 | 505 | 620 | 1815 |
| J. Schulze | 590 | 415 | 605 | 1610 |
| R. English | 600 | 375 | 550 | 1525 |
| SHW | | | | |
| G. Crowe | 590 | 410 | 580 | 1580 |
| J. Majors | 600 | 440 | 535 | 1575 |

### TEEN BENCH

| | | | |
|---|---|---|---|
| 123 | | 220 | |
| D. Scott | 225 | B. Oliver | 345 |
| 148 | | 242 | |
| J Atkins | 260 | A. Wentworth | 400 |
| R. Casalino | 255 | T. Lingerfelt | 385 |
| T. Naillow | 230 | | |
| 198 | | | |
| L. Hogue | 350 | | |

### OPEN BENCH

| | | | |
|---|---|---|---|
| 114 | | J. Paschal | 340 |
| B. Pantoza | 105 | R. Glinski | 325 |
| 123 | | 198 | |
| C. Dunbar | 315 | L. Keyes | 460 |
| 132 | | C. Walker | 385 |
| R. Kea | 330 | 220 | |
| J. Williams | 150 | S. Nimmons | 470 |
| 148 | | P. Dicks | 405 |
| D. Bullock | 380 | M. Detrino | 300 |
| R. Attone | 325 | 242 | |
| T. Williams | 265 | S. Barfield | 475 |
| 165 | | D. Daniel | 405 |
| R. Bellamy | 370 | T. Lingerfelt | 385 |
| D. Jenkins | 300 | 275 | |
| 181 | | K. Payne | 505 |
| J. Walden | 410 | T. Bell | 460 |
| A. Yearby | 400 | R. English | 375 |

'Seven competitions at one meet was the order of the day at Tom King's Augusta Open. With one raised center platform and thousands of spectators, lifters in all categories set new records and standards. First place Bonita Carswell from Coffee's gym was also a winner in the women's natl weightlifting this year. My daughter-in-law Judy Reno placed fourth (first open 114 lb class), despite severe injuries which had prevented her from training (or sleeping) for weeks prior to the meet. Steve Zimmerman won first in the masters but waas disappointed when he hitched in the completion of a low 600 lb squat (his 1st). Steve Langford could hardly contain his glee with a 600 lb lift since Zimmerman and Rizzo were favored to crack it first. Many fine newcomers were entered in the Class II event with Robert Vigneault 165-1380 total and Alvin Yearby 181-1470 total walking away with best lifter trophies. Open competition with the likes of Chuck Dunbar 123-1160 total, Randall Kea 132-1300 total, Ausby Alexander 148-1445 total, Mike Jones 220-1780 total; Kevin Payne 275-1815 total and finally a man who in his first competition and less than 3 months training totaled 1575 as a new superheavy Joe Majors (I'd like to work with Joe for six months, three days a week - look out Kaz). Open and teenage bench competitions were lively tho our world class lifters were not present. The teenage power competitors were few in number but best lifters Stan Conway 198-1325 total and Allen Wentworth 242-1665 total show great promise. Many thanks to Bubba Granade, Priscilla Wazni, Steve Langford, Randall Kea and many others too numerous to mention who worked selflessly to provide a fine smoothly run event. Thanks to Richard Reno for results.

**Women's Armed Forces Team**...the men of the U.S. Armed Forces had a fine team at both the Juniors and Seniors this year, so why not have a team for the Women's Nationals in Austin next January? The effort is being made and those women in the Armed Forces who are interested (and who have made or are able to make the qualifying totals for the Women's Nationals) should contact HQ AF MPC/MPC SON, Randolph Air Force Base, Texas 78150, or call Chief Lackey at 512-652-3471 or 3037 for details.

**All Army Training Camp**...this camp to establish a team for the Armed Forces Championships will be conducted at Fort Bragg, North Carolina (probably sometime in January). Lifters interested in trying out should contact their post Morale Support Activity Office for applications and further information. Lifters should include on their applications; Best Squat, Bench Press, Deadlift, Total, the date, name, and location of the contest, bodyweight, and other information they feel is important. The coach of the All-Army Powerlifting team is SP4 James C. Hart, Box 2545, APO Miami 34004.

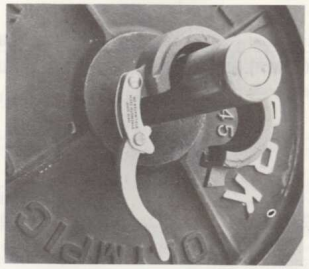



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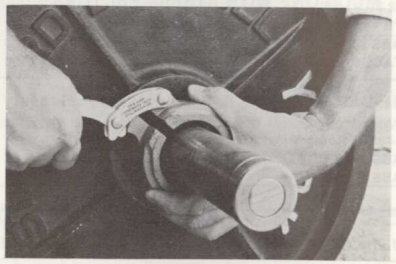
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**Qualifying Total RULES**...the qualifying totals for the 1984 Senior Nationals and (Junior) Nationals published in the October issue of PL USA as pending Executive Committee approval have been approved along with the following applicable stipulations: 1. Those who have won the National or Senior National Championships are no longer eligible to compete in the National Championships. 2. Entries must be postmarked three weeks prior to the event, although one may qualify after posting his entry. Entry fees are not refundable. 3. Any lifter who places in the top three in his weight class at the Senior Nationals shall be deemed qualified **In that weight class**, for the following year's Seniors.

**Correction**...the John Craft referred to in our report on the ADFPA Nationals and in the listing of the ADFPA National records is actually ROBERT Craft. We apologize to Mr. Craft for the error.

## Minnesota Law Enforcement Championships - 2 OCT 1983
### Crystal, Minnesota

| | SQ | BP | DL | T |
|---|---|---|---|---|
| WOMEN | | | | |
| 132 | | | | |
| L. Quinn | 205 | 125 | 250 | 580 |
| M. Woehrle | 130 | 80 | 200 | 410 |
| MEN UNDER 40 YRS | | | | |
| 140 | | | | |
| B. Emerson | 200 | 170 | 270 | 640 |
| 165 | | | | |
| P. Guertin | 360 | 280 | 340 | 980 |
| J. Estevez | 310 | 250 | 380 | 940 |
| 181 | | | | |
| R. Thomas | 385 | 310 | 485 | 1180 |
| M. Server | 405 | 280 | 465 | 1150 |
| B. Kasbohm | 325 | 270 | 405 | 1000 |
| T. Bowe | 290 | 290 | 385 | 965 |
| 198 | | | | |
| B. Johnson | 440 | 325 | 510 | 1275 |
| M. Cruce | 360 | 280 | 470 | 1110 |
| M. Schrader | 335 | 205 | 425 | 965 |
| S. Wood | | | | |
| 220 | | | | |
| S. Johnson | 535 | 310 | 635 | 1480 |
| R. Garvey | 315 | 330 | 415 | 1060 |
| G. Meyers | 340 | 275 | 415 | 1030 |
| D. Brown | 260 | 230 | 400 | 890 |
| 242 | | | | |
| D. Lazenberry | 420 | 265 | 550 | 1235 |
| C. Bambenek | 320 | 275 | 400 | 995 |
| B. Bottema | 250 | 260 | 425 | 935 |
| B. Moir | 250 | 315 | 240 | 915 |
| 242 | | | | |
| D. Gillogly | 520 | 315 | 620 | 1455 |
| MEN OVER 40 YRS | | | | |
| 198 | | | | |
| P. Markert | 320 | 215 | 405 | 940 |
| 242 | | | | |
| L. Kappeller | 425 | 220 | 515 | 1270 |

'Larry Kappeller from Hennepin Co Sheriff was the most impressive lifter as he increased his 3 lifts by 320 lbs from his previous meet held in Feb 83. The team of Bruce Johnson, Mpls PD, Rick Thomas, Mpls RD, Bud Emerson, Mpls PD, Steve Johnson, UofM PD, and Dayvid Gillogly, Cloquet PD, took the best team trophy. They beat out the team consisting of lifters from Hennepin Co Sheriff and Champlin PD. The 1st annual Upper Midwest Regional Law Enforcemt Pl championships will be held on Sun, Mar 4, 1984 at the Bierman Athletic Bldg. Anyone interested in entering should contact Bruce Johnson, 6526-45th Av No. Crystal, Mn 55428, (612) 533-4548-348-2655. Thanks to Bruce Johnson for results.

## Ambridge Open
### 9/24/83 (kilos) — Ambridge, Pa

| | SQ | BP | DL | T |
|---|---|---|---|---|
| 114 | | | | |
| T. Parulski | 85 | 47.5 | 100 | 232.5 |
| G. Little | 82.5 | 40 | 110 | 232.5 |
| 123 | | | | |
| M. Boston | 130 | 100 | 182.5 | 412.5 |
| P. Gennaro | 137.5 | 85 | 182.5 | 405 |
| D. Smith | 132.5 | 80 | 152.5 | 365 |
| P. Ritchey | 110 | 60 | 130 | 330 |
| L. Sherman | 92.5 | 45 | 100 | 237.5 |
| N. Paterniti | | | | |
| 132 | | | | |
| T. Borgia | 175 | 117.5 | 175 | 467.5 |
| S. Simon | 180 | 112.5 | 162.5 | 455 |
| S. Jackson | 160 | 87.5 | 157.5 | 405 |
| M. Wingerter | 127.5 | 75 | 170 | 372.5 |
| R. Desantis | | | | |
| 148 | | | | |
| R. Gaunt | 205 | 125 | 192.5 | 522.5 |
| S. Phillips | 182.5 | 100 | 200 | 482.5 |
| J. Rathbun | 172.5 | 95 | 192.5 | 460 |
| J. Campbell | 150 | 105 | 182.5 | 437.5 |
| J. Miller | 142.5 | 127.5 | 157.5 | 427.5 |
| S. Walker | 150 | 95 | 177.5 | 422.5 |
| B. Williams | 150 | 95 | 175 | 420 |
| 165 | | | | |
| C. Kuhni | 212.5 | 152.5 | 215 | 580 |
| D. Reed | 220 | 132.5 | 220 | 572.5 |
| K. Silvestro | 195 | 135 | 215 | 545 |
| A. DeMatteo | 210 | 122.5 | 200 | 532.5 |
| V. Connors | 197.5 | 105 | 215 | 517.5 |
| M. Perozzi | 147.5 | 132.5 | 200 | 480 |
| M. Fetcho | 147.5 | 87.5 | 192.5 | 422.5 |
| 181 | | | | |
| T. Kamand | 277.5 | 167.5 | 257.5 | 702.5 |
| J. Orengia | 247.5 | 142.5 | 285 | 675 |
| S. Nervo | 250 | 162.5 | 2227.5 | 640 |
| J. Kilsiki | 227.5 | 147.5 | 232.5 | 607.5 |
| B. Purvis | 205 | 142.5 | 260 | 607.5 |
| D. Humiston | 192.5 | 140 | 192.5 | 525 |
| S. Owoc | 157.5 | 117.5 | 192.5 | 467.5 |
| J. Williams | 165 | 107.5 | 190 | 462.5 |
| D. Sells | 157.5 | 127.5 | 175 | 460 |
| B. Schrecongost | 145 | 107.5 | 202.5 | 440 |
| B. Kehoe | | | | |
| B. Williams | | | | |
| M. Torrie | | | | |
| 198 | | | | |
| D. Kushner | 265 | 157.5 | 277.5 | 700 |
| M. Solomon | 222.5 | 162.5 | 247.5 | 632.5 |
| T. Danahy | 240 | 150 | 240 | 630 |
| T. Gage | 227.5 | 152.5 | 245 | 625 |
| K. Zulick | 227.5 | 140 | 250 | 617.5 |
| M. Wright | 212.5 | 117.5 | 215 | 545 |
| R. Smith | | | | |
| B. Fiumara | | | | |
| 220 | | | | |
| T. Vargas | 305 | 197.5 | 297.5 | 800 |
| M. Fuscaldo | 292.5 | 187.5 | 282.5 | 762.5 |
| D. Petrie | 255 | 152.5 | 262.5 | 670 |
| D. Fordyce | 245 | 152.5 | 250 | 647.5 |
| L. Wysoiki | 242.5 | 165 | 210 | 617.5 |
| J. Bartley | 232.5 | 137.5 | 242.5 | 612.5 |
| D. McCoy | 227.5 | 145 | 227.5 | 600 |
| B. Stanko | 207.5 | 142.5 | 220 | 570 |
| W. Glasser | 190 | 130 | 220 | 540 |
| G. Gilliam | | | | |
| P. Antinopoulos | | | | |
| M. Thower | | | | |
| M. Martino | | | | |
| 242 | | | | |
| C. Iorio | 317.5 | 195 | 295 | 802.5 |
| D. Abramson | 292.5 | 182.5 | 290 | 765 |
| D. McCandless | 242.5 | 195 | 277.5 | 715 |
| E. Bobnar | 260 | 175 | 265 | 700 |
| G. Boyd jr | 200 | 147.5 | 260 | 607.5 |
| G. Moodie | 220 | 152.5 | 227.5 | 600 |
| E. Ballinger | | | | |
| A. Emerick | | | | |
| 275 | | | | |
| T. Bentley | 347.5 | 232.5 | 65 | 750 |
| SHW | | | | |
| C. Ashcroft | 272.5 | 150 | 247.5 | 670 |

Outstanding lifter ltwt: C. Kuhni, hvy: T. Vargas, outstanding teenager: 1st: S. Simon, 2nd: M. Perozzi, 3rd: J. Rathbun, outstanding women: P. Ritchey (st record 123 lb 60 kg BP), Gina Little, L. Sherman; team trophy: Presque Isle powermen (am and pm). Outstanding teens (eve), S. Owoc, M. Torrie, N. Blyshak, outstanding masters: B. Purvis, D. McCoy, C. Iorio. Many thanks to all who helped me to make this meet possible: Randy Marshall, W. Burton, H. McCoy, D. Flanagan, D. David, S. Carouy, H. Siling, J. Buffalini, J. Turner, F. Kirk, G. Devitis, R. Montini, A. Montini, B. McDonough, B. Klein, B. Chetlin, E. Nagy. R. McCoy, A. Siegel, J. Orengia, the ladies in the kitchen and anyone else I may have overlooked, and the lifters who came and participated as well.' Thanks to Tony Pharr, meet director, for results.


# 1983 Junior World
## Powerlifting Championships
### Victory Park Auditorium

Saturday, December 17
&
Sunday, December 18

*Spectators welcome.*
*Tickets $5 at the door.*

MIKE STEIN
17011 N.E. 19th Avenue
North Miami Beach, FL
(305) 948-2927


**Junior World Powerlifting Championships**...the meet was originally set for Allentown, Pennsylvania but due to loss of the intended meet site and sponsorship, Jake Boyer decided not to undertake the event if it wasn't going to turn out first class. Fortunately, Mike Stein of the City of North Miami Beach Parks and Recreation Department scrambled around and made the arrangements to take the contest. The change in venue was agreed to by the IPF and 15-20 competitors from Europe are expected. The Scandinavian countries, particularly, seem to have a good Junior (age 23 and under) program and many of the lifters will probably be from those nations. Most, if not all, of them will be paying their own way to this inaugural international championship event, and lifting fans from all over, and certainly those in Florida, are encouraged to come out and support this event and the competitors with the attendance at the competition. The U.S. team for this event has been selected, mainly from our teenage and collegiate ranks, consisting of lifters prepared to pay their own way to the competition. At press time, the team consisted of Mark Ferrera of Tampa, Florida at 114, Ralph Caputo of Taylor, Pennsylvania at 123, Annais Covington of Raleigh, North Carolina, Davy Davis of Pascagoula, Mississippi at 148, James Bolin of Joliet, Illinois at 165, Vinson Keyhea of Gulfport, Mississippi in the 181s, Kevin Shepard of Denver, Colorado at 198, Ronnie Tullis of Troy, Alabama at 220, and Thor Kritsky of Blacksburg, Virginia at 242. One additional team member was still being sought in order to make ours a full complement of 10 lifters. By the way, this will be a full IOC/IPF drug tested competition and is reportedly a competition concept that is very seriously supported by the IPF. For further information about the event contact Mike Stein at the address given in his advertisement regarding the contest Dec. 17 and 18.

## Upcoming National Meet Qualifying Totals

| *Men's Contests* | *114* | *123* | *132* | *148* | *165* | *181* | *198* | *220* | *242* | *275* | *SHW* |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1984 Senior Nationals | 925 | 1074 | 1165 | 1405 | 1603 | 1714 | 1824 | 1912 | 1956 | 2066 | 2022 |
| 1984 Junior Nationals | 860 | 1019 | 1120 | 1383 | 1535 | 1669 | 1736 | 1870 | 1900 | 1967 | 1906 |
| 1984 National Collegiates | 799 | 898 | 1036 | 1201 | 1366 | 1477 | 1598 | 1609 | 1631 | 1653 | 1675 |
| YMCA Nationals | 981 | 1064 | 1146 | 1279 | 1400 | 1505 | 1593 | 1675 | 1736 | 1786 | 1857 |

| *Women's Contests* | *97* | *105* | *114* | *123* | *132* | *148* | *165* | *181* | *198* | *SHW* |
|---|---|---|---|---|---|---|---|---|---|---|
| 1984 Women's Nationals | 518 | 562 | 606 | 661 | 705 | 744 | 772 | 794 | 804 | 816 |
| 1984 National Collegiates | 419 | 463 | 507 | 551 | 595 | 639 | 661 | 683 | 699 | 716 |
| YMCA Nationals | 579 | 623 | 667 | 711 | 749 | 827 | 893 | 959 | 1025 | 1080 |

# TRAINING

## BRITISH TRAINING METHODS

*by Andy Kerr*

Before considering how and if training methods are different in Britain compared to the United States it is necessary to compare the national federations. The USPF is defined by its title; it is a Powerlifting federation. In Britain, Powerlifting is run by the British Amateur Weightlifters Association Ltd (BAWLA). BAWLA is involved in many different activities based on the lifting of weights. First and foremost it is concerned with Olympic weightlifting, secondly Powerlifting and thirdly various contests based on some or all of the twenty six different lifts officially recognized. At a non competitive level BAWLA is also involved in promoting weight training as an end in itself and as training for other sports. BAWLA is developing weight lifting and weight training in schools and powerlifting and weight training in the prisons and detention centers.

Many of the coaches, referees and administrators in Britain are involved in several of these various activities. By some opinions, this leads to a dilution of effectiveness. Other officials have a strong personal preference for one form of weightlifting or the other. This leads to clubs and even divisions becoming biased to one aspect of the lifting scene.

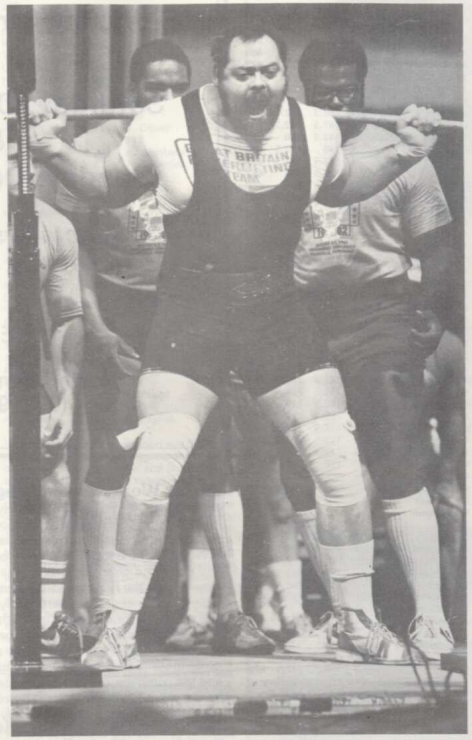
BAWLA administers a comprehensive coaching scheme. The lowest level for teachers and others concerned with working with young people is entirely weight lifting/weight training oriented. The basic coaching grade is Instructor. The Instructor course is held over two weekends or a week and has an exam in four parts.

A typical course program would show the following break up of time allocation:

*Weightlifting theory: 3 hr. 15 min.*
*Weightlifting practical: 2 hrs. 20 min.*
*Weight training practical: 2 hrs. 30 min.*
*Mechanics/Kinesiology/Anatomy: 1 hr.*
*Weight training theory & schedules: 1 hr.*
*Weight lifting training plans: 1 hr.*
*Powerlifting theory: 1 hr.*
*Powerlifting practical: 1 hr.*
*Practical exams: 1 hr.*
*Theory exams: 4 hrs.*

While much of the theory is of a general nature and useful to the study of Powerlifting, it can be seen that Powerlifting only gets 10 percent allocation. Typically the theory exam includes only one question on Powerlifting. The favorite one is 'How might a knowledge of anatomy and mechanics assist the powerlifter to achieve best results in bench pressing. From experience the Power content of the course gets squeezed for time as the other items overrun. Unfortunately many, but not all, powerlifters are dissuaded from obtaining the Instructor's certificate by the vast amount of study and practical work on the snatch and the clean and jerk that is necessary before taking the examination.

The level above Instructor is 'Coach.' The stated objective of the Coaching course is to train BAWLA Instructors in all aspects of weight lifting. There is no specific Powerlifting item on the syllabus, but certain topics are relevant to powerlifting such as basic physiology, sports psychology, diet, bodyweight control, avoidance and treatment of injury, coach-lifter relationships, team management, duties of coach prior to, and during competition. However, a solid half of the Coaching course is Olympic lifting and the other topics are discussed primarily as they relate to weightlifting.



***Andy Kerr** squatting at the 1982 National Cup Meet in Tennessee.*

The Instructor's certificate is a prerequisite for obtaining many paid jobs in adult education and recreation establishments. The Coaching certificate does not hold out the prospect of a bigger pay check and most Powerlifting instructors are not willing to make the investment in time and money necessary for something which makes so little in the way of direct reference to Powerlifting.

Senior Coach is an appointment in that candidates are invited to sit for the exam by the BAWLA Coaching Committee on assessment of their work. The exam consists of assisting on Instructors courses and presenting a paper on one or two subjects selected by the Coaching Committee. At this level the Coach would be given questions on his work. That is, a Power Coach would be given questions related to Powerlifting. Above Senior Coach is Staff Coach. This is a small band of elite coaches. They are qualified to run Instructors courses. Candidacy is by invitation and a thesis must be submitted. Above these is the Director of Coaching and National Coach, John Lear. An immensely experienced man, he has been to just about every single World, European and Olympic weightlifting championships in the last twenty years.

The Coaching Committee is one of the most important committees of BAWLA. It is composed of a selection of Staff Coaches from whom are drawn the coaches for international duty. George Leggett, the British Powerteam coach is a Staff Coach. Arthur White and I are Senior Coaches. Eddie Pengelly is an Instructor as are Suzanne Smith and Janis Kerr.

In summary, BAWLA has an admirable coaching scheme. It is, however, heavily oriented towards Olympic lifting and this is to the disadvantage of the Power men. Also, the situation is unlikely to change as the Coaching Committee is, save for George Leggett, totally dominated by those concerned with Olympic lifting. There is a Powerlifting Committee but it is not involved with the coaching scheme.

George Leggett and John Lear produced a Powerlifters Manual some years ago. This had the virtue of being cheap, $1.50, but the limitatino of being very basic. For example, no mention was made of wraps or suits. In the last year or so a new version has come out with improved illustrations and a $4.50 price tag but, sadly, with only slight revision of the text. Little more can be expected. The Coaching Committee does not seem very interested. It is almost an unstated policy that there is nothing to Powerlifting, and it is so simple it can be taught to monkeys.

Over the years British (now International) Powerlifting Magazine has carried a number of articles on coaching and training by Graham Miller, Peter Fiore, myself and a number of others. However, it has to be said that a large proportion of our lifters read nothing about Powerlifting on a regular basis. Most gyms have copies of International Powerlifter, Strength Athlete (mainly Olympic lifting) and various muscle mags floating around. The books of Pacifico, Hatfield, Kazmaier, etc. are on sale at a couple of outlets. Regrettably PL USA has not made a great impression in Britain despite my recommendations.

Each Powerlifting Club tends to have a leader, either a forceful coach or a good lifter with a strong personality. The bulk of the other lifters base their programs on the ideas of the leader. Of course, there are always a couple of dissenters, for example, one basing his ideas on the latest issue of MUSCLE & FITNESS; the other on a chat he had with Ron Collins in a bar ten years ago.

As to be expected in an organization such as BAWLA the influence of weight lifting training theories is quite strong. I would say that at the moment the national training plan of 1973 based on Ken Price's four month scholarship to a Hungarian training camp in 1972, which is very strong on 5x3 and 3x5 type work, has a fairly large influence.

The Bulgarian "Stress Day" ideas of about 1975 which have a Powerlifting counterpart in Ernie Frantz's flat out, maximum Saturday workouts have some adherents. More modern weightlifting training regimes involving several sessions a day totaling up to 6 hours training per day are as Ken Leistner has recently said not suitable for Powerlifters. It is questionable whether they are suitable for Olympic lifters; they seem to be washed up at 22 or 23 these days in Bulgaria. Of course, when looking at any Eastern European article one should be constantly on the lookout for "disinformation", but this also applies to any Western article too. Many authors 'gild the lily' or indulge in some 'wishful thinking' when they describe what they do in training.'

Summing up all these influences, most Powerlifters in Britain train three to four times a week, any extra sessions done by lifters with a dull social life tend to consist of low grade bodybuilding exercises.

Repetitions on the three power lifts tend to be in the one to five range excluding warm ups. A number of influential lifters, Ron Collins, Peter Fiore and Dave Carter advocated training on singles only once above a moderate weight of about 70%. The principle in this case being that if reps were done, concentration on each rep was reduced and form was lost progressively through the set, thus inhibiting development of correct neuromuscular pathways and increasing the risk of injury. It should be noted that the three men mentioned above are all veterans who have suffered one or more serious injuries, and personally I feel their training on singles was an adaption to age and infirmities. Certainly, while in his thirties Ron Collins would get up to 5x650 on the deadlift while some years later, in his forties, he would only do singles with weights over 600. Now he is in South Africa and has improved amazingly once again, and I wonder whether he has once again modified his training.

The typical British training pace tends to be slow. Cardio-vascular fitness tends to be neglected in many cases as, in my opinion, is nutrition. Of course, there will be British lifters and coaches who will take exception to what I say, maintaining that at least in their neck of the woods I don't know what I'm talking about. Of course, this is true, but in general, we in Britain have a large number of lifters of fairly average ability without a great dedication to the sport. This puts us at a serious disadvantage to the US, who quite apart from the greater number of participants, have a much larger proportion of lifters of outstanding ability plus ambition.

I feel that if BAWLA regulations had allowed Ron Collins to market himself like Pacifico, Bridges, Crain, etc. the sight of him getting something out of the sport would have acted as an incentive to our potential champions. As it is, we are stuck with Olympic rules on amateurism. This means about all you can get out of the sport are plastic trophies and arthritis. The proof of the pudding is that for the past two years few of our international lifters have been challenged domestically.

***"to Powerlifting"***

### Rocky Mountain Ath. Center Open
### 10/1,2/83 - Roy, Utah (kilos)

| | SQ | BP | DL | T |
|---|---|---|---|---|
| WOMEN | | | | |
| J. Trujillo(80.3) | 230 | 87.5 | 195 | 512.5 |
| L. Shendow(55.9) | 140 | 87.5 | 140 | 367.5 |
| B. McGee(65) | 100 | 60 | 142.5 | 302.5 |
| Patterson(63.1) | 95 | 57.5 | 115 | 267.5 |
| J. Baugh(55.3) | 87.5 | 47.5 | 100 | 235 |
| MEN | | | | |
| 60kg | | | | |
| T. Condiff | 157.5 | 105 | 167.5 | 430 |
| D. Fernelius | 90 | 72.5 | 135 | 297.5 |
| 67.5kg | | | | |
| J. Trujillo | 212.5 | 112.5 | 192.5 | 517.5 |
| M. Archuleta | 200 | 120 | 192.5 | 512.5 |
| R. Holland | 185 | 100 | 212.5 | 497.5 |
| L. Brooks | 170 | 107.5 | 177.5 | 455 |
| D. Burkes | 140 | 110 | 190 | 440 |
| 75kg | | | | |
| Q. Millington | 250 | 117.5 | 250 | 617.5 |
| B. Dennehy | 220 | 147.5 | 230 | 597.5 |
| J. Barthel | 202.5 | 127.5 | 227.5 | 557.5 |
| S. Posselli | 195 | 140 | 207.5 | 542.5 |
| T. Miller | 190 | 105 | 225 | 507.5 |
| T. Alexander | 177.5 | 130 | 190 | 497.5 |
| K. Adams | 150 | 115 | 180 | 445 |
| S. Rhees | 135 | 90 | 170 | 395 |
| 82.5kg | | | | |
| E. Montoya | 250 | 165 | 292.5 | 707.5 |
| M. McIntyre | 237.5 | 135 | 227.5 | 600 |
| K. Sweat | 190 | 135 | 245 | 570 |
| G. Stafford | 197.5 | 122.5 | 230 | 550 |
| D. Racine | 197.5 | 135 | 215 | 547.5 |
| C. Olson | 170 | 125 | 200 | 495 |
| M. Roddom | 130 | 100 | 185 | 415 |
| 90kg | | | | |
| N. Davis | 215 | 182.5 | 255 | 652.5 |
| J. Haycock | 235 | 137.5 | 260 | 632.5 |
| M. Evans | 232.5 | 150 | 250 | 632.5 |
| K. Kreutzer | 212.5 | 125 | 242.5 | 580 |
| J. Luthy | 207.5 | 130 | 227.5 | 565 |
| C. Hennefer | 212.5 | 122.5 | 220 | 517.5 |
| G. Long | 175 | 122.5 | 220 | 517.5 |
| J. Cunningham | 180 | 107.5 | 227.5 | 515 |
| 100kg | | | | |
| C. Drecksel | 305* | 195 | 302.5* | 802.5* |
| M. Ellingson | 260 | 172.5 | 292.5 | 725 |
| R. Gardner | 225 | 147.5 | 257.5 | 630 |
| D. Shock | 240 | 157.5 | 230 | 627.5 |
| G. Shepard | 205 | 132.5 | 227.5 | 565 |
| M. Sekulich | 235 | 132.5 | 295 | 562.5 |
| W. Bond | 197.5 | 117.5 | 227.5 | 542.5 |
| R. Puzar | 205 | 125 | 210 | 540 |
| 110kg | | | | |
| E. Shernian | 300 | 177.5 | 332.5* | 810 |
| B. Brigham | 282.5 | 212.5 | 260 | 755 |
| L. Brumley | 275 | 182.5 | 275 | 732.5 |
| F. Domowitz | 182.5 | 200 | 215 | 597.5 |
| B. Querubin | 230 | 132.5 | 220 | 582.5 |
| J. Fiefia | 90 | 217.5 | | |
| 125kg | | | | |
| R. Woolley | 322.5 | 215 | 295 | 832.5 |
| D. Fa | 317.5 | 197.5 | 265 | 780 |
| B. Stoddard | 227.5 | 155 | 272.5 | 655 |
| T. Martino | | | | |

* Utah state record; Best teenage lifter Saturday: J. Trujillo, Sunday: Q. Millington; best novice: Sat: D. Fa, Sun: B. Brigham; Best master lifter: Sat: David Fa; Best SQ: Sat: R. Woolley, Sun: Q. Millington; Best BP: Sat: R. Woolley, Sun: B. Brigham; Best DL: Sat: E. Montoya, Sun: E. Sheranian, best lifter Sat: C. Drecksel, Sun: E. Sheranian. thanks to Jan Shendow for results.

### Findlay Class II & Womens Classic
### 21 May 83 Findlay, OH

| | SQ | BP | DL | T |
|---|---|---|---|---|
| WOMEN | | | | |
| 97 | | | | |
| L. Cecil | 145 | 85 | 265 | 485 |
| S. Strezze | 165 | 85 | 210 | 460 |
| S. Meyer | 200 | | | |
| 114 | | | | |
| J. Pacyga | 275 | 125 | 335 | 735 |
| L. Hancock | 190 | 115 | 250 | 565 |
| B. Meiser | 160 | 85 | 255 | 515 |
| 123 | | | | |
| L. Cumbo | 235 | 120 | 300 | 655 |
| K. Meyers | 205 | 85 | 255 | 545 |
| R. Mattingly | 185 | 85 | 260 | 530 |
| N. Benson | 135 | 80 | 175 | 390 |
| 132 | | | | |
| M. Insley | 280 | 110 | 300 | 690 |
| D. Ramirez | 185 | 90 | 225 | 500 |
| 165 | | | | |
| M. Waaland | 240 | 105 | 270 | 635 |
| 181 | | | | |
| B. Laundeman | 325 | 175 | 350 | 850 |

Outstanding lifter was Jeanna Pacyga and Black's Health World took women's team trophy.

| | | | | |
|---|---|---|---|---|
| MEN | | | | |
| 114 | | | | |
| S. Blank | 310 | 180 | 340 | 830 |
| 123 | | | | |
| R. Cook | 300 | 165 | 360 | 825 |
| D. Smith | 285 | 165 | 325 | 775 |
| J. Orengia | 270 | 140 | 310 | 720 |
| A. Metzinger | 270 | 140 | 310 | 720 |
| B. Vales(gst) | 335 | 215 | 430 | 980 |
| 132 | | | | |
| W. Morris | 350 | 220 | 410 | 980 |
| M. Freecorn | 310 | 185 | 440 | 935 |
| A. VanDyke | 335 | 200 | 375 | 910 |
| F. Witfoth | 275 | 210 | 375 | 860 |
| D. Bacon | 275 | 175 | 350 | 800 |
| J. Morey | 240 | 165 | 330 | 735 |
| 148 | | | | |
| R. Bancroft | 400 | 285 | 465 | 1150 |
| K. Rhodes | 450 | 270 | 405 | 1125 |
| W. Baird | 410 | 270 | 440 | 1120 |
| T. Mansen | 400 | 275 | 445 | 1120 |
| R. Graham | 375 | 285 | 450 | 1110 |
| C. Martino | 350 | 250 | 460 | 1060 |
| J. Bruner | 365 | 260 | 425 | 1050 |
| R. Iredale | 370 | 250 | 400 | 1020 |
| R. Abrams | 340 | 215 | 425 | 980 |
| D. Barga | 350 | 225 | 400 | 975 |
| J. Rathbun | 360 | 210 | 385 | 955 |
| W. Crescentini | 270 | 210 | 385 | 865 |
| E. Gibson | 335 | 155 | 350 | 840 |
| S. Solis | 315 | | | |
| R. Koontz | | | | |
| J. Kenyon | | | | |
| G. Cooper | | | | |
| 165 | | | | |
| M. Collins | 420 | 325 | 500 | 1245 |
| D. Vozel | 405 | 300 | 515 | 1220 |
| T. McGowan | 415 | 315 | 470 | 1200 |
| D. Neff | 435 | 260 | 500 | 1195 |
| K. Steele | 430 | 260 | 480 | 1170 |
| G. Ball | 370 | 270 | 510 | 1150 |
| F. Goodrich | 395 | 280 | 450 | 1125 |
| K. Harrington | 400 | 260 | 460 | 1120 |
| R. Sanchez | 415 | 240 | 465 | 1110 |
| J. Patton | 400 | 235 | 445 | 1080 |
| J. Hundt | 390 | 230 | 450 | 1070 |
| T. Gilmore | 340 | 265 | 440 | 1045 |
| J. Kusar | 370 | 245 | 430 | 1045 |
| M. McGuire | 390 | 195 | 450 | 1035 |
| J. Heilman | 370 | 215 | 425 | 1010 |
| J. Pelfrey | 350 | 230 | 425 | 1005 |
| J. Medina | 340 | 240 | 400 | 980 |
| F. Ramirez | 350 | 225 | 400 | 975 |
| D. Chopa | 290 | 220 | 460 | 970 |
| D. Bealer | 305 | 200 | 350 | 855 |
| R. Opperman | 300 | 185 | 350 | 835 |
| D. Trinko | 270 | 170 | 350 | 835 |
| E. Garner | | | | |
| F. Sidari(gst) | 480 | 355 | 490 | 1325 |
| 181 | | | | |
| B. Williams* | 525 | 375 | 535 | 1435 |
| R. Wohlgamuth | 485 | 305 | 545 | 1335 |
| L. Mintus | 510 | 320 | 500 | 1330 |
| K. Lantham | 510 | 325 | 490 | 1325 |
| M. Cury | 375 | 290 | 555 | 1320 |
| T. Putnam | 505 | 365 | 450 | 1320 |
| G. Willoughby | 500 | 265 | 525 | 1280 |
| R. Voss | 450 | 300 | 510 | 1260 |
| M. Barker | 450 | 255 | 540 | 1245 |
| M. McCraw | 415 | 280 | 470 | 1165 |
| W. Miller | 435 | 210 | 520 | 1165 |
| C. Romick | 390 | 275 | 430 | 1095 |
| R. Cotton | 400 | 230 | 450 | 1080 |
| N. Smith | 395 | 245 | 440 | 1080 |
| D. Dague | 355 | 240 | 475 | 1070 |
| D. Stover | 320 | 270 | 435 | 1035 |
| G. Decamp | 340 | 175 | 390 | 905 |
| J. Dogariu | 230 | 270 | 380 | 880 |
| S. Nagy | 315 | 185 | 290 | 780 |
| W. Kiser | 400 | 325 | | |
| D. Zerycki | | | | |
| R. Klohe | | | | |
| 198 | | | | |
| G. Grodin | 510 | 395 | 525 | 1430 |
| J. Kusar | 540 | 330 | 530 | 1400 |
| R. VanWey | 500 | 320 | 550 | 1370 |
| R. Davis | 500 | 280 | 570 | 1350 |
| C. Paros | 485 | 320 | 540 | 1345 |
| D. Blatnik | 500 | 350 | 485 | 1335 |
| T. Hundt | 470 | 315 | 530 | 1315 |
| K. Sheffel | 430 | 305 | 540 | 1275 |
| A. Morales | 465 | 275 | 530 | 1270 |
| G. Hezler | 400 | 225 | 500 | 1125 |
| P. Towson | 400 | 245 | 460 | 1105 |
| T. Workman | 330 | 245 | 375 | 950 |
| N. Kirkendall | 440 | | | |
| 220 | | | | |
| F. Conley | 575 | *335 | 550 | 1460 |
| B. Lantz | 540 | 380 | 525 | 1445 |
| R. James | 530 | 340 | 530 | 1420 |
| E. Murphy | 500 | 300 | 610 | 110 |
| B. Stanko | 540 | 340 | 520 | 1400 |
| T. Bailey | 510 | 265 | 525 | 1300 |
| L. Hasler | 370 | 355 | 550 | 1275 |
| J. Frasure | 425 | 320 | 530 | 1275 |
| W. Pomeroy | 430 | 285 | 550 | 1265 |
| J. Collins | 480 | 300 | 460 | 1240 |
| W. Glasser | 440 | 265 | 505 | 1210 |
| D. Baucher | 450 | 230 | 505 | 1185 |
| T. Miers | 305 | 210 | 425 | 940 |
| B. Ruthsatz | 455 | | | |
| M. Riedel(gst) | 675 | 445 | 620 | 1740 |
| D. Dicke(gst) | 680 | | | |
| 242 | | | | |
| J. Swanson* | 620 | 400 | 580 | 1600 |
| P. Harvey | 550 | 400 | 600 | 1550 |
| G. Krueger | 570 | 385 | 570 | 1525 |
| J. Schipper | 575 | 375 | 525 | 1475 |
| D. Meyer | 505 | 340 | 580 | 1425 |
| J. Clayton | 550 | 390 | 470 | 1410 |
| T. Burkiewiez | 400 | 275 | 500 | 1175 |
| W. Baron | | | | |
| 275 | | | | |
| J. Sheshull | 525 | 450 | 650 | 1625 |
| L. Cheney | 510 | 390 | 510 | 1410 |
| B. Wilkins | 475 | 340 | 560 | 1375 |
| D. Luma | 515 | 310 | 510 | 1335 |
| S. Pope | 500 | 305 | 525 | 1305 |
| J. Gray | 430 | 240 | 510 | 1180 |
| J. Kleinhenz | | | | |
| SHW | | | | |
| B. Goyer | 520 | 330 | 565 | 1415 |
| P. Leone | 470 | 270 | 510 | 1250 |

* denotes outstanding lifter. Team trophy awarded to Black's Health World. 'The 1st annual Findlay BBC Classic (Class II and women's open) was a big success. There were 136 lifters from 6 states and Canada in this 2 platform meet. We had all card holding judges who did a great job all day. Hastings BB Co was on hand with their super bars and electric squat racks. State chairman John Black was on hand to see his team win the women's team trophy as well as the men's trophy. We had several 'guest' lifters who treated the crowd to some big lifts. Gary Benford (meet director of YMCA Natls) was also on hand and helped with some of the announcing duties. Special thanks go out to Tom Brown who did most of the announcing as well as countless other things to make the meet run smooth. We also want to thank Dr. Mark Loesser for being on hand all day. Many thanks go out to my fellow BBC members who helped out as well as the many local business places who paid for the trophies and bought ads in our program book. We again found that Findlay is a city that greatly supports powerlifting. Findlay BBC will be holding the 14th annual Bob Moon Memorial meet (Class I and above & women's open) on Mar 3 1984 in Findlay and will have the 1984 Findlay Classic (II & below & women's open) on Sat, May 19, 1984.' Thanks to Tom Davis, meet director, President, Findlay BBC for results.

### Michigan Sr Women's
### 10/1/83 - Swartz Creek, MI

| | SQ | BP | DL | T |
|---|---|---|---|---|
| 97 | | | | |
| F. Ciccone | 150 | 80 | 250 | 480 |
| C. Ray | 120* | 75 | 160 | 355 |
| S. Griggs | 90 | 65 | 155 | 310* |
| 105 | | | | |
| D. Stevens | 130 | 90 | 175 | 395 |
| 114 | | | | |
| S. Pettingill | 260 | 125 | 280 | 776 |
| M. Froberg | 240* | 120* | 300 | 660* |
| M. Mullenhour | | | | |
| 123 | | | | |
| C. Palmer(BL) | 260 | 145** | 280 | 685 |
| V. Mitchell | 240 | 115 | 285 | 640 |
| M. Goff | 210 | 105 | 275 | 590 |
| J. Dunn | 155 | 135 | 290 | 580 |
| M. Keway | 190 | 115 | 205 | 510 |
| M. Roberts | 150 | 90 | 215 | 455 |
| V. Winter | 140 | 80 | 210 | 430 |
| 132 | | | | |
| J. Nelson | 135 | 105 | 190 | 430 |
| 148 | | | | |
| Parkinson(BL) | 285 | 130* | 295 | 710 |
| 165 | | | | |
| J. Jobson | 225 | 110 | 260 | 595 |
| S. Weston | 205 | 120 | 230 | 555 |
| M. Alexander | 80 | 95 | 225 | 400 |
| 181 | | | | |
| S. Pickens | 275 | 150 | 330** | 755 |
| B. Pawloski | 235 | 165** | 305 | 705 |
| 198 | | | | |
| M. Trevithick | | | | |
| SHW | | | | |
| J. Burgess | 265** | 125 | 250* | 640* |

* womens teen record; ** Womens Sr record. BL; Best lifter; Team champion: Stiff's gym; runner up: Swartz Creek Hi. The 2nd annual Michigan Women's Sr Pl championships were held at Swartz Creek Hi Sch on Oct 1, 1983, and featured some outstanding individual lifting as ell as a close team race. Jamie Burgess of Mt. Morris Hi put the frosting on the cake for Stiff's gym by setting 1 state women's record and 3 state teem records. Stiff's gym won the team title 42 to 35 over Swartz Creek Hi. 65 yr old Minnie Roberts won the Masters title over Marie Alexander, who tok home the 2nd place trophy. Heard many more positive remarks about the officiating then negative, so I am satisfied that we are heading in the right direction. My thanks to Mario Torrez, Bill Lowe, J. Parr, Rl Ross, D. Cammon, D. Duhon and Mike Sharp, all of whom were involved with officiating; also Darryl Duhon, R. Durfing, D. DeNike, R. Sovis, R. Donlan, K. Allen, D. Wyckoff and other members of the Swartz Creek Hi Pl club. - Continued thanks to Rob Shelly for his fine announcing, David Delecki and Alan Halka for cleaning uip the gym, Doug Meyer for being a good right hand man and finally to our team Capt. Shari Griggs for always being in the right spot at the right time.' Thanks to Lloyd Coon for results.

# DRUG FREE Top 20/114

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets.

| | SQUAT | BENCH PRESS | DEADLIFT | TOTAL |
|---|---|---|---|---|
| 1 | 386 Hunnicut, G 7/30/83 | 253 Hunnicut, G 7/30/83 | 391 Gennarro, P 7/30/83 | 1014 Hunnict, G 7/30/83 |
| 2 | 369 Catalfamo, J 7/30/83 | 220 Reynolds, C 11/20/82 | 380 Neeley, D 7/30/83 | 937 Catalfamo, J 7/30/83 |
| 3 | 342 Shepperd, T 5/21/83 | 205 Bozzelli, B 10/30/82 | 380 Schlegel, R 7/30/83 | 909 Schlegel, R 7/30/83 |
| 4 | 342 Schlegel, R 7/30/83 | 193 Catalfamo, J 7/30/83 | 375 Catalfamo, J 12/12/82 | 871 Gennaro, P 7/30/83 |
| 5 | 292 Gennaro, P 7/30/83 | 187 Schlegel, R 7/30/83 | 375 Hunnicut, G 7/30/83 | 843 Neeley, D 7/30/83 |
| 6 | 292 Neeley, D 7/30/83 | 187 Gennaro, P 7/30/83 | 347 Bozzelli, B 7/30/83 | 810 Bozzelli, B 7/30/83 |
| 7 | 287 Asher, K 5/21/83 | 171 Neeley, D 7/30/83 | 330 Ganley, S 5/22/83 | 810 Reynolds, C 11/20/82 |
| 8 | 280 Panchelli, C 10/30/82 | 165 Panchelli, C 10/30/82 | 330 Panchelli, C 10/30/82 | 775 Panchelli, C 10/30/82 |
| 9 | 270 McLean, J 5/22/82 | 150 McLean, J 5/22/83 | 325 Gotshalk, S 5/21/83 | 766 Shepperd, T 5/21/83 |
| 10 | 270 Reynolds, C 10/30/82 | 150 Ganley, S 5/22/83 | 320 Carter, R 3/5/83 | 735 McLean, J 5/22/82 |
| 11 | 270 Bozzelli, B 7/30/83 | 150 Brown, M 3/5/83 | 320 Shepperd, T 5/21/83 | 735 Ganley, S 5/22/82 |
| 12 | 265 Dean, S 5/21/83 | 138 Gedney, J 4/16/83 | 320 Reynolds, C 11/20/82 | 694 Dean, S 5/21/83 |
| 13 | 259 Fisher, C 5/21/83 | 138 Wallwork-Kamela 5/21/83 | 315 McLean, J 5/22/82 | 694 Wallwork-Kamela 5/21/83 |
| 14 | 255 Ganley, S 5/22/82 | 138 Greene, L 11/20/82 | 309 Fisher, C 5/21/83 | 683 Fisher, C 5/21/83 |
| 15 | 254 Gedney, J 4/16/83 | 138 Robertson, B 4/23/83 | 303 Wallwork-Kamela 5/21/83 | 672 Gedney, J 4/16/83 |
| 16 | 254 Wallwork-Kamela 5/21/83 | 132 Dean, S 5/21/83 | 303 Greene, L 11/20/82 | 667 Greene, L 11/20/82 |
| 17 | 250 Brown, M 3/5/83 | 130 DeLucca, T 12/12/82 | 298 Dean, S 5/21/83 | 660 Brown, M 3/5/83 |
| 18 | 250 Ellingsworth, G 10/30/82 | 127 Shepperd, T 5/21/83 | 290 Ellingsworth, G 10/30/82 | 656 Gotshalk, S 5/21/83 |
| 19 | 248 Chaset, M 5/21/83 | 121 Chaset, M 5/21/83 | 281 Gedney, J 4/16/83 | 655 Ellingsworth, G 10/30/82 |
| 20 | 243 Dudish, S 5/21/83 | 121 Adams, R 4/23/83 | 281 Dudish, S 5/21/83 | 650 Carter, R 3/5/83 |

*(from May 22, 1982 through July 30, 1983)*

## Central Carolina Championships
### 9/10/83 - Monroe, NC

| | SQ | BP | DL | T |
|---|---|---|---|---|
| 114 | | | | |
| D. Howie(f) | 230 | 110 | 270 | 625 |
| J. Farabee(f) | 185 | 85 | 250 | 555 |
| C. Gallman(f) | 170* | 90 | 255* | 540* |
| R. Rorie(f) | 160 | 60 | 195 | 415 |
| D. Helms | 150 | 65 | 145 | 360 |
| 123 | | | | |
| T. Gore | 250 | 185 | 340 | 775 |
| P. White(f) | 240 | 85 | 240 | 565 |
| S. Collins(f) | 200 | 100 | 260 | 560 |
| 132 | | | | |
| B. Sims | 405 | 205 | 475 | 1085 |
| Q. Karlburg | 290 | 180 | 390 | 870 |
| J. Averbach(f) | 275 | 175* | 350* | 800 |
| R. Watts(f) | 270 | 110 | 260 | 640 |
| 148 | | | | |
| D. Kiefer | 460 | 285 | 445 | 1190 |
| N. Short | 385 | 275 | 490 | 1150 |
| D. Wilson | 400 | 265 | 470 | 1135 |
| B. Casta | 350 | 305 | 455 | 1130 |
| T. Taylor | 380 | 270 | 440 | 1090 |
| B. Barton | 430 | 230 | 420 | 1080 |
| T. West | 370 | 250 | 435 | 1055 |
| G. Mills | 335 | 240 | 350 | 925 |
| D. Davis(f) | 300* | 135* | 310* | 745* |
| H. Miyasaki(f) | 260 | 150 | 280 | 690 |
| M. Deese(f) | 180 | 95 | 200 | 475 |
| B. McManus(f) | | | | |
| 165 | | | | |
| S. Pardue | 545 | 375 | 560 | 1480 |
| A. Laney | 485 | 300 | 485 | 1270 |
| E. Moseley | 500 | 280 | 470 | 1250 |
| F. Thornton | 440 | 275 | 450 | 1165 |
| 181 | | | | |
| C. Watts | 565 | 330 | 560 | 1455 |
| R. Heller | 520 | 330 | 550 | 1400 |
| T. Tucker | 450 | 290 | 450 | 1190 |
| W. Hagans | 405 | 240 | 475 | 1120 |
| G. Beane | 375 | 235 | 425 | 1035 |
| G. O'Neal | 365 | 240 | 430 | 1035 |
| A. Campos | | | | |
| B. Clary | | | | |
| 198 | | | | |
| A. Greyard | 600 | 430 | 650 | 1680 |
| D. Carnes | 580 | 420 | 625 | 1625 |
| D. Plyler | 580 | 415 | 615 | 1610 |
| W. Bradley | 610 | 340 | 600 | 1550 |
| E. Caudle | 505 | 450 | 580 | 1535 |
| T. King | 570 | 380 | 510 | 1460 |
| M. Detrino | 540 | 300 | 550 | 1390 |
| W. Washington | | | | |
| J. Sanders | | | | |
| 220 | | | | |
| R. Hames | 680** | 445** | 710** | 1835* |
| M. Montgomery | 650 | 400 | 680 | 1730 |
| J. Beckham | 630 | 430 | 610 | 1670 |
| H. Brown | 525 | 350 | 535 | 1410 |
| C. Powell | 535 | 300 | 505 | 1340 |
| K. Newman | | | | |
| J. Haithcox | | | | |
| 242 | | | | |
| J. Hunter | 635 | 455 | 640 | 1730 |
| C. Pressley | 640 | 330 | 625 | 1595 |
| D. Anderson | 570 | 360 | 550 | 1480 |
| W. Jordon | 515 | 350 | 585 | 1450 |
| K. Farrar | 535 | 340 | 550 | 1425 |
| 242 | | | | |
| H. Collins | 485 | 410 | 500 | 1395 |
| D. Stewart | 450 | 290 | 500 | 1240 |
| R. Ruffo | | | | |
| 275 | | | | |
| B. Smith | 730 | 470 | 800* | 2000* |
| M. Wyley | 615 | 350 | 660 | 1625 |
| S. Lindamood | 590 | 400 | 560 | 1550 |
| P. Starnes | 515 | 355 | 555 | 1425 |
| SHW | | | | |
| J. Roberson | 585 | 505 | 585 | 1675 |
| J. Roberson | 595 | 350 | 605 | 1550 |

| WOMEN-DIV I | | | | |
|---|---|---|---|---|
| D. Howie | 230 | 110 | 270 | 625 |
| C. Gallman | 170 | 90 | 255 | 540 |
| J. Farabee | 185 | 85 | 250 | 555 |
| P. White | 240 | 85 | 240 | 565 |
| DIV II | | | | |
| J. Averbach | 275 | 175 | 350 | 800 |
| D. Davis | 300 | 135 | 310 | 745 |
| H. Miyasaki | 260 | 150 | 280 | 690 |
| R. Watts | 270 | 110 | 260 | 640 |

* NC state record; ** Teenage NC st record.

'The Central Carolina PL championship IV was again a tremendous success and an example of the improving quality of meets in NC. The meet was held for the 1st time in a local hi school auditorium. The staging of the platforms and warm up areas was good enough to insure a very efficiently run meet. The meet began at 10:30 am and was finished at 6:30. 2 platforms were used and all classes lifted together including women. This meet promoter believes that there should be only one session as this creates a more exciting meet for lifters and spectators. It should be noted that our youngest lifter (14?) Donald Helms competed here in his second meet. How could this be his second if he just turned 14? He totaled 360. Congratulations, Donald! Tom Gore took the 123 class followed by Pam White who only trained 2 weeks and totaled 20 lbs more than her previous best. Benny Sims garnished top honors in the 132s totaling 1085. Judith Averbach took 3d with a vastly improved 175 lb BP. Mention should be made here of the slowest squat in history (except for one I did many years ago) accomplished by Rita Watts. Don Kiefer won the 148s with a total of 1190 despite three close calls on the BP. The 165 lb class was dominated by the best lifter in the lt class Sam Padue (son of Ralph) totaling 1480. Alex Greyard took his place as winner of the 198 lb class followed by Darrell (I don't know why they call him 'Fatback') Carnes who looked as if he mistook the CCPC for trhe Central Carolina Bodybuilding championships. You know how you always hear about 'some guy' who's coming that can lift the whole world. This is the story of Ric Hames (19). Well we didn't believe it until we saw it...we saw it.... and now we believe it. Ric took the class (much to the chagrin of World Toughman Champion Monk Montgomery who took 2nd) by way of a 680 state teenage record, a 445 teen state record BP and a 710 open and teenage state record DL. His total 1835 was again both an open and teen state record. Monk, who took 2nd, gave a good try at a 715 DL only to be called. Brian Smith took the 275s with NC's 2nd 2000 lb performance, including a 800 state record DL which he put down very slowly. The dynamic father-son duo dominated the supers with youth proving to be the strongest virtue. Jimmy Roberson won with a 1675 total which included a much sought after 505 state BP record. The father of Jimmy is J. V. Roberson who placed 2nd with a 1550 total. JV is really old (45) but not as old as Red Swain. Jimmy is much younger but he certainly is not much pretier. Enterprise Productions sponsored the meet in its 4th year with Johnny Howie at the helm. Thanks to everyone who helped. It was a tough day for John.' Thanks to Johnnie Howie for results.

## Louisiana State Championships
### 5/7/83 - Monroe, La

| | SQ | BP | DL | T |
|---|---|---|---|---|
| OPEN DIV | | | | |
| 114 | | | | |
| K. Jones | 319* | 198 | 325 | 843* |
| C. Stine | 308 | 198 | 308 | 815 |
| J. Bergron | 248 | 143 | 352 | 744 |
| D. SanMiguel | 259 | 148 | 325 | 733 |
| D. Dunn | 209 | 110 | 264 | 584 |
| 123 | | | | |
| T. Smith | 319 | 214 | 380 | 914 |
| M. Duhon | 292 | 209 | 385 | 887 |
| W. Lyons | 198 | 104 | 264 | 567 |
| 132 | | | | |
| M. Chambers | 435 | 264 | 435 | 1135 |
| M. Matte | 369 | 220 | 440 | 1030 |
| S. Boscareno | 374 | 214 | 363 | 953 |
| 148 | | | | |
| B. Broussard | 468 | 303 | 501 | 1273 |
| K. Matte | 501 | 259 | 501 | 1262 |
| D. Holland | 501 | 286 | 468 | 1256 |
| L. Thomas | 418 | 281 | 440 | 1140 |
| C. Thibodeaux | 374 | 270 | 451 | 1096 |
| J. Lablanc | 303 | 220 | 325 | 848 |
| 165 | | | | |
| K. Weir | 529 | 319 | 573 | 1421 |
| M. Fowler | 501 | 325 | 540 | 1361 |
| R. Sanzone | 462 | 374 | 507 | 1344 |
| S. Lemarie | 518 | 281 | 529 | 1328 |
| J. James | 501 | 248 | 507 | 1256 |
| J. McDaniels | 385 | 281 | 540 | 1207 |
| C. Montgomery | 161 | 363 | 440 | 1168 |
| V. Petre | 374 | 292 | 457 | 1124 |
| T. Page | 391 | 248 | 402 | 1041 |
| B. Roth(m) | 314 | 248 | 402 | 964 |
| T. Boccich | 248 | 187 | 363 | 799 |
| 181 | | | | |
| R. Kobetz | 639 | 358 | 716* | 1714* |
| C. DeRousselle | 567 | 325 | 600 | 1493 |
| T. Fields | 523 | 369 | 551 | 1444 |
| R. Watson | 501 | 369 | 562 | 1432 |
| J. Caragol | 479 | 385 | 435 | 1300 |
| G. Morris | 418 | 270 | 523 | 1212 |
| J. Burns | 424 | 286 | 435 | 1146 |
| 198 | | | | |
| M. Reed | 628 | 363 | 672 | 1664 |
| D. Post | 600 | 369 | 650 | 1620 |
| H. Pitard(m) | 617 | 358 | 617 | 1592 |
| J. McDowell | 551 | 352 | 573 | 1477 |
| B. Branicline | 473 | 297 | 534 | 1306 |
| J. Hankins | 413 | 286 | 501 | 1201 |
| 220 | | | | |
| D. Beter II | 716 | 402 | 666 | 1785 |
| P. Elmore | 622 | 429 | 655 | 1708 |
| K. Black | 622 | 418 | 545 | 1576 |

**ANNOUNCEMENT...all candidates for the 1984 election to the U.S.P.F. offices of President and Treasurer (a person may run for either office, but not both) must declare their candidacy in writing via letter to Powerlifting USA Magazine, Box 467, Camarillo, California 93011 with a postmark no later than 31 January, 1984 in order to be eligible for the election which will take place during the U.S.P.F. National Committee meeting held prior to the 1984 Senior Nationals in Dayton, Ohio. Eligible candidates will be announced in a subsequent issue of Powerlifting USA.**

**Corrections**...the N. Walker listed in the 165 lb. class at the Alaska State Championships, as published in PL USA, was actually SSgt. W.W. Walker. Fred Kenyon should have received credit for his 505 deadlift in the 148 lb. class on the October TOP 100 listing, and Larry Przybylski should have received credit on the same list for his 1283 total. On the same list, Bob Wahl should have been placed ahead of Jim Finch in the total ranking, as he defeated Jim on a bodyweight basis at the Senior Nationals.

**Drug Testing Hotline**...as a result of the press coverage of the Pan American Games drug testing scandal, many women lifters have become concerned about such things as whether cold medications innocently taken six months prior to the Women's Nationals (where full IOC/IPF drug testing will be conducted in 1984) will show up on the test and thus disqualify them from the competition. Dr. Conrad Cotter reports that the Chairperson of the U.S.P.F. Sports Medicine Committee, Richard Herrick MD, can address such questions for those who require information on the matter from a professional. Contact him at 205-749-6223 (office) or 205-749-2844 (home).

| | | | | |
|---|---|---|---|---|
| T. Early | 523 | 380 | 534 | 1438 |
| C. Banks | 540 | 347 | 534 | 1421 |
| K. Hall | 330 | 319 | 330 | 981 |
| B. Jones(m) | 308 | 270 | 325 | 903 |
| 242 | | | | |
| R. Dartez | 611 | 429 | 722 | 1763 |
| F. Christman | 661 | 418 | 622 | 1703 |
| J. Dejean | 606 | 473 | 545 | 1625 |
| E. Simmons | 595 | 402 | 622 | 1620 |
| G. Carroll | 374 | 358 | 440 | 1173 |
| 275 | | | | |
| C. Sanders | 501 | 534* | 628 | 1664 |
| T. Buford | 512 | 297 | 529 | 1339 |
| G. Kostuch(m) | 451 | 402 | 485 | 1339 |
| T. Smith(m) | 380 | 336 | 485 | 1201 |
| J. Ciaccio | 402 | 253 | 501 | 1157 |
| SHW | | | | |
| E. Paul | 551 | 374 | 451 | 1377 |
| WOMEN | | | | |
| 114 | | | | |
| L. Greene | 248* | 126* | 297* | 697* |
| T. Talton | 198 | 93 | 270 | 562 |
| 123 | | | | |
| W. Lyons | 198* | 104* | 264* | 567* |
| 132 | | | | |
| R. Matte | 369* | 220* | 440* | 1030* |
| L. Bordelon | 181 | 121 | 220 | 523 |
| E. Gerkin | 181 | 93 | 203 | 479 |
| 165 | | | | |
| P. Austin | 270* | 132* | 308 | 710* |
| M. Somoskey | 209 | 121 | 275 | 606 |
| T. Robinson | 198 | 99 | 270 | 567 |
| S. Schwenke | 203 | ¶10 | 253 | 567 |

* state record; Goudeau's Health Club in Monroe won the team championship by the narrowest of margins over CJ's Gym of Lake Charles, La. The outstanding lifter in the lower wt class (114-165) was Kevin Weir of Goudeau's. The afternoon session featured Ray Kobetz in the 181 lb div who set the state DL record at 716 lbs while totaling a krecord 1714 for the outstanding lifter honors in the 181-SHW div. The outstanding BP of the meet came from Casey Sanders of Goudeau's who bettered the existing state record in the 275 lb cl by over 50 lbs with a 534.5 lb effort. In the womens div we have 1. L. Greene, 2. T. Talton, 3. M. Somoskey. Masters div: 1. H. Pitard 2. G. Kostuch, 3. B. Roth. thanks to Henry Pitard for results.

## Atlantic Ocean DL Championships
### 9/18/83 - Hamden, CT

| | | | |
|---|---|---|---|
| WOMEN | | | |
| 123 | | 181 | |
| S. Gerhardt | 220 | J. Steele | 470 |
| 132 | | 198 | |
| M. Zuniga | 270 | M. Hogan | 420 |
| MEN | | T. Trenton | |
| 123 | | 220 | |
| G. McAllister | 310 | T. Forbes | 550 |
| M. Grandfield | --- | 242 | |
| 132 | | B. Pratt | 580 |
| L. Chernoff | 310 | P. McCartin | |
| 165 | | T. Martin | |
| N. Wellins | | | |
| B. Morris | | | |

Meet director: Joe Steele, head judge: V. Cupo, side judges: G, McAllito, M. Hogan and L. Chernoff. Team champions: 70 pts: World Gym East, Best mens teenage lifter: G. McAllister, World Gym East, best womens teenage lifter: M. Zuniga, World Gym East. Best sub masters lifter: T. Forbes, World Gym East, Best womens lifter: S. Gerhardt; best lifter ltwt div: J. Steele, best lifter hvy: Bob Pratt, World Gym East. Thanks to Joe Steele for results.

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## Potomac Power Bench Contest
### Sept/83 - Indian Head, Md

| | | | |
|---|---|---|---|
| TEEN DIV | | | |
| P. Reitz | 240 | K. Miller | 335 |
| K. Lynch | 105 | B. Wood | 320 |
| WOMEN | | P. Conover | 270 |
| P. Martino | 165 | K. Mims | 265 |
| D. Chandler | 165 | G. Godwin | 230 |
| B. Lista | 125 | 198 | |
| K. Kylis | 130 | G. Dingle | 380 |
| B. Apseloff | 125 | M. Wood | 335 |
| K. Lynch | 105 | J. Mogavero | 330 |
| J. White | 115 | 220 | |
| D. Cavalier | 100 | D. Borden | 430 |
| MEN | | K. Wood | 405 |
| 132 | | G. Black | 400 |
| I. Burgess | 250 | L. McKenzie | 400 |
| 148 | | P. Lumia | 380 |
| R. Sam | 285 | J. Hergett | 325 |
| S. Rison | 250 | 242 | |
| T. Swann | 235 | E. Upchurch | 505 |
| S. Chalk | 215 | D. May | 375 |
| 165 | | R. Hyde | 365 |
| R. Clark | 390 | D. Simmons | 290 |
| J. Edwards | 355 | | |
| M. Williams | 300 | | |

Best lifter ltwt: R. Clark; hvy: E. Upchurch; teams: Dynamo, Potomac, H.S.I. Thanks to Phil Conover for results.

## Open Bench Press & Deadlift
### 9/10/83 - (kilos) Norristown, Pa

| | SQ | BP | DL | T |
|---|---|---|---|---|
| Open Teen & Masters | | | | |
| 148 | | | | |
| C. Organtini(t) | --- | 125 | 187.5 | 312.5 |
| D. Beard(t) | --- | 110 | 177.5 | 287.5 |
| 181 | | | | |
| R. Ebner(t) | --- | 140 | 220 | 360 |
| T. Parsons | --- | 137.5 | 215 | 352.5 |
| B. Bendel(m) | --- | 112.5 | 215 | 327.5 |
| D. Dundon(m) | --- | 117.5 | 185 | 302.5 |
| 198 | | | | |
| G. Organtini | --- | 152.5 | 225 | 377.5 |
| V. Spangrud | --- | 157.5 | 160 | 31.5 |
| J. Henderson | --- | 127.5 | 137.5 | 285 |
| 220 | | | | |
| T. Kurlowicz | --- | 207.5 | 265 | 472.5 |
| M. Lichtenstein | --- | 167.5 | 230 | 297.5 |
| J. Hennesy | --- | 147.5 | 245 | 392.5 |
| J. Vernacchio(m) | --- | 130 | 227.5 | 357.5 |
| 242 | | | | |
| T. Kanavy(m) | --- | 182.5 | 240 | 422.5 |
| J. Arena | --- | 150 | 260 | 410 |
| 275 | | | | |
| E. Riley(m) | --- | 212.5 | 292.5 | 505 |

Best lifters: Chris Organtini and Ed Riley. Thanks to Jim Messer for results.

## American Women's PL Classic
### 9/24/83 - (kilos) W. Lafayette, Ind

| | SQ | BP | DL | T |
|---|---|---|---|---|
| 97 | | | | |
| J. Gedney | 115 | 62.5 | 132.5 | 310 |
| D. Haack | 70 | 45 | 92.5 | 207.5 |
| 105 | | | | |
| R. Staley | 102.5 | 45 | 110 | 257.5 |
| S. Whiting | 85 | 40 | 85 | 210 |
| S. Tipton | 80 | 35 | 87.5 | 202.5 |
| 114 | | | | |
| K. Asher | 137.5 | 50 | 117.5 | 295 |
| T. Lazo | 107.5 | 55 | 115 | 277.5 |
| B. Potter | | | | |
| 123 | | | | |
| T. Shepperd | 167.5* | 62.5 | 155 | 377.5 |
| M. Castro | 147.5 | 80 | 147.5 | 375 |
| S. Kahle | 130 | 70 | 167.5 | 367.5 |
| P. Roemke | 77.5 | 37.5 | 102.5 | 217.5 |
| J. Prince | 75 | 37.5 | 102.5 | 215 |
| 132 | | | | |
| P. Hoehn | 140 | 72.5 | 147.5 | 360 |
| K. Woods | 105 | 50 | 130 | 285 |
| P. Stoneking | 97.5 | 47.5 | 127.5 | 272.5 |
| F. Fisher | 100 | 47.5 | 122.5 | 270 |
| 148 | | | | |
| T. Ryskoski | 157.5 | 72.5 | 170 | 400 |
| D. Katterhenry | 102.5 | 47.5 | 120 | 270 |
| P. Silzer | 105 | 45 | 112.5 | 262.5 |
| S. Nolan | 95 | 45 | 117.5 | 257.5 |
| N. Elberty | 110 | 42.5 | 105 | 257.5 |
| 165 | | | | |
| R. Welding | 160 | 67.5 | 162.5 | 390 |
| J. Anderson | 122.5 | 47.5 | 155 | 325 |
| 181 | | | | |
| J. Johnson | 185 | 95 | 197.5 | 477.5 |
| 198 | | | | |
| A. Bohach | 202.5 | 110 | 210 | 522.5 |
| SHW | | | | |
| D. McIntyre | 170 | 82.5 | 170 | 422.5 |
| B. Laudeman | 150 | 85 | 172.5 | 407.5 |

* Unofficial world record; best lifters: 1st: J. Gedney, 2nd: T. Shepperd, 3rd: M. Castro; team awards: 1st: Purdue, 2nd: Ath for Christ. Thanks to Pat Malone for results.

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### Twin Cities Novice & Open
### 9/10/83 - Yuba College, CA

| | SQ | BP | DL | T |
|---|---|---|---|---|
| NOVICE | | | | |
| 123 | | | | |
| L. Harper | 259 | 121 | 281 | 661 |
| 148 | | | | |
| K. Maeda | 303 | 286 | 369 | 738 |
| 132 | | | | |
| R. Granholt | 270 | 226 | 352 | 848 |
| C. Lawson | 253 | 165 | 330 | 749 |
| P. Littler | 253 | 148 | 264 | 666 |
| J. Harlan | 203 | 115 | 270 | 589 |
| 165 | | | | |
| M. Poole | 363 | 275 | 451 | 1069 |
| D. Brown | 297 | 181 | 446 | 925 |
| A. Halgren | 308 | 198 | 275 | 782 |
| 181 | | | | |
| S. Lantsberger | 451 | 248 | 501 | 1201 |
| W. Prodger | 380 | 297 | 451 | 1129 |
| P. Ray | 380 | 226 | 501 | 1107 |
| 198 | | | | |
| C. Segers | 523 | 281 | 589 | 1372 |
| R. Cannon | 429 | 314 | 595 | 1339 |
| S. Summerfield | 451 | 303 | 440 | 1196 |
| 220 | | | | |
| D. Ishimoto | 451 | 242 | 451 | 1146 |
| 242 | | | | |
| B. Hayman | 402 | 358 | 551 | 1311 |
| M. Sorenson | 358 | 264 | 440 | 1063 |
| OPEN | | | | |
| 114 | | | | |
| J. Jackson | 336 | 242 | 352 | 931 |
| 123 | | | | |
| R. Ceraolo | 281 | 203 | 385 | 870 |
| 132 | | | | |
| D. Johnson | 363 | 281 | 363 | 1008 |
| 148 | | | | |
| J. Summers | 319 | 192 | 418 | 931 |
| 165 | | | | |
| F. Elder | 446 | 303 | 418 | 1168 |
| R. Cirgliano | 143 | 137 | 513 | 854 |
| 181 | | | | |
| R. Cirimele | 402 | 248 | 501 | 1129 |
| 198 | | | | |
| M. Petovick | 584 | 341 | 584 | 1510 |
| D. Siroskey | 523 | 352 | 551 | 1427 |
| R. Carnell | 314 | 303 | 451 | 970 |
| 220 | | | | |
| R. Hammond | 501 | 336 | 540 | 1377 |
| B. Draper | 540 | 308 | 523 | 1372 |
| S. Frost | 523 | 314 | 501 | 1339 |
| 242 | | | | |
| M. Smead | 617 | 286 | 617 | 1521 |
| 275 | | | | |
| M. Burruel | 837 | 402 | 705 | 1945 |
| R. Morris | 749 | 474 | 705 | 1929 |
| D. Papadotos | 633 | 385 | 600 | 1620 |
| D. VanBrocklin | 55 | 55 | 143 | 253 |
| SHW | | | | |
| G. Martinez | 677 | 440 | 650 | 1769 |
| B. Hart | 677 | 418 | 650 | 1747 |
| L. Williams | 639 | 319 | 633 | 1592 |

Thanks to Jim Lem for results.

### Sports Palace Women's Open
### 9/25/83 San Francisco, CA (kilos)

| 44kg | SQ | BP | DL | T |
|---|---|---|---|---|
| L. Brewer | 80 | 50 | 112.5 | 242.5 |
| K. Lee | 60 | 47.5 | 82.5 | 190 |
| 48kg | | | | |
| N. Belliveau* | 105 | 52.5 | 127.5 | 285 |
| S. Belanger | 97.5 | 55 | 120 | 272.5 |
| S. Gutierrez | 92.5 | 60 | 117.5 | 270 |
| G. Haston | 92.5 | 52.5 | 117.5 | 262.5 |
| S. Jarvis | 72.5 | 37.5 | 92.5 | 202.5 |
| Y. Siko | 80 | 45 | 75 | 200 |
| 52kg | | | | |
| L. McCorkle | 77.5 | 45 | 120 | 242.5 |
| L. Winter | 115 | 52.5 | | |
| 56kg | | | | |
| L. Kawaii | 112.5 | 52.5 | 122.5 | 287.5 |
| I. King | 95 | 55 | 122.5 | 272.5 |
| J. Stone | 90 | 40 | 85 | 215 |
| 60kg | | | | |
| F. Krauss | 110 | 60 | 130 | 300 |
| M. Direnzo | 75 | 57.5 | 120 | 252.5 |
| M. Langford | 67.5 | 40 | 85 | 192.5 |
| 67.5kg | | | | |
| S. Springsteen | 127.5 | 87.5 | 162.5 | 377.5 |
| T. Myers | 80 | 65 | 102.5 | 247.5 |
| C. Woods | 72.5 | 42.5 | 107.5 | 222.5 |
| S. Boulton | 77.5 | --- | 97.5 | |
| 75kg | | | | |
| C. Sulinski | 150 | 72.5 | 190 | 412.5 |
| C. Kling | 150 | 85 | 175 | 410 |
| C. Sorenson | 145 | 75 | 145 | 365 |
| H. Doe | 97.5 | 60 | 142.5 | 300 |
| 82.5kg | | | | |
| R. Olmsted | 127.5 | 70 | 147.5 | 345 |
| E. Hannifen | 112.5 | 67.5 | 125 | 305 |
| 90kg | | | | |
| J. Gregory | 167.5 | 87.5 | 142.5 | 397.5 |
| 90kg-plus | | | | |
| L. Stephan | 97.5 | 65 | | |

Referees: Gayle Hall, Frank Sieberg, Jim Lem, Lonnie Williams, Gary Hunnicutt, spotters and loaders: Erni Ewald, Dave Espinosa, Jim Schmitz, Harry Ulavare, Bob Chiesa, Butch Robinson, scorekeepers: Joan Wilson, Dan Wilson, announcers: Al Kirshner, Gayle Hall, Frank Siebert, * best lifter, Teams: 1st: West Coast Fitness Ctr-29 pts; 2nd: The Sports Palace: 20 pts; 3rd: Women's Training Ctr: 15 pts.

Thanks to Jim Lem for results.

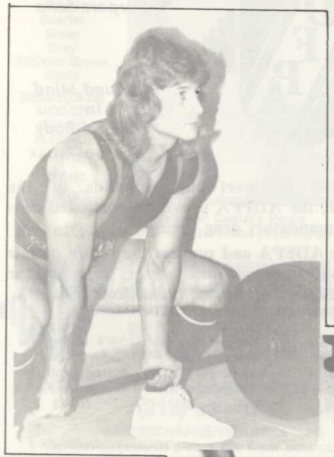
### Scott AFB Midwest Championships
### 9/24/83 - (kilos) - Belleville, IL

| WOMEN | SQ | BP | DL | T |
|---|---|---|---|---|
| J. Pacyga | 112.5 | 75 | 152.5 | 340 |
| L. Phillips | 132.5 | 55 | 155 | 32.5 |
| N. Seghers | 125 | 57.5 | 137.5 | 320 |
| L. Barylske | 100 | 57.5 | 110 | 267.5 |
| K. Underwood | 112.5 | 65 | 120 | 297.5 |
| C. McKay | 102.5 | 37.5 | 107.5 | 247.5 |
| S. Fink | | | | |
| MEN | | | | |
| 114 | | | | |
| M. Echevarria | 150 | 95 | 152.5 | 397.5 |
| K. Cashion | 107.5 | 65 | 112.5 | 285 |
| R. Lisle | | | | |
| M. Scher | | | | |
| 123 | | | | |
| M. Echevarria | 172.5 | 105 | 177.5 | 455 |
| V. Garramone | 137.5 | 82.5 | 142.5 | 362.5 |
| P. Murphy | 95 | 62.5 | 122.5 | 280 |
| M. Ingram | 172.5 | | | |
| 132 | | | | |
| G. Richards | 172.5 | 105 | 205 | 482.5 |
| R. Wolfe | 137.5 | 87.5 | 172.5 | 397.5 |
| 148 | | | | |
| B. Bridges | 247.5 | 137.5 | 282.5 | 667.5 |
| N. Hampton | 245 | 140 | 227.5 | 612.5 |
| T. Donze | 197.5 | 105 | 205 | 507.5 |
| T. Kendall | 155 | 95 | 182.5 | 432.5 |
| 165 | | | | |
| D. Glenn | 265 | 157.5 | 255 | 677.5 |
| P. Lanzante | 272.5 | 142.5 | 250 | 665 |
| L. Gudermuth | 250 | 152.5 | 250 | 652.5 |
| P. Hlavac | 230 | 142.5 | 242.5 | 610 |
| B. Whitlow | 225 | 142.5 | 242.5 | 610 |
| R. Presswood | 237.5 | 117.5 | 237.5 | 592.5 |
| M. Marini | 217.5 | 125 | 227.5 | 570 |
| M. Niebur | 195 | 130 | 237.5 | 562.5 |
| M. Kennedy | 217.5 | 135 | 205 | 557.5 |
| R. Black | 162.5 | 110 | 180 | 452.5 |
| L. Helm | 140 | 115 | 192.5 | 447.5 |
| T. Denton | | | | |
| 181 | | | | |
| M. McGee | 252.5 | 155 | 292.5 | 700 |
| J. Clark | 242.5 | 155 | 300 | 697.5 |
| M. Cissell | 252.5 | 155 | 252.5 | 660 |
| M. Slivinski | 255 | 122.5 | 245 | 622.5 |
| R. Fielder | 210 | 137.5 | 237.5 | 585 |
| S. Greco | 220 | 115 | 237.5 | 572.5 |
| R. Peters | 207.5 | 137.5 | 190 | 535 |
| D. Carrazana | 192.5 | 122.5 | 212.5 | 527.5 |
| G. Christich | 187.5 | 115 | 200 | 502.5 |
| B. Morlock | 175 | 122.5 | 200 | 497.5 |
| R. Bertetto | 125 | 110 | 172.5 | 407.5 |
| D. Jacobs | 102.5 | 67.5 | 150 | 320 |
| K. McDonald | | | | |
| 198 | | | | |
| A. Slivinski | 272.5 | 190 | 287.5 | 750 |
| T. O'Neil | 262.5 | 187.5 | 275 | 725 |
| K. Vost | 245 | 167.5 | 252.5 | 665 |
| M. Paulas | 237.5 | 145 | 237.5 | 620 |
| R. Davis | 247.5 | 135 | 2325 | 617.5 |
| B. Summers | 200 | 125 | 225 | 550 |
| B. Tucker | 202.5 | 112.5 | 212.5 | 527.5 |
| A. Lacy | 182.5 | 145 | 192.5 | 520 |
| J. Mize | | | | |
| T. Stretch | | | | |
| 220 | | | | |
| R. Wickham | 327.5 | 212.5 | 322.5 | 862.5 |
| J. Bornhop | 295 | 182.5 | 280 | 757.5 |
| F. DeBello | 292.5 | 192.5 | 267.5 | 752.5 |
| B. Stevenson | 262.5 | 172.5 | 275 | 710 |
| R. McReynolds | 252.5 | 167.5 | 277.5 | 697.5 |
| J. Crass | 242.5 | 167.5 | 240 | 650 |
| K. Mehlan | 237.5 | 150 | 227.5 | 615 |
| Rich Tucker | 192.5 | 137.5 | 220 | 550 |
| G. Faulkner | 197.5 | 112.5 | 227.5 | 537.5 |
| Rob Tucker | 192.5 | 122.5 | 217.5 | 532.5 |
| C. Kerper | 182.5 | | | |
| 242 | | | | |
| B. Davis | 357.5 | 210 | 345 | 912.5 |
| L. Houston | 320 | 175 | 325 | 820 |
| V. Vandiver | 332.5 | 185 | 287.5 | 805 |
| S. Workley | 297.5 | 160 | 295 | 752.5 |
| D. Pool | 280 | 182.5 | 255 | 717.5 |
| B. Brady | 225 | 162.5 | 295 | 682.5 |
| E. Overfelt | 245 | 147.5 | 272.5 | 665 |
| D. Replogle | 235 | 152.5 | 195 | 582.5 |
| 275 | | | | |
| J. Kruszynski | 322.5 | 190 | 337.5 | 850 |
| J. Bruch | 295 | 182.5 | 322.5 | 800 |
| J. Hunt | 320 | 175 | 260 | 755 |
| M. Pacyga | 255 | 167.5 | 287.5 | 710 |
| J. Manua | 265 | 160 | 257.5 | 682.5 |
| SHW | | | | |
| M. Perkins | 322.5 | 187.5 | 322.5 | 832.5 |
| P. Martin | 272.5 | 170 | 275 | 717.5 |

Best lifter lt: B. Bridges (148 lb), hvy: Bill Davis (242 lb); 1st place team: Scott AFB, 2nd: Lakeside gym, 3rd: Mac's Gym. Thanks to Lt. Belinda Raiford for results.

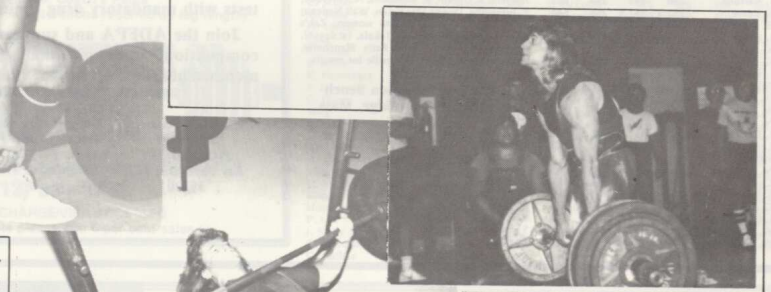



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| 2" below pec | | | |
| navel level | | HIPS | |
| beltline | | | |

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## Eastern America
### 9/24/83 - Amesbury, Mass (kilos)

| | SQ | BP | DL | T |
|---|---|---|---|---|
| 52kg | | | | |
| D. Nguyan | 120 | 45 | 152.5 | 317.5 |
| 56kg | | | | |
| J. Boucher | 155 | 100 | 177.5 | 432.5 |
| G. McAllister | 105 | 57.5 | 142.5 | 305 |
| 60kg | | | | |
| L. Chernoff | 107.5 | 120 | 170 | 397.5 |
| J. Conlan | 100 | 75 | 157.5 | 332.5 |
| B. Barnett | 112.5 | 72.5 | 145 | 330 |
| 67.5kg | | | | |
| B. Hurd | 210 | 110 | 240 | 560 |
| D. Moses | 195 | 130 | 227.5 | 552.5 |
| C. Gionet | 185 | 87.5 | 212.5 | 485 |
| M. Vedrani | 165 | 112.5 | 192.5 | 470 |
| 75kg | | | | |
| W. Smigelski | 265 | 137.5 | 227.5 | 630 |
| F. Ferrelly | 222.5 | 127.5 | 232.5 | 582.5 |
| R. Cuddihy | 212.5 | 127.5 | 230 | 570 |
| E. Fitzgerald | 202.5 | 140 | 225 | 567.5 |
| A. Leblanc | 192.5 | 122.5 | 215 | 530 |
| W. Kane | 182.5 | 115 | 210 | 507.5 |
| P. Bryant | 170 | 82.5 | 250 | 502.5 |
| G. Leal | 165 | 107.5 | 227.5 | 500 |
| P. Leboda | 125 | 97.5 | 180 | 402.5 |
| 82.5kg | | | | |
| B. Takala | 320 | 192.5 | 295 | 807.5 |
| G. Chinigo | 255 | 160 | 275 | 690 |
| F. Palmer | 245 | 182.5 | 262.5 | 690 |
| D. Silva | 242.5 | 150 | 262.5 | 655 |
| J. Varrone | 250 | 145 | 260 | 655 |
| S. Burek | 232.5 | 147.5 | 260 | 640 |
| R. Saddler | 240 | 137.5 | 250 | 627.5 |
| J. Fratti | 217.5 | 160 | 227.5 | 605 |
| K. Buckingham | 205 | 140 | 250 | 595 |
| G. Hayes | 192.5 | 142.5 | 237.5 | 572.5 |
| J. Steele | 170 | 120 | 215 | 505 |
| 90kg | | | | |
| W. Hersey | 207.5 | 150 | 265 | 622.5 |
| R. Rogers | 220 | 140 | 247.5 | 607.5 |
| N. Shovan | 227.5 | 140 | 240 | 607.5 |
| J. Dowdy | 217.5 | 155 | 230 | 602.5 |
| L. Blair | 205 | 132.5 | 250 | 587.5 |
| 100kg | | | | |
| N. Carola | 350 | 192.5 | 322.5 | 865 |
| C. Neff | 290 | 200 | 302.5 | 792.5 |
| S. Cunningham | 257.5 | 182.5 | 250 | 690 |
| G. Suizdak | 215 | 182.5 | 277.5 | 675 |
| J. Confalone | 250 | 170 | 250 | 670 |
| W. Drummond | 240 | 132.5 | 240 | 612.5 |
| W. Shepard | 227.5 | 152.5 | 217.5 | 597.5 |
| H. Morton Jr | 252.5 | 140 | 207.5 | 580 |
| J. Luppy | 192.5 | 132.5 | 210 | 535 |
| L. Monestino | 162.5 | 120 | 192.5 | 475 |
| 110kg | | | | |
| D. Territo | 312.5 | 272.5 | 322.5 | 857.5 |
| D. Jackson | 310 | 202.5 | 320 | 832.5 |
| D. Miller | 250 | 170 | 285 | 705 |
| R. Bickford | 257.5 | 150 | 282.5 | 690 |
| R. Thomas | 200 | 155 | 227.5 | 592.5 |
| 125kg | | | | |
| C. Wyman | 290 | 187.5 | 322.5 | 800 |
| S. Harris | 342.5 | 185 | 272.5 | 800 |
| F. Ciavatore | 205 | 125 | 250 | 580 |
| SHW | | | | |
| W. Andrews | 295 | 145 | 287.5 | 717.5 |
| R. Hurd | 282.5 | 152.5 | 270 | 705 |
| WOMEN | | | | |
| 52kg | | | | |
| N. Bruno | 100 | 52.5 | 137.5 | 290 |
| N. Cuddihy | 102.5 | 52.5 | 127.5 | 282.5 |
| 56kg | | | | |
| S. Greene | 75 | 52.5 | 117.5 | 245 |
| N. Bradford | 85 | 42.5 | 115 | 242.5 |
| S. Gerhardt | 80 | 40 | 102.5 | 222.5 |
| 60kg | | | | |
| P. Blanchette | 127.5 | 65 | 147.5 | 340 |
| H. Karnosilis | 115 | 67.5 | 137.5 | 320 |
| S. Harrison | 100 | 52.5 | 145 | 297.5 |
| M. Zuniga | 110 | 47.5 | 117.5 | 275 |
| 67.5kg | | | | |
| E. Wolff | 130 | 67.5 | 140 | 337.5 |
| S. Fields | 60 | 35 | 80 | 175 |

Emcees: Dave - Joe Zarella - Denis Reno; referees: S. Durkin, B. McAdams, N. Levesque, E. Jubinville, Donna Menzigian, Walt Nadeau; Team trophy: Wayne's gym- women; Zak's gym: men; best lifter, Bruce Takala, 1st day; N. Carrolla- 2nd, best lifter: Patty Blanchette, women. Thanks to Ed Jubinville for results.

## New England Open Bench
### 6/12/83 - Southbridge, Mass

| | |
|---|---|
| 0 to 150 | |
| P. Izzo | 345 |
| 151 to 175 | |
| E. Tomolillo | 340 |
| 176 to 200 | |
| E. Wells III | 465 |
| 201 to 225 | |
| E. Flori | 420 |
| 226 & up | |
| S. Morrill | 430 |

Thanks to John Saffron for results.


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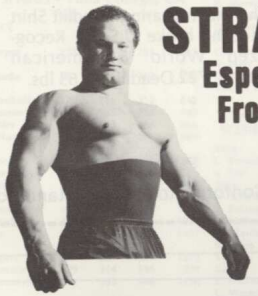
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*Bay St. Louis, MS*
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*18104*

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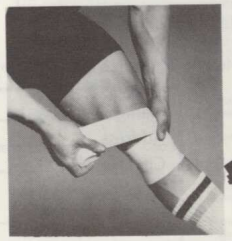


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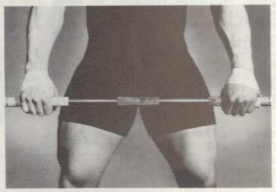
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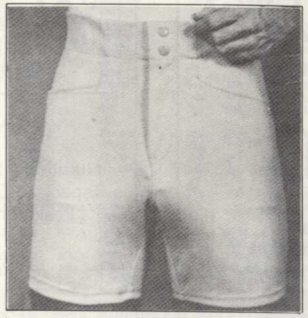
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## German Championships
### Sept 1983 - (kilos)

| WOMEN | | 67.5kg | |
|---|---|---|---|
| 44kg | | W. Dorner | 582.5 |
| E. Hartfiel | 220 | D. Rohleder | 550 |
| C. Santandrea | | W. Schleich | 545 |
| 48kg | | H. Lichtenstern | 505 |
| Von Bachhaus | 300 | J. Plata | 432.5 |
| E. Scherpf | 292.5 | 75kg | |
| U. Kolodzij | 207.5 | H. Heide | 605 |
| 52kg | | J. Fuhrmann | 580 |
| D. Wang | 330 | H. Biermann | 562.5 |
| P. Jahn | 250 | H. Diewald | 552,5 |
| D. Ludwig | 230 | U. Schmidt | 535 |
| L. Dlaskova | 217.5 | M. Klatte | 530 |
| I. Wolf | 177.5 | R. Maier | 520 |
| 56kg | | E. Utecht | 495 |
| A. Kargl | 325 | 82.5kg | |
| G. Wiegand | 295 | G. Rainer | 660 |
| U. Schwarz | 265 | V. Dlask | 615 |
| S. Krinke | 257.5 | P. Chila | 612.5 |
| T. Schwarzer | 245 | P. Seegerer | 610 |
| H. Bengelsdorf | 217.5 | W. Steinbauer | 602,5 |
| 60kg | | K. Schwarzer | 590 |
| E. Mack | 370 | 90kg | |
| M. Keil | 287.5 | M. Stamm | 840 |
| M. Dietrich | 277.5 | P. Schafer | 667.5 |
| C. Zart | 252.5 | H. Frischkorn | 665 |
| M. Schmidt | 240 | J. Geier | 650 |
| G. Knon | 225 | W. Muller | 632.5 |
| A. Seeger | 222.5 | S. Henke | 622.5 |
| 67.5kg | | H. Feniuk | 610 |
| I. Vietor | 332.5 | P. Laykam | 605 |
| C. Schjer | 302.5 | H. Wanninger | 600 |
| M. Rohr | 300 | 100kg | |
| H. Utecht | 300 | M. Szafranski | 812.5 |
| 75kg | | B. Oppitz | 735 |
| A. Dusie | 312.5 | W. Rotte | 700 |
| S. Kohle | 292.5 | R. Josefiak | 692.5 |
| R. Hunsinger | 277.5 | W. Schober | 655 |
| S. Henrich | 277.5 | 110kg | |
| C. Daum | 247.5 | H. Wohrle | 852.5 |
| 90kg | | M. Brugger | 847.5 |
| R. Waibler | 312.5 | K. Fink | 820 |
| MEN | | A. Ehl | 725 |
| 52kg | | 125kg | |
| H. Westerhold | 385 | H. Blank | 850 |
| 56kg | | F. Seese | 845 |
| U. Mielich | 360 | Poschenrieder | 740 |
| 60kg | | G. Kashammer | 712.5 |
| Hammerschmid | 495 | K. Beurer | 655. |
| P. Lux | 495 | SHW | |
| J. Slany | 450 | R. Kuster | 865 |
| C. Eschenasy | 440 | K. Berrar | 725.4 |
| G. Rathke | 422.5 | L. Reichert | 695 |

The women made 30 new German records and the men had 35; during the competition we had over 600 spectators. Powerlifting is improving very well in Germany and we expect good ratings in Gothenburg, Sweden. Thanks to Heinz Vierthaler for results.

## Spartanburg Championships
### 10/1/83 - Spartanburg, SC

| SD | BP | DL | T | |
|---|---|---|---|---|
| 148 | | | | |
| C. Christian | 285 | 245 | 375 | 905 |
| T. Warlick | 300 | 195 | 305 | 800 |
| S. Camp | 295 | 205 | 290 | 790 |
| J. Lankford | 140 | 95 | 175 | 410 |
| 165 | | | | |
| M. Bomar | 500 | 285 | 545 | 1330 |
| C. Petty | 460 | 290 | 450 | 1200 |
| J. Henson | 425 | 285 | 435 | 1145 |
| M. Hall | 385 | 250 | 425 | 1060 |
| D. Lee | 390 | 245 | 375 | 1010 |
| C. Henderson | 365 | 270 | 365 | 1000 |
| 181 | | | | |
| J. Absher | 500 | 315 | 555 | 1370 |
| D. Brown | 445 | 220 | 560 | 1225 |
| L. Watson | 425 | 250 | 460 | 1135 |
| P. Ward | 440 | 270 | 425 | 1135 |
| 198 | | | | |
| J. Cappola-BL | 665 | 350 | 705 | 1720 |
| B. Yerkes | 455 | 315 | 525 | 1295 |
| J. Dean | 420 | 275 | 530 | 1225 |
| 220 | | | | |
| D. Samuel | 600 | 400 | 660 | 1660 |
| J. McEntire | 575 | 370 | 500 | 1445 |
| M. Lawter | 440 | 180 | 480 | 1050 |
| 242 | | | | |
| J. Payne | 650 | 380 | 650 | 1680 |
| J. Brown | 550 | 355 | 600 | 1505 |
| E. Burnett | 500 | 270 | 500 | 1270 |
| P. Bailey | 430 | 285 | 450 | 1165 |

'John Cappola was named best lifter, also Nautilus Fitness was awarded the team trophy. The meet was held at Hillcrest Shopping Mall. Thanks to all the merchants who helped make this meet a success. Danny Austin, Kevin Bray and Tony Horne did a very fine job of judging along with spotters Troy Still and Chip Wilson. Mike Bomar turned in a good performance in the 165s. Jerry Absher returned to competition after a 3 yr absence and made an impressive showing in the 181 lb class. John Cappola had a very good meet in the 198 lb class along with David Samuel in the 220s and Jimmy Payne in the 242 lb class.' Thanks to Jimmy Payne for results.


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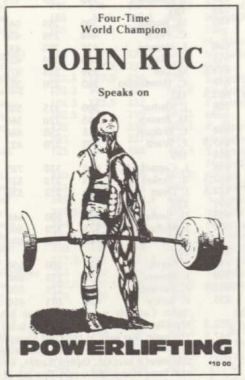
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| | Iron Man | March 83 |
| | Muscular Development | Feb. 83 |
| | Muscle & Fitness | Aug. 83 |

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## Nordic Championships
**Sept 1983 - Reyjavik, Iceland**

| | SQ | BP | DL | |
|---|---|---|---|---|
| 56kg | | | | |
| L. Flyborg | 190 | 115 | 212.5 | |
| 60kg | | | | |
| G. Henrysson | 240 | 120 | 227.5 | 587.5 |
| J. Bredalen | 195 | 102.5 | 215 | 512.5 |
| S. Fredheim | 175 | 112.5 | 210 | 497.5 |
| 67.5kg | | | | |
| K. Elisson | 222.5 | 157.5 | 257.5 | 637.5 |
| B. Holmsen | 237.5 | 107.5 | 260 | 605 |
| P. Porisson | 150 | 95 | 165 | 410 |
| 75kg | | | | |
| S. Nentis | 305 | 155 | 285 | 745 |
| K. Johansen | 285 | 162.5 | 262.5 | 710 |
| 82.5kg | | | | |
| L. Backlund | 295 | 200 | 290 | 785 |
| A. Edvardsson | 277.5 | 160 | 277.5 | 715 |
| F. Adalsteins | 220 | 140 | 262.5 | 622.5 |
| 90kg | | | | |
| L. Augustsson | 320 | 195 | 270 | 785 |
| K. Johansen | 275 | 177.5 | 295 | 747.5 |
| F. Jonsson | 242.5 | 145 | 255 | 642.5 |
| B. Borgporsson | 240 | 137.5 | 250 | 627.5 |
| 100kg | | | | |
| C. Nilsson | 355 | 202.5 | 320 | 877.5 |
| E. Johansson | 310 | 210 | 330 | 850 |
| H. Magnusson | 305 | 170 | 307.5 | 782.5 |
| J. Kallerberg | 285 | 155 | 335 | 775 |
| 110kg | | | | |
| S. Kivi | 360 | 227.5 | 330 | 917.5 |
| R. Steen | 327.5 | 230 | 305 | 862.5 |
| H. Sigurbjorns | 335 | 192.5 | 272.5 | 800 |
| 125kg | | | | |
| L. Noren | 380 | 220 | 367.5 | 967.5 |
| H. Berg | 280 | 220 | 290 | 790 |
| H. Arnasson | 250 | 150 | 285 | 685 |
| SHW | | | | |
| I. Ahman | 340 | 195 | 360 | 895 |
| L. Nordmark | 340 | 240 | 315 | 895 |
| T. Olafsson | 300 | 157.5 | 335 | 792.5 |

**Team standings: 1. Sweden 114, 2. Norge 78; 3. Island 75; 4. Finland 12. Thanks to Jari Tahtinen for results.**

## YMCA of the Mohawk Valley
**2nd annual Open Bench Press**
**8/28/83 - Ilion, NY**

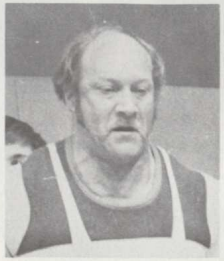
| | | | |
|---|---|---|---|
| 114 | | T. Pileggi | 300 |
| F. Garvey | 225 | T. Saccoia | 285 |
| R. Clark | 205 | B. Thompson | 285 |
| C. Zecca | 125 | F. Tangorra | 280 |
| J. Maleady | 120 | 198 | |
| G. Ciola | 90 | J. Leone | 400 |
| 123 | | S. Cleveland | 370 |
| R. Zehr | 225 | N. Confessore | 360 |
| T. Scaparo | 170 | J. Giruzzi | 360 |
| 132 | | J. VanDerKarr | 350 |
| T. Newberry | 245 | B. Sahli | 350 |
| F. Shell | 185 | R. Zyzes | 335 |
| J. DiMeo | 170 | L. Bucchioni | 315 |
| P. Ciola | 155 | M. Bono | 315 |
| 148 | | J. Sloan | |
| J. Dean | 310 | 220 | |
| C. Confessore | 305 | J. Vecchione | 405 |
| J. Misiaczek | 300 | T. Conserva | 375 |
| J. Gabiger | 215 | R. Conte | 370 |
| C. Martin | 150 | J. Tesiero | 360 |
| 165 | | D. Krutz | 360 |
| T. Piazza | 340 | J. O'Grady | 330 |
| M. O'Neil | 340 | V. Sbarra | |
| K. Marlowe | 335 | 242 | |
| A. Barbato | 305 | M. VanDerKarr | 445 |
| J. Williams | 300 | J. Paretta | 390 |
| H. Krieger | 290 | J. Khory | 360 |
| D. Savino | 280 | G. Giglia | 335 |
| K. Maynard | 260 | D. Taurisano | 230 |
| E. Maleady | 220 | 275 | |
| M. Fauler | 190 | J. Greco | 475 |
| 181 | | C. Hall | 320 |
| C. Maye | 430 | WOMEN-OPEN | |
| T. Dean | 355 | P. Irizarry | 95 |
| J. Abounader | 355 | | |

**Outstanding lifters: lt class: T. Piazza, Albany, hvy: C. Maye, Utica. Judges: D. Mackin, G. Norman, T. Cardillo, Special thanks to Tony Cardillo for equipmt and all his help. Thanks to Meet director Bill Lennox for results.**

## State Prison Finals
**5/14/83 - Huntingdon, Pa**

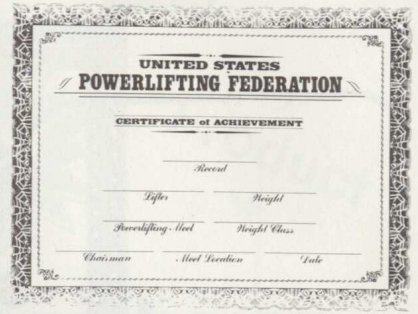
| | SQ | BP | DL | T |
|---|---|---|---|---|
| 114 | | | | |
| Mosley | 220 | 140 | 305 | 665 |
| Williams | 230 | 125 | 250 | 605 |
| 123 | | | | |
| Jones | 365 | 215 | 425 | 1005 |
| Cristina | 285 | 180 | 365 | 830 |
| 132 | | | | |
| King | 455 | 290 | 415 | 1160 |
| Jones | 360 | 230 | 410 | 1000 |
| Carter | 300 | 230 | 340 | 870 |
| 148 | | | | |
| Carter | 430 | 280 | 460 | 1170 |
| Lecuyer | 405 | 285 | 450 | 1140 |
| Szekeresh | 425 | 225 | 450 | 1075 |
| Pytak | 375 | 250 | 425 | 1050 |
| 165 | | | | |
| Solomon | 515 | 305 | 575 | 1395 |
| Smith | 450 | 275 | 510 | 1235 |
| James | 475 | 305 | 450 | 1230 |
| 181 | | | | |
| Williams | 575 | 330 | 600 | 1505 |
| Ford | 535 | 340 | 510 | 1385 |
| Merideth | 530 | 275 | 575 | 1380 |
| 198 | | | | |
| Hilliard | 605 | 375 | 705 | 1685 |
| Bracey | 645 | 370 | 670 | 1685 |
| Dubuisson | 545 | 305 | 560 | 1410 |
| Haines | | | | |
| 220 | | | | |
| Drexel | 625 | 350 | 575 | 1550 |
| Pond | 505 | 415 | 560 | 1480 |
| Bell | 400 | 335 | 575 | 1310 |
| 242 | | | | |
| Thompson | 640 | 380 | 600 | 1620 |
| White | 550 | 350 | 650 | 1550 |
| Ahad | 565 | 280 | 600 | 1445 |
| Frederick | 545 | 285 | 575 | 1405 |
| 275 | | | | |
| Kimple | 715 | 320 | 600 | 1635 |
| Roman | 555 | 330 | 550 | 1435 |
| SHW | | | | |
| Selby | 550 | 350 | 600 | 1500 |
| Cook | 565 | 305 | 570 | 1440 |
| Vento | 315 | 250 | 405 | 970 |

**Outstanding lifters: 1st: Hilliard, 2nd: Bracey; 3. Solomon. Team standings: Graterford: 33 pts; Huntingdon 19 pts; Camp Hill 13 pts; Dallas 11 pts; Pittsburgh 10 pts; Rockview 10 pts. Lifters representing every prison in Pa participated in this meet. Thanks to all lifters and a special thanks to all who had a part in the preparation and execution of this contest. This meet was the first of its kind in Pa. Thanks to James Gillespie for results.**



***Unto Honkonen**...one of the greatest personalities in Finnish powerlifting passed away on August 19th in his home in Vasa, Finland. Unto's achievements on the powerlifting platform are well known around the world, including silver and bronze medals at the Worlds, once European and several times Nordic and Finnish Champion. His greatest achievement, in my opinion, was his comeback after a severe vertebrae operation in his lower back, to take the Finnish championship to the astonishment of his fellow competitors. I have had the opportunity to travel a lot in the company of Unto, and there was never a dull moment on those trips. We went to Birmingham, York, Perth, Husqvarna, Reykjavik, and for two unforgettable weeks to beautiful Hawaii. Behind Unto's stonehard fighting face dwelled a kind, goodhearted and always helpful friend, full of jokes and inventions. He was a dedicated hunter who loved the serenity of the northern woodlands of his country. The loss for Finnish powerlifting is tremendous, as Unto had great insights into the psychology of our sport, as well as a unique knowledge of training systems, all based on his own experience. We have lost a true friend, but the memory of Unto Honkonen, one of the best representatives of Finnish powerlifting will stay in our minds forever.*

***Bror Holm, Pargas, Finland***




**RECORD CERTIFICATES...**John Black is producing official USPF record certificates which are available to any registered USPF athlete who breaks a meet record, ANYWHERE, in the USA at any level of competition. The certificates are suitable for framing and can be laminated at an additional charge. To be eligible, provide a copy of the meet results (as printed in PL USA is okay) and include a check for $3.00 for each certificate you want ($5.00 for laminated certificates). Include Name and address, name, date, location of meet (city and state), weight class, record weight, category of lift (squat, bench, deadlift, or total), along with results to Black's Health World, Inc., 11934 Lorain Avenue, Cleveland, OH 44111 (checks payable to Black's Health World). Purchase of these certificates will help defray the expenses of USA lifting teams, as $1.00 of the cost of each certificate will be donated quarterly to the USPF for national level team expenses and general operating fund.


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## British Junior Championships
9/18/83 - Sittingbourne, GB (kilos)

| | SQ | BP | DL | T |
|---|---|---|---|---|
| 52kg | | | | |
| J. Maxwell | 170 | 85 | 210* | 465* |
| J. McGrath | 140 | 87.5 | 150 | 377.5 |
| J. Clay | 125 | 75 | 150 | 350 |
| D. Sandy | 130 | 67.5 | 137.5 | 335 |
| 56kg | | | | |
| R. Sydenham | 165 | 80 | 205* | 450 |
| M. Fairbrother | 145 | 70 | 172.5 | 387.5 |
| T. Sharp | 135 | 92.5 | 150 | 377.5 |
| A. Major | 135 | 92.5 | 145 | 372.5 |
| K. Lyons | 125 | 67.5 | 150 | 347.5 |
| 60kg | | | | |
| R. Roberts | 190 | 125* | 175 | 490 |
| M. Tavener | 190 | 97.5 | 180 | 467.5 |
| D. Dallen | 172.5 | 92.5 | 190 | 455 |
| J. Carney | 157.5 | 92.5 | 180 | 427.5 |
| R. Lyon | 150 | 85 | 177.5 | 412.5 |
| 67.5kg | | | | |
| M. Singh | 205 | 127.5 | 227.5 | 560 |
| K. Jackson | 192.5 | 120 | 225 | 537.5 |
| R. Ricketts | 180 | 105 | 235 | 520 |
| M. Dumbrell | 205 | 115 | 180 | 500 |
| P. Mann | 170 | 102.5 | 205 | 477.5 |
| 75kg | | | | |
| N. Fletcher | 240 | 120 | 220 | 580 |
| N. Fitzgerald | 200 | 132.5 | 220 | 552.5 |
| 82.5kg | | | | |
| T. Kemal | 210 | 155 | 237.5 | 602.5 |
| 90kg | | | | |
| R. Martin | 235 | 120 | 255 | 610 |
| 100kg | | | | |
| A. Kennedy | 275 | 167.5 | 265 | 707.5 |
| A. Bowman | 252.5 | 165 | 245 | 662.5 |
| 110kg | | | | |
| A. Ramsay | 275 | 157.5 | 290 | 727.5 |

* British Jr record. Referees included R. Clark, B. Smith, M. Blackburn, A. Finlay. MC: L. Johns; Recorder/Timekeeper: J. Stephenson. Best lifter: J. Maxwell. Thanks to Andy Kerr for results.

## Fabiano Brothers
Budweiser Open Invitational
9/24/83 Mt Pleasant, Mich

| | | | |
|---|---|---|---|
| 114 | | D. Zarzycki | 1290 |
| S. Blank | 785 | D. Cook | 1210 |
| V. Mitchell | 630 | D. Lawrence | 1210 |
| D. Wang | 620 | 198 | |
| 123 | | C. Mitchell | 1580 |
| R. Britron | 820 | R. Batko | 1410 |
| R. Lance | 790 | N. Burmash | 1390 |
| D. Rocheleau | 755 | D. Burke | 1320 |
| T. Gillispie | 720 | D. Wells | 1315 |
| D. Mason | 700 | 220 | |
| 148 | | D. Duchene | 1405 |
| J. Ravesz | 1230 | R. Lagou | 1250 |
| K. Rhodes | 1145 | E. Toth | 1245 |
| R. Bancroft | 1175 | P. Tornson | 1235 |
| B. Lowe | 1115 | 242 | |
| V. Lixey | 1090 | G. Burch | 1850 |
| 165 | | B. Lewis | 1635 |
| F. Wambsgans | 1485 | J. Walters | 1365 |
| D. Karam | 1480 | N. Smith | 1365 |
| A. Huegel | 1240 | D. Bougle | 1245 |
| B. McDonnell | 1240 | 275 | |
| 181 | | R. Kessler | 1435 |
| D. Love | 1475 | SHW | |
| K. Richarson | 1470 | G. Brayman | 1555 |
| B. Breault | 1375 | J. Seely | 1460 |

A lot of lifters missed out on probably the most beautiful and largest trophies ever. We hope to enlarge our meet a lot next year. Fabiano Bros and Budweiser believes in 'bigness' and being number one at whatever they try. Two closest weight class races were in 165 lb with Fabian Wambsgans, our 165 lb state champion, and Dave Karam who flew in from Rome, Italy. The other was in the 181 lb class between Dave Love and Ken Richardson. best lifters: Lt: D. Karam 165; C. Burch, 242. Thanks to meet director, Greg McMillen, for results.

**Black Booster**...Todd Monroe, who will be hosting the Ohio State Championships at Kent State again, would like it known that John Black has done an excellent job as State Chairman, that he is dedicated to the betterment of the sport, that he has organized the state very well, and that they are fortunate to have such a hard worker in their state.

**Fred Glass**...Luana Moore, M.D., now living in Florida, started in Powerlifting a year or so ago at one of Fred Glass's fine bench press and deadlift meets in Pennsylvania. She was so pleased with Fred's guidance and the excellent organization of his meet that she flew back to compete in one recently, taking 1st in the women's division, and she is now close to Class II thanks to Fred.


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# FOR THE RECORD

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| | U.S. Armed Forces Panama Canal | Washington State Records | Region XII Records | South Dakota State Univ. |
|---|---|---|---|---|
| 114 SQ | 240 S. Ramos | 305 P. Palimisano | 435 M. Ellis | 347 McGanigal |
| BP | 150 S. Ramos | 225 P. Seward | 225 P. Seward | 231 Mc Ganigal |
| DL | 260 J. Church | 310 P. Palimisano | 429 M. Ellis | 255 Crabtree |
| T | 610 S. Ramos | 805 P. Palimisano | 1075 M. Ellis | 777 McGanigal |
| 123 SQ | 270 K. Newman | 375 D. Jameson | 385 M. Morishige | 413 Mason |
| BP | 175 A. Sims | 205 P. Honda | 253 M. Morishige | 253 Mason |
| DL | 325 K. Newman | 425 D. Jameson | 468 M. Morishige | 430 Mason |
| T | 735 K. Newman | 1000 D. Jameson | 1075 M. Morishige | 1097 Mason |
| 132 SQ | 285 G. Ramos | 390 C. Bae | 430 M. Morishige | 452 Piro |
| BP | 245 S. Bell | 270 C. Bae | 280 J. Mann | 308 Piro |
| DL | 380 J. Johnson | 445 P. Honda | 500 G. Carlson | 419 Piro |
| T | 845 G. Ramos | 1080 C. Bae | 1200 M. Morishige | 1179 Piro |
| 148 SQ | 430 J. C. Hart | 510 J. Dawson | 560 P. Carni | 551 Winquist |
| BP | 285 W. Mitchel | 275 P. Honda | 365 J. Yoshida | 352 Winquist |
| DL | 480 W. Mitchell | 550 J. Dawson | 578 B. Wright | 540 Winguist |
| T | 1120 J. C Hart | 1320 J. Dawson | 1435 P. Carni | 1432 Winquist |
| 165 SQ | 450 J. C. Hart | 550 G. Olson | 590 R. Sanvold | 600 Winquist |
| BP | 315 G. Jackson | 380 G. Mongillo | 405 R. Sanvold | 355 Winquist |
| DL | 485 M. DeYoung | 575 P. Pointer | 617 R. Sanvold | 551 Heeren |
| T | 1190 M. DeYoung | 1440 G. Mongillo | 1592 R. Sanvold | 1460 Winquist |
| 181 SQ | 440 H. Hart | 620 T. Knauber | 722 S. Knight | 529 Yost |
| BP | 380 W. Richardson | 420 G. Mongillo | 457 R. Pointer | 370 Burton |
| DL | 515 P. Rowland | 622 M. Hale | 688 P. Pointer | 355 Kaufman |
| T | 1290 L. Fulcher | 1620 G. Mongillo | 1802 P. Pointer | 1400 Wiese |
| 198 SQ | 505 C. Blake | 725 R. Woods | 730 M. Caplan | 540 Wiese |
| BP | 360 C. Blake | 485 R. Woods | 485 R. Woods | 391 Sandberg |
| DL | 560 C. Blake | 733 R. Woods | 733 R. Woods | 640 Kaufman |
| T | 1425 C. Blake | 1935 R. Woods | 1935 R. Woods | 1480 Kaufman |
| 220 SQ | 515 C. Blake | 670 J. Flora | 740 B. Keppler | 650 Gullickson |
| BP | 395 E. Williams | 560 J. Magruder | 560 J. Magruder | 450 Ellering |
| DL | 605 C. Blake | 710 J. Flora | 735 B. Keppler | 700 Ellering |
| T | 1500 C. Blake | 1825 J. Magruder | 1885 B. Keppler | 1750 Ellering |
| 242 SQ | 525 A. DePass | 760 J. Magruder | 760 J. Magruder | 565 Ellering |
| BP | 375 R Safiti | 595 J. Magruder | 595 J. Magruder | 429 Ellering |
| DL | 565 A. DePass | 700 M. Magruder | 770 G. Young | 670 Ellering |
| T | 1410 A. DePass | 1985 J. Magruder | 1985 J. Magruder | 1665 Ellering |
| 275 SQ | | 625 S. Crouse | 750 J. Hjorth | 584 Forman |
| BP | | 440 T. Mercer | 501 B. Groves | 413 Forman |
| DL | | 650 S. Reynolds | 740 J. Hjorth | 600 Price |
| T | | 1685 K. LaBeau | 1950 J. Hjorth | 1504 Forman |
| SHW SQ | 375 V. Gleaves | 420 V. Eldridge | 915 D. Kenady | 505 Price |
| BP | 250 V. Gleaves | 335 V. Eldridge | 575 D. Kenady | 335 Engle |
| DL | 450 V. Gleaves | 500 V. Eldridge | 891 D. Kendady | 570 Price |
| T | 1010 V. Gleaves | 1255 V. Eldridge | 2303 D. Kenady | 1375 Price |

| | W. Virginia Teenage | W. Virginia Collegiate | ADFPA Region VIII Drug Free | |
|---|---|---|---|---|
| 114 SQ | 314 D. Talbott | | | |
| BP | 231 D. Talbott | | | |
| DL | 380 C. Hall | | | |
| T | 914 D. Talbott | | | |
| 123 SQ | 341 D. Murphy | 390 R. Salser | | |
| BP | 210 R. Salser | 255 R. Salser | | |
| DL | 424 C. Hall | 380 R. Salser | | |
| T | 920 D. Murphy | 1025 R. Salser | | |
| 132 SQ | 391 M. Kinzer | 415 R. Salser | 352 R. Barnette | |
| BP | 259 M. Kinzer | 285 R. Salser | 237 R. Barnette | |
| DL | 440 M. Kinzer | 425 R. Salser | 413 R. Barnette | |
| T | 1091 M. Kinzer | 1125 R. Salser | 1003 R. Barnette | |
| 148 SQ | 380 K. McComas | 425 D. Hall | 485 T. Hayalaka | |
| BP | 265 R. Salser | 270 M. Sarver | 369 T. Hayalaka | |
| DL | 451 R. Core | 455 D. Conaway | 501 T. Hayalaka | |
| T | 1041 K. McComas | 1133 M. Sarver | 1355 T. Hayalaka | |
| 165 SQ | 457 D. Patton | 518 G. Perry | 523 C. Carden | |
| BP | 314 B. Beltri | 325 D. Bee | 297 C. Carden | |
| DL | 523 T. Bonnett | 520 O. Clevanger | 540 C. Carden | |
| T | 1229 T. Bonnett | 1336 G. Perry | 1361 Coby Carden | |
| 181 SQ | 485 T. Warren | 540 T. McCoy | 584 D. Cole | |
| BP | 374 T. Warren | 350 B. Kyle | 281 K. Dent | |
| DL | 520 B. Smith | 545 T. McCoy | 584 D. Cole | |
| T | 1361 T. Warren | 1415 T. McCoy | 1438 D. Cole | |
| 198 SQ | 562 M. Moore | 451 A. Pucci | 584 D. Spadafora | |
| BP | 330 A. Pucci | 395 D. Coyle | 308 D Spadafora | |
| DL | 622 M. Moore | 515 Leikari | 551 D. Spadafora | |
| T | 1471 M. Moore | 1245 A. Pucci | 1444 D. Spadafora | |
| 220 SQ | 600 M. Moore | 565 A. Johnson | 600 T.Bartesh | |
| BP | 424 G. Weaver | 450 M. Wolf | 418 T.Bartesh | |
| DL | 617 M. Moore | 600 M. Wolf | 611 T. Bartesh | |
| T | 1598 G. Weaver | 1610 M. Wolf | 1631 T.Bartesh | |
| 242 SQ | 512 Duffield | 475 R. Blackburn | 451 C. Williams | R. King |
| BP | 336 Duffield | 340 R. Blackburn | 303 C. Williams | |
| DL | 611 Duffield | 540 R. Blackburn | 600 C. Williams | |
| T | 1460 Duffield | 1355 R. Blackburn | 1355 C. Williams | |
| 275 SQ | 424 Belleville | 599 J. Cook | | |
| BP | 259 J. Woods | 357 J. Cook | | |
| DL | 451 J. Woods | 665 J. Cook | | |
| T | 1085 J. Woods | 1622 J. Cook | | |
| SHW SQ | 413 S. Wilbourne | 500 J. Cook | | |
| BP | 345 R. White | 420 T. Slamick | | |
| DL | 500 B. Parker | 595 J. Cook | | |
| T | 1118 S. Wilbourne | 1400 T. Slamick | | |

| | I.P.F. WORLD RECORDS (kilos) |
|---|---|
| | 242.5 J. Cunha |
| | 146.5 J. Cunha |
| | 232.5 H. Watanabe |
| | 567.5 H. Inaba |
| | 237.5 H. Inaba |
| | 147.5 H. Isagawa |
| | 289.5 L. Gant |
| | 625.0 L. Gant |
| | 295.0 J. Bradley |
| | 180.0 J. Bradley |
| | 296.5 L. Gant |
| | 707.5 J. Bradley |
| | 297.0 R. Wahl |
| | 194.0 K. Hulecki |
| | 312.5 R. Valineva |
| | 732.5 J. Bradley |
| | 327.5 M. Bridges |
| | 217.5 J. Rouse |
| | 325 R. Valineva |
| | 850.0 R. Gaugler |
| | 379.5 M. Bridges |
| | 240.0 M. Bridges |
| | 357.5 V. Kumpuniemi |
| | 952.5 M. Bridges |
| | 375.0 F. Hatfield |
| | 255.0 M. MacDonald |
| | 372.5 W. Thomas |
| | 937.5 M. Bridges |
| | 400.0 F. Hatfield |
| | 261.5 M. MacDonald |
| | 377.5 J. Cash |
| | 952.5 J. Cash |
| | 393.5 D. Wohleber |
| | 270.0 J. Magruder |
| | 395.0 J. Kuc |
| | 1000 J. Kuc |
| | 412.5 D. Waddington |
| | 278.5 T. Hardman |
| | 385.0 T. McCormick |
| | 1005 E. Hackett |
| | 445.0 D. Fely |
| | 300.0 B. Kazmaier |
| | 402.0 B. Kazmaier |
| | 1100 B. Kazmaier |


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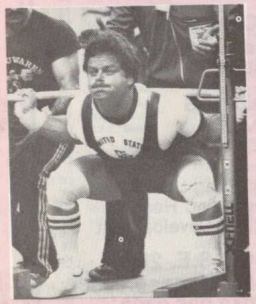
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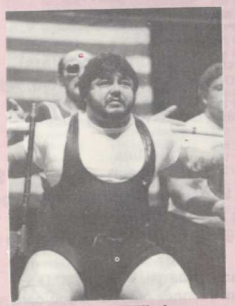
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### Marine Corps Recruit Depot Open 9/24/83 - San Diego, Ca - (kilos)

| 114kg | SQ | BP | DL | T |
|---|---|---|---|---|
| P. Shepherd(f) | 117.5 | 62.5 | 182.5 | 375 |
| 132 | | | | |
| J. Carr | 182.5 | 115 | 232.5* | 530 |
| 148 | | | | |
| C. McNamara(f) | 85 | 40 | 100 | 225 |
| 165 | | | | |
| M. Lurich | 195 | 120 | 227.5 | 542.5 |
| G. DeMetropolis | 182.5 | 112.5 | 220 | 515 |
| N. Thorpe | 157.5 | 125 | 205 | 487.5 |
| J. Shockey | 117.5 | 105 | 170 | 392.5 |
| 181 | | | | |
| G. Whitehead | 230 | 140 | 295 | 665 |
| J. Fondaw | 215 | 137.5 | 227.5 | 580 |
| 198 | | | | |
| R. Estep | 325 | 212.5 | 280 | 819.5 |
| M. Robinson | 260 | 147.5 | 235 | 642.5 |
| C. Wheeler | 227.5 | 142.5 | 237.5 | 607.5 |
| R. Laird | 245 | 140 | 217.5 | 602.5 |
| L. Alkema(f) | 110 | 52.5 | 150* | 312.5* |
| 220 | | | | |
| P. Sikora | 275 | 182.5 | 272.5 | 730 |
| C. Boornazian | 255 | 182.5 | 272.5 | 710 |
| J. Smith | 242.5 | 165 | 252.5 | 660 |
| E. Wainer | 235 | 145 | 247.5 | 627.5 |
| G. Wade | 227.5 | 140 | 227.5 | 595 |
| J. Harrington | 155 | 137.5 | | |
| 242 | | | | |
| V. Eck | 272.5 | 182.5 | 260 | 715 |
| C. Alexander | 260 | 175 | 272.5 | 707.5 |
| T. Deneke | 182.5 | 152.5 | 255 | 590 |
| S. McGarr | 250 | 162.5 | | |
| 275 | | | | |
| M. Allen | 345 | 190 | 322.5 | 857.5 |
| J. McNeil | 220 | 162.5 | 257.5 | 640 |
| SHW | | | | |
| J. Buchanan | 365 | 205 | 295 | 865 |
| P. Galle | 250 | 160 | 252.5 | 687.5 |

Refs: Jack Hughes; Bud Mucci, Don Haley, loader: Charles Hughes; scorekeepers: Bud and Karin Kerr; announcer: Robbie Roberts. 'Once again the MCRD open was aa fine success with a high caliber of lifters performing, such as the Jon Cole Systems team from Ariz. and the likes of Roger Estep doing their thing on the platform. A real fine exhibition of lifting was turned in by a lovely young lady, 16 yr old Lulu Alkema, who set two state records, her first time out, and after only 8 months of training. Roger Estep turned in a good total, tho far below his best. It's tough to really turn on when there is no competition. I understand Roger is now in Calif for good and will be doing quite a bit of bodybuilding work, etc. He looked as tho he could have won any bodybuilding contest around...with a fine geture of sportsmanship, Roger refused any trophies and let the 2nd place winner take 1st place honors. Here is a fine gent and a great representative of the weight game! You gals better keep an eye on the Army's own Paulette Shepherd, this lady is strong!! It was great to see all the familiar faces again and all the totals creeping up. John Carr is going great guns and set a state DI record; he'll be a threat come next years nationals. His training partner Gerald Whitehead, didn't have the night he had hoped for but he did well anyway finishing 85 kilos ahead of teammate and fellow Marine Capt Jeff Fondaw. The El Toro Marines turned in a fine performance as usual and should do well in the upcoming Marine Corps championships in Nov. I would like to express my sincere thanks to all who helped put this meet on; and special thanks to Vi Thomas, Bud Kerr and his lovely wife Karin. Without their help the meet might well not have gotten off the ground!' Thanks to Robbie Roberts for results and report.


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Apr/1982...Women's National Championships, Drugs in Powerlifting, the All Time 2000 Total Club, Larry Pacifico Reminisces, Top 100 220s

Sep/1982...National Cup coverage, Teenage National Championships, Walter Thomas Profile, Heavy Training by Hatfield, Top 100 123s

Nov/1982...Ted Hamner, George Hummel Profile, Natural Powerlifting, Power Gym Directory, Football and Powerlifting, Top 100 148ers list.

Dec/1982...World Powerlifting Championships, Jake Boyer Profile, Power Squat Comparisons, Top 100 Middleweights ranking list (165 lb.)

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Apr/1983...Eddie Pengelly Profile, Mike Bridges Squat Routine, Off Season Training, Making Weight, Women's World Team Salute, Don Blue, Power Rack Training, Pioneers of Power - Pat Casey, TOP 100 242s.

May/1983...Hawaii International, National Collegiates, Mike MacDonald Bench Routine, Kevin Fisher, Isokinetics, Referee Directory, TOP 275s.

Jun/1983...Women's Worlds, Judd Biasiotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, TOP 100 Supers.

Jul/1983...Junior Nationals, Women's Natural Nationals, Overtraining by Fred Hatfield, Making Weight, Chip McCain Squat Routine, 550 Bench Press Club, Don Cundy - Pioneer of Powerlifting, TOP 100 114s.

Aug/1983...Worlds Greatest Deadlifter, Deadlifting Secrets, 800 lb. Deadlift club, Quad tears, Question and Answer, Jim Rouse Bench routine, Top 100 123ers.

Sep/1983...Senior National Championships, American Drug Free National Championships, Rickey Dale Crain Deadlift Cycle, Hatfield on the Abbreviated Training Cycle, Ruthi Shafer's Women's Corner, TOP 100 132s.

Oct/1983...World Masters Meet, Men's and Women's Teenage Championships, Championship Benching Routines, All Time 2,000 total listing, Pan Am Testing Impact, Injuries by Dr. Tom McLaughlin, Top 100 148s.

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| WOMEN | SQ | BP | DL | T |
|---|---|---|---|---|
| L. Green | 292 | 137t | 292 | 722 |
| P. Dent | 413a | 203 | 385 | 1003 |
| C. Fuentes | 248* | 99 | 303* | 650* |
| I. Fuentes | 242 | 88 | 281 | 611 |
| M. Todd | 192 | 104* | 220 | 518 |
| T. Mims | 154 | 93 | 259 | 507 |
| MEN | | | | |
| 114 | | | | |
| D. SanMiguel | 242 | 154 | 314 | 710 |
| 123 | | | | |
| M. Duher | 297 | 192 | 374 | 865 |
| 132 | | | | |
| R. Malkasian | 413 | 231 | 374 | 1019 |
| R. Barnette | 352* | 237* | 413* | 1003* |
| 148 | | | | |
| T. Hayataka | 485* | 369* | 501* | 1355* |
| K. Matle | 485 | 270 | 507 | 1262 |
| J. Gradney | 413 | 253 | 429 | 1090 |
| H. Jones | 363 | 254 | 440 | 1063 |
| K. Carmon | 374 | 242 | 402 | 1019 |
| P. McFarlane | 341 | 225 | 385 | 953 |
| F. Sanchez | 198 | 220 | 303 | 722 |
| J. Pumphrey | 485 | 264 | | |
| B. Broussard | | | | |
| 165 | | | | |
| C. Carden | 523* | 297* | 540* | 1361* |
| R. Cain | 473 | 259 | 501 | 1234 |
| T. Whitten | 429 | 275 | 501 | 1212 |
| S. Jones | 352 | 220 | 451 | 1025 |
| O. Pittman | | | | |
| 181 | | | | |
| C. Schenchl | 551 | 308 | 600 | 1466 |
| D. Cole | 584* | 270 | 584* | 1435* |
| E. White | 551 | 264 | 551 | 1366 |
| 198 | | | | |
| C. DeRouselle | 551 | 347 | 611 | 1510 |
| D. Spadafora | 584* | 308* | 551* | 1444* |
| R. Branline Jr | 501 | 303 | 523 | 1328 |
| G. Romero | 385 | 281 | 501 | 1168 |
| M. Corder | | | | |
| 220 | | | | |
| T. Bartosh | 600* | 418* | 611* | 1631* |
| E. Jackson | 498 | 369 | 413 | 1339 |
| B. Brandt | 451 | 264 | 501 | 1218 |
| 242 | | | | |
| G. Welch | 622 | 440 | 644 | 1708 |
| C. Williams | 451* | 303* | 600* | 1355* |
| R. King | 451* | 286 | 512 | 1251 |
| 275 | | | | |
| T. Buford | 524 | 303 | 534 | 1366 |
| J. Ciaccio | 465 | 259 | 512 | 1240 |
| REGION VIII DIVISION | | | | |
| WOMEN | | | | |
| P. Dent | 413a | 203 | 385 | 1003 |
| C. Fuentes | 248* | 99 | 303* | 650* |
| I. Fentes | 242 | 88 | 281 | 611 |
| M. Todd | 192 | 104* | 220 | 518 |
| T. Mims | 154 | 93 | 259 | 507 |
| MEN | | | | |
| 132 | | | | |
| R. Barnette | 352* | 237* | 413* | 1003* |
| 148 | | | | |
| J. Gradney | 413 | 253 | 429 | 1096 |
| H. Jones | 363 | 259 | 440 | 1063 |
| P. McFarlane | 341 | 225 | 385 | 953 |
| 165 | | | | |
| C. Carden | 523* | 297* | 540* | 1361* |
| R. Cain | 473 | 259 | 501 | 1234 |
| 181 | | | | |
| T. White | 551 | 264 | 551 | 1366 |
| K. Dent | 440 | 281* | 451 | 1113 |
| 198 | | | | |
| D. Spadafora | 584* | 308* | 551* | 1444 |
| 220 | | | | |
| T. Bartosh | 600* | 418* | 611* | 1631* |
| E. Jackson | 496 | 369 | 413 | 1339 |
| B. Brandt | 451 | 264 | 501 | 1218 |
| 242 | | | | |
| C. Williams | 451* | 308* | 600* | 1355* |

a - ADFPA Amer record; t - tied ADFPA Amer record; * - ADFPA Region VIII record. Thanks to Ken Delong for results.

### Japan Masters Championships 9/15/83 - (kilos) - Tokyo, Japan

| 40-49 yrs | SQ | BP | DL | T |
|---|---|---|---|---|
| 56kg | | | | |
| K. Nakamura | 90 | 100 | 110 | 300 |
| 60kg | | | | |
| B. Tashiro | 140 | 92.5 | 155 | 387.5 |
| 67.5kg | | | | |
| G. Ishii | 210 | 120 | 190 | 520 |
| T. Hasegawa | 195 | 115 | 180 | 490 |
| T. Hukuura | 130 | 115 | 165 | 410 |
| A. Kakizawa | 120 | 82.5 | 120 | 322.5 |
| 75kg | | | | |
| M. Suzuki | 215 | 170 | 220 | 605 |
| K. Yamaguchi | 150 | 110 | 130 | 390 |
| 82.5kg | | | | |
| S. Shimizu | 170 | 102.5 | 207.5 | 480 |
| K. Motohashi | 170 | 120 | 187.5 | 477.5 |
| S. Esaka | 170 | 105 | 175 | 450 |
| H. Kimura | 155 | 95 | 150 | 400 |
| 90kg | | | | |
| A. Kaneshiro | 240 | 170 | 220 | 630 |
| Y. Daigen | 160 | 150 | 180 | 490 |
| C. Iijima | 190 | 110 | 170 | 470 |
| 50 plus yrs | | | | |
| 56kg | | | | |
| T. Koike | 130 | 75 | 150 | 355 |
| T. Kasukabe | 120 | 85 | 147.5 | 352.5 |
| I. Nakamura | 90 | 80 | 130 | 310 |
| 60kg | | | | |
| S. Kawashima | 82.5 | 72.5 | 115 | 270 |
| 67.5kg | | | | |
| H. Matsuo | 200 | 135 | 205 | 540 |
| K. Shirai | 135 | 100 | 140 | 375 |
| 75kg | | | | |
| H. Kitamura | 125 | 70 | 130 | 325 |

Best lifter award: H. Matsuo (50 plus years 67.5kg class); 'We had our 1st masters meet. T. Koike who won the world Masters championships got the title with 355 kg, but it was not an easy job because T. Kasuhabe made a good 352.5kg total.' Thanks to Susumu Yoshida for results.

### Greenfield Police & Fire Open 9/3/83 - Greenfield, Ind

| | SQ | BP | DL | T |
|---|---|---|---|---|
| 148 | | | | |
| D. Wedding(BL) | 370* | 195 | 440* | 1005* |
| D. Hawkins | 330 | 265 | 390 | 985 |
| 181 | | | | |
| R. Hoy | 375 | 200 | 425 | 1000 |
| 198 | | | | |
| T. Davis | 520* | 250 | 515* | 1285* |
| W. Pingston | 450 | 315* | 500 | 1265 |
| D. Martin | 400 | 240 | 475 | 1115 |
| K. Todd | 385 | 215 | 435 | 1035 |
| 220 | | | | |
| B. Young | 565* | 305 | 605* | 1475* |
| T. Brown | 510 | 375* | 585 | 1470 |
| C. Hinnerman | 550 | 330 | 530 | 1410 |
| 242 | | | | |
| B. Shubert | 545* | 380* | 490 | 1415* |
| R. Johnson | 410 | 340 | 510* | 1260 |
| 275 | | | | |
| J. Etter | 500 | 340 | 560* | 1400 |
| E. Burkett(gst) | 640 | 370 | 655 | 1665 |

(BL): Best lifter; * meet records; Altho we had a small turnout several meet records were broken. Most of the lifters were getting ready for the Police and Fire meet in Dayton Oct 8 and 9 so most were in the middle of training cycles. A special thanks to the judges, Walt Tyndell, Greg Gamble, John Burton; also Brad Gruell and the other gentleman for great spotting and loading, Bar Trophy Co for the nice trophies.' Thanks to Bob Young, for results.

### West Coast Bench Championships 9/3/83 - Clovis, CA

| NOVICE DIV | | OPEN DIV | |
|---|---|---|---|
| 114 | | 114 | |
| M. Garza | 143 | G. Stasio | 99 |
| S. Lutz | 132 | 123 | |
| K. Cornacchia | 104 | G. Armstrong | 220 |
| G. Stasio | 99 | 132 | |
| 123 | | M. Lawrence | 225 |
| G. Armstrong | 214 | G. Gonzales | 220 |
| 132 | | 148 | |
| C. Konze | 209 | J. Johnson | 325 |
| E. Wallace | 165 | R. Couch | 281 |
| C. Brennan | 143 | 181 | |
| 148 | | S. Vanotti | 424 |
| S. Hall | 132 | R. DeCaro | 374 |
| 165 | | D. Nunez | |
| J. Couch | 319 | 198 | |
| M. Vasquez | 303 | W. Yervan | 462 |
| S. Hinthorne | 275 | P. Gutierrez | 380 |
| 181 | | R. Cregler | 374 |
| V. Kilby | 319 | K. Bush | 369 |
| S. Thomas | 303 | 220 | |
| M. Walsh | 231 | S. Foster | 479 |
| 198 | | T. Stasio | 380 |
| R. Cregler | 385 | D. Packer | 369 |
| T. Stasio | 385 | 242 | |
| T. Bennett | 319 | S. Samaniego | 540 |
| L. Rameriz | 275 | B. Kephart | 446 |
| 220 | | M. Findley | 413 |
| C. Rainey | 286 | C. Burns | 407 |
| 242 | | 275 | |
| J. DeShon | 380 | W. Robinson | 462 |
| | | K. Rhodes | 440 |
| | | SHW | |
| | | F. Moore | 600 |

Best lifters 114-165, Novice: M. Vasquez, 181-SHW: R. Cregler; best lifters Open: 114-181: S. Vanotti, 198-SHW: W. Yervan, Team trophy: Novice: Universal Power team, Open: Univ. Power team; referees: Bob Packer, Wayne Robinson, M. Findley, S. Vanotti, C. Reinay, J. Couch. Meet director: Bob Packer, announcer: Barbara Packer, scorekeeper: G. Stasio, Womens best lifter awards: 1. S. LUtz, 2. C. Brennan, 3. K. Cornacchia, 4. S. Hall, 5. G. Stasio. Thanks to Bob Packer for results.

# Power Place Products Inc.

124 EAST STATE ST. WEST LAFAYETTE, IN 47906 (317) 743-3481



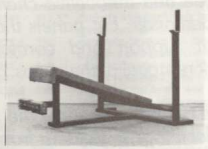
Competition Bench. MW $115; HW $145; SHW $165. W/o supports $50 $60. & $70. Adj. uprts $20. extra. Jack adj. uprts $55. extra.



Adjustable Incline Bench. Avail. in MW, HW, & SHW, w/fixed & adj. incline, w/wo supports. From 85.- $195. Phone for info.



Seated Military Bench w/spotters platform, MW $129; HW $159; SHW $189. Also avail. w/adjust. uprights at $20 extra.



Decline Bench w/tapered seat. MW $170; HW $190; SHW $210.



Standing Calf Machine MW $235, HW $265; SHW $295.



Leg Press w/safety chair & swivel stops. MW $195; HW $245; SHW $295.



Seated Calf Raise, w/adj., double-padded, contour knee pads. MW $145; HW $170; SHW $195.



SHW Squat Stands. Wt. 150 lb./pr. 1 pr $185; 2 pr $350. Range of ht. 43"-60" ½" thick base plate. 3" over 2½" square upright. Jack rated at 2000 lbs. each. Colors - black, red, blue or gold.



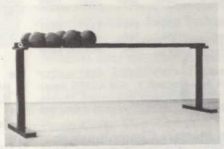
Power Rack. HW $195; SHW $220; SSHW $260; Plus $1.50 per hole. Offered w/3" channel uprt $175; 4" channel uprt $195. 75¢ per hole.



Plate Holders. Oly plates $40. Plate Holders. Sm. hole plates $40.



T-Bar Rowing Machine MW $95; HW $105; SHW $115.



Dumbell Rack. 6' MW $65; HW $75; SHW $85. Dumbell Rack. 6" w/indv. holders. MW $85; HW $95; SHW $105.



High-pull, Low-pull Cable Machine MW $255; HW $295; SHW $355. 3/16" steel cable & machined aluminum pulleys.

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Orders of $500 - 5% discount; $1500 - 10% discount; $3000 - 15% discount. Send for our free catalog for other equipment not pictured in this ad. Custom Paint & Upholstery offered at extra charge. F.O.B. Shipping from W. Lafayette.

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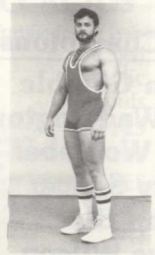
Span Jian Suit, cream color only. Sizes xxs, xs, s, m, 1 Suit $16; 2 Suits $26. Ship. $2.00. Orig. Power-lifting Suit.



Supertwos Wrist Wraps. 1 pr $4.75; 2 pr $8.75; 5 pr $17.95; Ship $1.50



Training Straps. Adj. one size fits all. Heavy duty natural leather. 1 pr $4.95; 2 pr $8.50; 5 pr $18.95; 10 pr $34.95; Ship $1.50



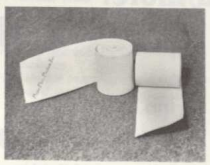
Reversible Blue/Red Singlet Sizes xxs, xs, s, m, l, xl. 1 Suit $14; 2 Suits $22; Ship $2.00



Chalk. 1 lb $7.75; 2 lb $14.95; 3 lb $20.95; 5 lb $33.95; 10 lb $64.95 Ship. $1.50



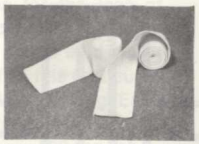
Miracle Suit. Black, red, navy & med. blue. 1 Suit $29, 2 Suits $54; Ship $2.00 Spec. team discounts. Over 5,000 Miracle Suits sold, many World Records to its credit.



Hurricane Knee Wraps. 1 pr $8.75; 2 pr $15.75; 5 pr $37.75; 10 pr $67.75; Ship $1.50. Strongest, most durable knee wrap on the market.



York Elite Lifting Gloves 1 pr $12.95; 2 pr $22.95; 5 pr $51.95; Ship $1.50



Supertwos Knee Wrap. 1 pr $8.75; 2 pr $15.75; 5 pr $37.75; 10 pr $67.75; Ship $1.50. Sold by others under different names at higher prices.



PUMA Squat Shoe. Blue/white trim. Order ½ size smaller than reg. shoe. 1 pr $75.95; 2 pr $146.95; Ship $2.00



ZAPA Squat Shoe. White only. Order reg. shoe size. 1 pr $39.95; 2 pr $75.95; Ship $2.00



PUMA Deadlift Shoe, black or wht. Order normal shoe size. 1 pr $22.95; 2 pr $42.95; Ship $2.00



Deadlift Slippers. Same colors as Miracle Suit. Sizes s, m, l, xl. 1 pr $7; 2 pr $13; 5 pr $28; Ship $1.50 100% polyester upper, suede sole.

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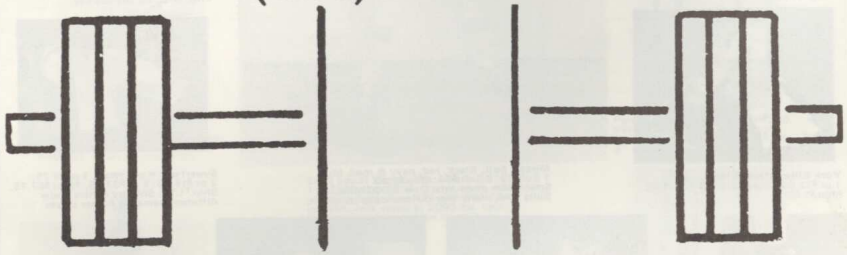
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## Saturday
## Dec. 17, 1983

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John Black
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and more!

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Maintains same nitrogen balance as steroids without the side effects that are harmful to the body that drugs of any kind can create.

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| SUPER Amino Acids | | (Drugs) Anabolic Steroids |
|---|---|---|
| YES | 1. Maintains positive nitrogen balance | YES |
| YES | 2. Promotes muscular growth | YES |
| YES | 3. Enhances recuperation | YES |
| YES | 4. Increases mental concentration | NO |
| YES | 5. Stabilizes blood sugar | NO |
| YES | 6. Chemical Free | NO |
| YES | 7. Normal Fluid retention | NO |
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| YES | 9. Normal hormonal balance | NO |
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## 2nd annual Southern Ohio Open
### 8/13&14/83 - Chillicothe, Oh

| Class II & below | SQ | BP | DL | T |
|---|---|---|---|---|
| 114 | | | | |
| J. Davis | 250 | 175 | 250 | 675 |
| 123 | | | | |
| R. Cook | 335 | 190 | 350 | 875 |
| J. Sanchez | 300 | 190 | 320 | 810 |
| D. Hatfield | 165 | 130 | 260 | 555 |
| 132 | | | | |
| J. Yemich | 340 | 165 | 420 | 925 |
| M. Freecorn | 315 | 195 | 405 | 915 |
| G. Hynson | 340 | 175 | 365 | 880 |
| J. Morey | | | | |
| 148 | | | | |
| R. Bancroft | 390 | 275 | 465 | 1130 |
| M. Evans | 325 | 290 | 460 | 1075 |
| A. Killmer | 355 | 225 | 425 | 1005 |
| S. Solis | 335 | 265 | 400 | 1000 |
| D. Carano | 375 | 205 | 410 | 990 |
| J. Kenyon | 350 | 200 | 405 | 955 |
| B. Williamson | 270 | 230 | 300 | 800 |
| M. Amorin | 320 | | | |
| M. Contino | 340 | | | |
| R. Graham | | | | |
| B. Kennedy | 320 | | | |
| 165 | | | | |
| M. Collins* | 450 | 315 | 500 | 1265 |
| J. Adams | 450 | 325 | 470 | 1245 |
| M. Scott | 465 | 275 | 485 | 1225 |
| D. Scott | 450 | 240 | 480 | 1170 |
| B. Doughty | 425 | 250 | 470 | 1145 |
| J. Adams | 360 | 335 | 450 | 1145 |
| S. Farnsworth | 410 | 285 | 445 | 1140 |
| F. Goodrich | 395 | 280 | 465 | 1140 |
| R. Stradtman | 375 | 285 | 455 | 1115 |
| T. Gilmore | 365 | 245 | 480 | 1090 |
| J. Brunner | 380 | 280 | 420 | 1080 |
| R. Lovelace | 375 | 250 | 450 | 1075 |
| G. Bagley | 360 | 245 | 460 | 1065 |
| R. Calkins | 320 | 155 | 415 | 890 |
| G. Ball | | | | |
| B. Heisler | | | | |
| B. Kelley | 350 | | | |
| L. Newman | 440 | | | |
| M. Roth | | | | |
| T. VanHorn | 320 | | | |
| 181 | | | | |
| K. Lovett** | 570 | 320 | 560 | 1450 |
| J. Perkins | 545 | 305 | 575 | 1425 |
| L. Mintus | 515 | 315 | 520 | 1350 |
| K. Lanham | 480 | 300 | 505 | 1285 |
| B. Skinner | 470 | 315 | 500 | 1285 |
| L. Doughty | 470 | 305 | 500 | 1275 |
| G. Rome | 500 | 305 | 450 | 1255 |
| B. Niemiec | 435 | 285 | 520 | 1240 |
| R. Chabali | 435 | 280 | 520 | 1235 |
| L. Aufdemkampe | 440 | 290 | 500 | 1230 |
| D. Nye | 475 | 265 | 470 | 1210 |
| D. Dague | 380 | 250 | 480 | 1110 |
| J. Hickman | 425 | 230 | 450 | 1105 |
| M. Hatfield | 340 | 260 | 500 | 1100 |
| J. Heilman | 400 | 230 | 465 | 1095 |
| T. Dincler | 400 | 210 | 480 | 1090 |
| F. Sondgeroth | 365 | 245 | 475 | 1085 |
| D. Skinner | 400 | 275 | 410 | 1085 |
| T. Mueller | 310 | 250 | 450 | 1010 |
| B. Schrecongost | 305 | 245 | 440 | 990 |
| R. Klohe | 365 | 235 | 385 | 985 |
| M. Barker | | | | |
| S. Oliver | 380 | 240 | | |
| J. Persico | 335 | 280 | | |
| G. Smith | 450 | | | |
| 198 | | | | |
| M. Purdom(gst) | 570 | 370 | 480 | 1425 |
| M. Watkins | 520 | 350 | 500 | 1370 |
| C. Paros | 490 | 320 | 550 | 1360 |
| N. Kirkendall | 450 | 340 | 530 | 1320 |
| S. Burggraf | 470 | 290 | 510 | 1270 |
| R. Wolford | 470 | 300 | 480 | 1250 |
| S. Neff | 390 | 250 | 510 | 1150 |
| G. Stevens | 365 | 300 | 415 | 1080 |
| G. Bachelder | 365 | 270 | 405 | 1040 |
| A. Elsbernd | 345 | 225 | 460 | 1030 |
| B. Aggers | 390 | | | |
| M. Hostetler | | | | |
| J. Miller | 320 | 230 | | |
| 220 | | | | |
| K. McLane | 585 | 410 | 580 | 1575 |
| T. Brown | 505 | 375 | 575 | 145 |
| M. Lawrence | 565 | 270 | 570 | 1405 |
| M. Fannin | 440 | 325 | 570 | 1335 |
| P. Holland | 425 | 270 | 525 | 1220 |
| J. Lawler | 435 | 285 | | |
| T. Shanks | | | | |
| 242 | | | | |
| J. Hanchosky(gst) | 600 | 385 | 615 | 1600 |
| D. McCandless | 545 | 400 | 585 | 1530 |
| B. Wilkins | 475 | 370 | 560 | 1405 |
| G. Maras | 465 | 315 | 480 | 1260 |
| SHW | | | | |
| S. Miller | 640 | 385 | 550 | 1575 |
| J. Kleinhenz | 380 | 335 | 520 | 1235 |
| G. Armstrong | 400 | 285 | 400 | 1085 |
| Class I & above | | | | |
| 132 | | | | |
| G. Huth | 420 | 240 | 420 | 1080 |
| 148 | | | | |
| G. Underwood | 450 | 275 | 500 | 1225 |
| B. Tracey | 400 | 270 | 465 | 1135 |
| M. Sarver | 385 | 250 | 4560 | 1095 |
| 165 | | | | |
| F. Navarre* | 480 | 340 | 505 | 1325 |
| 181 | | | | |
| J. Balzer | 625 | 370 | 625 | 1620 |
| D. Currence | 555 | 325 | 625 | 1505 |
| M. Rigsby | 575 | 315 | 585 | 1475 |
| J. Priest | 575 | 345 | 550 | 1470 |
| S. Rector | 425 | 320 | | |
| W. Sword | 560 | | | |
| 198 | | | | |
| G. Sanger** | 720 | 450 | 670 | 1840 |
| R. Stiehl | 675 | 425 | 610 | 1710 |
| J. Ramsey | 665 | 345 | 600 | 1600 |
| G. Benford | 640 | 370 | 585 | 1595 |
| J. Kusar | 635 | 345 | 560 | 1540 |
| J. Parrillo | 580 | 360 | 560 | 1500 |
| J. Cabay | 550 | 350 | 550 | 1450 |
| 220 | | | | |
| B. Graser | 685 | 390 | 730 | 1805 |
| J. Black | 675 | 405 | 700 | 1780 |
| R. Gammage | 685 | 450 | 590 | 1725 |
| J. MacLeod | 590 | 345 | 650 | 1585 |
| D. Hall | 535 | 325 | 565 | 1425 |
| S. Tusic | 600 | 420 | | |
| 242 | | | | |
| J. Florio | 740 | 440 | 725 | 1885 |
| E. Duke | 630 | 465 | 630 | 1725 |
| M. Altomare | 655 | 370 | 675 | 1700 |
| T. Kunkel | 600 | 350 | 705 | 1655 |
| 275 | | | | |
| S. O'Brien | 630 | 460 | 740 | 1830 |
| N. Hollinger | 705 | 425 | 630 | 1760 |
| SHW | | | | |
| M. Dimel | 750 | 455 | 685 | 1890 |
| J. Cooke | 650 | 395 | 730 | 1775 |
| T. Wallick | 600 | 410 | 500 | 1510 |
| WOMEN | | | | |
| D. Owens | 290! | 150 | 295 | 735 |
| P. Booth | 260 | 130 | 290 | 680 |
| S. Meaney | 325 | 160 | 390 | 875 |
| C. Shannon | 275 | 115 | 300 | 690 |
| J. Schwenker | 225 | 125 | 290 | 640 |
| D. Fry | 290 | 185 | 300 | 775 |
| E. Hollingsworth | 275 | 145 | 280 | 700 |
| S. Meyer | 210 | 85 | 250 | 545 |
| T. Athey | 230 | 120 | 300 | 650 |
| L. Cecil | 165 | 90 | 255 | 510 |
| C. Hossler | 205 | 115 | 240 | 560 |
| M. Greer | 360! | 150! | 360! | 870! |
| P. Crisp | 200 | 100 | 200 | 500 |
| J. Glaesner | 245 | 135 | 300 | 680 |
| G. Toler | 215 | 95 | 240 | 550 |
| J. Asbury | 220 | 85 | 250 | 555 |
| J. Jenike | 215 | 95 | 245 | 555 |
| G. Goren | | | | |
| Teens-Schwartz | | | | |
| M. Rigsby | 575 | 315 | 585 | 1475 |
| B. Tracey | 400 | 270 | 465 | 1135 |
| B. Isreal | 540 | 320 | 540 | 1400 |
| J. Davis | 270 | 185 | 300 | 755 |
| R. Terry | 450 | 290 | 505 | 1245 |
| D. Pinkerton | 365 | 200 | 425 | 990 |
| T. Gill | 450 | 300 | 500 | 1250 |
| M. Chretien | 380 | 240 | 500 | 1120 |
| R. Andrasko | 430 | 280 | 400 | 1110 |
| B. Ahearn | 425 | 250 | 445 | 1120 |
| G. Gill | 325 | 250 | 370 | 945 |
| Masters-Schwartz | | | | |
| B. Purvis | 450 | 310 | 550 | 1310 |
| R. Prater | 540 | 300 | 510 | 1350 |
| J. Wells | 465! | 360! | 425! | 1250! |
| V. White | 560 | 350 | 470 | 1380 |
| T. Wallick | 600! | 410! | 500 | 1510! |
| E. Fleischer | 405! | 260! | 480! | 1145! |
| P. Huth | 400! | 240! | 350! | 990! |
| B. Coyer | 515 | 325 | 540 | 1380 |
| S. Woods | 365 | 210 | 450 | 1025 |
| R. Roberts | 340 | 235 | 440 | 1015 |
| J. Benham | 360 | 245 | 465 | 1070 |
| D. Franks | 315! | 235! | 310! | 860! |

Team trophy: Aug 13: 1st: Black's Health World; 2nd: Parrillo's gym; Aug 14: 1st: Black's HW, 2nd: Parrillo's gym; * denotes outstanding lifter in 114-165 lb class; ** denotes outstanding lifter in 181-SHW class; ! - denotes Ohio state record. 'In his 1st meet since the injury which put him in a wheelchair for several weeks, John Black totaled a fantastic 1780. Gary Sanger, 5 weeks after placing 4th in the Srs, totaled 1840. All the lifting was great and the lifters showed extremely good sportsmanship.

Meet directors, Jim and Sue Rummell, Fred Park and Mark Schiller want to thank Dean Glitt and the Circleville BBC, Terry Brennan and Shag Rutherford for the loan of their equipmt, all the many people who helped to make this meet so successful. Dean's announcing of the dual platform meet was outstanding. A special thanks to Dave Jeffrey for refereeing and giving a helping hand wherever needed. With everyone pulling together like this, we are looking forward to a better meet next year.' Thanks to Jim and Sue Rummell for results.


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# DRUG BUST



It had to happen sooner or later. Nutrition has busted the back of the weight lifting drug business. Now at last, there is a safe and natural alternative to steroids. It's called **EXSTEROL** and it's the ultimate all natural anabolic formula. Everything that will build muscle naturally is in this pill. Whether you're after muscle size, definition or strength, **EXSTEROL** will help you meet your goals. Just look at what's in this dynamite tablet.

### GLANDULARS (5000 mgs)

It is now undisputed in weight training circles that glands build muscle. Glandulars boost your body's natural production of hormones especially along with a weight training program. **EXSTEROL** combines eleven of the most result-producing raw glandulars into a daily dosage of 5000 milligrams as follows: Liver (2600 mgs), Orchic (1000 mgs), Thymus (200 mgs), Heart (200 mgs), Kidney (200 mgs), Lung (200 mgs), Pituitary (150 mgs), Adrenal (150 mgs), Prostate (120 mgs), Pancreas (120 mgs), Hypothalamus (60 mgs). No other formula can compare.

### STEROLS (23,730 mcgs)

Here's the most exciting recent discovery in natural anabolics. Sterols are an all-natural and safe variation of steroid drugs fractionated from vegetable oils. While closely resembling steroids chemically, they have none of the undesirable side effects. Weight lifters can expect solid muscular weight gain with a noticeable loss of fat from using sterols. A daily dose of **EXSTEROL** provides Beta-Sitosterol (4680 mcgs), Fucosterol (6330 mcgs), Campestrol (2790 mcgs), Stigmasterol (1590 mcgs), and other total sterols (8340 mcgs). Remember sterols are the closest thing to steroids and represent the latest advancement in natural muscle building supplementation.

### AMINO ACIDS (2024 mgs)

Here's another recent advancement in muscles building supplements. Three amino acids—Lysine, Arginine, and Ornithine—all help stimulate the body's natural production of growth hormone (GH). Many bodybuilders are risking their health experimenting with dangerous and powerful growth hormone drugs. Now it can be done naturally. Growth hormone helps the body burn fat for energy and can aid in the development of bigger and thicker muscles with vastly increased strength. These amino acids were popularized by the book "Life Extension" by Durk Pearson who notes that bodybuilders are getting unbelievable results from using these amino acids. According to Pearson, even people who don't exercise get bigger muscles with these products. **EXSTEROL** provides 600 milligrams of each of these amino acids per day as well as 224 milligrams of the eight essential amino acids in their exact proportions from egg albumen. Why spend money buying these amino acids separately when you can get them combined with glandulars, sterols, herbals and other key factors in the one pill **EXSTEROL**?

### HERBALS (700 mgs)

Certain herbs can also play a key role in muscle building. **EXSTEROL** contains seven important herbs for weight lifters. Capsicum (100 mgs) is a pure stimulant boosting the efficiency of every organ in the body. It aids in circulation and helps bodybuilders achieve a great pump. Alfalfa (100 mgs) is an excellent source of trace minerals and aids in the electrolyte balance in the body. It helps prevent fatigue from setting in after a long, hard workout. Dandelion Root (100 mgs) is also a natural stimulant but more importantly it acts as a natural diuretic preventing too much fluid retention in the muscles which can cause a smooth appearance. It also helps prevent anemia and strengthens the kidneys. Garlic (100 mgs) is one of nature's wonder herbs. It helps fight infections, reduces high blood pressure and helps lower cholesterol. Yellow Dock (100 mgs) works as a blood purifier and tones up the entire system. It also helps maintain good gland health. Gota Kola (100 mgs) is a powerful natural stimulant and diuretic. It fights brain fatigue and strengthens the heart and memory. Licorice Root (100 mgs) acts as a boost to the adrenal glands, helping to fight off stress from hard workouts. It also helps regulate blood sugar.

### NATURAL STIMULANTS

Certain supplements have become staples in the nutritional program of weight lifters. We have included them in **EXSTEROL** as follows: Bee Pollen (1000 mgs). Pollen is a high source of plant steroid hormones. Weight lifters take Pollen for strength, endurance, definition and virility. Ginseng (100 mgs) is one of those magic substances that seems to do about everything—bigger muscles, more strength, great stamina, sexual drive, hormone releaser and blood pressure stabilizer. Royal Jelly (30 mgs) is the mystery substance that worker bees feed to the queen bee enabling her to grow very large and strong. Weight lifters like to think it can do the same for them. Octacosanol (1650 mcgs), like sterols, closely resembles steroids in action. It enables weight trainers to develop tremendous endurance for grueling workouts. Strength and improved muscle reflex action are two more benefits. RNA (60 mgs) and DNA (30 mgs) are commonly referred to as nucleic acids and are crucial to cell reproduction. Weight trainers need these nucleic acids to assist in cellular growth after intense workouts. These nucleic acids mean bigger, thicker muscles.

### MUSCLE MINERALS

Minerals play a very important part in muscle building acting as catalysts in key chemical reactions. **EXSTEROL** provides Calcium (200 mgs) Magnesium (100 mgs) and the crucial muscle mineral Potassium (99 mgs). In addition it contains the trace minerals Silicon, Barium, Sodium, Vanadium, Silver, Libium, Nickel, Sulfur, Baron, Chlorine, Aluminum, Strontium, Titanium and Cobalt all in their naturally occurring forms for easy absorption.

### FAT BURNERS (2214 mgs)

No natural anabolic formula would be complete without including the essential fatty acids. These nutrients help your body metabolize dietary fats and act as building blocks for many of the body's hormones. They're great for cutting up and getting contest-winning definition. A daily dose of **EXSTEROL** provides Linoleic Acid (1040 mgs), Oleic Acid (698 mgs), Palmitic Acid (263 mgs), Linolenic Acid (109 mgs), Stearic Acid (56 mgs), Lignoceric Acid (14 mgs), Arachidonic Acid (13 mgs), Eicosanoic Acid (11 mgs), Behenic Acid (6 mgs) and Myristic Acid (5 mgs).

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| 25 LB. | $49.50 | 85 LB. | $108.30 |
| 30 LB. | $54.40 | 90 LB. | $113.20 |
| 35 LB. | $59.30 | 95 LB. | $118.10 |
| 40 LB. | $64.20 | 100 LB. | $123.00 |
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3/12/83 - (kilos) Bloomington, Ind

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| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| OPEN DIV | | | | | | | | | |
| 123 | | | | | | | | | |
| F. Higgins | 140 | | | | | | | | |
| 132 | | | | | | | | | |
| R. Martinez | 115 | | | | | | | | |
| J. Richhart | 105 | | | | | | | | |
| 148 | | | | | | | | | |
| L. Whiteman | 155 | | | | | | | | |
| L. Brock | 147.5 | | | | | | | | |
| M. Evans | 125 | | | | | | | | |
| D. Harvey | 120 | | | | | | | | |
| 165 | | | | | | | | | |
| B. Whitlow | 137.5 | | | | | | | | |
| M. Feaster | 125 | | | | | | | | |
| 181 | | | | | | | | | |
| R. Belcastro | 190 | | | | | | | | |
| D. Nalley | 182.5 | | | | | | | | |
| B. Rosa | 170 | | | | | | | | |
| S. Bledsoe | 167.5 | | | | | | | | |
| T. Karavos | 130 | | | | | | | | |
| 198 | | | | | | | | | |
| R. Brown | 207.5 | | | | | | | | |
| D. Rosezweig | 190 | | | | | | | | |
| S. Groth | 182.5 | | | | | | | | |
| C. Carrara | 152.5 | | | | | | | | |
| J. Petry | 130 | | | | | | | | |
| 220 | | | | | | | | | |
| S. Hutkowski | 197.5 | | | | | | | | |
| D. Metroff | 190 | | | | | | | | |
| D. Brewer | 182.5 | | | | | | | | |
| 242 | | | | | | | | | |
| R. Vickers | 212.5 | | | | | | | | |
| R. Grossnickle | 210 | | | | | | | | |
| H. Gresham | 207.5 | | | | | | | | |
| L. Tiehart | 197.5 | | | | | | | | |
| 275 | | | | | | | | | |
| M. Parrott | 170 | | | | | | | | |
| K. Huegen | 160 | | | | | | | | |
| SHW | | | | | | | | | |
| T. Davis | 185 | | | | | | | | |
| NOVICE DIV | | | | | | | | | |
| 114 | | | | | | | | | |
| D. Davis | 100 | | | | | | | | |
| J. Cento | 70 | | | | | | | | |
| 123 | | | | | | | | | |
| S. Canatsey | 87.5 | | | | | | | | |
| G. Simmons | 85 | | | | | | | | |
| OPEN DIV | SQ | BP | DL | T | | | | | |
| 114 | | | | | | | | | |
| G. Horine | 112.5 | 82.5 | 140 | 335 | | | | | |
| 123 | | | | | | | | | |
| F. Belcastro | 92.5 | 100 | 142.5 | 335 | | | | | |
| 132 | | | | | | | | | |
| R. Delgallo | 177.5 | 117.5 | 195 | 490 | | | | | |
| R. Holt | 162.5 | 105 | 187.5 | 45 | | | | | |
| R. Thurm | 150 | 105 | 167.5 | 422.5 | | | | | |
| 148 | | | | | | | | | |
| J. Thurm | 220 | 122.5 | 205 | 547.5 | | | | | |
| D. Hawkins | 142.5 | 125 | 162.5 | 430 | | | | | |
| 165 | | | | | | | | | |
| E. Bridges | 252.5 | 132.5 | 255 | 640 | | | | | |
| B. Whitlow | 215 | 137.5 | 240 | 592.5 | | | | | |
| T. McNeil | 177.5 | 85 | 195 | 457.5 | | | | | |
| 181 | | | | | | | | | |
| M. McGee | 265 | 167.5 | 277.5 | 710 | | | | | |
| R. Hale | 250 | 170 | 227.5 | 647.5 | | | | | |
| D. Halpern | 227.5 | 112.5 | 247.5 | 587.5 | | | | | |
| R. Hoy | 205 | 102.5 | 225 | 532.5 | | | | | |
| R. Belcastro | 92.5 | 190 | 182.5 | 465 | | | | | |
| 198 | | | | | | | | | |
| D. Rozenzweig | 290 | 190 | 292.5 | 772.5 | | | | | |
| J. McWhorter | 265 | 137.5 | 315* | 717.5 | | | | | |
| R. Martin | 160 | 110 | 205 | 497.5 | | | | | |
| 220 | | | | | | | | | |
| S. Hutkowski | 275 | 197.5 | 292.5 | 765 | | | | | |
| T. Stewart | 250 | 117.5 | 265 | 632.5 | | | | | |
| 242 | | | | | | | | | |
| J. Moulton | 267.5 | 182.5 | 307.5 | 757.5 | | | | | |
| L. Tiahart | 235 | 197.5 | 275 | 707.5 | | | | | |
| H. Gresham | 100 | 207.5 | 100 | 407.5 | | | | | |
| 275 | | | | | | | | | |
| W. Wadsworth | 292.5 | 175 | 282.5 | 750 | | | | | |
| K. Huegen | 272.5 | 160 | 287.5 | 720 | | | | | |
| SHW | | | | | | | | | |
| M. Libby | 237.5 | 177.5 | 272.5 | 687.5 | | | | | |
| NOVICE DIV | | | | | | | | | |
| 114 | | | | | | | | | |
| G. Horine | 112.5 | 82.5 | 140 | 446 | | | | | |
| 123 | | | | | | | | | |
| R. Burris | 115 | 102.5 | 162.5 | 380 | | | | | |
| F. Belcastro | 92.5 | 100 | 142.5 | 335 | | | | | |
| 132 | | | | | | | | | |
| R. Holt | 162.5 | 105 | 187.5 | 455 | | | | | |
| D. Hays | 127.5 | 77.5 | 165 | 365 | | | | | |
| K. Crump | 72.5 | 42.5 | 112.5 | 227.5 | | | | | |
| K. Lamont | | | | | | | | | |
| C. Shull | | | | | | | | | |
| 148 | | | | | | | | | |
| D. Hawkins | 142.5 | 125 | 162.5 | 430 | | | | | |
| J. Brammer | 147.5 | 82.5 | 152.5 | 382.5 | | | | | |
| 165 | | | | | | | | | |
| D. Cummings | 185 | 100 | 227.5 | 512.5 | | | | | |
| R. Plunkett | 167.5 | 130 | 182.5 | 480 | | | | | |
| R. James | 147.5 | 107.5 | 177.5 | 432.5 | | | | | |
| R. Rayle | 147.5 | 82.5 | 175 | 405 | | | | | |
| 181 | | | | | | | | | |
| D. Halpern | 227.5 | 112.5 | 247.5 | 587.5 | | | | | |
| L. King | 192.5 | 132.5 | 227.5 | 552.5 | | | | | |
| R. Hoy | 205 | 102.5 | 225 | 532.5 | | | | | |
| G. Campbell | 207.5 | 112.5 | 210 | 525 | | | | | |
| M. Hinson | 185 | 112.5 | 200 | 497.5 | | | | | |
| D. Davis | 147.5 | 115 | 215 | 477.5 | | | | | |
| R. Belcastro | 92.5 | 190 | 182.5 | 465 | | | | | |
| S. Decker | 130 | 120 | 185 | 435 | | | | | |
| T. Karavos | 105 | 130 | 175 | 410 | | | | | |
| K. Piper | 137.5 | 92.5 | 157.5 | 387.5 | | | | | |
| P. Everett(f) | 105 | 160 | 145 | 335 | | | | | |
| 198 | | | | | | | | | |
| S. Stephens | 215 | 127.5 | 227.5 | 570 | | | | | |
| R. Szala | 182.5 | 132.5 | 227.5 | 547.5 | | | | | |
| C. Nestleroad | 205 | 115 | 215 | 535 | | | | | |
| R. Martin | 160 | 110 | 205 | 497.5 | | | | | |
| 220 | | | | | | | | | |
| T. Stewart | 250 | 117.5 | 265 | 632.5 | | | | | |
| J. Wright | 192.5 | 137.5 | 252.5 | 590 | | | | | |
| N. Bajda | 215 | 117.5 | 230 | 562.5 | | | | | |
| R. Strauch | 160 | 130 | 210 | 562.5 | | | | | |
| K. Todd | 142.5 | 90 | 190 | 422.5 | | | | | |
| 242 | | | | | | | | | |
| N. Barney | 285 | 177.5 | 260 | 727.5 | | | | | |
| L. Tiahart | 235 | 197.5 | 275 | 707.5 | | | | | |
| K. Thompson | 227.5 | 172.5 | 285 | 685 | | | | | |
| 275 | | | | | | | | | |
| W. Wadsworth | 292.5 | 175 | 282.5 | 750 | | | | | |
| K. Huegen | 272.5 | 160 | 287.5 | 720 | | | | | |
| M. Ross | 252.5 | *177.5 | 272.5 | 702.5 | | | | | |
| SHW | | | | | | | | | |
| J. Blendowski | 235 | 145 | 250 | 630 | | | | | |
| H. Walters | 65 | 200 | 65 | 330 | | | | | |

* New Indiana st record

Meet director: Carl Paul Lamb, Meet sponsor: Strength and Fitness Products; top teams: H&B Fitness Ctr - Beese, Il, Steve Hutkowski, Capt., Central Ill. WL Club, Bob Rosa, Capt., Ardizzone and Nalley's gym- Indianapolis, Ind, Tony Ardizzone and Dick Nalley, Captains., Chicago Pirates, Robert and Fred Belcastro, Captains. Best lifters: PL: Open: M. McGee, D. Rozenzweig, S. Hutkowski; novice: N. Barney; BP; Open: F. Higgins, R. Brown, R. Belcastro, Novice: D. Rozenzweig. 'I would like to thank each and every individiaul who attended this past year's contests. I apologize for the late meet results. My original results were sent shortly after the contst but were never received by PL USA. I hope I have been able to reconstruct the results accurately. Now that the meets are several months behind me, I am able to look at the contests in retrospect. I learned one very good lesson from the past contests -- never attempt to do more than you feasibly can do within your manpower limitations. Therefore, with this in mind, I tentatively plan on promoting both the powerlifting and BP contests next year, however, they will be staged on different days. My number one priority is to promote the best possible contest, not for profit, but for the powerlifter. In light of the fact that my last contest did not run as smoothly as those in the past, I feel that I personally fell below my desired goal. Therefore, I apologize for not obtaining perfection and will do everything in my power to do so in the future. Once again, thanks to all those individuals who have supported my contests in the past. All the best in your future lifting pursuits.' Thanks to Carl Paul Lamb for results.

### German Junior Championships
Munich, Germany - 9/10/83
(kilo totals)

| | | | |
|---|---|---|---|
| 56kg | | M. Dorn | 425 |
| U. Demir | 382.5 | H. Klement | 420 |
| F. Schubert | 347.5 | 82.5kg | |
| D. Baltzer | 347.5 | D. Meidinger | 510 |
| M. Bartel | 285 | W. Langenecker | 510 |
| R. Ostendorf | 280 | 90kg | |
| 60kg | | J. Kapsecker | 645 |
| P. Lux | 467.5 | W. Fuchs | 590 |
| D. Ignaszak | 345 | L. Westner | 575 |
| 67.5kg | | D. Albrings | 562.5 |
| H. Lichtenstern | 525 | H. Wagner | 470 |
| ż. Derzapf | 455 | T. Kroschewski | |
| T. Duft | 450 | 100kg | |
| R. Effner | 417.5 | M. Zacharias | 590 |
| J. Zaraza | 395 | M. Wagner | 547.5 |
| F. Gabler | 362.5 | M. Braun | 545 |
| C. Dietrich | | M. Langenecker | 545 |
| S. Martin | | U. Reinhardt | 440 |
| 75kg | | M. Eichenberger | |
| C. Braumann | 565 | 110kg | |
| M. Klatte | 515 | S. Schrofel | 600 |
| R. Seebach | 500 | J. Krauss | 570 |
| F. Schramm | 500 | 125kg | |
| D. Biechl | 495 | M. Brugger | 825 |
| H. Hauser | 445 | A. Schmittutz | 590 |

Peter Lux, 4th attempt 132.5kg new German record in BP. Thanks to Heinz Vierthaler for results.

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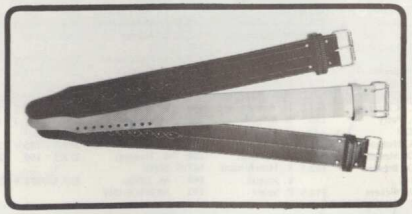
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| 3S1 | 1 | Suede | 9-mm | 3" Nickel | Style 1 | C | 46.00 |
| 4N1 | 1 | Natural | 7-mm | 4" Nickel | None | A,B,F | 29.00 |
| 4N2 | 2 | Natural | 11-mm | 4" Nickel | Style 1 | A,B,C,D,F | 53.00 |
| 4N3 | 3 | Natural | 13-mm | 4" Nickel | Style 1 | A,B,C,D,F | 64.00 |
| 4S1 | 1 | Suede | 10-mm | 4" Nickel | Style 1 | A,B,C,D,E | 55.00 |
| 4S2 | 2 | Suede | 12-mm | 4" Nickel | Style 1 | A,B,C,D,E | 66.00 |
| 4S3 | 3 | Suede | 13-mm | 4" Nickel | Style 1 | A,B,C,D,E | 77.00 |
| Dip Belt | 1 (7 in. back) | Natural | 7-mm | none | None | F | 32.00 |
| 2.5N1 | 1 | Natural | 7-mm | 2.5 in. Nickel | None | F | 26.00 |
| 6N1 (6 in. back) | 1 | Natural | 7-mm | 2.5 in. Nickel | None | F | 34.00 |

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SUEDE COLOR_____ INSERT COLOR_____
OPTIONS DESIRED A._____ B._____ C._____ D._____
(STATE COLOR FOR E OR F) E._____ F._____

### MEN'S POWERLIFTING CLASSIFICATION STANDARDS

| CLASS | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | SHW |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Elite | 1064 | 1157 | 1246 | 1394 | 1527 | 1642 | 1731 | 1824 | 1890 | 1946 | 2033 |
| Master | 981 | 1064 | 1146 | 1279 | 1400 | 1505 | 1593 | 1675 | 1736 | 1786 | 1857 |
| Class I | 882 | 953 | 1025 | 1152 | 1257 | 1350 | 1422 | 1505 | 1554 | 1598 | 1670 |
| Class II | 777 | 838 | 904 | 1009 | 1102 | 1190 | 1257 | 1323 | 1367 | 1411 | 1472 |
| Class III | 672 | 733 | 788 | 887 | 965 | 1036 | 1097 | 1157 | 1196 | 1229 | 1279 |
| Class IV | 590 | 639 | 689 | 772 | 838 | 904 | 953 | 1003 | 1047 | 1075 | 1119 |

### TEENAGE MEN'S CLASSIFICATION STANDARDS

| CLASS | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | SHW |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Elite | 1014 | 1097 | 1180 | 1323 | 1450 | 1549 | 1637 | 1731 | 1786 | 1841 | 1918 |
| Master | 910 | 987 | 1064 | 1191 | 1301 | 1395 | 1477 | 1554 | 1610 | 1654 | 1725 |
| Class I | 799 | 866 | 932 | 1042 | 1147 | 1224 | 1295 | 1367 | 1411 | 1455 | 1510 |
| Class II | 678 | 733 | 794 | 882 | 970 | 1036 | 1097 | 1158 | 1196 | 1235 | 1284 |
| Class III | 546 | 595 | 640 | 711 | 783 | 838 | 882 | 932 | 965 | 992 | 1036 |
| Class IV | 408 | 441 | 474 | 529 | 579 | 618 | 656 | 689 | 717 | 733 | 766 |

### WOMEN'S POWERLIFTING CLASSIFICATION STANDARDS

| Class | 97 | 105 | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 198+ |
|---|---|---|---|---|---|---|---|---|---|---|
| Elite | 639 | 683 | 733 | 782 | 827 | 909 | 981 | 1053 | 1130 | 1190 |
| Master | 579 | 623 | 667 | 711 | 749 | 827 | 893 | 959 | 1025 | 1080 |
| Class I | 518 | 562 | 601 | 639 | 672 | 744 | 805 | 865 | 920 | 970 |
| Class II | 463 | 496 | 535 | 568 | 601 | 661 | 716 | 766 | 821 | 865 |
| Class III | 402 | 435 | 468 | 496 | 524 | 579 | 623 | 672 | 716 | 755 |
| Class IV | 347 | 375 | 402 | 424 | 452 | 496 | 535 | 573 | 617 | 650 |

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### 1st annual Southwest Virginia PL
8/27/83 - Norton, VA

| | SQ | BP | DL | T |
|---|---|---|---|---|
| 114 | | | | |
| C. Mooney | 330 | 215 | 430 | 975 |
| R. Goode | | | | |
| 123 | | | | |
| D. Devor | 370 | 205 | 350 | 925 |
| D. Billings | 225 | 120 | 270 | 615 |
| J. Sexton | 175 | 100 | 235 | 510 |
| 132 | | | | |
| D. Lane | 425 | 260 | 400 | 1085 |
| J. Rose | 255 | 180 | 350 | 785 |
| J. Dean | | | | |
| 148 | | | | |
| J. McCartey | 435 | 235 | 410 | 1080 |
| D. Frye | 225 | 90 | 275 | 590 |
| M. Owens | 175 | 85 | 225 | 485 |
| 165 | | | | |
| R. McCarty Jr | 525 | 285 | 500 | 1310 |
| B. Smith | 490 | 285 | 510 | 1285 |
| C. Foster | 450 | 305 | 430 | 1185 |
| 181 | | | | |
| D. Currence-BL | 580 | 340 | 600 | 1520 |
| L. Smith | 490 | 285 | 510 | 1215 |
| J. Nichols | 475 | 255 | 485 | 1215 |
| J. Bailey | 420 | 320 | 475 | 1215 |
| M. Osborne | 400 | 220 | 420 | 1040 |
| P. Sutphin(guest) | 705 | 390 | 655 | 1750 |
| 198 | | | | |
| R. McCarty Sr | 480 | 270 | 475 | 1225 |
| J. Willis | 400 | 350 | 415 | 1165 |
| B. Fox | 420 | 270 | 455 | 1145 |
| C. Robbins | 310 | 225 | 450 | 985 |
| 220 | | | | |
| V. White | 600 | 365 | 450 | 1415 |
| G. Ireson | 525 | 325 | 530 | 1380 |
| G. Edwards | 500 | 250 | 525 | 1275 |
| 242 | | | | |
| S. Holbrook | 480 | 290 | 500 | 1270 |
| 275 | | | | |
| M. Salyer | 600 | 450 | 620 | 1670 |
| J. Perchie | 550 | 370 | 625 | 1545 |
| J. Bentley | 500 | 365 | 525 | 1390 |
| SHW | | | | |
| S. Warren | 225 | 235 | 350 | 810 |

Outstanding lifter lt class: C. Mooney; hvy: D. Currence. 'The 1st annual Sowest Va PL contest was a great success with over 30 lifters participating. James Holbrook and Jeff Bailey were the meet directors holding the 1st meet in the area ever! Both men are affiliated with Doug's Fitness World and the Norton YMCA respectively. This meet will be an annual event from now on in future years. Now for the highlights:

W. Va. state champion Chuck Mooney cruised to an easy victory in the 114 lb class; Teenage natl and Va. State champion Darrell Devor had little trouble in the 123 lb class; Denny Lane from Tenn. put together some nice lifts in the 132s that won 1st place; Hometown boy Jack McCarty won the 148s as did his brother in the 165 lb class; Doug Currence from St. Albans, WV took the 181s with a very strong 1520 total; The McCarty brother's father, Raymond McCarty Sr won the 198s. Raymond is one of the top Master lifters in the area; W Va St PL chairman, Mr. Vince White, put together a 1415 total to win the 220s at a bodywt of 205! Watch for Vince at the Masters in New York; Paul Sutphin weighed in at 181 and lifted as guest lifter in the lthvywt class. His lifts were a 705 squat, 390 BP and 655 DL... a 9 for 9 day.' Thanks to Paul Sutphin for results.







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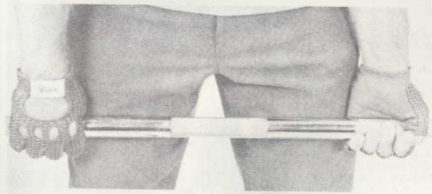

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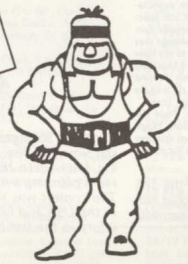


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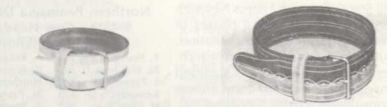
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### Northern Peninsula DL Contest
### 9/4/83 - Cow Head, Nfld.
### Canada (kilos)

| | | | |
|---|---|---|---|
| T. Young(110.9) | 300 | A. Roberts(86) | 215 |
| M. Walsh(66.7) | 205 | B. Bennett(60.2) | 147.5 |
| J. Payne(85.5) | 227.5 | Hutchings(61.4) | 147.5 |
| Kennedy(76.5) | 210 | M. Payne(81.5) | 162.5 |
| H. Slim(79.6) | 205 | R. Bennett(57.2) | 115 |
| R. Payne(85.3) | 215 | | |

'The deadlift contest was held as part of the 400th anniversary celebration of Newfoundland being a colony of Great Britain. The lifting was fairly informal in that we used only one bar and lifters did their warm ups as the weight was increased on the bar. A lifter was permitted to do as many sets and reps as he wished. Only his singles were recorded and he was disqualified when he missed two consecutive attempts. The format made the lifting enjoyable for all concerned. Thanks to George and Derek for helping.' Thanks to Terry Young for results.

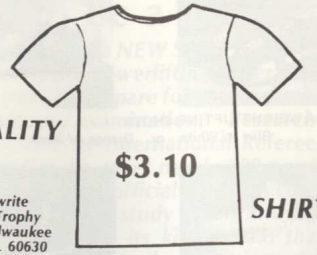
### Dixie Invitational
### 8/27/83 - (kilos) - Jasper, Al

| | SQ | BP | DL | T |
|---|---|---|---|---|
| 181 | | | | |
| B. McKee | 282.5 | 172.5 | 287.5 | 760 |
| T. Hicks | 262.5 | 135 | 300 | 697.5 |
| 198 | | | | |
| J. Cummins | 292.5 | 177.5 | 272.5 | 742.5 |
| C. Bush | 255 | 110 | 265 | 630 |
| W. Montgomery | 205 | 137.5 | 235 | 577.5 |
| 220 | | | | |
| R. Posten | 300 | 190 | 295 | 785 |
| F. Watts | 317.5 | 172.5 | 272.5 | 762.5 |
| V. Davis | 272.5 | 192.5 | 207.5 | 752.5 |
| G. Payne | | | | |
| 242 | | | | |
| S. Strength | 325 | 215 | 320 | 860 |
| T. Rapp | 307.5 | 167.5 | 317.5 | 722.5 |
| 275 | | | | |
| T. Hutson | 320 | 192.5 | 292.5 | 817.5 |
| P. Pelham | 285 | 195 | 290 | 770 |
| T. Owen | 257.5 | 210 | 250 | 727.5 |
| SHW | | | | |
| C. Braxton | 345 | 205 | 347.5 | 897.5 |
| R. Crayton | 345 | 240 | 272.5 | 857.5 |
| G. Reynolds | 285 | 177.5 | 337.5 | 800 |

The meet was held at the Jasper Mall and the lifters were provided free meet shirts as well as meals. No entry fee was charged and a local cable TV station in Jasper filmed the meet. The attendance was beyond my greatest expectations. There were at all times at least 300 spectators and the crowd was over 500 people during most of the meet. The local coverage was great and all of the lifters expressed to me how much they enjoyed the meet. I had 4 International judges and we used kg plates. Only invited lifters participated and I'll probably do it again next year. That it for now, good lifting. Frank.'
PS: Special thanks to Conrad Cotter, Tony Fitton, Joe Cummings, James Hawkins, Hugh Morgan for judging and our excellent spotters and workers.' Thanks to Frank Watts for results and report.

**Record Correction**..Vince White informs that the correct lifts in the 181 lb. class on the West Virginia State Record list published in the October edition of FOR THE RECORD are Paul Sutphin 650 squat, C. Drennen 402 bench, R. Griffith 644 deadlift, and Paul Sutphin 1653 total.

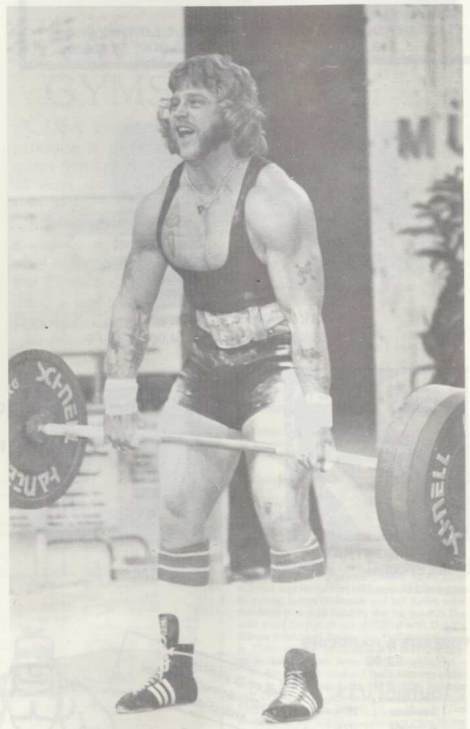

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***Europe's Strongest Man****...is not Geoff Capes anymore, but Netherlands star Simon Wulfse, who is sitting out a drug testing suspension for powerlifting, but is up to 264 bodyweight and training lifts of 815 551-573 and 837. He is planning a major re-debut into Powerlifting at the 1984 Europeans. The contest was similar to the Worlds Strongest Man competitions held in the USA and like Superheavy Bill Kazmaier someone suffered a severe injury in the bar bend, Cees DeVreugd, who is now out of the Worlds.*



# Coming Events

**MEET DIRECTORS...this list is published as a FREE service to publicize your contest to lifters everywhere each month. Send details in at least 3 months prior to your competition, to 'Coming Events' Box 467, Camarillo, CA 93011 to obtain proper advance notice for your event. You'll reach many more potential entrants.**

**10-13 NOV World Powerlifting Championships, Gothenburg, Sweden, Arnold Bostrom, Bx 6007, S712606, Hagersten, Sweden.**
**12 NOV** Lima YMCA Open, Jim Duddy/Lima YMCA, Spring and West Sts., Lima, OH 45801, 419-223-6045.
**12 NOV** 3rd annual Powermen Meet (Hi school only), Leonard Stichka, Bx 573, Bridgeport, Neb 69336, 308-262-0950.
**12 NOV** Central Georgia Open BP, Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 30281, 404-474-2633.
**12/13 NOV** 27th annual Boston open, Charles Johnson, 16 Akron St. No. 306, Boston, Ma 02119, 617-445-6433 after 6
**12/13 NOV** Auburn Open, Lee Indelicato, 40 Westwood Dr., Auburn, NY 13021, 315-253-3188.
**13 NOV** Hawaii State championships, Gus Rethwisch, Century Ctr., 1750 Kalakaua No. 802, Honolulu, HI 96820.
**13 NOV** Nation's Capitol Open BP Championships (open, masters and womens div), Bud Carroll, DYNAGYM II, 8215 Sudley Rd., Manassas, VA 22110, 703-361-6367.
**13 NOV** AMA championships, Chris Carbonaro, 105 G Grove City Rd., Slippery Rock, Pa 16057, 794-8943 (9-11 pm).
**13 NOV** Redding Open, Jim Gorman, 3921 Pottsville Pike, Redding, Pa 19605, 215-921-3401, (after 5 pm call 215-373-6104).
**13 NOV** Central Maryland under Class I, open masters, women, teen, Scott Bixler, Bx 500, 3130 Park Ave., Manchester, Md 21102, 301-374-2029.
**13 NOV** Whittier Open, Glenn Maur or Richard Gill, Uptown gym, 12912 Philadelphia St., Whittier, CA 90601, 213-698-5196.
**16-19 NOV** US Army in Europe PL clinic and open meet (Zweibrucken, Germany), Larry Parker, MSAD-Sports, 1st Perscom, APO NY 09081 NY
**18/19 NOV** Heart of Dixie, Open, Novice, Women, 3 Masters divisions, M. Frank Watts, 700 Dogwood Trail, Jasper, Al 35501, 205-387-8954.
**19 NOV** N.S.C. Invitational, Brian Jacobson, 902 S. High St., Aberdeen, SD 57401.
**19 NOV** Des Moines YMCA Open BP, Mike Foggia, 717 Mulberry, Des Moines, Ia 50309.
**19 NOV** Millersville Univ Open BP, Bill Kinz, 13 D Brookwood Court Apt., Millersville, Pa 17551.
**19 NOV** Augusta Class II and below championships with Masters and womens divisions, Tom King, 1130 Brookwood Dr., Augusta GA 30909, 404-736-6269.
**19 NOV** American Drug Free PL Assoc Greater Gulfport championships, Joe 'Doc' Rhodes, 41 S. Parkwood Dr., Gulfport, Ms 39501, 601-832-3505.
**19/20 NOV** 2nd annual Purdue Open Natural PL championships, (American Drug Free PL Association), Pat Malone, 124 E. State St., W. Lafayette, Ind 47906, 317-743-3481.
**19/20 NOV** New Jersey State American Drug Free PL Assoc championships, Hank Sisca/Eagle Rock Village, Bldg 27, Apt 6 B, Budd Lake, NJ 07828, 347-5712.
**19/20 NOV** West Coast Open and Class II championships, Kenady's Gym, 3852 River Rd N., Salem, Ore 97303, 503-390-0728 or Paul Wright 503-620-7322.
**20 NOV** Ohio State championships, Jim Woltz, 1270 Ashland Ave., Columbus, OH 43212, 486-3174 (home), 422-6844 (gym)
**26 NOV** Atlantic Coast Open BP, Robert Porter, Rt 2, Bx 624, Lancaster, SC 29720, 803-286-6631.
**26 NOV (tentative)** Osan AB Open (all military men, women, dependents), Jack DeShields, PSC Bx 4611, APO San Francisco, CA 96366.
**26/27 NOV** 3rd annual Potomac Open (Seniors, Masters, Women, under Class II divisions), Northern VA Power Club, 14204 Randall Dr., Woodbridge, VA 22191, 703-494-1377.
**26 NOV or 3 DEC** YMCA Open (Panama), James or Diva Hart, Bx 2545, APO Miami, Fl 34004, 87-4424.
**27 NOV (new date)** Michigan Championships (formerly Jr State), John Patterson, 101 W. Front St., Monroe, MI 48161, 313-243-0920 after 10 pm.
**27 NOV (new date)** Phillipsburg Fitness Ctr Open BP and DL, Barry Hamlin, 346-A S. Main St., Phillipsburg, NJ 08865, 201-454-1707.
**27 NOV** Towson YMCA Novice, Jim Moser, 16 Treeway Ct-2 B, Towson, Md 21204.
**NOV** Southwest Invitational, Richard Peters, Bx 1753, Norman, OK 73070.
**2 DEC** Christmas Invitational Hi School Meet, Mike Reed, W. Monroe HI School, 201 Riggs St., W. Monrie, La 71291.
**2/3 DEC** 8th annual Palmetto State meet, Mike Apps/Mike Hawkins, Greenville Health Ct., 221 White Oak Rd., Greenville, SC 29609, 803-268-5203/244-5531 (no collect calls).
**2-3 DEC** Women's Europeans, Darmstadt, W. Germany
**3 DEC** Central Okla BP championships, Stan Pace, Central Br YMCA, 125 NW 5th St., Okla City, OK 73101, 405-232-6101.
**3 DEC** Gem State Open, Nampa Fitness Ctr, 1009 W. Hemingway Blvd., Bx 786, Nampa, Ida 83651, 208-4677-9233.
**3 DEC** Western Open Class 2 and below and Masters, Robbie Roberts, Depot Special Services, Bldg 13, MCRD, San Diego, CA 92140, 714-225-5313.
**3 DEC** Region IX Collegiates, Chad DeRousselle, 304 Davis, Sulphur, La 70663, 318-625-8987.
**3 DEC** Midwest Open, Tom Beadle, Box B, Anamosa, Ia 52205, 319-462-3504.
**3 DEC** So Jersey Open, novice, teenage and women, J. Q. Wade, 105 Market St., Glassboro, NJ 08028, 609-881-5151.
**3/4 DEC** Adirondack Open, Glenn Stevens, 39 Sanford St., Glens Falls, NY 12801, 518-798-5215.
**3/4 DEC** Greater Texas PL Classic, Doug Patterson, Mac Barbell, 1601 NW Dallas, Grand Prairie, Tx 75050, 214-263-4828.
**4 DEC** BP contest, C. Fitzpatrick/the Quarry, Rte 517, Hamburg, NJ 07419, 201-827-4200.
**4 DEC** Region VI Women's championships, hosted by Athletes for Christ, voting for Region VI Women's rep, Roger or Judy Gedney, Brophy Hall, WIU, Macomb, IL 61455.
**4 DEC** Ariz Strongest Man contest, David or Tony Haile, 1072-4th Ave., Yuma, AZ 85364, 602-782-6874, 6-9 pm.
**4 DEC** New Jersey Open (note address correction), John Falconio, RD 1, Bx 2107, Allentown, NJ 08501, 609-259-2428.
**4 DEC** Vacationland open, Barney Offenberg, Diamond Gym, Brewer Municipal Auditorium, State St., Brewer, Maine 04412, 1-207-989-7164.
**9/10 DEC** Western No. Carolina Open and BP competition, Nelson Kelley, Bx 681, Canton, NC 28716.
**10 DEC** Dakota State College Invitational, Gary Branson, Richardson Hall, Dakota St College, Madison, SD 57042.
**10 DEC** Jr Indiana State (below class II), Larry Traub, So Indiana Health Ctr, 141 E. Main St., New Albany, Ind 47150, 812-944-0002.
**10 DEC** Choo Choo City BP, Open, Masters, women, Eddie Bodkin, 5517 Ringgold Rd., Chattanooga, Tn 37412, 615-899-7044.
**10 DEC** Rocky Mt Open, Carl McGuire, Bx 440792, Aurora, CO 80044, 303-333-9339.
**10 DEC** So Louisiana Open BP, Kent Hall, 445 Laura Dr No., Mandeville, La 70448, 504-626-4837.
**10 DEC** Missouri St Championships, Frank Wilmoth, 1101 So Missouri, Liberty, MO 64068, 436-7940/751-0069 (5-7 pm)
**10 DEC** Michigan Open BP, J. Stevenson, 1311 Beacon, Kalamazoo, Mi 49001, 616-344-1585.
**10 DEC** Eastern States Novice, Greg Kostas, 67 South Ave., Whitman, Ma 02382, 617-447-6714 (7:30-10 pm)
**10/11 DEC** Pennsylvania American Drug Free PL Assoc championships, Fred's gym, 915 Greenleaf St., Allentown, Pa 18102.
**10/11 DEC** Northeast Open, Rick Swenson, 535 Belmont Ave., Kenmore, NY 14223, 716-874-5051.
**11 DEC** Female BP contest, C. Fitzpatrick/the Quarry, Rt 517, Hamburg, NJ 04719, 201-827-4200.
**17 DEC (new date)**7th Annual S. Jersey BP, Charnik's Barbell, 28 N. Almonesson Rd., Deptford, NJ 08096, 609-228-7180
**17 DEC YMCA Nationals (1984), Garry Benford, 40 W. Long St., Columbus, OH 43215, 614-224-1131.**
**17 DEC** Nautilus Invitational, Honolulu, HI
**17 DEC** Iron Man/Woman PL and bodybldg contest, Ron Morris, 1600 Mansfield St., Santa Cruz, CA 95062, 408-475-6019.
**17 DEC (new date)** Florida State, Chip Hultquist, 5655 Cypress Cir., Tallahassee, Fl 32303.
**17 DEC** Jr Wisconsin State, Southshore Power, Racine.
**17/18 DEC World Junior Championships, Mike Stein, 17011 NE 19th Ave., N. Miami Beach, Fl 33162, 305-947-7581 x 2606.**
**18 DEC** Class III championships, Ralph Sesso, Olympic Trophy, 4408 N. Milwaukee Ave., Chicago, IL 60630, 312-545-0449.
**7 JAN** Louisiana State Open and Collegiate Meet, Masters/Teenage/Women's divisions, Edwin Davis, 1809 Glenmar St., Twin Cities YMCA, Monroe, La 71201, 1-318-387-YMCA
**8 JAN** Curl Contest (male and female), C. Fitzpatrick/the Quarry, Rt 517, Hamburg, NJ 07419, 201-827-4200.
**14/15 JAN** Region II Collegiate championships, (men and women), Ted Herring, 146 Barringer Dr., California, Md 20619, 301-862-1989.
**15 JAN** Open Class II meet, Dennis Brady, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692.
**21 JAN** Montana Open and Masters championships, Al Roy, c/o Helena Middle School, 1025 N. Rodney, Helena, Mt 59601, 406-442-5720.
**21 JAN** Class III and IV meet, Strength Systems, Inc., Tom Kelchner, Bx 3018, Ft Worth, TX 76113, 817-731-4335.
**21 JAN** Oklahoma State Collegiate - High School Championships, Rich Peters & Rich Sklar, Box 1753, Norman, OK 73070.
**21 or 28 JAN** Louisiana State Hi School qualifier, Billy J. Talton, H & PE Dept., Louisiana Tech Univ., Ruston, La.
**28 JAN (new date)** Louisiana State championships, Henry Pitard, 2905 Lasalle St., Monroe, La 71201, 318-325-4720.
**28 JAN** Canadian Women's Natls (pending bid approval), Geoff Nuthall, Suite 205, 15261 Russell Ave., White Rock, B.C., Canada V4B 5C3, 531-1077.
**28 JAN** Michigan Collegiate championships, Stu Schweigert, Old Town gym, 600 S. Hamilton, Saginaw, MI 48602, 517-792-4748.
**28,29 JAN 84 Women's Nationals, Chip McCain, MC CAIN PRODUCTIONS, 3100 S. Lamar, Suite 203, Austin, TX 78704, 512-441-7993.**
**29/30 JAN** Utica YMCA Open, Andy Putrello, 125 Hawthorne Ave., Utica, NY 13502, 315-732-5717.
**JAN** 3rd Annual National Novice Championships, Marlon Fisher & Rich Peters, Box 1753, Norman, OK 73070.
**JAN** Hudson Mall Open, Ray Penna, 10 Soltes Dr., Carteret, NJ 07008.
**11 FEB** Alabama State open, novice, women, Bob McKee, 5349 Cornell Dr., Birmingham, Al 35210, 205-956-8860.
**11 FEB** Texas State Open, Monotopolis Rec Ctr, Patti Jahl, 3309 Hancock, Austin, TX 78731, 512-451-5865.
**11/12 FEB** Minnesota St championships (men and women), Jerry Jones, 3918 Randall, St Louis Park, MN 55416, 612-929-8202.
**12 FEB** Ohio State Sr and Jr, Todd Monroe, 7836 St Rt 44, Ravenna, OH 44266, 216-296-3763.
**18 FEB** American Drug Free PL Assoc Mississippi Invitational, Brother Bennet, Bx 351, Bay St. Louis, Ms 39520, 601-467-9920.
**18/19 FEB** 10th William Chase Memorial open, Larry Bagnoli, 6 East Blvd., Gloversville, NY 12078, 518-725-0140.
**19 FEB** Illinois Jr State championships, Ralph Sesso, 4408 N. Milwaukee Ave., Chicago, IL 60630, 312-545-0449.
**25 FEB** Indiana St championships, Larry Traub, So Indiana Health Ctr, 141 E. Main St., New Albany, NY 14750.
**26 FEB** New Jersey St championships, Ron Panissidi, 247 Camden St., Oradell, NJ 07649.
**FEB** Oklahoma State Championships, Rich Peters, Box 1753, Norman, OK 73070.
**3 MAR** Michigan Teenage championships, Lloyd Coon, 3128 Camelot Dr., Flint, MI 48507, 313-239-9108.
**3 MAR** Bob Moon Memorial Class I and Above and Women's Open, Tom Davis & Tom Brown, 200 1st St., Findlay, OH 45840, 419-423-0628.
**3 MAR** 2nd annual Stockton Police meet, (open to sworn Police and Firemen), Ron Pagal & Pete Megallanez, 8454 N. El Dorado, Stockton, CA 95210, 209-478-5412 or 466-1491.
**3 MAR** West Va Teenage championships, men and women, Vincent White, 1008 Quarrier St., Charleston, WV 25301, 304-342-5131 (nites), or Luther Palmer, 304-348-6404 (days).
**3-4 MAR** Pacific Northwest Open, Jeff Magruder/Roger Kuebler, Magruder's Fitness Ctr, 15337 NE 92nd, Redmond, WA 98052, 206-881-2727.
**3/4 MAR** No. Carolina championships, Dean Best, 12 K Wendy Ct., Greensboro, NC 27409, 919-852-3223.
**4 MAR** Upper Midwest Regional Law Enforcement Championships, Bruce Johnson, 6526 45th Ave. N., Crystal, Minnesota 55428, 612-533-4548 or 348-2655.
**10 MAR** Wisconsin St championships, Jim Stein, Bx 373, Eau Claire, Wis 50701, 715-834-5074.
**10 MAR** 2nd annual Del Rio Boys Club open, Dave Spadafora, 85 Miller Dr., Del Rio, TX 78840, 512-775-7846.
**17 MAR** Louisiana St High School championships, Athletic Dept., Pineville Hi School, Pineville, La.
**17 MAR** Nebraska State Class B PL championships, Dave Dunham, McCook Hi School, McCook, Neb 69001.
**17 MAR** Caseville Open, John Parr, 6567 Main St., Caseville, Mi 48725, 517-856-2140.
**17, 18 MAR** New York State Drug Free PL Championships, Rick Roberts, 17 Seymour Ave., Tupper Lake, NY 12986, 518-359-9913.
**18 MAR** No. Carolina Women's championships, Dean Best, 12 K Wendy Ct., Greensboro, NC 27409, 919-852-3223.
**23/24 MAR National Collegiates, Villanova University, Joe Siabinski, 4364 E. Thompson, Philadeophia, Pa 19137, 1-215-744-2700.**
**27/28 APR USPF National High School Championships (men and women), Rickey Dale Crain, Bx 1322, Shawnee, OK 74801, 405-275-3689.**
**19/20 MAY Women's Worlds, Los Angeles, Fred Hatfield, 15343 VanOwen, Apt 235, Van Nuys, CA 91406.**
**8/9 JUNE Junior Nationals, Ken Delong/Texas A&M, Bx 3876, College Station, TX 77844.**
**17 JUNE-1 JULY 84 International Games for the Disabled (PI included), Nassau County, NY, Michjael P. Mushett, Special Populations Unit, Eisenhower Park, East Meadow, NY 11554, 516-542-4493.**
**21/22 JULY Drug Free Nationals, Ralph Sesso, 4408 N. Milwaukee Ave., Chicago, IL 60630, 312-545-0449.**
**JULY Junior World Championships, Australia.**
**JULY Senior Nationals, Larry Pacifico, Bx 14152, Dayton, OH 45414.**
**5 AUG Teenage Nationals, Ralph Sesso, 4408 N. Milwaukee Ave., Chicago, IL 60630, 312-545-0449.**
**1985 World Games, Wembley, London, England.**

**PS...when writing a meet director for information always include a stamped, self-addressed envelope (except for Canadian and other foreign meets) and please, if you call him, don't call collect.**

# PIONEERS of POWER

*by Pete Vuono*

Part 9 Mac Batchelor

One of the favorite pastimes of this author is browsing through an old collection of bodybuilding magazines which dates back to 1903. Just prior to writing the next article for the Pioneers of Power series this author was perusing an old issue of one of Joe Weider's fine magazines, the April 1949 issue of Muscle Power. It is always interesting for me to read about the old timers and the amazing feats of strength they performed.

While browsing through that particular issue, this author came upon a very intriguing picture. The photo pictured a 300 pound man playing the violin for his 5 year old daughter. Although it doesn't sound out of the ordinary except for the man's size, it also showed that the man had attached to his bow arm two 80 pound kettlebells! The man was actually playing the violin with 160 pounds attached to the bow arm!

The caption indicated that the man was Ian 'Mac' Batchelor. So astounded was this author by the photo that more information about this giant was sought. As this research unfolded it revealed one of the most amazing powerlifters, strongmen and Pioneers of Power that this author has ever seen.

Mac Batchelor, by profession, was a bartender in Los Angeles. He was of mammoth proportions. In a biography on his strength escapades done by Earle Liederman in April 1948, Mighty Mac boasted the following measurements: a height of 6 feet 1½ inches, a weight of 300-330 pounds, neck 20 inches, arm 19¼ inches, chest 52½ inches, calf 19 inches, and wrist 8½ inches. These measurements were recorded cold, before Mac worked out.

Initially, fame about Mac spread because of his great prowess in arm wrestling. From 1931 to 1956 Mac dominated the world of arm wrestling and was defeated by no one. His great success was probably due to the fact that Mac, during every chance he could get, trained to develop his grip and forearms.

John McCallum, a noted writer for Strength and Health Magazine, once told of how the Mighty Mac demonstrated his grip and forearm strength to him. In 1956 McCallum visited the tavern in which Batchelor worked, wanting to see if all the rumors about Mac's grip and forearm strength were true. McCallum asked to see some type of demonstration of grip strength and demonstrate is what Mac did. Mac reached under the bar and brought out 4 bottle caps. He jammed one between each finger on his right hand and squeezed tightly until the 4 caps crumpled. He then took a cork top from a bottle and crooked his forefinger around it. He put his thumb against the top of the cork and snapped it in two. He then took a threaded bottle cap and after putting it between his thumb and forefinger crushed it with the two fingers held straight. Finally he put his hand, palm up, down on the bar and asked McCallum to hold down one finger. McCallum put both hands on Mac's middle finger and leaned on it. He gave a flip and both of McCallum's hands flew off. McCallum tried another finger with the same results.

The extraordinary strength in Batchelor's wrists and hands did not come naturally. In fact, Batchelor's wrist, prior to training, measured 7 inches. Only by hard training did Mac increase its circumference by 1½ inches. This training consisted of a powerlifting routine, performed twice weekly, with the rest of his training time devoted to forearm and grip work. Mac lifted in a small but well equipped home gym, and even Mac's warm up routine was a feat of strength in itself. Prior to working out, Mac would do 20 speed squats cold with 350 pounds without the aid of a belt or wraps.

This combination of power and grip routine produced extraordinary feats which would certainly overshadow many of the events in today's World's Strongest Man contest. Here are a few of them. In 1948 at the Pacific Telephone Company yard in Los Angeles, Mac shouldered by tilting a telephone pole over 40 feet long and weighing between 700 and 800 pounds. He then walked with it for over 300 feet before heaving it off his shoulder. Also, in a movie studio lot that same year Batchelor picked up on his back a small horse weighing 600 to 700 pounds, walked 20 feet with it, and then carried the animal up a steel ladder 16 feet high. On several occasions while weighing only 275, Mac performed a back lift in the same manner as Louis Cyr or Paul Anderson, with a weight of 3000 pounds. This was done by raising a platform supported by trestles upon which stood between 10 and 20 men.

In grip strength, Mac was unsurpassed by any of today's Power or Olympic champs and the list of feats is almost endless. He could bend 500 beer bottle caps between his thumb and forefinger during a period of 20 minutes. He could fill a beer bottle with 63 caps crushed between his thumb and forefinger in 2 minutes. He could bend a cap between his thumb and forefinger by keeping his finger and thumb straight. He could pinch grip an 80 pound plate in each hand and walk 30 feet. Each plate was 1½ inches thick and 30 inches in diameter. He pinch gripped a steel facing plate with one hand that weighed over 165 pounds.

While weighing 300 pounds, Mac could hang by one hand from a vertical climbing rope with his thumb unlocked. He could grasp a large 2 to 2½ foot high wine bottle at the tip or neck and then work the bottle upward by working the fingers downwards. He could do this with the bottle filled with lead shot. He could pinch grip a beer bottle with both thumbs holding the lip of the bottle so as to hold it parallel to the bar.

Mac could bend into a 'U' shape every standard size spike - 60, 80, 100 and 120. He could muscle out a 12 pound sledgehammer (handle 30 inches long), grasping the end of the handle. Also, he could hook his middle finger into the hole of an 80 pound barbell plate and could do a one arm curl with the weight to his shoulder.

I doubt that any of today's weightlifting devotees could now duplicate these feats performed by mighty Mac. He is a great example of how a lifter can not only be strong in the 3 classical lifts, but also in the lesser known aspects of the game, such as the grip. Far be it from mighty Mac that a deadlift should slip from his grip! Chalk and 'firm-grip' were not part of his lifting regalia.

Mac is now retired from training and arm wrestling competition but his unparalled feats of power and gripping strength, though performed decades ago, will live on to inspire novice and advanced lifters alike.


***References:***

***Batchelor, Ian 'Mac'. 'How Strongmen can Eat!' Muscle Power (April 1949).***

***Liederman, Earle E. 'The Mighty Batchelor.' Muscle Power (May 1948).***

***Liederman, Earle E. 'The Mighty Batchelor.' Muscle Power (June 1948).***

***McCallum, John. 'Keys to Progress-Grip and Forearm Development.' Strength and Health (November 1966).***

***Willoughby, David P., 'Feats of Strength.' Iron Man (June-July 1977).***

***Willoughby, David P. 'The Super Athletes. New York: A.S. Barnes and Co 1970.***



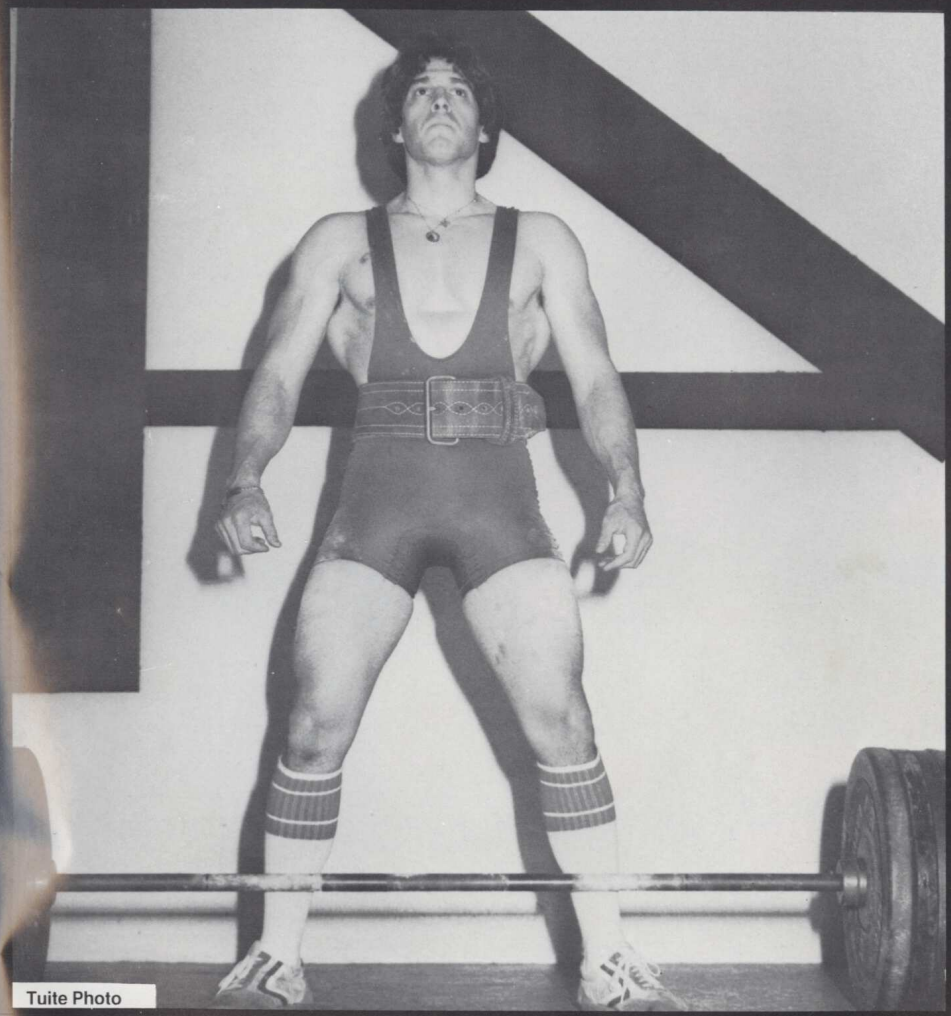
*Any questions? If so, direct them to PETE VUONO, 342 Forest Avenue, Brockton, Massachusetts 02401.*








# Titan Suits



Tuite Photo

**Dr. Ken E. Leistner - noted powerlifting authority**

**"In an effort to maintain my objectivity, and fairly analyze all products that may be of benefit to those engaged in the sport of powerlifting, I have steadfastly refused to endorse any one particular product. Through the years, I have commented positively on those products and particular brand names that I thought reflected quality, craftsmanship, and durability, but never before had I consented to lend my name to a commercial endeavor connected to the sport.**

**I have been so impressed with the Titan Suit that I agreed to associate my name to the use of this suit. There are a number of good lifting suits offered to the men and women of the sport, and each individual has to find what suits him or her best, but it is my honest opinion that Titan offers the lifter the most value for the money, and a supportive suit that reflects the highest standard of quality. Its performance in highest levels of competition, for both men and women, has been outstanding, and I am pleased to be among the many fine lifters lending my name to such a first class product.**

**I'm never going to set any powerlifting records, but if I could, it would be done in a Titan Suit."**

Dr. Ken

**Dr. Ken E. Leistner**

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Mike

Mike Lambert, Publisher

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