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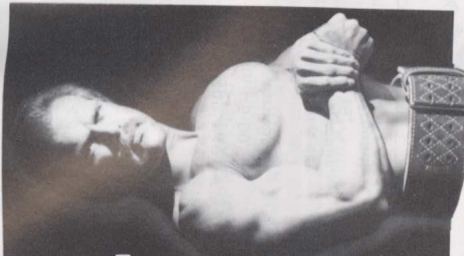
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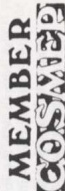
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## TABLE OF CONTENTS

Volume 9, Number 6 • January, 1986

WORLD CHAMPIONSHIPS.....Mike Lambert.....6  
MORE ON CEES DEVREUGD.....Andy Kerr.....12  
PSYCHING UP.....Dr. Judd Biasiotto.....14  
1986 U.S.P.F. REGISTRATION APPLICATION.....15  
WORKOUT OF THE MONTH.....Ed Coan.....18  
ASK THE DOCTOR.....Maurio Di Pasquale MD.....19  
ATHLETIC ACROMEGALY.....William Taylor MD.....20  
PREDICTING STRENGTH LOSS.....Dr. Fred Hatfield.....21  
BOB ROOD PROFILE.....Willie Morris.....22  
QUESTION AND ANSWER.....Roger Estep.....23  
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....27  
BASIC NUTRITION PRIMER.....Jack Digangi R.D.....30  
PRESIDENT'S MESSAGE.....Dr. Conrad Cotter.....32  
TECHNICAL COMMITTEE REPORT.....John Pettitt.....33  
MESSAGE FROM NATE FOSTER.....34  
SPORTS MEDICINE REPORT.....Richard Herrick MD.....34  
TOP 100 220s.....E. Jean Lambert.....36  
ADPFA TOP 20 FEATHERWEIGHTS.....Jim Gallagher.....51  
NATIONAL MEET QUALIFYING TOTALS.....51  
CLASSIFIED ADS.....53  
FOR THE RECORD.....E. Jean Lambert.....63  
WHO'S WHO IN POWERLIFTING.....Mike Lambert.....69  
COMING EVENTS.....72  
PIONEERS OF POWERLIFTING.....Pete Vuono.....73  
POWERLIFTING TRIVIA QUIZ.....Pete Vuono.....73

ON THE COVER...Cees DeVreugd, the new IPF SHW World Champ flanked by George Hechter and Andy Kerr.  
NEXT MONTH...coverage of the YMCA Nationals Meet!

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# 1985 WORLD CHAMPIONSHIPS

by Mike Lambert, Editor, PL USA

This year's I.P.F. World Powerlifting Championships took place in the city of Espoo, neighboring Helsinki, in Finland, a former Olympic Game site, and the meet venue was the spacious Othahalli sports hall, part of a convention complex associated with the Dipoli Hotel, a modest establishment right by the sea. The weather was cool to cold and rainy but the sun broke through in the grey clouds a few times to brighten up the beauty of the location. Finnish is a very unique language, but few lifters or officials had trouble finding those who could speak English, so getting a title to eat or going shopping did not prove to be a problem.

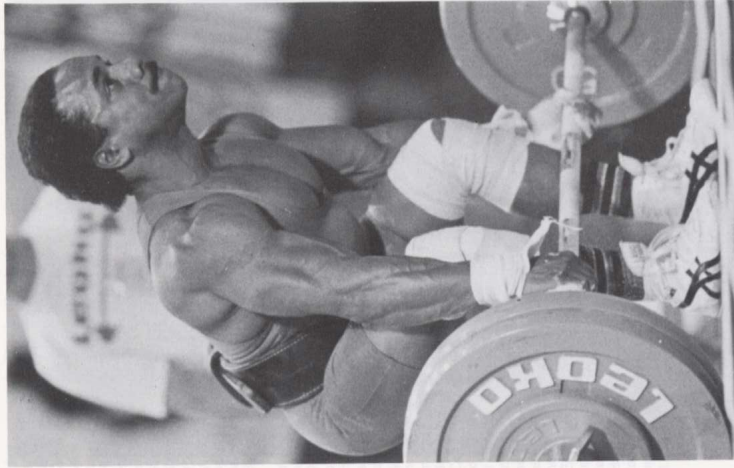
Bor Holm, a long time Finnish official, was the main mover behind the championships and has much to be praised for. The overall organization and the presentation was first rate. A military band played at the opening ceremonies, and before each awards ceremony, and various dignitaries were called upon to present the coveted I.P.F. World Championship medals, the objects symbolic of why the lifters were competing.

As for the lifting, Hideaki Inaba of Japan made easy work of it, starting what could be his next decade of domination in the 11+ lb. class. After an injury at last year's meet that gobbled pounds off his bench press, Inaba was back to near top form in that lift, and very strong in both the squat and deadlift, where his at-

tempts were done quite easily. When you view the body of his accomplishments, he is an incredibly remarkable athlete. Now, once again, he is the winningest Powerlifter of all time, with 11 World Championship titles to his name, and who knows how many more to come. He seems to have little trouble making weight and those race horse legs of his seem to have that same old spring. John Maxwell of Great Britain has that same angular, short waisted build of veteran Eddie Pengelly, made even more obvious as the two seemed to be everywhere together. Like Eddie, he is a great squatter and deadlifter, and more modestly accomplished in the bench. He had no easy struggle with Yesodhara of India. That nation's lifters are getting better and better, particularly in the lighter classes, and leader of the Indian delegation, Mr. Manojit Bose, a new inductee into the Powerlifting Hall of Fame, reports that the better the team does, the more government support they receive. In fact, one of their lifters, Mr. P. J. Joseph, received Sportsman of the Year honors in India recently. Ojaletto, the first Finn to lift, was boxed between quality Indian competition. Dassen, of the rather small Netherlands contingent, was just off the pack's pace, and Mandl of Austria brought up the rear, over the bombout Hideko Marumoto, who looked good in hanging on as

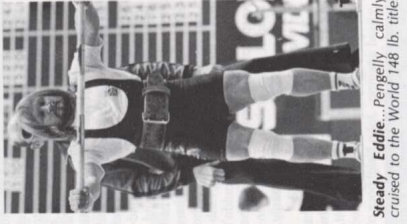
**Hideaki Inaba...figuratively shadowed by platform manager Brian Smith of Great Britain, took his eleventh World Championship title for Japan.**

long as he did. At 56 kilos, another Japanese lifter, the likable Hiro Isagawa, was the dominant factor, getting a world



**Claude Hansor...squared ahead of his Swedish competitor and into the 132 lb. victory spot in the deadlifts. By the way, due to a number of false starts and control tests at previous national and international meets, the Swedish lifters athletes, the Swedish lifters will be sending teams to most of the I.P.F. meets for the next year, and the money they save by not sending teams out will be used for additional drug testing controls.**

Three big squats, all the way up to too high and got only an opener. Claude nailed him cleanly with an easy 2nd attempt, and went another comfortable 33 pounds more on his first of what could be a long string of world titles. Claude did great, and even had enough afterwards to skoot-skate down the icy road to the hotel in his street shoes. He and Goran left the awards ceremony together and smiling, both great sportsman. Dour Kullervo Lampela put in his regular, quality performance to pick up the bronze medal over a frustrated Ernesto Millan, lifting in his second World Championship, but this time for Puerto Rico. Ernie mentioned retirement, but then his eyes lit up at the thought of Masters competition, which he is not too far away from. One of the masters Ernesto could be competing against is world champion ship



**Steady Eddie...Pengelly calmly cruised to the World 148 lb. title.**

onships are in the Netherlands, he might just be in the medal race. Almeida of Brazil seemed quite off the promise he had shown in previous international competition and had a discouraging day. Lean and tall for the class, Steinar Fredheim of Norway lifted some fine poundages to end up over Kamath of India and Nelson Sleno of Canada, who earned his way over to Finland by doing some advance work for a volleyball team that was coming to compete there.

The hopes of the USA were with Bob Bridges in the 148 lb. class. 507 seemed a reasonable start in the squat, but he didn't go low enough with the weight on his first, second, or third tries. Depth, not the amount of weight, was the problem. With Bob quietly out of the picture, Eddie Pengelly's long wait for another world title was finally over. Though the exuberant, bespectacled Elison of Iceland and the young firebrand from Belgium, Jan Theys, finished up close, Eddie had the title in hand from the beginning. Only a big jump in the deadlift after the dust had settled kept his total from being much higher. Brand and Yngvesson had a strategy battle to determine their placings, after Ken Lam unexpectedly could not pull a deadlift up. A Canadian who could pull was Dennis Dickau, who came very close with a class leading 617.

In the middleweights, Gene Bell of the US had a perfect day. He went 9 for 9, and all his 3rd attempts were as close to his limit as you would hope for. He didn't make a mistake for Eric Coppin of Belgium to take advantage of, so Coppin had to win on his own. After a somewhat awkward start in the squat, Eric cruised through the benches, and the new world record holder in the deadlift for this class simply took what he needed to win and no more. That was the important thing, for a Belgian to take a World title. Between Bell and Coppin you have all the physique that seems possible to stuff into 165 pound bodies, and both accepted their placings with class, like the gentlemen they obviously are. Glen Waszkiel of Australia had some high openers, but could manage little more. Qualitatively, he keeps creeping on up there, and the title in this class could be the site of a real scuffle in 1986. I thought Andy Rose would be up there as well, but his deadlift power had vanished. He was followed by two new Canadian faces, Fougere and Alexander, who topped in turn, Eiji Ueda of Japan. He has one leg much smaller than the other from the knee down, not unlike USA team coach Dave Keaggy, but still competes with dignity on the international scene. In Dave's case, nerve damage has caused considerable atrophy in his calf. At first, he thought this might have been because of excessively tight knee wrapping, but after investigation and a spinal operation, it was discovered that he had long had a pinched nerve situation, which finally explained why he had stalled at 800 in the squat for so long. Aki Makitalo was a new face that the Finns had a lot of hope for,

but he started 10 kilos too high in the deadlift and bombed out.

Finnish pride was able to surge once again in the 181 pound class. Their newest star, Jarmo Vranen, was clearly going to be the winner after his first squat. He is young, and has that explosive snap in his lifts, that demonstrates that his power is growing with each day that he matures. His 683 miss was on a technical, he did it over easily, and could have done 705 or better. His benches were likewise little problem, except for a final 440 that was just a hair too much. He forced his deadlifts up with such positive force and confidence. Junior World records fell faster than they could fill out the certificates for this young man. 749 is a lot of weight to do it, and those who have are among the greatest deadlifters of all



**World Champ from Belgium...Eric Coppin with the 1st place medal.**

time in the lightweight class. The weight went up stronger than his opener, with no difficulty to be seen. Off this, he had the schmalz to go for the open world record on a 4th attempt. This massive weight was started up, but its inertia was sufficient to stall out the quietly grinning Finn. He is a special lifter. Like a Bridges or a Coan, he makes big weights look easy, and has many years ahead of him to keep on doing so.

Kjell Johansen, a sometimes tough luck lifter, got it together for this meet, and comfortably got the silver ahead of the two American entrants, who had uncharacteristically hard luck of their own. Bruce Takala was especially dumbofied. He had squatted 666 and tripled 622 in the deadlift in training for this meet, but dropping a few pounds of bodyweight took an unexpected toll. He had the best fight of the meet with a 622 squat, but didn't get the whites, and his 617 deadlift tries stalled badly. Dan Gay had a similarly rough day. Originally he was going to start with 622 in the squat, so it was a good idea that coaches Dave Keaggy, Fred Hatfield, and Sean Scully had to be a bit more conservative. (Hatfield, by the way, was

also at the meet as an alternate at 242, and sated that he felt capable of 900 500 800, if need be. When Dan did try the 622, it pinned him midway up, but he did very well in the deadlift to get himself a hard-earned medal. Seeger of Germany, Tatsufumi of Japan and Brandon of Australia were all worthy opponents. A lean Forsy of Canada did battle with teammate Warner for the remaining places. After Sissalatt of India caught the bomb bug, and one of the pre-meet favorites, Duffy, could not get any of three clean looking 639 squats past the scrutiny of the referees.

After his victory in the 198 lb class, Ed Coan practically moped and said that it was the worst meet of his life. Feeling he had peaked way too early, it was an understandable disappointment for the world's best powerlifter to do so much less than at the Seniors and the Hawaii Invitational. He too was eager to start with some big weights, but the 744 lb deadlift was a tough go-round and no Eddie is way ahead of the rest of the world, just ask Dave Caldwell of England. Perhaps he really didn't notice, as he had a tough go-round with Masada of Japan, who kept on applying pressure in the deadlifts, but the 705 was beyond him. Nemesbázy of Switzerland was hugely muscular, and actually deadlifted his way ahead of the Scandinavian trip of Kierivaara, Edvardsen and Moe. Ubee is a fine looking Indian lifter, and long, tall John Brown of Austria seemed very pleased just to be lifting on the same platform with these



Ed Coan (above) was clearly the class of his class, even on an off day, and Jarmo Vironen (left) was likewise dominant in the Lightweight weight division. We hear it was reported in the Finnish newspapers after the meet that Vironen could have beaten anyone the day he lifted, even Coan!

DeGrauwe, Westberg of Finland seemed like he would be a factor at the finish, but his deadlift proved to be a weakness that set him back a notch or two. Weigmann of the Netherlands seemed lean for the class, but moved some big squat and deadlift poundages to finish up over head faced, and brilliantly, blond-haired Gerry O'Ready of Ireland, Norwegian Roger Eriksen has had better days, as have Danish lifters Lauersen and Christensen, who made identical weights through subtotal before the latter lifter couldn't keep up his teammate's pace in the deadlift and bombed. Terdel of India moved his squat weights easily, but they weren't passable.

With the 242 lb. class, the Americans looked to be on roll to the finish, Jacoby was clearly dominant, though clearly upset with his two missed attempts, John Neighbour of Great Britain lifted very well, while his fellow squad member Mark

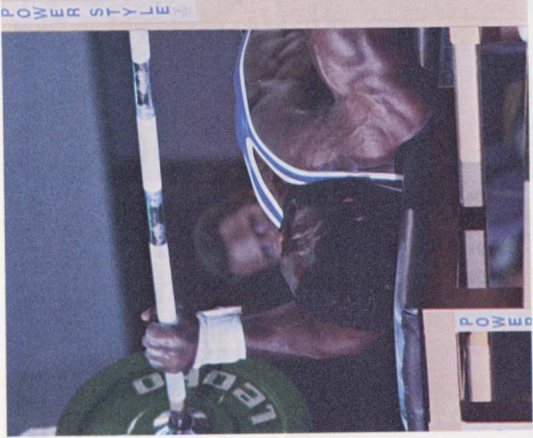
a fine prospect for Sweden, but had technical problems with his starting deadlift poundage. Bharat Bhushan continued the painful succession of bombs for India with 3 easy attempts that weren't accepted by the judges. He reportedly has 500 'disciples' who train under his tutelage in India, and he effusively invites great lifters to visit him in Delhi whenever they are in India. By the way, the Ambassador from India to Finland, and his family, were on hand for part of the competition, and the Ambassador presented medals for one of the weight classes as well.

The Othahall sports arena became more and more crowded as the weight class limits went up and up. With the really big boys lifting, the place was packed. At 275, Tom Henderson was in the same position as Jacoby. He was clearly the strongest man there, and needed only to avoid mistakes. He did what he had to. The 804 squat was a bit much, and the 854 world record deadlift was quite a bit much. Ed Coan mentioned that he just wanted it to go after the contest was already in his hands. He is certainly one big and lean strength athlete, and looked great up on the winner's stand in his USA warmup suit (supplied by the Elite Syles and John Buckley for the team, incidentally). Finnish national television covered much of the championships, and it was pleasing to be able to see the lifting on the tube in the hotel only an hour or two after it had taken place in the competition.

When powerlifting was on American television, it was almost always months and sometimes as long as a year after the fact. Henderson noted that he didn't like the way they pronounced his name, however. Elsewhere in the 125 kilo division, Sean Spillane, a physical look-alike for Nevanpaa was very close and received considerable attention on Finnish television. Sweden's Gustavsson had lost his edge in this division, but also lost his edge in the squat and deadlift, and finished out of the medals. Hermann Blank of West Germany looks like a very good future prospect for

Tony Pharr... everytime he attempted a lift, veins popped out all over.

John Neighbour in the 242s, lifted deadlift very similarly as well, as Brian countered the early point lead of the Finns, with their familiar rush at the end of the contest once again. The battle between Spillane and



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## MORE ON Cees DeVreugd

The brand new 1985 World Superheavyweight Powerlifting Champion, Cees DeVreugd, (approximately pronounced "Case DeVrogg") is symbolic of the steady progress that his small nation, the Netherlands, has made in climbing up the hierarchy of international powerlifting over the past decade. He has gone from one record breaking lift to another, and has finally reached the top. Some time back I had the opportunity to talk to Cees and Wouter Van der Toorn, mastermind of much of the Netherlands' recent success, and this is what I learned.

Cees is huge, fearsome and powerful in appearance, but as with so many big men he is actually quiet and amiable. He lives in a little fishing village on the west coast of the Netherlands called Noordwyd, about 25 miles from both Amsterdam and Rotterdam. He has been married for twelve years and has two children. He has two sponsors and writes for a publication called "FIT BODY, POWER, SPORT MAGAZINE".

Cees is 6 feet, 1 1/2 inches tall, weighs just over 300 pounds and is 33 years old. All of his family and relations are big and strong people.

His first sport was judo, which he took up at twelve years of age. He quit this at 19 and went on to perform 18 months of military service. Coming out of the military, he got married, and did no serious sport for ten years except for a little amateur soccer. Then, at the local pool where he had taken his children for a swim, a lifter named Gerard Duprie persuaded him to work out in the adjacent weight room. He started in November 1980, having never lifted weights before. Five months later in the spring of 1981 he lifted in his first contest and went 507 330 573 1410. Just one year later, in May 1982, he had improved to 771 429 716 and a total of 1918. In November 1982, in Munich, he finished fourth in the World Championships and second in the Europeans with 749 440 705 1895 at a bodyweight of 280 pounds. Six months later, in May 1983, he again came second in the European championships with 782 473 749 2006. One week later, he competed again back in the Netherlands and improved up to 826 479 755 2061. He continued to improve his lifts, until he entered the Europe's Strongest Man contest, where he unfortunately tore his pectoral muscle in the same manner that befell the great Bill Kazmaier, in the Bar Bend competition. Undaunted, he continued to push his squat upward, while slowly coming back from the pec tear. As his deadlift went up, he faced a new problem there as well. With his thick hands, gripping the bar became very difficult. Recently, however, he has overcome this as well. After becoming the first man in Europe to squat over 900 pounds, he continued to push his limits in that lift, hitting 920, and then a massive 925 pounds at this year's Nether-

lands Championships, where he also became the first European lifter to total 1000 kilos or 2204 lbs.

Not surprisingly, he is pleased with his progress and has done better than he thought he would. He prefers Powerlifting to judo because judo he never knew what his opponent would do next and every contest was different, whereas in powerlifting, he knew what he could do and what he had to do. He also realizes that he has gotten further in powerlifting than he ever would have in judo.

Cees is obviously a squat specialist and gave me a t-shirt showing him squatting which was entitled "Mr. Squat". I shall have to wear it next time I see Dr. Squat (Dr. Fred Hatfield)! Cees is very solidly built for the

extensions. Saturday. Squat, bench press, and sometimes deadlift, but only for a tryout.

He works four repetitions on the lifts, typically three, and goes to singles about once every two weeks. Assistance work is done for 3 or 4 sets of 8. He does not do additional work. His contest preparation lasts 8 weeks. He is certainly a formidable opponent and I shall spend more than a few days working out now to get my own total over 1000 kilos, so I can stay ahead of him.

**Happy Squatter** Cees: DeVreugd changes the structure of his training his last big squat at the Worlds.

**Andy Kerr**

squat and emphasizes good position. He trains sometimes with Eddie Paris (165) or Ab Wolders (275), but does most of his training alone. Once every 6 weeks, however, in the powerlifting season, he goes to a central training session with the national squad of 20-25 lifters.

Cees's training consists of four, 2 hour sessions per week. Monday: Bench Press, plus assistance exercises; French press, triceps push-downs, traps extensions, dips, Tuesday: Squat, plus assistance exercises; leg press, leg extensions, and calf raises.

Thursday: Deadlift, plus assistance exercises; good mornings; straight leg deadlifts, shrugs and hyper-

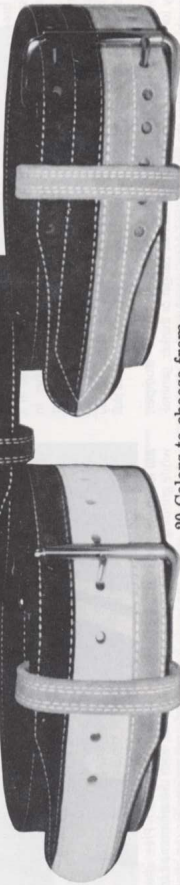
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# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## Psyching Up

by Dr. Judd Biasiotto, Albany State

Most lifters prepare for the challenge of lifting heavy steel by going through a psyching routine which is designed to elicit maximum strength. They attempt to heighten their senses, strip their emotions, and get themselves in the right state of mind. Just for fun, let's take a look at a few unique methods of psyching. Bill Kazmaier, the World's Strongest Man, is famous for his hair-raising psych routine. The six foot-three, three hundred and thirty pound Kaz, as he is affectionately called, saunters up to the bar, breaks open two ammonia capsules and crams them up his nostrils. He then inhales the turns and gets an eye opening burst of exhilaration. That's just the beginning. With his eyes bulged out and his face as red as a Georgia tomato, the enormous veins in his neck look as if they are going to burst. Kaz then lets out a terrifying scream, stomps his feet, and proceeds to attack the bar as if he was going to break it in two.

While some lifters rely on screaming to psych-up, others use more dramatic techniques. For example, take Carroll Nasty Sellers, the 1981 Southeastern US Bench Press champion. Sellers sits on the end of the bench before he attempts the lift. He then has his 240 pound coach slap the hell out of him. When he thinks he's ready (or when he's been beaten badly enough), he attempts the lift.



Bill Kazmaier...gets his mind right for a World Record Bench Press attempt, while grinding up a block of chalk in his hands, with the ammonia capsule in his mouth and at the ready for his final preparations for the attempt.

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ed lifter may require a psyching technique for the local meet, whereas, the national championships carry with them a great deal of pressure and thus, psyching would then be inappropriate. If the same psyching technique were used for both events, you'd run the risk of over-psyching at the nationals and thus cause a decrement in performance.

#### POINTS TO PONDER:

1. Preparing for competition involves more than just psyching up. The key is to find the techniques that will elicit the optimum level of arousal.
2. The optimum level of arousal is a function of the skill, the skill level of the athlete, and the environment.
3. A highly skilled athlete performing a simple task should use a high level of arousal for the maximum performance. A novice athlete performing the same skill requires a relatively lower arousal level for the same performance.
4. When an athlete is over-aroused or optimally aroused, a psyching routine would therefore be inappropriate. However, if an athlete is under-aroused, a psyching procedure would be appropriate.
5. Remember that each athlete responds differently to the competitive environment. Thus, each athlete's own perception of the situation will dictate which competitive strategy is best for him. One may wish to control anxiety in one situation, whereas another situation may require a psyching technique. Either way, the lifter must determine the right course of action for himself.

**YES!!!...that's what Australia's Bruce Waddell screams before his big lifts, to get the adrenaline flowing and boost his confidence to the max.**

ed to increase the athletes' arousal or activation level. Research has consistently shown that heightened arousal can significantly enhance strength, speed and endurance activities. In fact, it has been shown that an above average level of arousal is essential for optimum performance in these areas. Of course, every athlete will attempt to reach a level of optimum arousal that will maximize his performance. He should also realize that over-arousal or under-arousal can result in a decrement of performance. The problem then lies in arriving at the optimum level of arousal for each athlete.

There are a number of factors to consider when determining the optimum arousal level. The first is the skill to be performed. It is generally believed that a high level of arousal will enhance the performance of a simple skill, such as the deadlift. On the other hand, a lower arousal level is more conducive to a complex skill such as a gymnastic dismount. Keep in mind that each athletic skill has its own theoretical optimum level of arousal. The optimum arousal level used to perform a deadlift may be overriding it when applied to the more complex skill, the more athletic cue for performance. As you may expect, as arousal increases, the athletes' attention to the skill he is performing will narrow. If you overdo it, your attention will be narrowed to the point to which the cues for performance will be blotted out, thereby causing a decrement in performance. A simple skill such as the deadlift, requires so few environmental cues that a lifter could actually disassociate, or ignore them, without causing a decrement in performance.

Another thing to consider is the skill level of the athlete. The optimum arousal level for the novice athlete should be considerably lower than an elite athlete performing the same skill. The reason for this is that the novice athlete has to pay more attention or associate with the cues in his environment. As the lifter improves in skill, he learns to recognize cues much faster and in fact, undergoes a great reduction in the number of cues required to make the lift.

This is a common mistake made by many novice athletes. They will observe a world class lifter like Kaz scream and yell and in effect, disassociate, and then proceed to mimic these techniques. At his skill level, Kaz doesn't require all the cues for performance that a novice would. In fact, it would probably better suit a novice lifter to engage in an anxiety reduction technique prior to his attempt.

The competitive environment is another consideration when determining arousal level. You may require a psyching technique in the gym, but not require one when competing in front of hundreds of spectators. The day of competition itself, by definition, usually brings about a higher level of excitement. Another example lies in the difference between a local meet and the national championships. A more experience-



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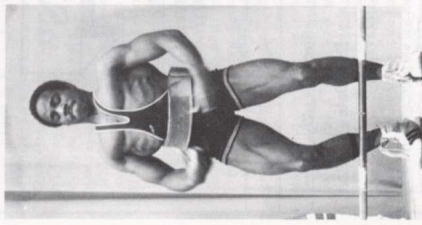
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The Cobra Prepares to Strike! Lamar Gant readies for a World Record deadlift attempt. Note the amazing chest expansion he can achieve.

# WORKOUT of the Month

## ED COAN'S DEADLIFT ROUTINE

The World's Best Lifter lays out the Routine that can put **Pur 30 Lbs.** on Your Deadlift

In my opinion, the DEADLIFT is probably the most important lift in a meet. It is a lifter's last chance to win or lose. That is why I have put a lot of work into it. My cycle for the deadlift is 12 weeks. It consists of 3 weeks of 8 reps, 4 weeks of 5 reps, 4 weeks of 3 reps, and the week before the meet includes just a double at or around your opener. Assistance work is done on Tuesday, because I deadlift on Saturday. It consists of 3 sets of chinups (with weight) for 8 reps, 2 sets of 20 reps of long pulley rows, and 2 sets of 20 reps of shrugs with a front grip to improve gripping strength. The poundages I have selected for this routine, assume the lifter coming into the routine has deadlifted 600 pounds in his last meet.

I deadlift Sumo style, so conventional deadlifts are done after my Sumo deadlifts. If you are a conventional deadlifter, just do your first 3 weeks of the cycle off a 2 inch block. **NO BOUNCING.** Regardless of whether or not you are using Sumo or conventional style there are 3 steps to remember:

After you set up, do these in order:

1. Drive with the legs
2. Pull the weight into your body.
3. Pull the head up and back while pushing the chest out.

**Week 1:** 135x8, 240x5, 340x3, 425x8, conventional 390x8 (off block)

**Week 2:** 135x8, 240x5, 340x3, 445x8, conventional 400x8 (off block)

**Week 3:** 135x8, 240x5, 340x3, 465x8, conventional 410x8 (off block)

**Week 4:** 135x8, 240x5, 340x3, 490x5, conventional 435x5 (off block)

**Week 5:** 135x8, 240x5, 340x3, 510x5, conventional 445x5 (off block)

**Week 6:** 135x8, 240x5, 340x3, 525x5, conventional 455x5 (off block)

**Week 7:** 135x8, 240x5, 340x3, 535x5, conventional 465x5 (off block)

**Week 8:** 135x8, 240x5, 340x3,

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 program, laid out for you by a Powerlifting Champion. Each month, a different lift is analyzed. For those at different strength levels than the starting poundage indicated, simply increase or decrease the training weights in direct proportion to your existing lift. **Week 1:** 400 lbs. for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply poundages by 1.2 (600 divided by 500).

**Week 11:** 135x8, 240x5, 340x3, 555x3, conventional 475 for reps off block

**Week 9:** 135x8, 240x5, 340x3, 590x3, conventional 500x3 off block

**Week 12:** 135x8, 240x5, 340x3, 600x2, no conventional work.

**Meet Day:** Attempts: 584 617 639.

**ED COAN,** pulling a massive 859 at 198 at this year's Senior Nationals.



## Ask the Doctor

I wish to respond to some of the issues raised by Ms. Roberta Segar's letter in the November issue of **POWERLIFTING USA**. Last year the IPF Medical Committee had a critical look at the IOC banned list of drugs and decided that only two classes of drugs fell below performance significant levels, the amphetamine group and the anabolic steroids, including testosterone. The recommendation was made to only test for these two groups. As a result the whole issue of doping in Powerlifting has been substantially simplified, as foods and over the counter drugs get their significance as banned substances and the cost of doping control dropped.

It is unfortunate that Ms. Segar's doctor chose phenmetamine and especially phenmetamine resin (lonamin) as the anabolic of choice for her situation. The "yellow pill" is in fact a yellow capsule and contains 30 mg of phenmetamine (an amphetamine derivative with significant central nervous system stimulatory effects) as the cationic resin, a trade name for prednisone (a corticosteroid) called Deltacore, a trade name for prednisone (a corticosteroid drug), which is a small round scored white tablet. Four and one half days before she was to compete Ms. Segar mistakenly took the lonamin capsule instead of the Deltacore, much to her dismay.

It has been shown that amphetamines delay gastric emptying, reduce intestinal motility and delay absorption of some agents; the prolonged presence of phenmetamine in the small intestine may delay absorption by causing mucosal vasoconstriction. Thus even the soluble salt form of phenmetamine is absorbed slowly and, if taken only irregularly, is metabolized slowly as well; the rate of metabolic breakdown increases with the duration of drug use i.e. tolerance develops to the drug.

Also, as one means of controlling their rate of absorption, basic drugs have been incorporated into cation exchange resins. The kinetics of release of a drug from the resin particle will determine its concentration in the gastrointestinal tract and, consequently, its rate of absorption into the circulatory system. There is thus a prolongation of action and the drug is present in the body for longer periods of time.

The result of these two processes is that a single capsule of lonamin, if no tolerance is present, can be detected for several days in the blood and urine. Clinical experiments have shown that in some subjects significant amounts of phenmetamine can remain in the body up to a week after a single ingestion of a 30 mg phenmetamine resin capsule.

In my opinion, although it is impossible to confirm because of the difficulty of doing a quantitative doping analysis using urine samples only, the laboratory data seems to substantiate Ms. Segar's story of not having taken the full 30 mg capsule of lonamin on the day of the meet. Once can not discount, however, the possibility of Ms. Segar having taken a small dose of the phenmetamine sometime on the day of the competition.

Because of this uncertainty, my recommendation to the IPF Executive is that Ms. Segar's suspension be upheld in that there was in her system during the competition, detectable levels of lonamin.

**Mauro G. Di Pasquale, M.D., Chairman, IPF Medical Committee**  
This column will answer questions about drugs used by athletes and the available detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. Certainly welcome any questions in which the reader feels I might be of some help. Please send all questions and comments to: **Mauro Di Pasquale, M.D., 23 Main Street, Warkworth, Ontario, Canada, K0K 3K0.**

**Dear Mauro:** I've been using anabolic steroids on and off for over 15 years, mostly Deca and Dianabol. Lately I've been feeling lousy with no energy, lack of interest in anything, and problems in sleeping. My friends say I look pale and drawn out and I have been losing weight pretty fast. I stopped the steroids about three months ago, but things are just getting worse. My doctor has done all kinds of tests, but nothing has shown up. I've enclosed copies of the blood work and X-rays which were done.

The problem is that I feel I've got something that just isn't showing up in the tests. My biggest fear is that I may have liver cancer and this has been in the back of my mind for the last year or so. Is there anything that can be done to show that I don't have liver cancer? I'd appreciate any help you can give me. **(Name Withheld)**

**Dear Sir:** The tests you've enclosed are all the tests normally done to exclude the usual causes for your symptoms. The liver function tests were absolutely normal as were the liver scan and CAT scans. In fact, everything you've sent me is within normal limits including your cholesterol and triglycerides; you should be feeling in the pink. Your chances of having a primary liver tumor are very slim. The chances, however, of suffering from a liver cancer fixation are very high. The fear

of having cancer, rather than an actual cancer, may be causing your symptoms. On the other hand, I can't guarantee that you don't have liver cancer. This is because the present methods generally available to detect early, possibly treatable, liver cancer are inadequate. The detection of advanced, usually untreatable liver cancer is much less of a problem.

There is one bright light in this dilemma. If you can't shake your cancer conviction you might try contacting Dr. David Goldberg who is the President of the Center for Molecular Medicine and Immunology at the University of New Jersey, Newark, NJ. His medical research team has just recently (this past summer) reported exciting new results in the early detection of liver cancer. Using radioimmuno techniques, they were able to detect the presence of early liver cancers which were missed by conventional diagnostics.

**Dear Mauro:** Which diet pills are banned? Also how long do these medications stay in your body, i.e., how long before a drug tested meet do you have to go off them. **Shella C.**

**Dear Shella:** All the amphetamine based diet pills are banned by the IPF. These include Ionamin, Fastin, Tenuate, Nobesine, Tepanil, Preludin, Prestate, Pondimin and Ponderal. Also any compounds which have amphetamine like actions are also banned, such as Sanorex and Teronac. North American over the counter diet pills are not banned by the IPF. In other parts of the world, some over the counter vitamin and cold preparations may contain amphetamines and other banned substances. **M.G.D.**

**Dear Mauro:** I've noticed that my boyfriend is angrier and more hot headed while he is on steroids. I've also noticed that while on steroids he is under more pressure because of a contest which is coming up and also because training takes up more of his time and energy. Do the steroids cause irritability or is it his training and the increased pressure he is under? **Laura P.**

**Dear Laura:** The increased irritability is probably caused by both the steroids and the increased pressure of training for a contest. There is no doubt in my mind that while on anabolic steroids a lifter is more aggressive emotionally, physically, and sexually and that this condition is enhanced by the rigors of training for a contest. I also believe, however, that the basic personality of the athlete is not changed by either the steroids or the training, the genetic tendency for the aggressiveness must be there initially. **M.G.D.**

(Authors note: Space requirements make it necessary to edit letters. In all cases, however, every effort is made to retain conceptual integrity).

## Drug Use and Detection in Amateur Sports

by Dr. Mauro G. Di Pasquale, B.Sc., M.D.

A comprehensive factual analysis of the drugs used by athletes. Discussed are anabolic steroids, testosterone, amphetamines, stimulants, narcotic analgesics, growth hormone, HCG or human chorionic gonadotropin, diuretics, inosine, carnitine, creatine, cortisone, DMSO, vitamin B<sub>12</sub>, muscle relaxants, anti-inflammatory agents, nicotine, caffeine, and many others. There is also an explanation and discussion of the available analytical detection techniques for these drugs.

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## Athletic Acromegaly

by William N. Taylor, MD

Acromegaly is composed of two root words: acral and megaly. Acral relates to the peripheral body parts such as the arms, legs, hands, fingers, toes, nose and so on. Mega, means large. The clinical observations of enlarged fingers, ears, nose and toes are therefore the hallmark of the characteristic body changes of this malady. Autopsies have found that if not treated, acromegalic patients have enlarged pituitary glands or actual tumors in the anterior pituitary gland, which have the capacity to overproduce human growth hormone through various mechanisms. It is well documented that the acromegaly syndrome is caused by a chronic overproduction of GH or from a chronically overactive growth hormone axis.

The main characteristics of the acromegaly syndrome are: Acral enlargement, with soft tissue overgrowth; Diabetes Mellitus; Cardiac Disorders; Gout; Decreased libido & impotence; Menstrual disorders in women; Hypertension; Hypertrophy (swelling) of the face; Without discussing each of these major clinical conditions, it is important to understand some of the other aspects of the acromegaly syndrome. Acromegaly usually becomes obvious in the third or fourth decade of life in persons who have had chronic overstimulation of the growth hormone axis. These changes are largely irreversible once they occur. The acromegaly syndrome

more or primate growth hormone on a regular basis, the concurrent development or future development of the acromegaly syndrome is a real threat. In my opinion, excessive production of, injection of, or artificial stimulatory release of human growth hormone will cause the acromegaly syndrome in a time-related, dose-related fashion in some athletes.

A single injection of hGH will not cause acromegaly in any athlete, neither will several, but as injections continue, probably even with cyclical periods of injections, many athletes will develop the acromegaly syndrome and die prematurely. Again, this will be a function of the actual total amount of human growth hormone injected or excessively released and the actual duration of the injections. In some cases, it may be too late to reverse the acromegalic changes which have occurred or that will occur. The risks of self administration of human growth hormone are as glaring as in the first patient which I examined who suffered with acromegaly! His hands and fingers were huge, and the ends of his fingers were larger than at their bases. He was so weak with his diabetes that he was bed ridden. His muscles were wasted, and his skin was very thick, especially on the soles of his feet, and he had little or no sensation in this thick skin. When he smiled, his teeth appeared to be 1/2 inch apart. His nose was like a cauliflower, and a large stink at that. His ears were three times normal size and malformed due to the excessive growth that had occurred. When I listened to his heart, I really did not need a stethoscope, for his heart made such abnormal noises that they could be heard over a foot away. He admitted being impatient for many years and talking about this subject made him very unhappy. I'll never forget how sad I was when I learned that he was only 44 years old, for he appeared to be at least 65!

He was assigned to my medical service when I was a medical student, and as I taught this man to inject his daily insulin, I wondered what had made him wait so long before seeking medical help. His skin was so thick and tough that a needle would pass through it only with unusual force. He claimed that the changes were gradual over a few years, and it was his lack of sexual function that made his wife finally realize that it would not go away. By the time he received medical attention his diabetes was severe. He subsequently died in the hospital with pneumonia due to his inability to fight off an otherwise simple infection.

Synthetic human growth hormone will be released for prescription soon. There is a well-established "black market" for this product through the connections of the anabolic steroid network. With drastically more human growth hormone available, an established "underground" distribution system in place, and the newly insatiable desire for some athletes to use this powerful hormone, Athletic Acromegaly will probably become a new medical syndrome in the 1990s. With anabolic steroid use, athletes are currently using much larger doses than just five years ago. If athletes follow this approach in determining their self-administered doses of human growth hormone, then Athletic Acromegaly will very certainly become a reality.

"You never know what is enough, unless you know what is more than enough." William Blake

In terms of human growth hormone, "more than enough" is Athletic Acromegaly with all of its ramifications, and "enough" growth hormone is unknown, but most certainly it will be determined as a result of human desire and curiosity.

Let the User Beware!



Dr. Taylor is a medical professional with extensive experience in the field of endocrinology and human growth hormone.

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William N. Taylor, M.D.

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## POWER-RESEARCH

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### Predicting Strength Loss

by Frederick C. Hatfield, Ph.D.

You will know how heavy you should open with in your upcoming contest. For example, if you make one squat, then you're not paying attention to any semblance of your efficiency. If you make all three attempts, open with 94 percent of your max, and if you open at 96 percent, but how do you determine what 100 percent is for that particular contest?

Let's use an example to illustrate how it's done:

1. He benches 170 kg in training while weighing 62 kg.
2. He wants to compete in the 56 kg class.
3. Since he has a history of doing 2 percent more during training than he does in a contest, his efficiency coefficient is only .98.
4. Starting point, determine from the power curve values on the accompanying graph values for his current weight (62 kg) as well as for his contest weight (56 kg) and solve the equation as follows:  
 $170 \times 1.494 (62 \text{ kg}) = 155 \text{ kg}$   
 $1.646 (56 \text{ kg}) = 155 \text{ kg}$
5. Thus, his true readiness at a bodyweight of 56 kg in a contest situation is only 155 kg despite his better performance in training.
6. Then, considering his .98 efficiency coefficient, he'll most likely do 2 percent less in reality.  
 $155 \times 0.98 = 152.5 \text{ kg}$
7. Thus, 0.98 x 155 = 152.5 kg is his true 100 percent level for the upcoming contest.
8. His starting attempt should be 84% (143 kg), his second attempt should be 96% (149 kg), and his final attempt should be 98% (152.5 kg) -- his true capability based on his past performance and his weight loss.

It is clear that the 18.5 kg decrease in actual contest outcome resulted from 1) loss of weight and 2) low contest efficiency history. Let's compare this strength deficit to that of a big guy, weighing in at 195 kg training the bench pressed 300 kg weighing 6 kg over the limit (just like the 62 kg lifter who had to lose 6 kg). He, too, has an effectiveness coefficient of 0.98:

$300 \times 1.045 (131 \text{ kg}) = 294 \text{ kg}$   
 $1.065 (125 \text{ kg})$   
 $0.98 \times 294 = 288.12$

(his predicted max contest bench)

The big guy will then have to open with a bench press of 276 kg (94%), move to 282 kg (96%) -- his true contest efficiency!

Clearly, the big guy lost only 12 kg from his benching strength as a result of his weight loss and low contest efficiency, whereas the lighter guy lost a full 18.5 kg for the same weight loss.

As muscle mass increases (lean bulk) losses in strength resulting from water loss drop proportionate to power curve.

Does this Russian Training Stuff Work? Here's what one lifter, Bob Cochran, who tried Fred Hatfield's Russian system had to say: "I tried the training routine which was published in PL USA for my bench. I began with a max of 300, which was my true max and against which I calculated my percentages. At the end of the fourth week, I had doubled 300 and singled 320 easily. I was impatient to test my strength gain early. I knew I was getting very strong because of the way I was handling the weights at the end of the second week. Also, I had described 80x2x6, however, I don't think I suffered too greatly. On the contrary, I broke my PR (310) and gained strength more rapidly than ever before. I finished the fifth week of the cycle, but could not complete the sixth due to my job. I am starting the cycle over and calculating my percentages based on a 315 max, which I can manage strictly and smoothly. Also, I will use the same cycle for my squat on alternate days. The beauty and wisdom of the cycle becomes quickly apparent to the intermediate lifter who has had many discouraging plateaus and setbacks. I think that few lifters who have had this routine, especially if they vary their assistance work. When I begin the cycle again, I will stick to it per my research and activism in strength training directly helps people like me. I rose above a long-standing plateau without a bodyweight gain or drugs, and did it quickly, thanks to your insight and efforts."

80% of all records were set by those lifters who tend to do better at contests than in training.

The remaining 20% of all records over the past 20 years were set by lifters who tend to do about the same in contests as in training.

Virtually no world records have been set by lifters with a contest efficiency coefficient less than 1.00.

So, your goal should be to lift more in contest than in training. How do you do that? How do you get a contest efficiency coefficient greater than .98 or less? Simply by adhering to the article procedures outlined in this article for choosing your attempts when competing, and exercising care and restraint during your peaking period.

Once your contest efficiency coefficient exceeds (or, at least equals) 1.00 -- preferably in the 1.10 to 1.20 range -- then you will be on your way to new lifting heights. Maybe even a world record or two.

In the coming years, athletes will find it once again imperative to turn to sound training, scientific nutrition and, when answers to training problems aren't available, scientific research in their quest for performance excellence.

There's been a lull of late in this profession to achieving peak athletic performance capabilities. The reliance on pharmacological aids rather than hard work, smart training and hard desire is in larger part responsible for the lull. At least that's my subjective appraisal of what's happening among younger lifters who tend all too often to "ride the crest" that some sort of "recovery drug" can derive from the use of drugs.

Everywhere I go, I see young athletes training the same old blind to the old times. In order to beat the established records set by the old timers whose training they're emulating, they're going to have to go to new technology. Old technology will get them only as far as good, not better. Part of that old technology involves the use of drugs, laborious, so hard to become convinced of, and it takes ever so long. What's a young athlete to do? Do what the old timers did, or do what I'd like to see them do? Find a way! Innovate! Think! That's one lesson I do recommend for youth to learn from the old timers. In truth, it can be simple.

One small, but highly significant innovation that you may want to look at is becoming a bit more scientific about how you approach contests, especially when you have to make weight.

What strength loss can you expect from dropping 5 pounds? Twenty pounds? In which class should you be competing? How many you improve your contest efficiency?

I brought one approach to this problem back to me from my travels to Russia. I've been playing with it for two years and have adapted it to Powerlifting. I have found it to be so thoroughly accurate in its predictive capabilities that I've always shared it, the accuracy of anything I've heard, or learned in the past. The Soviets call it the Coefficient of Contest Efficiency.

It doesn't take a mathematical wizard to understand this concept that smaller men will suffer more from weight loss than will bigger men. It's simply that 5 pounds is a greater percentage of weight for a smaller man than it is for a bigger man's weight. The Soviets generated a power curve on the basis of resting body weights for a contest (weightlifting) and recorded that success rate. Placed against some simple substance, they were able to predict weight loss for each athlete could lift at their respective contests. I reworked the Soviet power curve for use in Powerlifting. Here's how it works. In Powerlifting, there's a Step One. Of course, it's to find out how many attempts you were successful with in your last contest. On the basis of how many you make,

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# POWER PROFILE

## Focus on Bob Rood A Look at a National Masters Champ by his friend, Willie Morris



Why would a 41 year old man want to start Powerlifting at an age when most men have long since retired to less strenuous sports like golf, tennis, etc. Well, for Robert Vincent Rood, a stevedore for 20 years in the port city of Baltimore, it is all summed up in one word, "competition". He loves it, and the best part is to whip those young studs.

Bob was born in South Baltimore, easily the roughest section in the city, and sometimes you had to fight to survive there, first the tough guy on your block, and then the neighborhood tough guy. The only other option was to run. If you showed your opponent you had heart and would fight, even though you got your butt kicked, you got some respect, and Bob Rood got respect. Bob dropped out of school at 15 years of age, and at 17 decided to join the Navy and see the world.

He spent over 6 years in the Navy, stationed in Mayport, FL; Philadelphia, PA, and San Diego, CA, and served aboard the aircraft carrier *Kitty Hawk* and *Franklin D. Roosevelt*. It started working out with weights and has continued for well over 20 years. Bob has come a long way since his boyhood days in South Baltimore. Recently divorced, he is raising his son, Rob Jr., and lives in a \$100,000 home with pool, drives a Corvette, and earns in excess of \$50,000 per year. In order to enjoy this lifestyle, he must work 60-70 hours per week on the Baltimore docks, however.

Bob started his powerlifting career at the 1981 National Masters Championships in Chicago. Although he had lifted in dozens of bench press contests, he never had tried Powerlifting. He took 3rd place in the 242 lb. class, weighing around 225, with lifts of 501 squat, 413 bench press, and a 501 deadlift, 1st and 2nd attempt only, for a respectable 1421 total. In Bob's 3rd powerlifting contest, the 1982 National Masters Championships in Greensboro, North Carolina, he dropped down to his natural class, 220 lbs., and won the National Championship title against some tough competition. On that day, he totaled 1526 up a 501 opening squat, 435 bench press, and 589 deadlift. Also on that day, Bob went for a Masters World Record bench of 462, moving the weight left the floor slowly, but he continued to pull up past his knees to lockout, he was greeted by 2 red lights. Then one of the judges changed his mind to a white. He had accidentally switched on a red, something that happens to almost every judge at some point. Robert Rood was a two time National Champion and was immediately mobbed by his handlers. His total of 1631 was an improvement of over 100 pounds from the previous year. The competition in his weight class has gotten tougher and tougher, and at the 1984 National

**Bob Rood**, at the National Masters Championships in Syracuse, New York in 1983, where he pulled out a come from behind victory to defend his National Masters title. Bob epitomizes the Master movement, young thinking and looking athletes, dedicated to self-improvement despite their age.

and George Zangas, two of the best 220s in the USA in this age group, missed final deadlift attempts, the stage was set. Bob had to pull 644 pounds to win, 50 pounds more than he had ever managed in a contest. Bob was really ready! The big weight left the floor slowly, but he continued to pull up past his knees to lockout, he was greeted by 2 red lights. Then one of the judges changed his mind to a white. He had accidentally switched on a red, something that happens to almost every judge at some point. Robert Rood was a two time National Champion and was immediately mobbed by his handlers. His total of 1631 was an improvement of over 100 pounds from the previous year. The competition in his weight class has gotten tougher and tougher, and at the 1984 National

Masters in Virginia, Bob duplicated his 1631, but missed a few lifts, and ended up in 4th place. In 1985, he got his act together and improved once again to a 1686 total off lifts of 600 451 and 633, for 1686 and 2nd place behind Masters great, Mitch Mitchell.

Bob has a complete gym at his home, and will train there occasionally, but he prefers to train at the Dundalk YMCA in Baltimore on his lunch hour, or in the morning if the ship he is working is late coming in. It is because of this erratic schedule that he trains mostly by himself.

Bob stays in training year round, and this includes some bodybuilding, and on Monday, he will stretch out for about 10 minutes, then he will work up to a heavy set of five reps in the

## Question & Answer

**Training questions answered by Roger Estep, 1979 Senior National Champion and World Record Breaker at Middleweight. Send questions to Roger Estep, 1413 Hoigate, Anaheim, California 92802**

**DEAR ROGER:** I am 20 years old, bodyweight 149, and height 5' 8". My problem deals with my squat. I've tried everything including sets of 5, 3, sets of 3, 2, 1, 2, 3, and the addition of back squats, leg curls, leg extensions, leg presses, explosive jumps, sprints and calf work. I've been squatting for 1 year and my max is only 385 lbs. In a meet I will lift over 100 lbs. more than what I can successfully lift in the gym. Any advice you can offer would be appreciated. My best total is 1052 lbs. **Todd R. Buechs**

**DEAR TODD:** I find it truly amazing that you can increase your squat by 100 lbs. in a meet over your best training lift. I would guess that you either have a much better psychological approach to your lifting in a meet than in your training or you are getting too tired from your warmups in training to be able to perform your maximum lifts.

In setting up a program for your squats ask yourself "What combination of new rules, interpretations, etc. that go into effect December 1st, to: Ralph Pardue (SC), Don Haley (CA), Bill Decker (AZ), B.J. Talton (LA), Dick Reno (GA), Keith Boyer (PA), Ted Herring (MD), Jan Shendow (UT), Fred Hatfield (CA), Glen Venator (TX), and Nate Foster (KS).

**Credit Where Due**....comes from John Pettit for those members of the U.S.P.F. Technical Committee who contributed to the formulation of the new rules, interpretations, etc. that go into effect December 1st, to: Ralph Pardue (SC), Don Haley (CA), Bill Decker (AZ), B.J. Talton (LA), Dick Reno (GA), Keith Boyer (PA), Ted Herring (MD), Jan Shendow (UT), Fred Hatfield (CA), Glen Venator (TX), and Nate Foster (KS).

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Apr/1982...Women's National Championships, Drugs in Powerlifting, the All Time 2000 Total Club, Larry Pacifico Reminiscences, Top 100 220s  
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 Collegiate, Mike MacDonald Bench Routine, Kevin Fisher, Isokinetics, Referee Directory, TOP 275s.  
Jun/1983...Women's Worlds, Judd Bissotto 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, 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 Ab-breviated Training Cycle, Ruhl Shaler's Women's Corner, TOP 100 132s.  
Jan/84...the debut issue of the NEW Powerlifting USA, 1983 World Powerlifting Championships, National Masters meet, I.O.C. Banned Drug list, Injury Proofing, Police/Firefighters Nationals, TOP 100 181s.  
Apr/1984...Women's National, Ed Coan Profile, Chip McCain Deadlift Workout, Developing the Chest and Lats by Dr. Tom McLaughlin, Calcium...How Much Do You Need?, Mental Rehearsal, TOP 100 242s.  
May/1984...Lyle Alzado Profile, Ban the Squat, World's Greatest Bench Press, Jim Cash Squat Routine, Rick Weil Profile, John Kuc on Deadlift Assistance Work, USPF Directory, Bench Press Forum, Calcium, Con-sumer Guide for Exercises, Referee's Corner, TOP 100 275s.

Jun/1984...Hawaii Invitational, National Collegiate Championships, Fred Hatfield Profile, Joe Ladnier Profile, Joe Ladnier Bench Press Routine, Question and Answer by Roger Estep, Steroid Crackdown, Message from Chairwoman, ADFFA Top 20 181s, TOP 100 SHWs.  
Jul/1984...Women's World Championship Report, Jim Cash Deadlift Workout of the Month, Dave Schneider Profile, S.T.H. by Jeff Everson, Power Gym Directory, Drug Free Top 20 198s, Bob Wahl Power Profile, Masters Records list, TOP 100 114s, First Meet Impressions.  
Sep/84...Senior National Powerlifting Report, Drug Free Training by John Kuc, Bench Workout of the Month by Ted Arcidi, Are Anabolics Atherogenic?, The New Masters Formula, ADFFA Collegiates, How to Wrap Your Knees, TOP 100 132s, Shoulder Injuries.

Oct/84...Medical Research Review, Jim McCarty Profile, Gus Rethwisch Deadlift Routine, Drug Free Nationals, Teenage Nationals, Anabolics and Women, Off-season Training, TOP 100 148s, Drug Free 275 Top 20, 20 Midheavyweights, Road to a World Championship by John Kuc, Training Tips from Ted Arcidi, Conquering Anxiety, TOP 100 Flyweights.  
Jul/85...Steroid Forum, The Big Business of Anabolic Steroids, Variable Split Training, National Masters, Bret Russell Deadlift Routine, High School Nationals, ADFFA National Collegiate, 2000 Total club, ADFFA TOP 20 220s, TOP 100 Bantamweights, Debbie Poston benches 332.5  
Oct/85...ADFFA Drug Free Nationals, Squatting technique, Training Occasinals, Sports Medicine Review, Carlton Snikkin deadlift routine, A.R.P. Bench System, Training Alone, Top 100 165s, ADFFA Top 20 SHW  
Nov/85...Dr. Fred Hatfield and the Magic Leg Machine, Randall Kea Drug Free Squat Program, Magruder the Magnificent, Ask the Doctor on Drug Testing, World Masters, Redar Steen Profile, D.H.S.O., Intermediate Training by John Kuc, TOP 100 181s, ADFFA TOP 20 114s.

Dec/85...Paul Anderson Profile, Bev Francis Profile, Steroid Controver-sy, Intermediate Training Part 2 by John Kuc, Fred Higgins Bench Routine, Nutrition Primer, Russian Peaking Routine, Junior World Championships, TOP 100 198s, ADFFA TOP 20 132s

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Correction...Danny Wagman did not get credit for his 457 bench, 633 deadlift, and 1642 total at 181 on the last TOP list for that class.

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With the American public's penchant for going head over heels for every new dietary fad, it should be no puzzle why the lifter is even more prone to grasp onto the latest and greatest nutrition news as soon as it hits the airwaves. My PL USA column and THE STEEL TIP have discussed glandulars, amino acids, protein powders and the rest of the supplement market that takes a nice percentage of many lifter's incomes monthly. One may feel that the expense is justified, even if legitimate research indicates that some of these products do not deliver the results they purport to, because of the psychological advantage they provide, but this isn't logical thought. I have no objections to anyone spending their money as they see fit, but did you ever wonder why PL USA and every other muscle building magazine carries ads that offer seemingly new and/or more effective products on an almost monthly basis? Do you believe that nutritional science is finding breakthroughs that will add pounds to your total that quickly, or is it more likely that as products fall into disfavor due to lack of promised results, distributors and manufacturers have to come up with others to take their place or suffer financial loss?

More important than the supplement issue, is the inability of most lifters to eat properly or sensibly. Diet is a result of many influences, but at some point, common sense has to be injected into the equation if one plans to meet their nutritional requirements for growth and repair. Many lifters do, in fact, benefit from nutritional supplements because their eating habits are so poor, but again, this is approaching the problem from the wrong perspective. How should one eat, for maintenance, repair, growth, increased muscular levels, alertness, and comfort. It's easy to list a number of foods that supposedly supply one with all of the nutritional microelements needed for good health, but if intestinal distress is the result, or if the products can not be found in a particular part of the country, it makes little sense to make their recommendation.

Fortunately, there are a number of non-commercially biased, sensible, easy to implement books that clear-

## More From Ken Leistner

ly explain, in a non-technical way, the nuts and bolts of nutrition, and that includes nutrition for the athlete. Most lifters will probably be offended because after reading these books it becomes immediately apparent that those who engage in heavy exercise do not have nutritional needs that are impossibly different from the average man or woman. There is no doubt that doing a 500 pound squat sets you apart from the crowd, but your nutritional needs are based on things more important than that. One source that I always enjoy reading, having read them many times, is the series of RIPPED books by Clarence Bass. The fact that Mr. Bass is well educated, clearly spoken, and most importantly, very factual in the material presented, holds little weight (with no pun intended) in many lifting circles. "How much can he lift?" "He's so skinny to squat much, how can he tell me how to eat." These and other pearls of wisdom were uttered by patients or former patients of mine, who failed to see that the size of one's arm has nothing to do with the legitimacy of their claims or information. As it is, Clarence was, many years ago, a heck of an Olympic lifter, often competing and winning at the state and national levels. That too means nothing in terms of the material in the book, but it does let you know that he trains and competes as well as eats. His common sense approach which relies on way to gain or lose weight sensibly. He suggests the use of some nutritional supplements, especially when cutting food intake down in preparation for contests, or when losing weight for a specific purpose. However, all of the things he recommends are easily obtainable in any supermarket.

Dr. Nathan Smith's FOOD FOR SPORT, the series of nutrition books by Dr. Ellington Darden, and REALITIES OF NUTRITION by Ronald Deutsch are "traditional"

will have what is needed for their repair and maintenance, yet not more than is recommended for good health and longevity: carbohydrates which will contribute to the overall caloric intake and supply the "fuel" for energy producing reactions; and enough fluid to keep the body hydrated and able to complete all of its necessary chemical reactions.

Does one need a PhD in Biochemistry to do this? A brochure from a nutritional supplement house? Probably not, but you wouldn't know that if you walked into most gyms. You need to have a lot of different vitamins and minerals and the best way to get them is through a variety of foods. The reason that food scientists always recommend eating a "balanced" or varied diet is that this increases the probability of getting all of the varied nutrients you need, day to day. Overemphasis on foods and nutrition wastes valuable time and energy that can be spent more productively elsewhere. Can you eat almost anything? Certainly, if done in moderation and infrequently. Can you supply your carbohydrates and protein at Skyline Chile when in Cincinnati or Sonny Bryant's Barbecue in Dallas or Bruno's Pizzeria in the wilds of West Lafayette, Indiana? Of course, as long as common sense is used in choosing the foods that give you the macro and micro nutrients you need for your body to function. It's time to take "athletic nutrition" down from its pedestal (you'll note that some of those propping it up have their hands on your wallet) and approach nutrition with the common sense and logic it deserves.

**Steel Tip Preview**... Dr. Ken Leistner's final issue of his first year of publication of THE STEEL TIP highlights Men of Strength, a unique summary of some of the truly strong men that Ken has encountered in his career, with an emphasis on different ways of developing strength; plus a section on building tip and high power. Satisfy, and a Thank You to those who have supported his first year of publication. To subscribe to THE STEEL TIP, or renew your subscription, send \$18 to THE STEEL TIP, 54 Fletcher Avenue, Valley Stream, NY 11580 or see the advertisement in this issue of PL USA.

**Recommendation**... Tim McClellan reports that he got excellent service at Arizona State from Dave Schroeder and Samsom Equipment of Las Cruces, New Mexico. They purchased \$100,000 worth of custom made gear, all to IPF specifications, and Dave used .188 inch thick steel, whereas many other manufacturers use .12 or .093 thickness. Even custom foam was used to make the bench padding stiffer, and Tim feels they are the best benches in the world. Another plus was Dave's individualized attention; he flew to Tempe to assemble the equipment. Samsom has also dealt with other major universities, and has Tim's wholehearted recommendation.

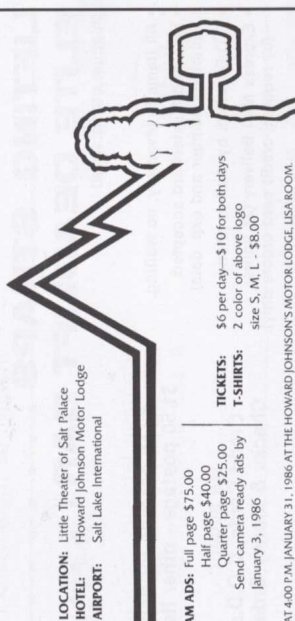
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# STARTIN' OUT

A special section dedicated to the beginning lifter

## Basic Nutrition Primer as told by Jack Diganji R.D., M.S.

ound of bodyweight for us men, and add in a few hundred calories, 300 at the most, for the hardest and heaviest of workouts, and you have a rough idea of what it takes to maintain your present bodyweight.

Gaining weight is just as hard for some people, as losing weight is for others, but to gain weight, good solid muscle weight, takes many long years of training. You can eat all the good food you want, and never put on a single pound of muscle weight without heavy training. You can work yourself to death, but never put on one single pound of muscle if you don't have the protein and calories necessary to rebuild the tissue. The key to gaining weight is protein and calories. Get your protein requirement to fulfill your growth needs and then fill in with simple and complex carbs. Keep the fat intake reasonable as you'll need the extra energy.

**LOSING WEIGHT:** Losing weight involves a more careful approach as you need to get enough protein so as not to lose muscle mass and yet limit your overall calories in order to lose weight.

First make sure your protein sources are high in protein and low in calories. In the example of milk, use skim milk only. Use low fat hard cheeses. Use only low fat cottage cheese and low fat yogurt. Eat only chicken, turkey, fish, tuna in water pack cans, and very lean cuts of beef. When cooking, again, don't fry; bake, broil or boil. Don't use any butter, grease, lard, gravy, fat, margarine, salad dressing or oils. Don't use salt. Eliminate all sugar and sweets from your diet. They carry only calories and little else.

Canned and packaged foods usually contain salt (sodium) and sugar to make them taste good and to preserve the food. An exception is frozen vegetables; they do not contain any salt or sugar.

**VITAMINS:** To say that one vitamin is more important than another is impossible. They are all important. Leave one out and you're going to be hurting, somewhere, your B complex vitamins, all 9 or so of them, must be in generous supply or else no metabolism; that means no energy production; no tissue build up, no gains. Most of us will cut out breads and cereals of first when we start to lose weight, but we forget that it is these foods that carry the B complex vitamins. Just be aware that if you are going to cut out your whole

or polishing off a bottle of wine an evening, then I think you'd better read on. There are a couple of reasons for worrying about liquor, that much anyhow. The first thing is that booze takes quite a bit of the B complex vitamins in order to be digested. If you remember, the B complex vitamins are needed in order to digest the food you eat and turn it into energy. If you load your body with alcohol, then use up your allotted B vitamins for their digestion, there's not going to be enough to go around to digest the protein, carbs and fat you eat. I guess you could say that you'll simply take an extra B complex tablet and there'll be nothing to worry about. Right? Not exactly. Read on.

Alcohol is treated as a fat by the body, and fat, as you know, is loaded with calories. A 3 oz drink, for example, may have as much as 400 calories. Imbibing in several drinks, which can happen in a very social situation, runs into 1000s of calories. Do this on a regular occasion, and all of those "sipping" drinks will land on your belt line. If I pack on faster than you can take it off. Alcohol is high in calories and a couple of drinks should be the max.

You should also respect alcohol for what it is, a relaxer of the central nervous system. Sometimes it is recommended to do just that, relax and enjoy a cold one, but don't over do a good thing.

**SNACKS:** If you've read my previous article on snacks, you know that I view snacks within the perspective of fitting them into your training needs. Use the good snacks; fruits and veggies, cheese, boiled eggs, etc. to reach your own individual training goals. They can and will help, just put them into a calorie framework.

Cakes and candy and chips and such stuff do taste good. They should. They are especially manufactured for that purpose. Food manufacturers spend millions and millions on production, research, marketing and advertising so you can buy them. Choose your snacks as you would choose your assistance exercises; will they help?

So, food is really more than just food. You have to put it all together if you ever expect to hit your goals. Now you're aware of how food can help. Try some of my suggestions and you'll begin to notice a big difference in the way you feel, the way you lift, and the way you look. If you have any questions at all, or have any comments, drop me a line. I'd love to hear from you.

Jack Diganji, R.D., M.S.  
116 Dopson Pl  
West Monroe, La 71291

**Rule Seminars...** Meet Directors, the USPF Technical Committee can provide 1986 National References Clinics and Tests covering new rules, referees, rounds system. Expenses only required, to any meet, anywhere, with 60 days notice. All attendees must have a working knowledge of the rules before the clinic. Contact John M. Pettit, 3105 Bullock, Plano, Texas 75023.

**ADPPA Women's National Date CHANGE...** Sue Elwyn informs us that the new dates for the contest are April 5th and 6th. A Women's Masters division will be included as well as Teen and Open. There will be no qualification total for Masters lifters (85 and over), but they must have made a total in a sanctioned ADFPA meet. For Open and Teen divisions, lifters should contact Pat Malone for the new qualifying totals.

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

IRONMAN, Vol. 45, No. 2 (January 1986) pp. 58-59, has published Dr. Todd's account of the Seniors entitled, 'A Historic Sr. National Power Champs.'

Much of Dr. Todd's article is based on a mistaken premise, that steroids have torn the sport of powerlifting asunder. Steroids, he says, 'have had their way with us and we are divided now as never before into several distinct and warring factions.' This premise is mistaken because steroids have been and remain a minor issue in a healthy, growing sport. Of course, for the past four years the problem of steroids has been all-consuming for Dr. Todd.

In November, 1981, during an Executive Committee conference call, President Joe Zarella authorized the Steroid Committee, chaired by Mrs. Jan Todd, to begin preparation for a doping control at the 1982 Women's Nationals in Auburn. In January certain members of the Executive Committee expressed reservations about proceeding with the doping control, which had been authorized by the National Committee in the summer of 1981, but had not been acted upon until November. On January 27, 1982 the Executive Committee convened via teleconference. There the case for testing was made by Mrs. Jan Todd, as chairperson of the Steroid Committee, which had by now renamed itself the Medical Committee. Doping control failed to pass by one vote. The Todds have not given us a moment's respite since that time.

At the Women's Committee meeting, chaired by Mrs. Todd, in February, the hostility was, according to reliable observers, of unprecedented intensity, as those in attendance split into pro-testing and anti-testing factions. It need not have been. A simple apology or *meo culpa* uttered from the chair would have, I am certain, yielded a general disappointment tinged by a determination to lobby testing, the National Committee again with renewed vigor, an alternative unambiguously preferable to intransigent hostility. But when the cause is so noble, what could its most prominent champion find to apologize for?

It would be unkind simply to say that Mrs. Todd could not count, but as a matter of fact some of the votes were soft. A willingness to yield on points of no great consequence to the success of the doping control at Auburn may have changed the outcome of the vote. I know I was not probed in order to determine how firmly I held my opinions.

Was it truly imperative, for example, that Mrs. Todd, a coach of one of the teams entered in the contest, physically accompany the urine samples to England? It looked bad, but she would not yield on this point, stating that the results would be invalid unless she, as Medical Committee chairperson, took the samples to Chelsea. No one has seen or heard of this rule since. Our samples have usually been sent via bonded common carrier. Her insistence on this protocol particularly grated, because the USPF was at the time virtually bankrupt.

Could we justify spending drug-testing funds (\$500) to bring Dr. Wright from New England to oversee the testing, especially when he was one of the featured speakers at a seminar on steroid abuse that the Todds, as meet directors of the 1982 Women's Nationals, held in conjunction with the meet? Now, I would not for a moment suggest that the Todds are in any way untrustworthy. But assessing the convictions of the members of the Executive Committee would have shown that there was within that committee a perception of mistrust: However mistaken such a perception may have been, it should have been accommodated, rather than denied or ignored. Placing the drug testing in other hands might well have saved it.

Yes, the chair could have apologized, and in so doing she would have stood ten feet tall!

After Auburn, I, as acting president, announced that, if elected in July, I would be replacing the chairperson of the Medical Committee with a medical doctor. That spring I had occasion to suggest Dr. Richard T. Herrick, M.D., to Mrs. Todd as her possible successor. I was rewarded with the most explosive 'No! I have ever experienced - and this was during a telephone conversation. 'What reservations do you have?' I asked. 'I would rather not say,' she replied. After the elections I appointed Dr. Herrick and the Todds were to wait nearly three years until they could have a hand in arranging his public humiliation.

Even when the issue had nothing to do with drug testing, those who opposed the Todds found themselves publicly identified as being in the camp of the steroid abusers. The Iron Man article is written in this vein.

Because the space provided for this report was limited, Dr. Todd offered but the sketchiest account of the meet itself, opting instead to discuss the 'politics of powerlifting, the importance of which, he says, outweighed the former. What made 'politics so important was the fact that the Todds's ox was gored and gored again, coupled with the fact that those they coached 'bombed'.

The first goring was the divesting of the Women's Committee of autonomy. Because I am on record in PL USA as being opposed to the granting of autonomy, and because autonomy must be granted before it may be removed, Dr. Todd's statement that the stripping of the Women's Committee of

its autonomy... had originally been proposed by convicted drug dealer Tony Fitton, [and] was strongly advocated by me, is ridiculous on its face. This is simply an attempt to poison the well by associating my name with Fitton's. The incident which precipitated my decision formally to propose that the Women's Committee be divested of its autonomy was its 'releasing to a Chicago television station and its sending to IPF officials in Europe a statement declaring the guilt of Dr. Richard Herrick, M.D. in criminal involvement with Tony Fitton. The statement was substantiated by a large quantity of evidence', no single item of which would be legally admissible in a trial. Autonomy was never intended to extend this far.

The second goring took place when the National Committee failed to adopt, 8 ayes and 26 nays, the recommendation by the Discipline Committee that Dr. Herrick be asked to relinquish for two years the chair of the Sports Medicine Committee because of alleged improprieties in his personal relationship with Tony Fitton. Because the alleged improprieties were not criminal and because the Discipline Committee conceded that they did not contravene any by-laws or other rules, the rationale for recommending his removal seemed to be unclear. Perhaps the National Committee is not yet ready to sanction guilt by association.

Now, one would imagine that Dr. Todd, being a strong advocate of drug testing, would find in our decision to test for drugs at the 1986 Women's Collegiate and Senior Nationals a cause to rejoice. It was, after all, a signal victory for those who had pressed hard for testing since Corpus Christi. How wrong one would be to imagine any such thing!

According to Dr. Todd, 'the USPF was apparently forced to approve testing procedures they had in previous years been unwilling to approve on their own... It is true that Heinz Vierthaler and Arnold Boström did construe one of the IPF rules to mean that the IPF has the right to conduct at IPF expense doping control at any meet sanctioned by any IPF member nation. Because of the precarious finances of the IPF, the threat at this moment is empty. Ask any National Committee member who voted 'yes' on drug testing, other than the Todds! Show me one who says his vote was coerced by Mr. Vierthaler's holding a gun on us.

Dr. Todd would have us believe that all the 'warring' has left the USPF redundant as one splinter group has taken a strong 'no-testing' stance and another an equally strong drug-free position.

As a point of fact, there is very little 'warring' in powerlifting, except when the Todds make it. Under our anti-trust laws splinter groups may proliferate infinitely. Proliferation does not imply warring. How many churches are there in Austin? Are they warring?

Differences of opinion are not evidence of either stupidity or moral degeneracy among those who differ. The USPF continues to embrace, and hopes to accommodate, all lifters of whatever opinion to strengthen the sport and to provide individuals with opportunities for competition and individual progress.

Dr. Conrad Cotter, USPF, Box 18485, Pensacola, FL 32504  
USPF DIRECTORY UPDATE (11/20/85)  
New Executive Member - Larry Kidney, 12731 Santa Ana Place, China, CA, 91710, (714) 628-7995. New Region XIII Chairman - John Luthy, 1356 Rimrock, Boise, ID 83712, (208) 343-8443. Region XI Chairman - Change of Address Mike Berg, 734 St. Joe, Spearfish, SD 57783, (605) 642-8445. State Chairman, Wyoming - Change of Address Rick Pebles, 3548 Meadow Lark, Casper, WY, 82602, (307) 472-0132 (res), (307) 265-8656 (wk). Alaska State chairman - Phone Change Bob Como, 4100 Gilmore Cir, Anchorage, AK, 99503, (907) 563-6970.

**POWER PUBLICITY**... it helps the sport of powerlifting when meet promoters and powerlifters are able to get news and information about their activities into the newspapers and local television. If you set down and thought about it, what it boils down to is this: If you can get your name and address in a local newspaper or on a local television station, you are all set for a big meet. If you can get your name and address in a local newspaper or on a local television station, you are all set for a big meet. If you can get your name and address in a local newspaper or on a local television station, you are all set for a big meet. If you can get your name and address in a local newspaper or on a local television station, you are all set for a big meet.

## From the TECHNICAL COMMITTEE

1. Costume - Suit - there are no restrictions on color, combination of colors, emblems, logos, advertising (except obscenity or profanity), hem or seam design. Squating and deadlifting suits must be one-ply material (especially the crotch) and length of the suit leg must not exceed 15 cm measured from the middle of the crotch.

2. Vest - there are no restrictions on type of shirt (t-shirt, tank top, tennis shirt, jersey, etc.) with buttons, collars, pockets, color or combination of colors, emblems, logos, advertising (except obscenity or profanity). If the shirt has sleeves, the sleeves must not extend past the elbow. Clarification - any shirt on the market today that is made from cotton, polyester or any combination of the two materials is a legal shirt. This includes all bench press shirts on the market today.

3. Belt - any type of one piece leather or multi-laminated leather pieces with any type of buckle or fastener, with any type of emblem, logo, name, advertising (except obscenity or profanity) that is 10 cm wide and 13 mm thick.

4. Equipment check - for any equipment that has not been inspected before and carries no USPF official's stamp or USPF meet stamp or the legality of which is in question by the lifter. (Clarification - equipment pre-stamped does not need to be inspected before the meet, but the lifter still shall be disqualified if found wearing grossly illegal equipment even if it had been approved at a prior meet. Common sense must prevail. Wraps that are a few inches too long are not in the same category as wraps that are several feet too long for example. To be sure that a controversial piece of equipment is okay, ask the chief referee in charge of your meet before competition.)

5. Shoes - any type of unlaced or unlaced shoes may be worn. The IPF changed this rule to read 'Lifting shoes or boots shall be worn.' and deleted all other rules considering shoes. This changes rule 9 on page 8.

1. Minimum measurement of 2.66x3.66 meters (12x12 feet), the lifter at all national meets.

2. Seated judges eye level is about 20 inches above platform level and lifting platform level is about 29 inches above the floor level at national meets.

3. National meet platform will have no seams in the general vicinity of the lifter. All actual lifting (where the lifter stands) will be on a solid 4x8 sheet of plywood.

4. National meet bars will carry the following specifications. Local meets have the option to implement the following:

- 1. Length can be a maximum of 2.3m, inner collar distance 1.3m up to 1.45m.
- 2. Diameter from 28mm to 30mm, 30mm for squat over 275kg, 28mm for all deadlifts.
- 3. Center knurling to be 6 inches wide with 5 inches of unknurled bar on either side. Knurling to be 12 to 14 lines per inch, knurls to be pointed not flattened and free of all paint, chrome, nickel and other material.
- 4. Collars may be tightened at the discretion of the lifter.
- 5. Plate opening should have about a 2mm clearance from the bar.

6. Judging lights at national meets must be placed so that the audience and announcer may view the lights, but the judges cannot view the lights. This is optional at local meets.

Rules of Performance

1. The bar can stop its upward movement in all three lifts, but once started up it cannot go back down.

2. Lifters may use blocks of any dimension for the bench press.

3. Final position in the deadlift is one of a normal standing position, with the shoulders neither rounded forward nor thrust backwards. Clarification - if the lifter has his/her shoulders thrust back more than necessary to complete the lift, it does not make the lift invalid.

4. The IPF ruled to remove the word thrust from all descriptions and diagrams of the deadlift. Therefore change Deadlift No. 3 to read 'On completion of the lift, the lifter must be standing erect with the knees locked in a straight position and the shoulders back.'

5. A lifter may choose any increase in weight from one attempt to another without penalty. This increase must be a multiple of 2.5 and can be as little as 2.5 k. Attempts of less than 2.5 may only be taken on four attempts for world records and must exceed the current record by at least 500 grams.

6. If the majority opinion (2 out of 3 judges) indicates that the starting positions for the squat is invalid, the lifter must be informed immediately by the head judge and allowed to restart as many times as necessary and as time allows.

7. The opening and closing of the hand in any of the lifts is not a reason for an invalid lift, but lateral movement of the hand is reason for an invalid lift.

8. Turning or raising the head in the bench press after the signal to press is not a reason for an invalid lift.

9. If the head judge is asked, he must investigate with the other judges and inform the lifter the reason why a lift was missed. Further discussion, if any, must occur with the Chief Referee in charge so the meet will not be delayed.

10. Weight in may occur no earlier than 24 hours and no sooner than 2 hours before the competition for a particular category begins. There may be more than one weigh in session (at the discretion of the meet director) and each session may last up to 1.5 hours. The lifter may try to make weight in all sessions if necessary. Clarification - this is at the option of the meet director. Also all lifters attempting world records must still weigh in within 2 hours of competition.

11. Lifters may be weighed nude or in briefs. Clarification - this means standard underwear for men and both underwear and bras for women.

1. A lifter may request a world record attempt at any time regardless of the amount of a previous attempt. He must have at least one successful attempt to request a fourth attempt world record of any amount.

The IPF has requested that flights of 10 may be divided and flights of 15 must be divided.

The USPF suggests maximum flight numbers if possible be 15, but never less than 10.

The USPF has also changed the command for the bench press to the club of the hands.

The USPF will stay with the verbal signal 'PRESS'.

After reviewing these changes please send copies to all state, national and referees with whom you come into contact. It would also be helpful to dispense this to meets to the lifters and to other meet directors.

If you are a state or regional chairperson, please maintain an updated list of referees in your state for future use. If you have not already done so, please send me a list of all referees in your state. If you are interested in a seminar clinic in your state concerning the rules, the rounds system, and giving state and national tests, please contact me with at least 60 days advance notice. Expenses will be the only necessary cost to you and your meet. We will at this same meeting also exchange ideas and opinions on meet direction, rule interpretation and your needs within the USPF. Also I would like to know if you have a copy of the state and national tests for your area, if you subscribe to PL USA and if you have an outline on what your responsibilities actually are in the position that you hold. If you have not already done so, please use the enclosed application to register for 1986.

If you are a referee, I would like to know if you received a copy of the Referee's Book, at which meets you judged in 1985, your availability to judge in 1986, do you subscribe to PL USA, and if you have not done so, please register for 1986.

There is no question that as our sport has grown, this growth has caused a breakdown in communication and organization. With your help that problem can be on the road to recovery. Without your help, it will only become worse.

Sincerely yours, John M. Pettitt, 3105 Bullock, Plano, TX 75023

## MESSAGE FROM NATE FOSTER

### Records/Referee's/Coaching Techniques Committees

Immediately after the Hawaii Invitational this year, damaging reports on the meet streamed into the phone of Dr. Cotter. As is our policy, he instructed all of them to put their observations/complaints into writing and send them to him. He informed me of the situation and I put a hold on the American Record certificates which were about to be sent out to the lifters. Until such time as statements could be gathered and an investigation of them completed. The reports he relayed to me portrayed a problem plagued meet of immense proportions. I acted accordingly.

A reasonable amount of time has elapsed, and not one of those many complainers has had the courage to put down their complaints on paper. Dr. Cotter has released me to send out the American Record certificates for the records set at that contest, and I have done so. I apologize to Gus Rethwisch for assuming that these people were basically honest and that they would back up what they said on the telephone. I apologize for the letter published against my will in IRON MAN Magazine. It was a letter written in frustration for the continuing reports of irregularities coming out of the Hawaii Invitational each year of an administrative and refereeing nature. My desire was that no smoke or fire should come out of this meet and for it to be as correct administratively and refereewise as it is great as a show and producer of the lifting. I perceive that these are strengthening them out to Gus, but now I do not desire to be involved in embarrassing them out anymore, as I am not sure that is what is desired in Hawaii.

To those who complained and then did not have the courage of their convictions to back it up in writing, I say you have done the U.S.P.F., the Hawaii Invitational, and me personally a disservice. I took the heat you should have taken. Don't bother us again! There is a vehicle for complaints called the "Complaint Form" in the Referee's textbook. Henceforth, no complaint will be afforded any attention unless it is on this form and replied to by the person against whom the complaint has been lodged. In this way, we hope to avoid anymore messes like that surrounding the Hawaii Invitational this year.

A Referee's Practical Test video was cut at the Senior Nationals this year, using the 100 and 110 kg classes. If the reported 50 or so athletes who think the judging was bad at the Seniors would like to score the lifts themselves for their own education, it can be arranged.

John Pettit has just been appointed U.S.P.F. Technical Committee Chairman and will get in writing from the I.P.F. Technical Committee interpretation of the many gray areas that abound in the new rule book. We will no longer deal directly with the I.P.F. Technical Committee, but with our own. I believe this to be a positive step toward ironing out all the difficulties. A document can be expected from this committee soon.

Proposed referee's schools and clinics are on the planning table to try to bring all the referees up to standard across the board. Lifters, this does not mean you will get parallel squats passed, it means you will have to do it right, according to whatever rules we end up enforcing. There are moves afoot for us to write our own rule book for use in the USPF. Maybe that is what we must do to get a simple, clear, concise set of rules that are not a nightmare to enforce.

The Referee's Textbook can be updated by viewing the video update taped at the Seniors, referred to earlier. Category I Evaluators for Category II Referees and Category I Candidates are as follows: Bob Packler, Jaska Parvianen, Joe Spack, Bill Hartmann, Don Haley, Tom Eldridge, Bill Decker, and Bud Mucci. The Category I on the Referee's Committee will refrain as they are already too involved with the process. Lyle Schwartz has resigned from the Referee's Committee due to business commitments. He will be replaced by another Category I Referee soon.

If you are an International or a National Referee, you should have received your free copy of the Referee's Textbook by now. If not, call Ted Herrick, (301-862-1989), for your copy. The list of Referees is not up to date. If you are a National Referee, please send a copy of your inside book cover to John Luthy with your current address and telephone number. John's address is 1356 Rimrock Ct., Boise, ID 83712, (208-343-8443). If you are a Category II or Category I Referee, send a copy of the inside of your book cover page to me along with your current address and phone number (Nate Foster, 204 Harvey Dr., Manhattan, Kansas 66502). An updated list will be published in PL USA and be maintained in the future by the Referee's Committee.

Dr. Cotter appoints National and International Category II test conductors as needed. National tests are available from me. State Referee's books and patches are in place with Jaska Parvianen, as well as the tests. He has been instructed to send 2 versions to all state chairmen.

REFEREES: pay attention to this column. Reading it when it appears is a must for good communications. If you think enough of the sport to be one of its referees, you should think enough of it to subscribe to the magazines which keep you current.

The Coaching Techniques Committee has been resurrected after 5 years of oblivion and I have been given the chair of it. I visualize it to be a standard setting committee for world team coaches, world team managers and world team members. To date, Stella Herrick has been asked to be a member from the team manager/trainer point of view after her excellent report on the 1985 Women's World team. I would like for the best personal coaches in the country and the best world team coaches to be the members of this committee. Please, if you are interested, send your resume for consideration.

tion as a member. I would like this committee to prepare a coaching guide to be given to all world team coaches/managers so that the U.S.P.F. expects of them will be spelled out. I would like to see coaching clinics set up to educate coaches at the local level as well as the world team level. My primary interest lies at the world team level, as we send 8 coaches to world championship meets each year without telling them what their job is. This has not been cost effective. We need to educate our world team coaches that this is not the same as being a personal coach. See "Coaching at the World Level", POWER DIGEST, Vol. 2.

ATTENTION: State Chairmen: send Jaska a list of your good state referees and he will send them patches, books, and a Referee's Textbook for \$20.00. Revision of the Referee's Textbook will be underway soon. The video will update 1st edition books.

Nate Foster.

## FROM THE SPORTS MEDICINE COMMITTEE

The essence of this particular report is to, for the first time I believe, publicly pronounce that it is time to quit trusting everyone. So long as there is money to be made, those who can take advantage of athletes will take advantage of athletes, and thereby will find a "sucker" in everyone who wants to take advantage of whatever assistance is available to enable him or her to reach optimal performance as quickly as possible and as painlessly as possible. Almost inevitably, those athletes among our powerlifters, whether on an international or national or regional basis, that have been found positive in drug testing, have been, either recently or in the fairly distant past, provided with what the liter thought was either safe or legal or pure and thereby either out of the system by the time the testing occurred, or a substance for which no testing was being done.

If you are obtaining any type of pharmaceutical product, from anyone other than a licensed pharmacist with a good reputation, and the product is in the other than the appropriate container, labeled according to whatever law requires it to be labeled, from a well-known and ethical pharmaceutical manufacturer, you could very well be getting a product that is either mislabeled or misrepresented.

Unfortunately, there are several among the profession of medicine and pharmacy who likewise can and will mislabel or misrepresent a pharmaceutical product; therefore, even though these are in a very small minority, you should know the reputation of the professional with whom you deal.

Likewise, when you are taking a product that does not require prescription to obtain, from either health food store, grocery store, or pharmacy, and you are to be drug tested, you must know each of the ingredients of the product you are taking, in order to ascertain whether it contains any illegal or banned ingredients.

This is true today, even though the I.P.F. is testing only for testosterone, anabolic steroids, and central nervous system stimulants, since several of the over-the-counter cold or allergy or flu remedies, medication for asthma, and even vitamin preparations, contain some minute traces of central nervous system stimulants, which can produce difficulties with the testing.

They are no longer testing for caffeine or barbiturates, but some of the relatively innocuous diet pills and nerve pills do contain banned substances. There are a few pain medications or analgesics, which require prescriptions which do contain banned substances; therefore, you also need to know all the ingredients of any medication you may be taking prior to any testing. This may all seem like an unnecessary number of warnings, but suffice it to say that the powerlifters throughout the world, including Americans, now have a reputation for having the "dirtiest urine" of all the athletes being tested by the IOC laboratories.

If you have a question with regard to the contents of a specific medication, you can always utilize the toll-free number to the United States Olympic Committee training center in Colorado (1-800-233-0393).

We have continued to try to provide this information to all our team members going overseas, and/or participating in international events, but inevitably, someone doesn't get the word, takes a product that is either mislabeled, or misrepresented and is caught, banned for several months, loses their medal and the team loses their points.

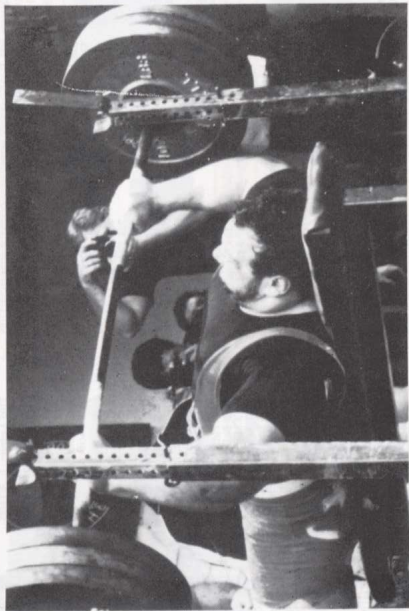
It's up to you coaches and athletes as well as all those who care for the sport of powerlifting to actively participate in trying to prevent these cases from recurring in the future.

Richard T. Herrick, M.D., Box 4160, Opelika, AL 36803

**BOOK REVIEW**...Susie Benford has written a training manual called "P.R.E.s: The Secrets to Ultimate Fitness", with P.R.E.s being Progressive Resistance Exercises. With lots of good photos, the manual covers a wide range of subjects and answers many questions that the typical beginning trainee needs to have answered. This is the kind of book that someone just coming into the gym needs to help them organize their workouts most productively and to keep that initial interest alive and pointed in the right direction. The book is only \$5.95 and is available from B&B Enterprises, P.O. Box 15342, Columbus, OH 43215. Susie is a Registered Nurse with a Bachelor of Science Degree and Master of Arts Degree. She is a Master level powerlifter, ranked in the TOP 20 for her weight category, and has written for several major publications. Using the techniques described in her manual, she has gone from approximately 36 percent bodyfat down to 15 percent. Garry Benford, powerlifter and director of the YMCA Nationals, and Susie are husband and wife, by the way.

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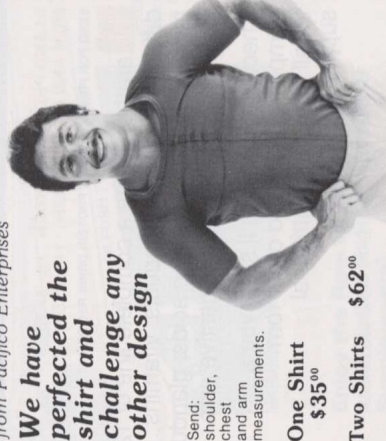




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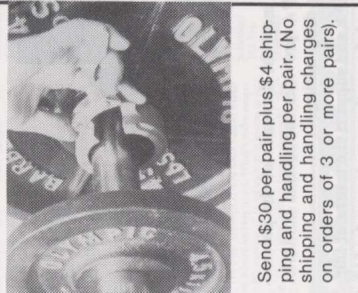
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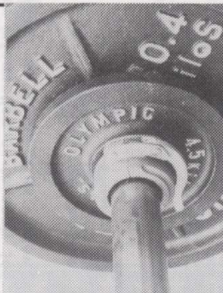
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148	157.5	102.5	182.5	442.5	182.5	105	182.5	470
165	107.5	190	180	467.5	107.5	190	180	467.5
181	202.5	127.5	210	540	192.5	127.5	210	530
182	182.5	140	202.5	525	182.5	140	202.5	525
183	172.5	112.5	197.5	482.5	172.5	112.5	197.5	482.5
184	175	115	182.5	472.5	175	115	182.5	472.5
185	165	105	200	470	165	105	200	470
198	240	135	262.5	637.5	240	135	262.5	637.5
199	180	125	200	505	180	125	200	505
200	175	117.5	185	477.5	175	117.5	185	477.5
220	232.5	170	245	647.5	232.5	170	245	647.5
221	227.5	150	227.5	605	227.5	150	227.5	605
222	175	115	210	500	175	115	210	500
223	177.5	137.5	210	525	177.5	137.5	210	525
242	232.5	167.5	244.5	644.5	232.5	167.5	244.5	644.5
243	195	127.5	250	572.5	195	127.5	250	572.5
244	142.5	145	222.5	510	142.5	145	222.5	510
332	117.5	102.5	172.5	402.5	117.5	102.5	172.5	402.5
333	137.5	102.5	182.5	422.5	137.5	102.5	182.5	422.5
365	165	107.5	190	462.5	165	107.5	190	462.5
366	290	187.5	295	772.5	290	187.5	295	772.5
367	310	212.5	310	832.5	310	212.5	310	832.5
368	232.5	167.5	262.5	662.5	232.5	167.5	262.5	662.5
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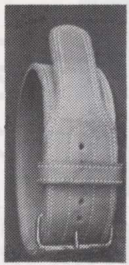


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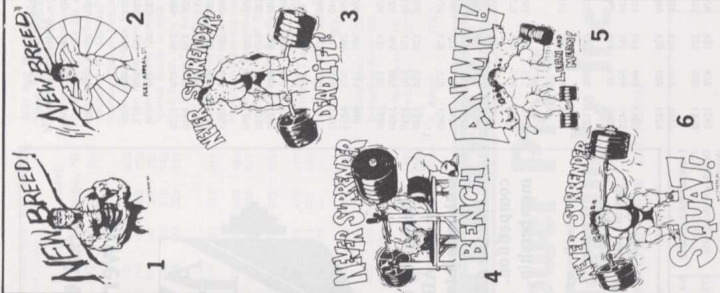
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Table with columns: Name, SQ, BP, DL, Total. Includes entries for D. Garry, G. C. Hill, S. Zimmerman, R. J. Hickey, etc.

Table titled 'Highland Games, Ontario, Canada (kilos)' with columns: Name, SQ, BP, DL, Total. Includes entries for Rick Peble, Scotti Peble, etc.

Table titled 'Gillette Open' with columns: Name, SQ, BP, DL, Total. Includes entries for S. Zimmerman, R. J. Hickey, etc.

Table titled 'U of P Police Meet' with columns: Name, SQ, BP, DL, Total. Includes entries for R. Hickey, R. Miller, etc.

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Table titled 'California State Meet' with columns: Name, SQ, BP, DL, Total. Includes entries for G. Hill, S. Zimmerman, etc.

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Table titled 'Arizona Bench Championships' with columns: Name, SQ, BP, DL, Total. Includes entries for Jerry Corona, Steve Lopez, etc.

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Table titled 'Gillette Open' with columns: Name, SQ, BP, DL, Total. Includes entries for S. Zimmerman, R. J. Hickey, etc.

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Advertisement for Power Place Products Inc. featuring various belts and straps with images and pricing. Includes contact information and a form.

Advertisement for Power Place Products Inc. featuring various belts and straps with images and pricing. Includes contact information and a form.

Large advertisement for Power Place Products Inc. featuring various exercise equipment like treadmills, ellipticals, and bikes. Includes images, descriptions, and pricing.

Maryland Power Bench Press

Table listing participants in the Maryland Power Bench Press, including names and weights.

possible without the support of Metro Fitness Gym located at 601-H, Hammond Ferry Lane, Annapolis, Md. 21401, a 1700 sq. ft. facility...

Rev. Gary Smith, Jr., Director of Metro Fitness, announced the competition on Oct. 26 at the gym.

The 148 lb. class won from Metro Fitness. Kwon Young of Connecticut pushed up 280 lbs. in the 148 lb. class.

165 class Jeff Edwards, polished off 385 lbs. which gave him the edge for best lifter in the 170 div. And then came the gunn, as 181 lb.er David Seymour...

Elite Bench Press

12 Oct 85 - San Jose, CA

Table listing elite bench press results with names, weights, and lifts.

181 Superheavy 475 265 305 1245 James Courtney

Women's Contests 97 105 116 123 132 148 165 181 198 220 242 275 SHW

Power Place Products Inc. advertisement featuring images of dumbbells, barbells, and shoes with descriptive text and prices.

Edward S. Hudson Meet

9 NOV 85 - Houston, TX (kilos)

Table listing results for the Edward S. Hudson Meet in various weight classes.

Upcoming National Meet Qualifying Totals

Summary table for upcoming national meet qualifying totals across various categories.

Superheavy

Table listing superheavy weight class results.

Women's Contests

Table listing results for women's contests in various weight classes.

Women's Contests

Table listing women's contest results across multiple categories.

This top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from September 1, 1984 to September 1, 1985.

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

A.D.F.F.P.A. TOP 20 60 kg. 132 advertisement with large text and logo.

Twin State Meet

26 OCT 85 Brownsville, VT

Table listing results for the Twin State Meet in various weight classes.

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 allow 2-4 weeks for delivery



**The 1st Annual "Biggest Bench on the Lake"** held at Marriott's Tan-Tar-A-Rest on August 27th proved to be quite a success. 40 lifters from Missouri and Illinois showed up to vie for the title of "Biggest Bench on the Lake." The Lake of the Ozarks in central Missouri has always been known as an excellent vacation area since the lake was established in 1931 with 1372 miles of shoreline. The lake offers many recreational activities to the vacationer. With this in mind, the Total Fitness Center of Camdenon got together with Marriott to put on quite a show for the tourists and provide a meet site that will be hard to match as far as beauty and activities go. The meet was held on one platform. The Rounds System was used for the first time by many of the lifters who made a point to tell me how much more they enjoyed it than the conventional system. Due to the fact that many of the lifters were quite young, we split lifts into Flight A, Women, and Flight B. Flight A was 185-220 lbs., Flight B 190-242. This is the heaviest lift down to 15 lifters, which wasn't too bad. In the women's division, the bubbly, vandy, even down between Judy Gedyne, outbenchd everyone to take the title, Judy went 3 for 3 and ended up with a new PR of 160 lbs. at a bodyweight of 101 lbs., after which she sat in as head judge for the next two flights. Mary Bowman, the 1984 ADPPA Collegiate National Champ at 105 lbs., followed Judy to take second place with her opener at 95 lbs. Mary weighed in at 101 also, and didn't end up with what she had hoped for. In 3rd was Susie Phillips from Osage Beach with a new PR of 105 and Marty Frazier at 4th with the 123 lb. bench. Out of the 4 women entries, 3 set new PRs. In the 123 lb. class, 17 yr. old Todd Rayburn was the lone entry and ended up with a 135 lb. bench. In the 132 lb. class Bryan Whit pushed up 270 at a bodyweight of 127 lbs. 2nd went to 45 yr. old Fred Hoger who looked like his bodyfat was down to 5-7 percent. Chris Petrut ended up with a 1st but Marty Provan pulled ahead to take first in 5 entries by Steve Wachtler Wild Man Bob Brad's 40 lb. bench. He was followed by Mike Lecansky at 300 and as Mike Hughes tried two unsuccessful attempts at 400 leaving him with his opener at 385. Best Lifter in the light classes, Dana Rosenzweig picked his opener carefully to end up with a 385 also, and beat out Hughes on the bodyweight. In third was Tom Betts with 325. The 198 lb. class had the most competitors - 8. Randy Egli pulled ahead of the pack with his opener at 370, ending with 400 for his best bench. 2nd place went to Mike Barnes from Springfield, MO, just barely missing 390 and ending up with 370. Third went to Len Meador from Salem, MO with 355 and 4th went to Roger "Great One" Geadrey. Roger was our oldest lifter at 50 and had the biggest arms to boot. Both Roger and Judy are leaders in the drug-free movement and have been very instrumental in the careers of many lifters. These two people sure have a lot of class. In the 220 lb. class, Wally Fosner blew everyone away with his 450 lb. bench. Steve and Wally did not order the 198 lb. class limit, but still picked the 198 lb. class. Wally got under from Illinois with 375 pouncing Biggest Bench on the Lake with his 460. Jim Simpson, Jr. as Mike Eppeneauer at 400 and Rick Chandler with 385. The 450 lb. bench was set by Mike McKenzie from Mt. Vernon, IL. Mike weighed in at 244 and ended up with 455. With his large frame, he easily belongs in the Supers and we should look for some big things from him in the future. Biggest splash on the lake goes to Randy Frazier, our only SHW entry. Upon completing his final bench, Randy did a 9.9 Acapulco dive from the deck into the lake. He ended up with a 310 bench. We had quite a few lifters from Illinois come down to the lake for this meet. For many of them it was their first time to our lake and hopefully not the last. The meet was run in conjunction with a week long "Lake of the Ozarks Water Festival" which had events going on around the lake daily. The 1986 meet will be at the same place with the same format and will be sponsored by the Total Fitness Center of Camdenon, P.O. Box 5. Camdenon, MO 65002. (Photo courtesy of Tim Misiewicz, who provided this report, is of Steve Hudkowski).

3rd annual Ft Myers Beach Bench  
5 Oct 85 - Ft Myers, FL

MEN	WT	BENCH	WT	BENCH	WT	BENCH
Eric Frier	305	335	177 plus			
Wayne Conolly	300	255	MASTERS DIV			
J. Mitchell	275	270	5 Oct 85			
Chas Heller	220	255	181	300	610	
G. Chamberlain	220	335	250	260	470	
Wayne Conolly	145	165				
John Howell	140	165				
Steve Beck	135	165				
Christy Stone	140	335				
Kevin Farber	130	335				
Mike Vannest	310	123				
Greg Freshman	275	460				
S.M. Cormack	360	170				
J. Simondello	225	225				
Tim Key	500	330*	500	300	800	
Larry Stone	520	330*	500	380	835	
Douglas Denham	470	320	470	335	1910	
Steve Green	420	320	470	420	1020	
Chas Heller	425	335	250	400	985	
W. Stachursky	340	325*	250	400	985	
Mike Hallowell	460	325*	250	400	1405*	
Bruce Martin	460	290	300	1210		
Carry Peterson	430	220				
Tom Mueller	360	315				
Dewey Forte	480	550*	375	670*	1595	
Dave Hawley	405	565	315	490	1375	
Rick Esposto	315	500	310	490	1300	
Bob Gardner	300	560	315	490	1300	
Frank Kovacs	300	242				
S. Amarsky	560	640	530	1530		
S. Amarsky	600	325	550	1475		
P. Malariak	610	355	540	1525		
Steve Pogorelec	560	380	530	1470		
F. Ragucci	315	245	315	875		

**WOMEN**  
 Wima Kojewski 125 95 220 440  
 Susan Badamo 185 115 220 570  
 K. Kittleman 215 130 265 610

13 Oct 85 - Hamden, CT

Connecticut State ADPPA  
 1st best lifter - meet record \$ - guest lifter. Meet  
 director: Joe Steele and Andy Bram; announcer:  
 Bill Harmon. Side judges: Chas Heller, Mark Hogan and Larry  
 Chermoff. The team trophy was won by Pegasus  
 Gym with 80 pts. World Gym East took 2nd  
 with 76 pts. Best woman lifter: Susan Badamo with  
 36 pts. Best woman lifter: Susan Badamo with  
 World Gym East, Iwt: Gerry Raccio, E. Coast  
 Power Gym, Iwt: J. Mitchell, Pegasus Gym.  
 Thanks to Joe Steele for results.

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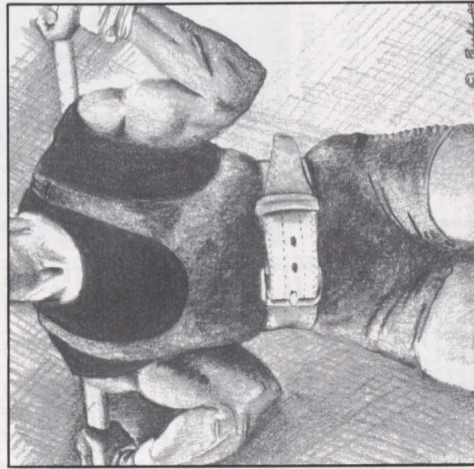
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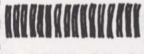
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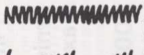
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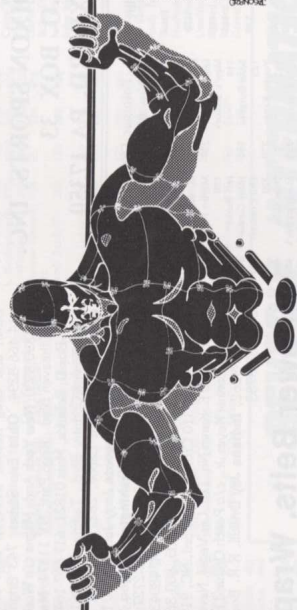
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Iron Lions Bench/Deadlift
28 Sept 85 - Stoney Park, Pa
WZontz 381 125 285 645
D. Hartigan 370 125 285 645

German Championships
4/5 Oct 85 - (kilos)
Kavk Kanyan 52kg 122.5 64.5 137.5 342.5
K. Fechter 115 70 130 315

Iron Lions Bench/Deadlift
28 Sept 85 - Stoney Park, Pa
WZontz 381 125 285 645
D. Hartigan 370 125 285 645

Fall Bench Press Classic
26 Oct 85 - Mattoon, IL
C. Vanderveer 145 Stan Carriott 340
Tom Moon 185 Don Sprague 300
Brenda Varney 85 Randy Barbaree 290

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Vacationland Open
19 Oct 85 - Bath, Maine
Elaine Coburn 190 115 260 580
122 124 314 656
Cathy Butler 200 245 365 810

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15 Sept 85 - Terre Haute, IN
Invitational Meet
S. M. L. XL, XXL
Jimmie Greene 210 90 225 525

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South American Championships
14, 15 Sep 85 (kilos) Brazil
52kg Olivers/BRA 160 92.5 190 442.5
Avolio/ARG 165 72.5 165 402.5

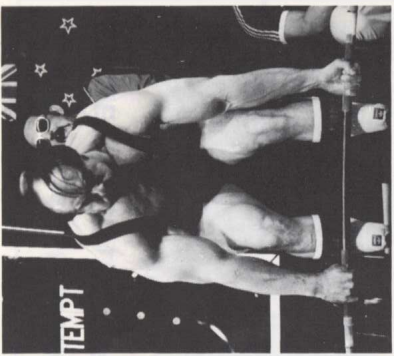
Sports Palace Open
20 Oct 85 - San Francisco, CA (kilos)
Shirley Gutierrez 125 70 142.5 397.5
52kg Joe Bethel 87.5 50 130 275

242 Richard Barlow 610 395 615 1620
Roger Rickford 560 360 575 1495
Elaine Coburn 190 115 260 580

German Championships
4/5 Oct 85 - (kilos)
Kavk Kanyan 52kg 122.5 64.5 137.5 342.5
K. Fechter 115 70 130 315



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K. Cannon	227.5	167.5	322.5	627.5
T. Washington	110	120	270	600
198 National	185	105	190	480
E. White	222.5	137.5	240	605
D. Boyer	215	142.5	222.5	580
D. Mousar	192.5	142.5	232.5	572.5
C. Walker	182.5	137.5	192.5	512.5
M. Kelly	250	155	255	660
D. Shurt	235	147.5	227.5	610
242 Allt	232.5	...	...	...
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Thanks to Rich Peters for results.

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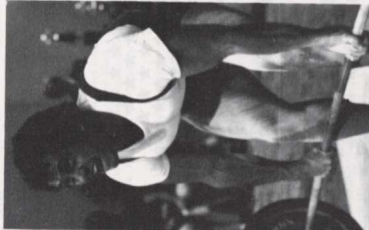
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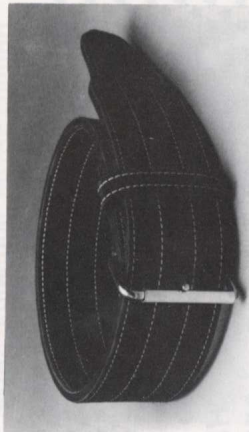


Chris Lomuto, 21, is already a veteran with 6 Arizona State Championships to his credit. In April of 1985 he went 710 418 727 1851 at 198 in preparation for the Junior Nationals. Before injuring his back and knee. Before the injuries he had benching lifts of 810 435 770 at 210 bodyweight. Chris has been lucky enough to have great training partners like Jim Bell and world champ Gene Bell. He has won a total of 2000 at 198 in the 1986 Nationals. Thanks to Pat Mauler for info.



Meet Directors Earl Bealefer (left) and Rick Clark (right) both managed to win first in the Maryland Bench Press meet that they organized. Earle got a 400 at 198, and Mr. Clark got a sensational 460 at 181. The trophies were big and the Best Lifter plaque not too shabby, either. Photo and info courtesy of Rick's Clark. They will hold another meet on Feb. 9, 1986.

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