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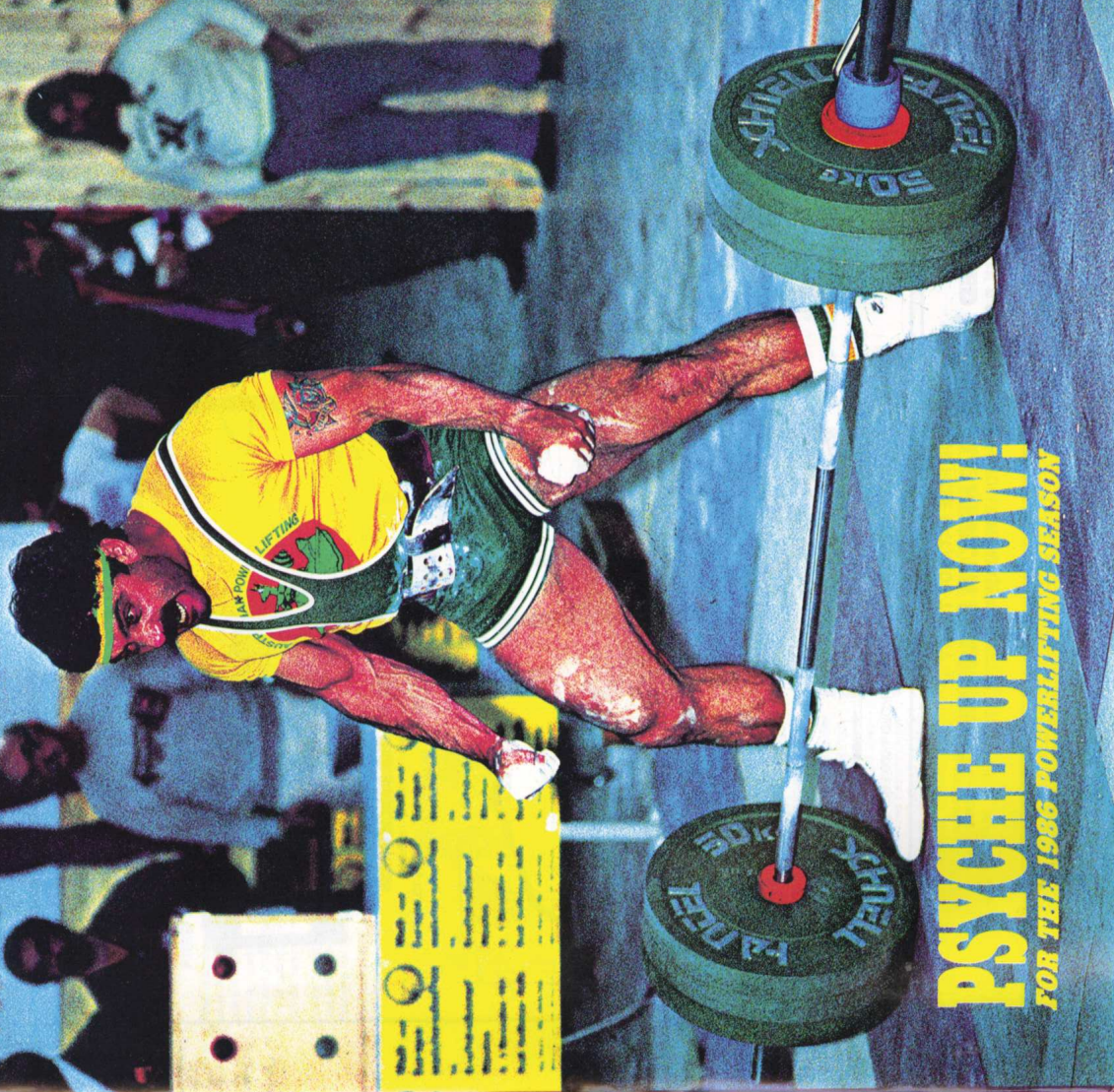
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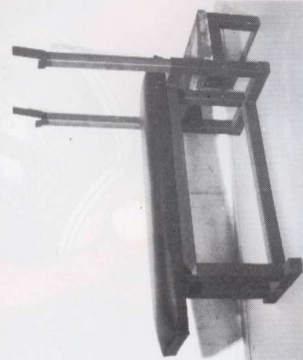
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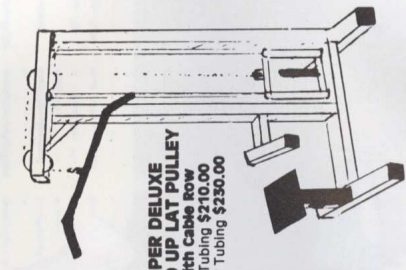


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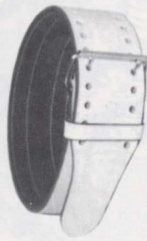
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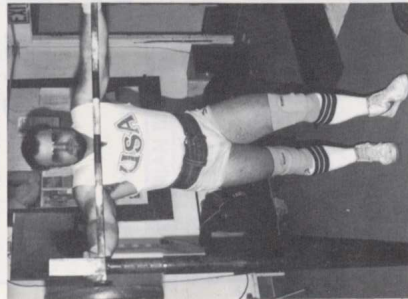


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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$21 per year. The office of publication is 2486 PONDEROSA DR. N., D-216, CAMARILLO, CA 93010. 2nd class postage paid at Camarillo, CA 93010.

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

Subscription Rates: (US funds only)
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ON THE COVER...the ultimate powerlifting goal achieved, psyching up for a lift on a World Championship platform.

NEXT MONTH...the Women's National Championships

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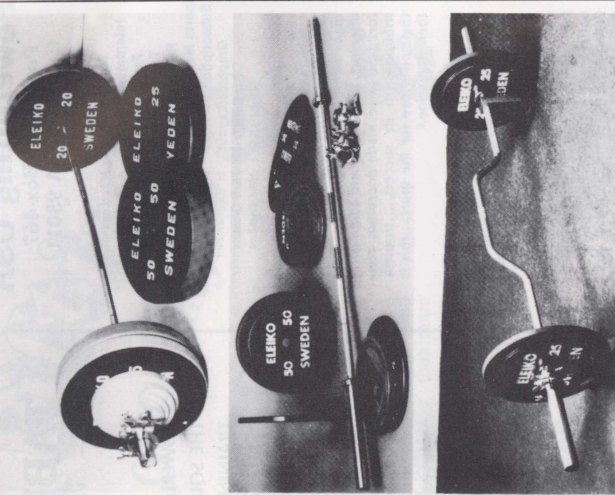
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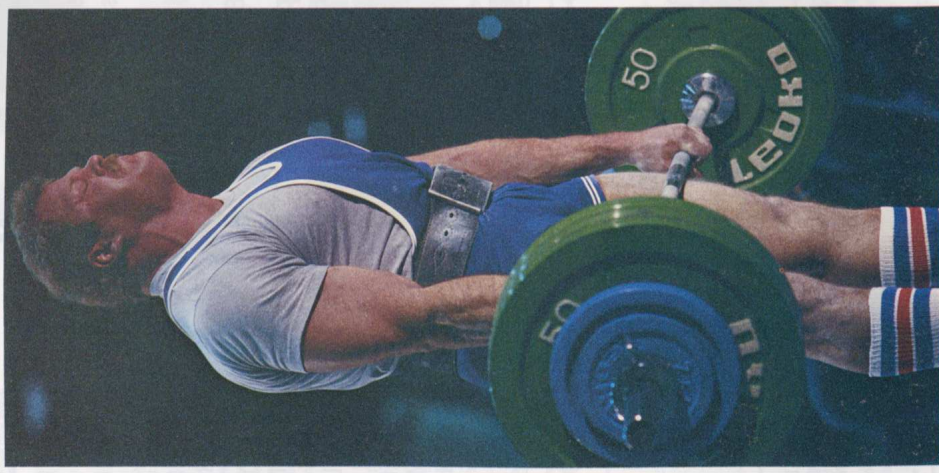
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Mike Lambert looks at Powerlifting 1986 the New Season Begins!



1985 was one of the most eventful years in the history of Powerlifting, and the 1986 season will be eventful as well, as all the dust that was stirred up last year will be settling out, and establishing a new order in the way things are done Powerliftingwise.

All time bests in the bench press for men and women were established in 1985: Ted Arndt with his mammoth 705 and Debbie Poston with her triumphant 332.5. John Kuc proved that he could exceed World Records as a drug free lifter, with his 856 deadlift at 275. There was incredible lifting at the Hawaii Invitational by likes of Coan (who repeated his awesome 1000 kilo total at the Seniors), Fumas, and Hechler and the women as well. Those athletes and the many who will challenge them will still be around for the new season, but lifting news was not the only news of the sport for 1985.

Lawsuits, regarding the I.P.F. suspension of US lifters and officials who competed in an A.P.F./A.M.P.F. meet, were filed and are still unresolved. After the Senior Nationals, there was a surge in the growth of the American Powerlifting Federation, which urged greater voice for the lifters and no drug testing. The American Drug Free Powerlifting Federation topped the 2,000 mark in membership and continued strong growth in many areas, particularly in the number of meets sanctioned. The United States Powerlifting Federation made some positive changes in the way the rules of Powerlifting will be enforced and took the major step of voting for IOC style drug testing at the 1986 Men's Seniors, Women's Nationals, and the National Collegiate. Nonetheless, organizational difficulties have been carried to the point where in 1986 there will be essentially 3 Senior National Men's Championships, 3 Women's Nationals, and duplication of other national meets by various federations.

Drugs in Powerlifting was the underlying issue in the sport for 1985, and it didn't get any better as the year went on. Several of the women competitors at the Women's World Championships lost their titles when they failed the drug tests conducted there. We have recently received word that due to 2 drug testing suspensions (Morgan and Immekus) of USA lifters at the Junior World Powerlifting Championships in Soest, West Germany and 5 suspensions of lifters (not officially identified at this writing) tested at the World Championships in Finland, the USA has lost both team titles in no drug tested U.S.P.F. to return the Team Championship trophies from both of those meets to the I.P.F. This is the greatest drug testing scandal in American Powerlifting and has taken place. One lifter at what has taken place. One lifter that it pained him to watch Powerlifting "degenerate into the Hell's Angels of organized sport". Another stated "this is a public disgrace on the world scene that should have been avoided at all costs." How did this happen? For one thing, it appears that IOC drug testing

is, by evidence of their recent votes unanimous in their attitude towards testing, particularly to make sure our international representatives do not fall due to positives on the drug test.

Still, many questions remain unanswered. Now that the "revel" of IOC testing has been revealed, it may be too late for some competitors, who had intended to compete at the Senior Nationals (U.S.P.F.) in order to qualify for I.P.F. World Championships team slots, to clean up so they can pass this same type of test. The A.P.F. has scheduled their Senior Nationals in Dayton, Ohio the weekend before the U.S.P.F. version in Chicago. Some top lifters felt they might try to peak for and compete in both competitions, but that was before the test results came in. Who will enter the U.S.P.F. Seniors in 1986? There are several American lifters capable of winning U.S.P.F. National and I.P.F. World titles, drug testing or no. The A.D.F.P.A. Nationals is 5 weeks after the U.S.P.F. meet, making it difficult to peak for both contests, however. The quality totals for the U.S.P.F. Senior Nationals are high, and perhaps should be lowered so that lifters committed to drug free lifting, like Bob Dempsey (who stopped using steroids after a brush with cancer, see the July, 1985 issue of POWERLIFTING USA), can get into the meet.

Another question is, where is the money to pay for all this drug testing going to come from? A new funding source may have been found. In another major event for 1985, Heinz Vierthaler of West Germany, the President of the International Powerlifting Federation, has reported won International Olympic Committee recognition of Powerlifting as a sport. Our understanding is that this does not mean that Powerlifting will be part of the next Olympic Games program, but it is a necessary step toward that goal. What it does mean is that the individual national olympic committees of various countries may now be willing to support Powerlifting in some manner. Of specific interest is whether the national olympic committees will undertake drug testing activities. The answer is not a clear "YES" at the moment, but it the U.S.P.F. is investigating this avenue.

1986 will go a long way towards handling the long unresolved problem of drug use in Powerlifting. No doubt, the several powerlifting organizations will still proceed with their individual agendas, and lifters will make their choices, but there are already rumors of reconciliation in the breeze. For example, Tom Carey will be promoting a major, drug tested, women's competition in San Francisco this July and as part of his effort he will invite appropriate representatives to a meeting to unite the U.S.P.F. and A.D.F.P.A. into one drug tested organization.

Who will represent the U.S.A. in international competition in 1986, and how will they fare? That's the biggest question mark of this very different 1986 Powerlifting season. MFL

Dr. Fred Hatfield Speaks out on Testing

Imagine my surprise upon reading this Dylan Thomas quote in a sports column: "Do not go gentle into the good night, rage, rage, against the dying of the light."

LOS ANGELES TIMES columnist Scott Ostler was, in his normal fashion, explaining why the Cardinals were such sore losers in the recent World Series. Some indeed. But Dylan Thomas' words bear appropriate stress far beyond the two ends of U.S. Route 70. Nobody in sports likes to lose, and the fact that some take defeat in a more "Civilized" way than others is nothing more than the grist of which human nature is made. In fairness to Ostler, he distinguishes between "petty sniveling" and "petty rage" and "petty sniveling" is the most terminous form of poor sportsmanship. The "sniveling" in defeat I see a lot of powerlifters who are guilty of sniveling. And I see a proportionately larger group of officials who snivel. This sniveling has grown to such proportion as to cause one to wonder whether or not it is in some form of uncontrolled jealousy.

What is it about powerlifting that attracts people who are prone to sniveling? Is it that there can be only one winner amidst scores of losers? Other sports have the same problem. They do not produce the same level of rancorous belittling I have witnessed in our sport of late. I

everyone, the media, the public, the IOC and "steroids" even my subconscious think "steroids" every time the word "recoil" is spoken. Indeed, it's thought by some every time the word "Powerlifting" is mentioned.

That drugs has become inextricably intertwined in the fabric of our sport is one thing, it is quite another to stung our shoulders, or snivel, and say, "that's the way it is." In case you haven't noticed it, drugs are a huge problem in our sport. Why? Because society says it's so. Because the media says it's so. Because we had five medals this year. Because there are drug addicts. For the USPT or for splitter groups who want to continue using drugs.

In case you don't know it, drug testing is here. It was voted in by the National Committee, that means you and your representatives from the state and regional levels. You wanted it, and you got it, for good or for bad. Further, if you're planning to come to the meets where world teams are chosen, you should give serious consideration to being prepared to pass the steroid test. If you don't, you'll get canned for a long period of time. But most of all, come resolved not to snivel, especially if you get caught. And, oh, in case Dylan Thomas' poetry went over your head, remember this: lifters at the end of an era, and the true athletes among you will find a way to excel without the support of steroids. It's the only way left, and perhaps that's not so bad after all.

Frederick C. Hatfield PhD

is it that our officials apply incredibly ambiguous rules to our performances in an increasingly capricious and arbitrary fashion? Bingo! Score one for the opposition?

Do you mean that of officials and lifters are engaged in some sort of an adversarial relationship? Again, bingo! In the thirty-odd years I've been competing, I have never witnessed such petty sniveling between officials and athletes. And I have never seen a sport's rules and officiating standards in such chaos. And, from my view, both lifters and officials are at fault. Yet, it's understandable that problems exist, owing to the newness of our sport and especially to the vast growth in its popularity over a relatively short decade of time.

Problems should cause action, not petty sniveling. And losing because of poor officiating or inadequate rules should cause noble rage, not petty sniveling. But the ultimate snivel, the loudest, dirtiest, most outrageously vile snivel is yet to come. It will happen when the worms of our sport (the sniveling crybabes out there who refuse to engage in constructive action, but rather complain as nauseum and disrupt those who are truly attempting to engage in a positive growth cycle) have to get tested for drugs. There's that dirty word and parcel of Powerlifting. The two have gone hand in hand for so long that

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DEALER INQUIRIES WELCOME

Perhaps one of the most frustrating aspects of heavy athletics, most notably powerlifting, is the great amount of time necessary to build that foundation for successful competition. Clearly, it is imperative that in the formative years much attention to detail, many long arduous workouts and proper nutrition are requirements for a long and healthy career. There comes a time in every athlete's life when he or she has to make some rather tough decisions regarding the time spent in training versus time involvement in careers, education, or family. Unlike certain other so-called amateur sports, there are very few pots of gold at the end of the rainbow in the form of endorsements, TV contracts, etc. Hey, our sport has more refrigerators than the NFL will ever have, but do you see George Hechter on the tube munching a few dozen Big Macs? No Street! Therefore, we all have to prepare ourselves for the fact of life that we have to work to make a living. This adjustment to "normalcy" can be difficult, especially since powerlifting can be a very demanding mistress; but like a mistress she has to be told how to keep her proper place (now don't ask me how I know!). Basically there are four classes of people whom I refer to as "busy individuals":

1. Students
2. Military personnel
3. Travelling executives
4. Shift workers

These people have many outside pressures working against them, especially the element of time. Careful utilization of their free time and some clever flexing of their imaginations will enable them to not only maintain their strength in the powerlifts, but increase them. I feel eminently qualified to advise on this since I have been through the rigors of pre- and post graduate school, the military, and have been a computer marketing executive for the past seven years. Throughout all of these years of travelling and late hours I have found that if one keeps an open mind and is FLEXIBLE, then gains can come, albeit at a slightly slower pace.

Students all know that there are specific times when their entire careers are on the line: midterms, key presentations, final examinations, term reports, etc. Clearly these projects take precedence over powerlifting, but during these crucial times, the following workout can be easily done: If you live on or near campus, the student weight room (usually free of charge to students) is often open until the late evening. If you have been studying non-stop for several hours TAKE A BREAK. Go and do 3 sets of five in the 3 lifts with about 60 percent of your normal max. Finish with some situps and stretching and hit the showers. That's it! This little one hour break will serve two purposes: it will maintain your strength and will literally act as a tonic to enable you to continue with your studying. Done twice a week along with perhaps a quick 100 meters done in the school swimming pool twice a week and you have a rather well-rounded physical

training program that will take less than three hours per week to accomplish. If sometimes you feel stronger (and, naturally, time permitting) go ahead and pile on the plates and go for a heavy set. Again, if you have more extra time throw some dips, curls, and chins in. Don't feel guilty if you can't cycle properly or if

TRAINING

How to fit Lifting in to a Busy Schedule

by Ron Fernando, Training Editor



Dr. Fred Hatfield...is a fine example of someone who has been busy throughout his life, yet still developed his powerlifting skills to the limit. Here he is shown with his awards for his 1983 World Championship victory.

The busy executive on the go who is also an aspiring powerlifter perhaps should be seriously considered for psychoanalysis. Seriously, there are many of us who have to, because of the go and literally living out of a suitcase. Many of the major hotel facilities have some health spas ahead and check before booking your reservation. Depending on your setting schedule, I would suggest that you try to make the most of the hotel's equipment. If they have a regular health spa, then you might be

top lifters in the Southwest for a number of years despite his heavy schedule.

Military lifters face some unusual challenges. Truly top notch lifters have been, for the most part, given special dispensation for extra training, rations, etc. This outstanding attitude by the military has resulted in several National and World Champions in the last several years. For the non-national caliber lifter, there are some difficulties involved with such as TDY (temporary duty), field problems, etc. Here, one really has to use his imagination. When I was in the Army I was stationed on temporary duty in the Yakima Firing Station, one of the most godforsaken spots in the entire U.S. To top it all, I was in the field, as it were, under rather primitive conditions. Naturally there were no gyms to speak of whatsoever, and I was due to be stationed there for a month! I reasoned that as long as I kept my primary mover muscles (pecs, delts, tris, quads and lats) in some semblance of condition then I would not be so behind the eight-ball as I might otherwise. So, for my upper body (bench press muscles), I rigged up two large water drums with the appropriate padding and on my off hours (or minutes) I did dozens of sets of dips, bands in, bands out, close, medium wide, whatever, as long as I stimulated the appropriate muscles. For my quads and hamstrings I did hundreds of free squats and some one-legged (try these, they really hurt!) squats. Had I, at the time, known of Fred Hatfield and his Russian jumping exercises, it would have been easy to find an old crate and do depth jumps, and other plyometrics moves. For my back it was easy to find an overhead pipe in the barracks or storage shed and do chins. I had the foresight to bring along one of those spring-type chest expanders so I could do some isolation moves such as curls, tricep extensions, rear delt work, etc. I ended up in much better shape than I thought I would be, with 18 hour days, constant changes in orders, all of the hurry-up and wait, and greasy Army chow. When I got back to civilization (any hick burg that has a gym is, in my view, civilized) I was a far behind my cycle at all and one week later I was right back on schedule. Granted, I would have preferred not to have been grunting out the reps over a couple of rusty water drums, but it was better than nothing.

(Continued on next page)

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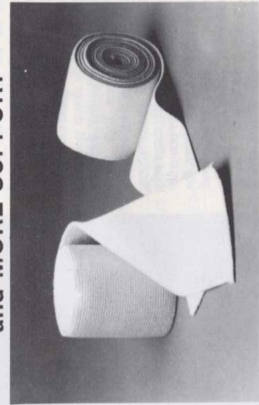
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Ron Fernando, has been a busy person while maintaining a powerlifting program as well as his job in the army. He managed to get over to the 1975 World Powerlifting Championships in Dayton, Ohio, in the company of his brother, Dick. Ron is seen at right in this photo, with big Don Reinhardt in the center, and Dick Pacifico, brother of Larry Pacifico at left.

In luck because some are in-adequately busy which means they have all the time in the world to train. Ron is seen at right in this photo, with big Don Reinhardt in the center, and Dick Pacifico, brother of Larry Pacifico at left.

to train between 1:30 p.m. in the afternoon. In this way, one can get the requisite 7-8 hours of sleep and eat a meal before going to work. Selecting the exercises is not a problem here because any commercial gym is open during these hours. Just make sure that you have enough energy left for your job. If you have 3-4 days off coming in a row and you haven't planned a family outing you might want to consider some max workouts in this time period. The graveyard shift worker (12 midnight to 8 a.m.) should train around 5 p.m., again allowing himself enough snooze time and adequate time for meals.

The problem that shift workers face is that every 2 weeks they are forced to alternate their training days with their normal day, eating, sex, whatever. However, if you can plan your off-day blocks around some reasonably heavy workouts, then gains should come. I hope this has served to jog the imagination of some of you out there. Not everyone has a \$40,000 home gym or a government sponsor. Remember this is our sport, and what is so unique about it is that it is so very personal. Train hard, use your imagination, and if all else fails, I hear that the junkyards are selling used water drums for about ten bucks apiece...

Editor's Note: It is indeed a fact of life that training has to take second place many times in a lifter's life, but there are numerous outstanding examples of competitors who have taken on his challenge and succeeded. Fred Hatfield, for example, has been through the military, the educational system all the way to the PhD level, the rigors of careers in academics, the fitness industry, and now at the helm of Joe Weider's SPORTS FITNESS Magazine, and he and his wife Joy have just recently been blessed with a baby girl. In the meantime, his lifting has gotten better with each year!

Please do not neglect your nutrition. It is so easy while on an expense account to eat rich, calorie loaded food (hell, if you aren't paying for it why not?), but you have to pay the piper when you get home, so try and keep your diet as normal as possible without going overboard.

The powerlifter who has it the hardest is, in my opinion, the shift-type worker who has to put in some very unusual hours. Try and find a couple of spotters for your 650 lb. squat at 3 a.m. and you know what I mean! Typically, the swing shift worker who goes to work at 4 p.m. and hits it until midnight, should try

Ask the Doctor

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

Dear Mauro: When I go on steroids and growth hormone a peculiar thing happens to me. Instead of getting stronger, I feel weaker. My appetite increases but my weight doesn't. I'm constantly hungry and thirsty. This doesn't happen when I go on steroids alone. I have complete confidence that the growth hormone is the real thing, so why is this happening to me? **David V.**

Dear David: Without appropriate laboratory data it's difficult to make a diagnosis, but I can hazard a guess as to your problem. It's likely, because of your symptoms (although you will need blood tests to confirm this) that you may be a hidden or a chemical diabetic. Both anabolic steroids and growth hormone are diabetogenic and can uncover chemical diabetes, growth hormone having more diabetogenic potential. I would suggest seeing a physician and have the proper tests performed.

There are other possibilities for your symptoms; you may be overly sensitive to the growth hormone extract, and it's still plausible that the substance may not even be growth hormone since many dealers are not aware of the composition of the drugs they sell. **M.G.D.**

Dear Mauro: Under what conditions is it risky to take anabolic steroids? Who absolutely shouldn't take them? **Jason A.**

Dear Jason: There are several groups of athletes, who for health reasons preclude their use: prostate cancer, cancer of the liver, peliosis hepatitis, stroke or heart attack, liver disease, if still present. There are also several conditions in which it is not advisable to use anabolic steroids. These include: high blood pressure, diabetes, elevated serum cholesterol, heart or kidney problems, prostate problems, bleeding disorders, previous liver disease. **M.G.D.**

Dear Mauro: What effects do anabolic steroids have on baldness. I've taken low doses of Dianabol on and off for several years. I am showing a male pattern type of baldness which I fear may be coming from my use of Dianabol. My father still has a full head of hair. He keeps telling me that I'm not living right. Is there anything I can do for the baldness? He stopped taking Dianabol for good, but will that help the hair to come back?

Dear Sir: If taken for prolonged periods of time, anabolic steroids may have an accelerating effect on male pattern baldness. This effect is not thought to be reversible. In men, genetic predisposition to baldness is the major factor in male pattern baldness. The effect of anabolic steroids in men with normal testicular function would thus be secondary, and would have no effect on the ultimate outcome, although they might affect the rapidity of the balding process. In your case, you have likely inherited your baldness from your mother's side of the family.

The procedure of choice if you can afford it, and if you can take the discomfort, is the transplantation of plugs of hair from areas of the scalp not affected by the balding process onto areas that are. Most other cures for baldness are either useless or involve the use of foreign material for wigs, hair braiding, etc. Trials are currently taking place with a compound which is showing some promise. One half to one third of subjects using topical preparations of the antihypertensive drug minoxidil (Loniten) are showing improvements in their hereditary baldness. Those most likely to respond to this treatment are those with areas of recent hair loss. **M.G.D.**

Dear Mauro: I've noticed that since taking steroids the hair on my face, and on my body has increased and gotten darker. On the other hand, the hair on my head is thinning. Noticing both these changes was quite distressing and a threat to my femininity. Because of this I've stopped using anabolic steroids. The hair problem doesn't seem to be improving. I have to admit that I had more than the normal amount of facial hair even before I started using steroids, but I definitely wasn't going bald. What can I do about these problems. For now I've been bleaching the hair on my face and arranging my hair so the thinning can't be noticed.

Dear Lady: There is no doubt that all anabolic steroids cause some untoward effects, although to varying degrees, such as increased facial and body hair and male pattern baldness (if the genetic predisposition is there). From your statement that you already had above normal facial hair, there is a distinct possibility that the unilizing effects that were produced by your taking anabolic steroids may, if left untreated, be permanent. The reason for this is that the

androgen level in most women with ideopathic hirsutism (increased facial and body hair for which no pathology can be found) is higher than normal. If your natural androgen level is, as I suspect, high, then this elevated level may be enough to maintain your present hirsute state.

In order for you to reverse the hirsutism and male pattern baldness (androgen alopecia) it would be necessary to lower your androgen levels for a prolonged period of time. The most effective way of doing this is to use a drug (anti-androgen) that would inhibit the synthesis and/or action of androgens. Mild anti-androgens which include spironolactone (Aldactone, Aldocort) and cimetidine (Tagamet), taken over several months, will in most cases stop any progression of the hirsutism and alopecia and result in some improvement. A more potent anti-androgen such as cyproterone acetate (Androcur) would likely be more effective in your case. It is not known if the hirsutism and alopecia will return once the medication is discontinued since preliminary clinical studies are showing conflicting results.

In Europe, there is an oral contraceptive which combines the antiandrogen cyproterone acetate with an estrogen. In my opinion, this would be an ideal combination for the treatment of excessive androgenic activity in women (hirsutism, alopecia, acne, etc.), whether ideopathic or secondary to anabolic steroid use. At present, this birth control pill is the treatment of choice for women who need protection against pregnancy and who need treatment for severe acne. Women using any of the anti-androgens for prolonged periods of time should be carefully monitored for adverse effects such as liver dysfunction, breast tenderness and breakthrough bleeding (bleeding between periods).

Another approach to your problem would be to have the facial, and perhaps the body hair, repeatedly removed (by plucking, waxing, shaving, etc.) or covered over, or permanently removed by electrolysis. The thinning hair may be helped by applying minoxidil topically to the scalp. **M.G.D.**

Dear Mauro: My doctor has put me on Danocrine for severe period pain. Is this drug legal for competition? **Elaïne L.**

Dear Elaïne: Danocrine, a trade name for danazol, is a banned drug because of its dose related androgenic activity. This drug is also used for the treatment of fibrocystic breast disease and may be of use in some forms of hemophilia. I would suggest contacting your doctor about the possibility of discontinuing the Danocrine and going on a birth control pill, which is more progesterational than estrogenic in dominance, thus treating your severe period pain and not jeopardizing your athletic career. **M.G.D.**

UPDATE NUMBER ONE TO "Drug Use & Detection in Amateur Sports"

By Dr. Mauro Di Pasquale, B.Sc., M.D.

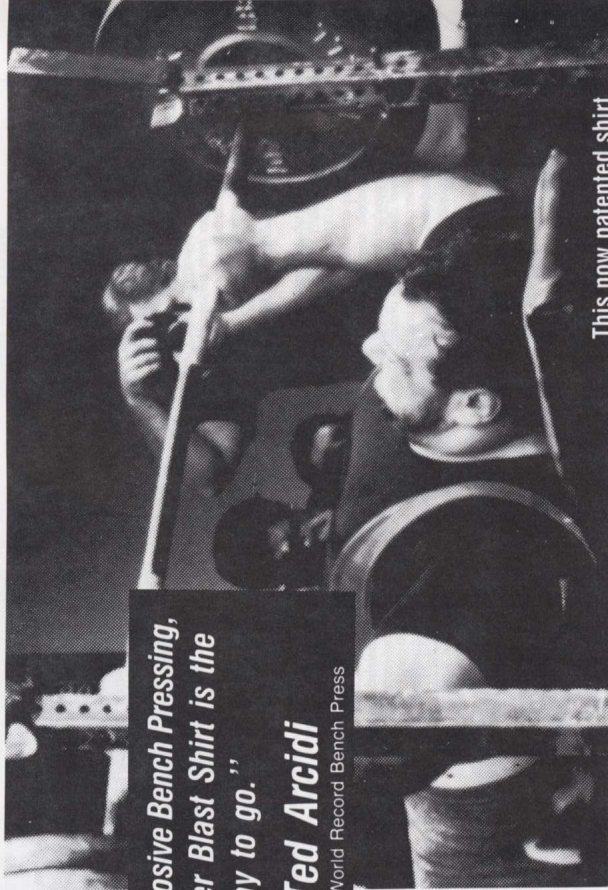
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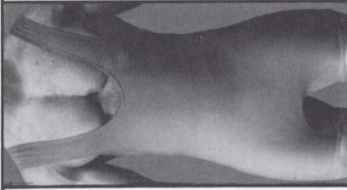
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Mental Imagery

by Dr. Judd Biasiotto and Amy Ferrando

the brain and/or nervous system cannot distinguish between an experience that is real or one that is imagined. For instance, if an athlete closes his eyes and vividly visualizes that he is performing a squat, his brain will process that information as if he actually made the lift in reality. Second, as your mind conceives an idea, it generates impulses throughout the body which facilitate neurons being connected. A neuron simply carries an electrical impulse from the brain to the muscle. According to this axiom, if you close your eyes and visualize yourself performing a bench press, your body is programmed in exactly the same manner as if you actually performed a bench press. In short, your muscles would be programmed neurologically in exactly the same way they would be had you performed the lift physically.

To illustrate this concept further, let's assume that as you visualized yourself performing the bench press, there was someone in the room observing you. As he watched you run through this mental conceptualization, he would see no muscle movement in your chest or arms. However, if he hooked your chest and arms to an electromyograph (EMG), he would not only be able to get a muscular reading, but he

would actually be able to tell which muscle groups were coming into play during the conceptualized lift. Of course, the strength of the impulse is not as strong as during actual performance.

The beauty of this is that from a psycho-physiological standpoint, you are not only programming your mind for success, but also your body. You must realize that while visualizing yourself in these efforts, you must visualize your performances with perfect form. Remember that the mind and body are just as capable of learning the skill incorrectly.

The potential for imagery as an aid to athletic performance is enormous. For instance, imagery can be used to help the athlete desensitize anxiety in competitive situations. By continually visualizing yourself in an anxiety-provoking scenario, such as competition, while remaining physiologically relaxed, you can desensitize that anxiety. In the same light, by continually visualizing yourself psyching up for a big lift in competition, you can actually learn that desired response come competition time. As mentioned, imagery can be used to enhance skill performance and is especially effective in activities that require a great deal of thought in their performance. Imagery is also

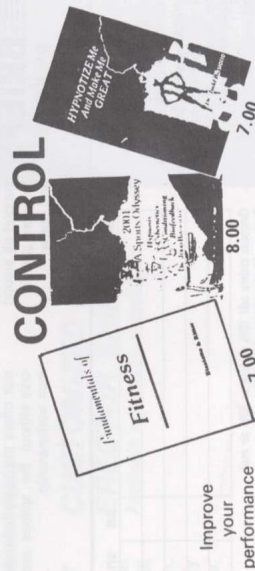
valuable to a skill such as running the football, in which cognitive strategies are required.

The prevailing shortcoming of this use of imagery is simply that most athletes and coaches do not understand how to visualize properly. Many athletes think that visualization is a simple matter, but it's not. I know that if you ask a set athlete if they phrase "I'll be entered, however, that most of these athletes are not visualizing, but rather going through the motions of visualization, and there is a big difference between the two. This really brings us to the question of how to properly visualize. Unfortunately, you will have to function on deferred gratification, for we will discuss "proper" techniques for visualization in a future article. Before we go, let us consider the following:

1. According to many sports psychologists, imagery is one of the most promising techniques for enhancing athletic performance.
2. There are two types of imagery: internal and external.
3. Although some research suggests that internal imagery is more effective than external imagery in enhancing performance, a guided combination of both techniques is perhaps most beneficial.
4. Imagery can be used to condition and/or program both the mind and body.
5. Very few athletes know how to use mental imagery and rehearsal effectively.

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"When I was competing, I would hypnotize myself by way of a pre-conditioned symbol before I would attempt the lift. Then I would visualize, or if you will, hypnocoically project an astral being coming out of my body. The astral being would be in my own image and I was capable of seeing him distinctly. It was as if he were real and not just a part of my imagination."

"I would then watch my conceptualized double approach the bar and make the lift easily and with picture-perfect form. When the astral return completed the lift, he would return to my body. Then and only then would I attempt the lift."

"I have gotten so good at this visualization technique that when my astral being grabs the bar, I can actually feel the knurling in my own hands. As he makes the lift, I can even feel my muscles tensing as if I were performing the lift myself. Generally speaking, once I visualize the lift being made, it's mine; it's as if it were already done."

ME AND MAKE ME GREAT.

In recent years, sports psychologists have identified human imagery as one of the most promising techniques for enhancing athletic performance. There is good reason why sports psychologists believe that imagery is such a hot item, mainly the overwhelming research that testifies to its value in the enhancement of athletic performance. In fact, some research indicates that mental imagery is just as effective in facilitating performance as physical practice, but let's not get ahead of ourselves.

First of all, sports psychologists have identified two types of mental imagery as it pertains to physical performance. These are known as internal and external imagery. Generally speaking, internal imagery is kinesthetic imagery in which the athlete perceives his task at hand from within his own body. In this type of imagery, the athlete sees the event as if he was looking through his own eyes, but does not see his own body. External imagery is more visual in nature. In this type of imagery, the athlete sees himself performing as if from a distance or as if he was viewing a video of his performance. Although research indicates that both types of imagery enhance performance, a number of studies indicate that internal imagery is more effective. Because this research is not conclusive, it may be better to utilize a combination of both techniques. The important point to consider, above all, is that visualization does work.

Visualization is theoretically successful in enhancing athletic performance for a couple of reasons. First,

TRAINING

Fling and Swing for Powerlifting Success

as told by John McKean

sensation into rapidly pumping lungs and aids in achieving mental alertness, "psyche," and concentration. As a side benefit, this little warming workout provides essential aerobic conditioning, especially if included on off days as a recuperative aid.

To implement the heavyhands duo into your program begin by grabbing a pair of ten pound solid dumbbells or similar sized barbells plates as soon as you hit the gym floor. Your first exercise will be the two arm fling, the least demanding of the two. As illustrated, bend over to almost a stiff legged deadlift position and smoothly straighten to an erect stance while moving the bells upward and slightly backwards, extend your thighs forward into a sissy squat starting position, and stretch the weights all the way to a "full fly". Then, without pausing, simply fold up into the original position and continue for reps. Eight to ten minutes at about

an 80 rep per minute pace should do it. Proceed immediately into the dumbbell swing for 4 to 6 minutes more. Spread the legs a bit, extend the dumbbells far under and back, and swing to full arm extension overhead. Attempt 50-60 non-stop reps per minute. Before you can be theory checked (both points) and put to the test, you'll feel vitally alive and ready for anything.

This overtraining or advancing years left you with stiffness and soreness in the upper regions? Presto! It disappears! Might as well also pitch the deep heating gym stool

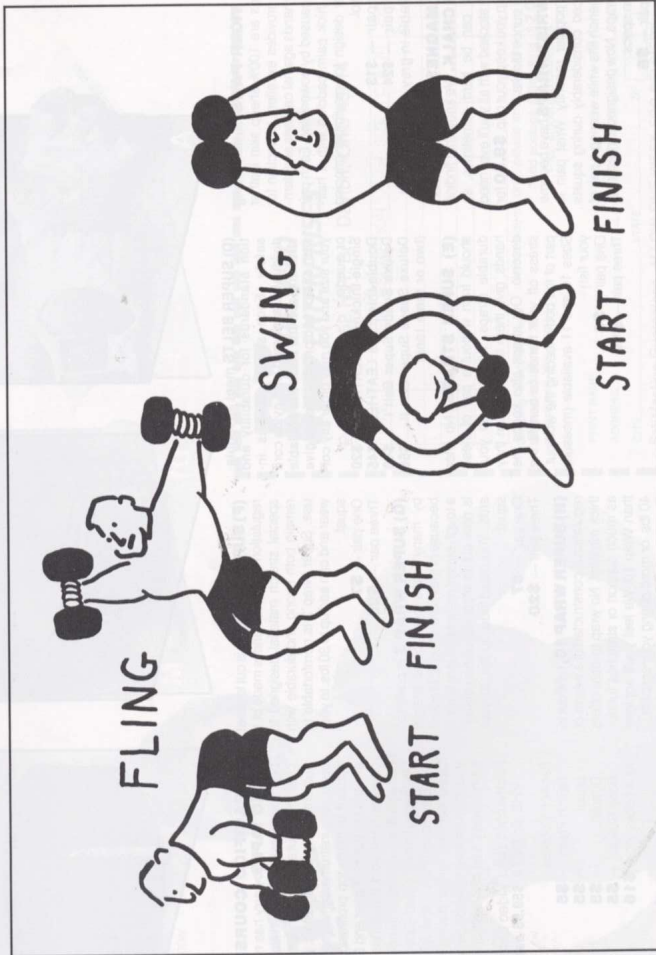
Oh, still concerned about your beloved 135, 225, 315, warmup particular poundages can still be hit for quick FORM work (singles, doubles, or triples), but flinging and swinging the tiny tens is much more efficient, concentrated preparation. Surprising

ly, the sheer WORK involved in the dumbbell moves (and body heat generated) can't be even remotely approached with warming lifts. To perform the same foot poundages (weight x distance x reps) as the seemingly insignificant dumbbell maneuvers (20 pounds x 57 feet depending on height and arm length) 3800 reps for flings and 20 x 6-8 x 300 for swings = 116,000 - 160,000 foot pounds) you would have to squat about 300 pounds for 20 sets of 10 in fifteen minutes! Awesome, huh? Yet you'll not be destroyed by the super high rep dumbbell work, but fresh as a daisy and rarin' to go!

Try to shoot for the entire fifteen minutes rather than cut time to go for higher poundages than suggested. In fact, even some of you "beasts" will be amazed to discover the tens 100 heavy at first! Start with lives, if need be, to achieve the best warmup of your life. Just give it a chance. Don't allow the strange, pulse-raising, aerobic format to scare you away from an extremely valuable powerlifting aid.

One final warning: although you'll soon be fling and swinging to be among the most refreshing and natural gratifications you can possibly do - BEWARE! They can become very addictive.

(Editor's Note: John McKean was a successful lifter on the Pennsylvania scene for several years, and now that he has just turned 40 he is contemplating a comeback at 132)



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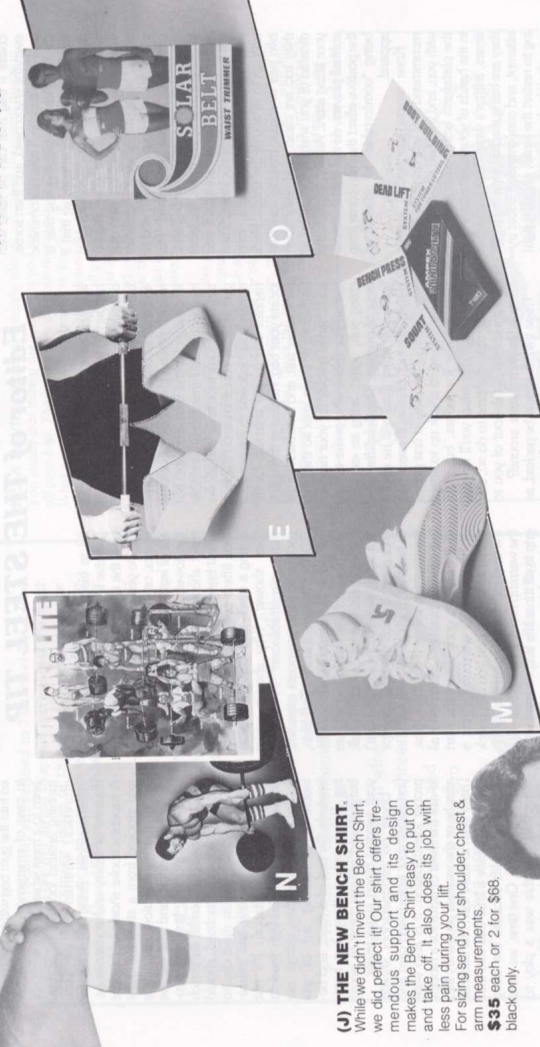
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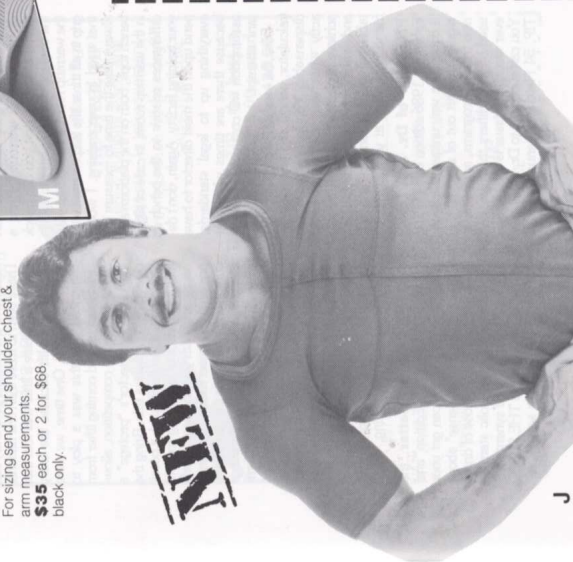
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STARTIN' OUT

A special section dedicated to the beginning lifter

How to Prepare for the Contest as told by Dr. Ken Leistner, Editor of THE STEEL TIP

For years, my wife has wanted me to write an article that I thought unnecessary. After competing in a number of meets, you would assume that the average lifter knows what should be available at the contest to guarantee maximum performance, and what should be left at home. Unfortunately, I have come to realize that even experienced lifters often find themselves without some of the basic necessities, at the time they need them most.

Although it may seem ridiculous to state, your gym bag should be large enough to accommodate everything you need to bring to a competition. I have seen lifters enter the weigh-in area with half of their gear left in their car, and the remainder of it left out of an over-stuffed satchel. But, a bag that can be filled with everything you need, and then some, and kept clean, is often recommended only for competition, so that it is not torn, soiled, or called with other sweat or stink from your regular workouts. Begin packing with the shoes for each competitive lift, and obviously, should be packed. Put these on the bottom of your bag after insuring that they are clean, the laces and velcro attachments are intact, and the heels, if any, are not loose. Then pack two extra pair of shoes, bring enough to fit any of the shoes. Pack your two extra clean, and color coordinated (if you wish) with the rest of your lifting attire. As with football and soccerball players, do not underestimate the positive effect that can come from being "comfortable" in your lifting apparel.

Knee wraps are next. I always recommend that you bring three pair on with you, and that two of them be on the platform with you at all times, in the hands of your assistants. Many times, a lifter's wraps will unravel as they are being loaded for a big squat attempt, and concentration is lost trying to restart the wrap, or pull it tight enough. We always bring extra wraps to the staging area so that any mishandling of the wrap is dealt with by removing the muffled wrap, and beginning with a fresh one. To insure uniformity, make sure that all of your wraps are of the same make and tightness. The best way to do this is to use three new pair of wraps for the meet, having used one of the pair in your final two workouts. There is nothing as disconcerting as having a very firm wrap on the right knee, and a relatively loose one on the left, a result of wraps that are of differing manufacture and/or usage.

Two pair of briefs or athletic supporters should be packed and checked. Many lifters have lost their composure at the last minute, or had prolonged bouts of intestinal distress prior to their first attempts, and wearing soiled underwear can be very distracting. Bring three squat suits, and have them clearly marked. You should wear your favorite one, with "number two" being brought to the platform in case of blowout. Having a third in your bag in case of disaster

your 3rd attempt is an impossibility. Have your own kilo chart, laminated in plastic if possible and in a firm binder, so that the attempt you choose to win actually allows you to do so. Having your own warmup and competitive attempts written down legibly, with either the number of platform attempts or minutes between your warmup attempts clearly noted, will help to avoid confusion when things become hectic, or your training partner doesn't show up until the benches are half way over.

Soap, toothpaste, toothbrush, and any other toiletries needed after showering should be in your bag, and stashed safely. Any prescription or over the counter medications should be placed in clearly labeled bottles, wrapped in a plastic bag, and tucked into the gym bag within easy reach in case of emergency. I have never been to a meet where lifters for aspirin, diuretics, vitamin C, or anti-inflammatories. Bring your own for reasons of safety and convenience.

A separate cooler should be brought before the meet. Juice, electrolyte replacement drink, and fruit can be brought from home, but dairy products or your between lift sandwich snacks, if you're so inclined, should be freshly prepared on meet day to avoid potential irritation and subsequent intestinal training and substitute necessary to pack enough food to feed Eurasia, but few things are worse than running out of gas, burgers and potato chips to boost your sagging blood sugar levels.

Under no circumstances should you forget your association card and proper identification. It is also wise to ask the meet director for a receipt after he or she receives your entry fee. I have been to more than one national level meet where a lifter was told that he could not lift because the entry "never got here." One time, we were convinced that this was a ploy to remove an up and coming lifter from our area from the competition, allowing the meet director's "protégé" a clear path to his class title. Bring the receipt, your card (laminated, if possible), and proof of qualifying total (if necessary) with you. Being properly prepared for your lifts means more than completing your lifts in the gym. Take the time to make a list of all the things you need to insure that you perform at your best, and don't wait until the last minute to make sure that you have all of it on hand. Minor distractions and petty aggravation can mean the difference between first place and no place in a toughly contested meet, so do whatever is necessary to remain focused on your lifting.

PREVIEW of Dr. Ken Leistner's STEEL TIP Newsletter......the February, 1986 edition of STEEL TIP is a special "Powerlifting Edition" and it contains a very unique article on "Dumbbell Deadlifts," which can get your regular deadlift out of a rut fast, as well as some "Common Sense" about new training programs, advice for improving the grip, and an expose of drugs used by powerlifters that may be of greater danger than anabolic steroids ever were. This issue is topped off with a piece on "working the synergists." You can subscribe to Dr. Ken's newsletter by sending \$18.00 to STEEL TIP, 54 Fletcher Avenue, Valley Stream, New York 11580 or see his ad.

THE STEEL TIP

A Newsletter for Strength and Fitness from Dr. Ken E. Leistner

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Question & Answer

Your training Questions answered by Roger Estep. 1979 Senior National Powerlifting Champion and World Record breaker as a Middleweight.

DEAR ROGER: I am presently a powerlifter and have been so for the past 3 years. My question is in regard to running. I have been told not to turn while training for a meet, because it takes away from your legs and hurs your squat. For about 2 months this past summer, I ran 3 miles a week. I also trained my squat heavy during this time. At the end of the 2 months, I had lost a half inch of my legs. I stopped running and regained the size at a short time. My problem is that I like to run because it is good for my cardiovascular system, and it helps me get rid of a lot of fat around my abs. How do you feel about powerlifters running? If you think that they should run, how many miles a week do you recommend? Your response is greatly appreciated. Sincerely, **David Dodero**

DEAR DAVID: You have actually almost answered your own question. You stated that during the 2 months you were running you lost a half inch off your legs. Then when you cut your running out, you regained your size. What you forgot to tell me was how this loss in size affected your squat. If the running affected your squat drastically, then I would think that your running is something that has to go. If you want to be a champion squatter, you have to dedicate yourself to that lift.

If, on the other hand, the running only had a slight negative effect on your squat, then it could be possible that the 2 months training time just wasn't long enough for your legs to get acclimated to the running and lifting workout. Maybe with a few more weeks of running your leg size might have been closer to your normal size. I understand and respect your desire for cardiovascular conditioning. My recommendations are that you continue to do your running as long as it has minimal negative effects on your squats. I would not run on the day before your heavy squat workout for obvious reasons. If possible, try to do your running after your squats. Also, on your upper body days, after you finish your benches, work the rest of your upper body in a circuit with little rest between sets. According to some current research this is better for your cardiovascular system than prolonged running. **Roger Estep**



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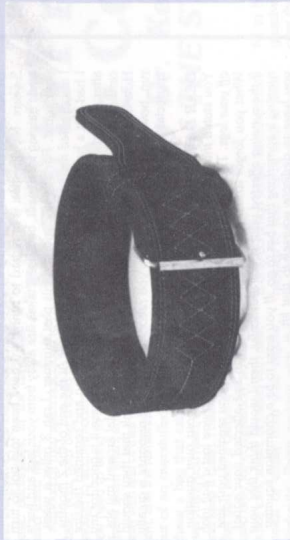
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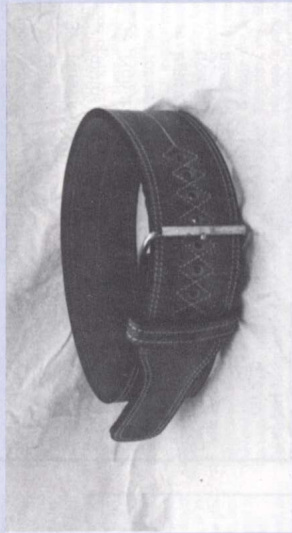


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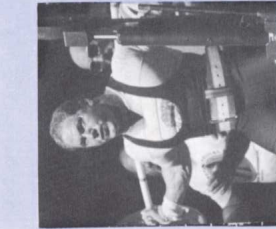
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WORKOUT of the Month

This routine is designed to add between 25-35 pounds to your best meet squat. A recent 500 lb p.r. is assumed. An intermediate lifter should be able to establish a conditioning base and continue to cycle poundages upward without over-training or peaking prematurely.

Finding the right feel of the weight on your back and the correct groove on descent/ascent is very important. Initial experimentation should include bar placement on delts and efficiency of set up, including foot spacing. Also, the strengthening of the stabilizing muscle groups involved with squatting such as abs (especially upper), leg biceps, spinal erectors, and quadrs should not be ignored. This routine will cover in a sports specific way the muscle groups directly involved with squatting.

Monday's workout involves 3 second pauses (not on your warmups) with close stance (hip width) squats. Your training partner should count your pauses as soon as you are seated on your calves. Remember to fill your stomach with air before each rep and drive explosively on the count of three. Assistance exercises on this day - leg curls and calf raises - should also be done with emphasis on a relatively slower eccentric (descending) motion, while a more explosive concentric (ascending) motion is used. Try coach's shorts for this day's squatting. No wraps or suit are ever used on this day.

Friday's workout (usually done along with chest and triceps work) is a no hills day with regular power style squats being your only leg work. Practice coming out of the rack with two short steps, then fill your stomach with air, descent in a groove controlled manner, and drive out of the hole with the help of those powerful upper abs.

Saul Shocket...is one of the most dedicated powerlifters around, and a drug free, Masters age group competitor as well. His squat has been moving up in the past months, and he recently won the prestigious Adirondack Open.



Week 12: 135x5, 225x5, 265x3, 300x5
Week 13: 135x5, 225x5, 270x3, 305x5

Monday Assistance Exercises
Leg curls - 4 sets of 8 reps, seated
Calf raises - 4x10, Bent knee situps - 2x20

Fridays: Power Squats

Week 1: Warmups 135x5, 225x5, 260x10 for 3 sets
Week 2: 135x5, 225x5, 275x10 for 3 sets
Week 3: 135x5, 225x5, 290x10 for 3 sets
Week 4: 135x5, 225x5, 305x10 for 2 sets
Week 5: 135x5, 225x5, 320x10 for 2 sets
Week 6: 135x5, 225x5, 315x5, 350x5 for 2 sets
Week 7: 135x5, 225x5, 315x3, 370x5 for 2 sets
Week 8: 135x5, 225x5, 325x3, 385x5 for 2 sets
Week 9: 135x5, 225x5, 315x3, 365x2, 415x5**
Week 10: 135x5, 225x5, 315x3, 375x2, 435x5**
Week 11: 135x5, 225x5, 325x3, 390x2, 460x3**
Week 12: 135x5, 225x5, 325x3, 405x2, 480x3**

Meet Weekend

Friday Assistance Exercises
Crunches - 4 sets of 20 reps.

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THE INOSINE REVOLUTION IS HERE!

A Nutritional Breakthrough!
SEE PAGE 41



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FROM

marathon

Drug-Free Gains: Myth or Reality?

Dear Fellow Powerlifters & Coaches,

You've all been informed to death about the pros and cons of steroid use. Well...perhaps *misinformed* is more accurate. And, you've no doubt made up your minds about the philosophical issues involved -- is it ethical? Are the benefits greater than the risk?

Friends, there's a whole new generation of young athletes out there who deserve better than what we've had in the way of "reliable" information! It isn't enough to let it go with a simple "Well, nothing ever happened to me" attitude. Sure, it's true that there is some useful and accurate information regarding methods of use, how to beat the tests, how to avoid side effects, and the like. It's true that many responsible folk -- and I like to include myself in that group -- have offered some reasonable advice in the past. For instance, Dr. Mauro DiPasquale's recent book is quite informative and accurate -- state-of-the-art, you might say. So are Dr. Jim Wright's, Dr. Bill Taylor's, and Jeff Everson's recent additions to the literature on steroids. Some folk, in crusader fashion, write of impending doom from using steroids -- no one likes to consider the prospects of dying in some smelly locker room!

None has hit the nail on the head! None has offered viable alternatives to steroids! None has given the kids coming into our sport a way to break away from steroid mentality which proclaims that championship status cannot be attained without anabolic drugs!

Yet, there are alternatives! Indeed there are! But no one has ever put all the pieces together in such a fashion that the available alternatives gave them as much (or more) as can anabolic steroids in the way of increased strength, size or athletic performance.

I sincerely believe that it can be done! Let me give you just one example of a technique that has, until recently, gone totally unexplored. ATP -- adenosinotriphosphate -- is the universal energy source. Every living creature on God's earth needs ATP in their muscles to make them contract. What if there were a way of increasing the available ATP to such a level that prodigious energy were available? What you could normally bench for two reps you'd be able to bench for three or four reps with more ATP. ATP stores can be increased five-fold inside of eleven days, according to some very compelling research I have just reviewed. And, the possibilities are mind-boggling!

That's just one avenue. There are amino acids, sterols, various herbal preparations, electrostimulation, amazingly effective psychological techniques, and -- of course -- vastly improved training practices. These, and literally dozens of other ergogens are the subject of my upcoming book, *ERGOGENESIS: Peak Athletic Performance Without Drugs*. *ERGOGENESIS* is long overdue -- I believe it has the capability of revolutionizing sport. I believe that it has the capability of fostering a whole new generation of young athletes who will turn their backs on anabolic steroids as a primitive tool of desperate athletes. But old or young, you owe it to your sports career to become all that you can become.

My book, *ERGOGENESIS*, isn't the final word on what kinds of techniques, substances or principles to apply in your quest for athletic greatness. No such authority exists. But the book is most certainly a step in the right direction -- especially for the kids coming up behind us.

Yours in Sport and Fitness,

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Gynecomastia

by William N. Taylor, M.D.

An increasingly common complaint among strength athletes who use anabolic steroids is gynecomastia. This medical term for "lumpy breasts" stems from two root words: *gyneco* meaning woman or female like, and *masia* meaning breast. The term is considered in this article on the subject will include the physiological mechanisms and endocrinological theories which explain why it may occur, followed by some suggestions for the prevention and treatment of this condition.

Traditionally, gynecomastia has been considered to be the presence of fatty breast tissue in men or young boys due to a physiologic hormone imbalance, but as medical science has expanded the numbers of synthetic hormones available and the number of drugs which may alter a person's hormonal balance, the etiology or cause of the condition has evolved beyond the use of anabolic steroid drugs such as Testosterone (the most prescribed drug in America) and *androgens* being marketed for heart patients, Digoxin, and *androgens* for muscle building. Digoxin, being a prime example, further, alcohol, causes gynecomastia. Hormones known to cause gynecomastia are the estrogenic gonadotropin, with the latter two of prime interest to strength athletes. However, estrogenic steroid contamination of meat products consumed

by Americans is considered by some scientists to have become more of a problem of late. In some third world countries and Italy, estrogenic steroid contamination in cattle and poultry feed has been linked with gynecomastia of epidemic proportions.

Anabolic Steroid-Induced Gynecomastia

The precise mechanisms in which anabolic steroids cause or contribute to the formation of abnormal breast tissue in men are unknown, but three theoretical mechanisms will be presented here:

- (1) Low estrogen potential of anabolic steroids;
- (2) serum estrogen displacement induced by anabolic steroids;
- (3) peripheral conversion of anabolic steroids to estrogens.

Low estrogenic potential: Since anabolic steroids are synthetic analogs of the male hormone, testosterone, they are not strict androgens. Anabolic steroids have a low, but absolute, potential as a weak estrogen. In other words, this weak estrogen potential, especially when large doses of anabolic steroids are taken, may stimulate the estrogen receptors in the male breast. The male breast responds by increasing the amount of breast fat and connective tissue beneath and surrounding the nipple.

Serum estrogen displacement: Consistent with current medical knowledge, there are large proteins in the human serum which bind to or "hold" the steroid hormones as they are circulated in the human blood. The amount of steroid hormones which can be found in this manner is finite or limited. And the large protein which binds the steroid hormones is referred to as the steroid binding globulin. This steroid binding globulin essentially holds reserve

quantities of all of the steroid hormones including the estrogenic steroids, anabolic/androgenic steroids, progesterone steroids, and the corticosteroids (cortisone). The majority of the circulating steroids are held by this globulin and they are referred to as being in the "bound form". The "free form" of the steroid hormones are the active form and they usually account for about 1 percent of total serum level. When additional anabolic steroids are taken there is a potential for them to displace some of the other steroid hormones from the globulin. This results in an increased "free form" estrogen to bind to the breast tissue to cause the increased fat and connective tissue response.

Peripheral conversion: Normal physiologic mechanisms in the human body can convert anabolic/androgenic steroids into weak estrogens. The most active human tissue for this type of conversion is the most "peripheral" tissue in the body, the skin. When excess anabolic/androgenic steroids circulate to the skin, these latent mechanisms are activated and the result is an increase in "free" estrogen to bind to the male breast tissue.

Proposed Mechanisms for Human Choriotic Gonadotropin Induced Gynecomastia

Human choriotic gonadotropin is a hormone produced by the placenta of the pregnant female. It so closely resembles a normal male hormone, leutinizing hormone, that many strength athletes use hCG for stimulating the testicles to increase their production of the male sex hormone, testosterone. However, injections of hCG also stimulate a significant increase in the man's serum estrogen levels, potentially stimulating the male breast to produce fatty tissue and cause gynecomastia.

Anabolic hormones currently used by strength athletes have several ways to cause the condition of gynecomastia. In fact, several of these mechanisms may concurrently result in this condition if the strength athlete uses these hormones.

Preventing and Treating Gynecomastia

Traditionally, the only method to reverse this condition has been via surgical removal of the breast tissue. Even today, this is the most popular method of treatment. However, some newer therapies may be of assistance for both the prevention and the treatment of gynecomastia. The male athlete with gynecomastia who wishes to reverse this condition should seek medical help from a local physician.

Other than surgery, methods to chemically "block" the estrogen receptors in the male breast have the greatest potential to reverse gynecomastia. In other words, if a drug "blocks" the estrogen receptors, then the circulating estrogens would have no mechanism to increase the fatty breast tissue. Drugs of this type are dogmatically referred to as "anti-estrogens". I feel that potentially the best anti-estrogen for preventing and reversing gynecomastia in anabolic hormone using athletes is tamoxifen citrate or Nolvadex[®], which has been used for the treatment of breast cancer. Anecdotal information from athletes claim that 10 to 20 mg twice daily can prevent and reverse gynecomastia with concurrent anabolic steroid use, but use of this expensive, prescription drug without the approval of a physician is not recommended.

Other prescription medications which may help the strength athlete with gynecomastia under the guidance of a physician include Danocrine[®] and Clomid[®]. Again, both of these drugs are expensive and the mechanisms for use in this condition are specifically unknown. These drugs have a wide range of potentials to alter the athlete's hormonal balance, only one of which is anti-estrogenic.

Summary

The strength athlete with gynecomastia should consider cessation of the anabolic hormones listed in this article, and should seek help from a knowledgeable licensed medical physician to discuss the avenues available to reverse this condition. In some cases, the increased fatty breast tissue may contain a malignant breast cancer!

★ WHO'S WHO IN POWERLIFTING ★

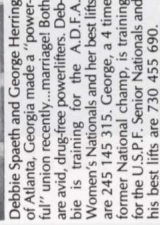
Whether you're Big Name or No Name, send your picture and details ('Who's Who', Box 467, Camarillo, CA 93011) to this popular feature.



Dr. Alan Kirshner has been named the 1985 U.S.P.F. Chairman for the U.S.P.F. He can be contacted via The Mission Muscle Factory, Post Office Box 3292, Fremont, California 94539. 415-657-1586. Dr. Kirshner has long kept California records in good order on his computer, and has set National Masters age group records of his own. Leinster photo.



Lisa Buchanan won 1st in the Rocky Mountain Open and set 2 Colorado records with a 175 bench and 360 deadlift, and qualified for the U.S.P.F. Women's Nationals. A member of the National Ski Patrol for 4 years, she is also mother of 17 month old Sarah and with her husband the owner of The Gym on the Hill. Photo and info courtesy Lisa.



Debbie Spaeth and George Herring of Atlanta, Georgia made a "powerful" union recently...marriage! Both are training for the A.D.P.A. Women's Nationals and their best lifts are 245 195 315. Georgia, a time former National Champion, and George is U.S.P.F. Senior Nationals and his best lifts are 730 455 690.



Theresa Ryskoski placed 4th in the 1985 U.S.P.F. Women's Nationals and 5th in the 1985 meet, but she won the 1984 A.F.P.A. Women's National 148 lb. title. She is a member of the National Elite in 1977, and holds the Elite in 1977 state records at 148 with a 418 squat and 989 total. Photo and information by Stephanie Whiting.

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

We are preparing to return to Arnold Bostrom, the Secretary of the I.P.F., the team trophies we forfeited as a result of drug testing at the 1985 Junior Worlds (Soest) and the 1985 Worlds (Espoo). We came close to forfeiting the team trophies we won at the 1984 Worlds (Dallas) and the 1985 Women's Worlds (Vienna). Almost every American who was tested at these four world championships was positive.

That things have suddenly and dramatically gone awry demonstrates how fragile the foundation of our program to prepare the U.S. team for the tests has been. Preparation has been and probably must remain an individual responsibility. For ethical reasons the U.S.P.F. and the medical profession are unwilling to tutor the members of our team in the finer points of avoiding a positive test result. It is always tempting to look the other way while a parade of drugs fills the vacuum. The guns, however, are not always reliable, not always abreast of the progress in testing, and not always available.

Each lifter can, however, do what the best of the guys did: read. Perhaps there is no better place to start than Dr. Pasquale's *DRUG USE AND DETECTION IN AMATEUR SPORTS*. Workworth, Ontario, M.G.D. Press, 1985, with its semi-annually updated supplements. Of course, no book can guarantee, but certainly this one can guide. Experience may be a better teacher, but the tuition is exorbitant.

Last July the National Committee took a long step forward when it voted to test the first- and second-place lifters in each weight class and the world record lifters at the 1986 Women's, Collegiate, and Senior National Powerlifting Championships. The I.P.F. no longer requires that the world record setters be tested. If the record was set at a drug-tested meet where at least ten percent of the lifters are tested.

On January 12, 1986 the Executive Committee unanimously took this a step further. On Fred Hatfield's motion the committee passed the rule that shall drug-test samples from each lifter who totals that the first- and second-place lifters in each weight class shall be tested, that if the first- and second-place lifters are positive, the third-place lifter shall be tested, and that, if the third-place lifter is positive, testing shall continue in this descending order until a negative result is found.

Unhappily, on George Zangas's motion the Executive Committee amended the "Control Rule" to provide that any person selected for the U.S. team must have a clean negative on the doping control test.

The selection of the U.S. team for the Junior World Powerlifting Championships requires a different doping control because we have no single qualifying meet for our team members. Recognizing this, the Executive Committee on John Pettitt's motion unanimously agreed to send each applicant for a test of his urine well in advance of the team's departure. We agreed also to look with the letter an I.F.B.B. pamphlet on doping control authored by Bob Goldman.

Having thus afforded each applicant the opportunity to study and to obtain a urine test prior to final competition, we decided to impose a stiff penalty on those who test positive at the Junior Worlds: a three-year suspension by the U.S.P.F. In addition to the three-year suspension by the I.P.F. For the purposes of suspension the official test shall be conclusive.

Since the date of the Executive Committee meeting, Arnold Bostrom has informed by phone that we probably will not be held until the first day of competition. He has also informed us that the I.P.F. has decided to hold the Masters' Powerlifting Championships which are to be held in Norway. The rules which govern doping control at I.P.F. sanctioned events have been amended so as to require the one-day advance notice requirements. This information has been relayed to Don Haley, Chairman of the Masters Committee. At this writing he is drafting a recommendation for the Executive Committee's attention. Because we had not planned to have a doping control at the 1986 Masters Nationals, rather than impose one at this late date, the Masters Committee is discussing a solution similar to the one we have provided for those who would represent us at the Junior Worlds. We shall publish it through the *POWER HOTLINE* and *POWERLIFTING USA* as soon as the decision is known.

What does my crystal ball tell me about all this? First, in the foreseeable future there will be at the National Committee meetings a strong consensus to test. The gut-wrenching one- and two-week decisions upon who to test are a thing of the past. Next, if you will upon the composition of the Executive Committee. Who would have thought two or three years ago that this group would vote unanimously not only to conduct testing, but to impose unprecedentedly severe sanctions for a detected positive result?

How broadly we test will depend on the future available for testing. It is not known at this time whether membership in the U.S.O.C. carries with it additional funds for this purpose. Whether in quest of jumps or at small's pace, doping control will expand to more lifters in each continent and to more approved laboratories becomes more available. Another spin-off will be that via polygraph and sworn statements in court. Another spin-off will be that the European lifters will lose their old head excuse that they are forced to imbibe the forbidden substances in order to remain competitive with the Americans. *Tempora mutantur nos et mutamur in illis.*



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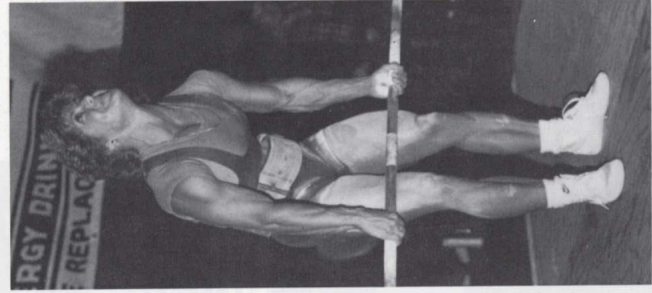
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Dec/1981...1981 World Championship report, Clyde Wright Profile, World Master Championship report, Top 100 Lightweights (148 lbs.)

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 Back 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 Biasiotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, TOP 100 Super.

Jul/1983...Junior Nationals, Women's Natural Nationals, Overtaining by Fred Hatfield, Making Weight, Chip McCain Squat Routine, 350 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 122s.

Sep/1983...Senior National Championships, American Drug Free National Championships, Ricky Dale Crain Deadlift Cycle, Hatfield on the abbreviated Training Cycle, TOP 100 132s.

Apr/1984...Women's Nationals, 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, Consumer Guide for Exercises, Referee's Corner, TOP 100 275s.

Jun/1984...Hawaii Invitational, National Collegiate Championships, Fred Hatfield Profile, Joe Lashier Bench Press Routine, Question and Answer by Roger Steep, Top of the Countdown, Message from Chairwoman, ADPPA Top 20 191s, 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 Athrogenic?, The New Masters Formula, ADPPA Collegiate, How to Wrap Your Knees, TOP 100 132s, Shoulder Injuries.

Oct/84...Medical Research Review, Jim McCarty Profile, Gus Rehwisch Deadlift routine, Drug Free Nationals, Teenage Nationals, Minors and Women, Offseason Training, TOP 100 148s, Drug Free 275 TOP 20.

Jul/85...Steroid Forum, The Big Business of Anabolic Steroids, Variable Split Training, National Masters, Bret Russell Deadlift Routine, High School National, ADPPA National Collegiate, 2000 Total Club, ADPPA TOP 20 220s, TOP 100 Bantamweights, Debbie Poston benches 332.5

Oct/85...ADPPA Drug Free Nationals, Squatting Technique, Training Assistants, Sports Medicine Review, Carlton Smitkin deadlift routine, Training Alone, TOP 100 165s, ADPPA 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.M.S.O., Intermediate Training by John Kuc, TOP 100 181s, ADPPA TOP 20 114s.

Dec/85...Paul Anderson Profile, Bev Francis Profile, Steroid Controversy, Intermediate Training Part 2 by John Kuc, Fred Higgins Bench Routine, Nutrition Primer, Russian Peaking Routine, Junior World Championships, TOP 100 198s, ADPPA TOP 20 123s

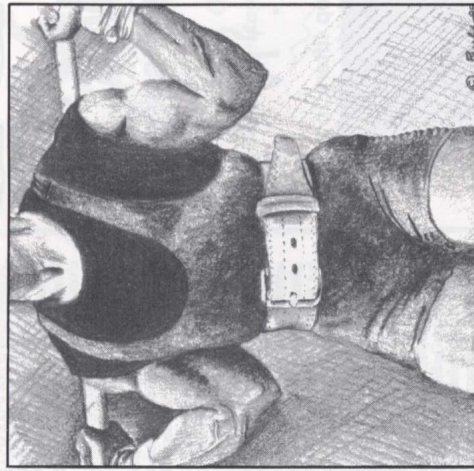
Jan/86...World Championships Report, Coes DeVreugd Profile, Psychology, Ed Coan Deadlift Workout, Athletic Acronyms by Dr. William Taylor, Predicting Strength Loss by Dr. Fred Hatfield, Bob Rod Profile, Nutrition Primer Part 2, TOP 100 220s, ADPPA TOP 20 132s.

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Correction. Craig Gilliam's lifts of 725 490 730 1945 at 242 which won the 1985 Ohio State Meet were not reflected on the TOP 100 list for that class, due to an error on our part. Our apologies to you, Craig.

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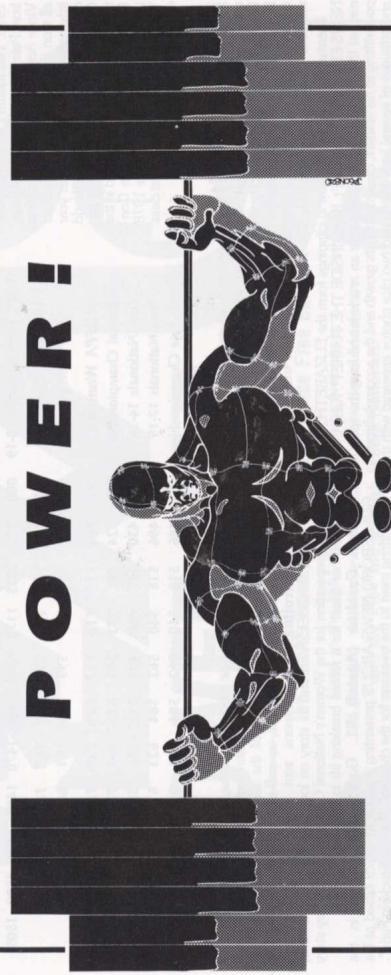
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SEE PAGE 41



NEW! FROM marathon

TRIVIA...here's the answers to last month's questions: 1. Greece 2. Penn National 3. 1969 4. William Faulkner 5. Don Blase 6. 1973 7. This month's set of questions from Pete Vuono are: 1. Paul Whiteman 2. Vince Anello and Doc Rhodes have all won the World's and other international contests? 2. What year did Paul Jordan win the World Championships? 3. How many national power champs competed in the first "World's Strongest Man Contest"? 4. John Black won the 1978 YMCA Nationals. What weight class did he compete in?

Power Publicity...is a service to public acceptance, understanding, and appreciation of our sport. Nationwide lifters are getting publicity where it counts, at the grass roots level; here are some examples of lifters in your area have received publicity, send a news clipping or details to Publicity Committee, Box 467, Camarillo, CA 93011:

Kentucky...James Hart sent in clippings from the ELIZABETHTOWN NEWS-ENTERPRISE and the Ft. Knox "INSIDE THE TURKIT". Kerry Chapman of the NEWS-ENTERPRISE wrote an article introducing the sport of powerlifting to his readers, documenting its growth and the accomplishments and attitudes of several local lifters, and two nice photos appeared with the article. In the Ft. Knox paper, there was a complete report of the Ft. Knox Class II meet, but the article concentrated on George Stevens, a 73 year old competitor in the masters. Master lifters are such a remarkable phenomenon to the general public that they easily generate publicity.

Florida...after Richard Delph got a nice article in the ORLANDO SENTINEL, along with a photo of himself posing with a trophy. The article concentrated on Delph's adamant stand against steroids and noted a Florida House Bill 33, which would revoke the licenses of doctors who administer anabolic steroids for the purposes of building muscle.

Pennsylvania...there was a large article, with 3 big photos, in the POTTSTOWN MERCURY newspaper, highlighting the unusual circumstances from

A.D.F.P.A. TOP 20

75 kg. 165

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1. 512 R. Smith 7/20/85	463 M. Beavers 7/20/85	617 S. Shockett 7/20/85	1560 J. Rhodes 7/20/85
2. 575 J. Sikema 4/20/85	390 M. Sanzone 12/1/84	617 J. Rhodes 7/20/85	1538 R. Smith 7/20/85
3. 575 J. Sikema 4/20/85	386 P. Cort 11/18/84	606 P. Cort 11/18/84	1530 M. Beavers 4/20/85
4. 568 J. Rhodes 7/20/85	380 S. Wetzel 4/13/85	606 G. Maloney 10/5/85	1510 G. Maloney 10/5/85
5. 568 J. Rhodes 7/20/85	375 T. Stapleton 4/13/85	601 C. Zweig 4/20/85	1488 P. Cort 11/18/84
6. 565 R. Cicara 10/19/85	375 G. Dominelli 7/20/85	601 J. Rossin 7/20/85	1477 S. Shockett 7/20/85
7. 562 P. Beavers 7/20/85	369 C. Goshalski 12/6/85	598 J. Rossin 7/20/85	1472 S. Shockett 7/20/85
8. 552 P. Beavers 7/20/85	369 C. Goshalski 12/6/85	598 R. Cirigliano 7/20/85	1460 J. Mazzuca 5/11/85
9. 551 J. Mazzuca 5/11/85	365 J. Fox 3/16/85	578 J. Cope 4/13/85	1460 D. Brehm 7/20/85
10. 551 G. Maloney 10/5/85	364 L. Underwood 7/20/85	573 P. Fisher 2/8/85	1460 J. Rossin 7/20/85
11. 550 S. Shockett 2/24/85	364 G. Underwood 7/20/85	573 J. Mazzuca 5/11/85	1450 R. Sanzone 12/1/84
12. 546 R. Baxter 7/20/85	360 S. Wetzel 4/13/85	573 R. Smith 7/20/85	1450 R. Baxter 7/20/85
13. 535 S. Wetzel 4/13/85	352 D. Brehm 7/20/85	570 M. Beavers 4/20/85	1433 J. Cope 4/13/85
14. 535 S. Wetzel 4/13/85	352 D. Brehm 7/20/85	570 M. Beavers 4/20/85	1416 L. Malle 7/20/85
15. 535 D. Nalate 10/26/85	352 G. Maloney 7/20/85	565 T. Piazza 11/18/84	1411 G. Dominelli 7/20/85
16. 534 J. Weisberg 2/10/85	352 R. Smith 7/20/85	565 S. Carson 4/20/85	1405 G. Zweig 7/20/85
17. 534 G. Janiver 4/13/85	350 G. Rader 4/13/85	565 S. Carson 4/20/85	1405 G. Zweig 7/20/85
18. 534 G. Underwood 7/20/85	345 K. Koch 1/1/85	551 L. Underwood 7/20/85	1400 J. Kopynicki 4/13/85
19. 534 G. Underwood 7/20/85	345 K. Koch 1/1/85	551 L. Underwood 7/20/85	1400 J. Kopynicki 4/13/85
20. 530 D. Pritch 5/18/85	345 G. Viles 9/8/85	551 G. Underwood 7/20/85	1400 J. Kopynicki 4/13/85

Upcoming National Meet Qualifying Totals

Men's Contests	USPF Seniors	USPF Juniors	USPF Collegiates	APF Juniors	APF Seniors	ADFFA Nationals	ADFFA Collegiates	ADFFA Teen Nationals 14-15	ADFFA Teen Nationals 16-17	ADFFA Teen Nationals 18-19	USPF Teen Nationals 14-15	USPF Teen Nationals 16-17	USPF Teen Nationals 18-19	Women's Contests	USPF Collegiates	ADFFA Women's National Championships	Teen Nationals 14-16	Teen Nationals 17-19	Collegiate Championships	
714	123	132	148	165	181	198	220	242	275	SHW	419	463	507	551	595	639	661	683	699	716
909	1053	1218	1408	1603	1708	1835	1912	2000	2083	2100	491	524	551	573	595	623	661	722	794	887
870	1019	1168	1372	1554	1669	1769	1868	1956	1989	2000	402	430	457	468	491	513	546	595	656	733
799	898	1036	1201	1366	1477	1598	1609	1631	1653	1675	463	496	518	540	562	584	623	678	750	838
840	960	1080	1240	1400	1560	1675	1815	1930	1930	1960	463	496	518	540	562	584	623	678	750	838
880	1000	1150	1270	1430	1590	1750	1875	1950	2050	2060	463	496	518	540	562	584	623	678	750	838
845	955	1070	1235	1370	1480	1555	1610	1640	1675	1760	497	505	114	123	132	148	165	181	198	SHW
710	815	945	1120	1250	1380	1410	1425	1435	1445	1455	419	463	507	551	595	639	661	683	699	716
620	720	785	875	925	975	1000	1045	1070	1095	1120	491	524	551	573	595	623	661	722	794	887
695	790	905	1045	1095	1165	1240	1290	1315	1330	1350	402	430	457	468	491	513	546	595	656	733
720	835	960	1100	1210	1345	1400	1430	1440	1460	1470	463	496	518	540	562	584	623	678	750	838
625	720	785	875	925	975	1000	1045	1070	1100	1125	463	496	518	540	562	584	623	678	750	838
700	795	905	1050	1100	1175	1250	1300	1325	1340	1360	463	496	518	540	562	584	623	678	750	838
800	795	905	1050	1100	1175	1250	1300	1325	1340	1360	463	496	518	540	562	584	623	678	750	838
800	795	905	1050	1100	1175	1250	1300	1325	1340	1360	463	496	518	540	562	584	623	678	750	838
97	105	114	123	132	148	165	181	198	SHW											

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In
Corpore Sano

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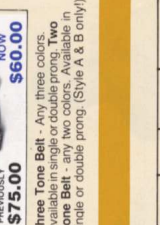
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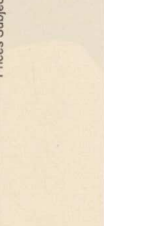
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- | | |
|---------------------------|----------------------------|
| 856 Koc, J., 5/11/85 | 2276 Furnas, D., 3/2/85 |
| 857 Henderson, T., 5/4/85 | 2277 Henderson, T., 5/4/85 |
| 858 Henderson, T., 5/4/85 | 2278 Henderson, T., 5/4/85 |
| 859 Henderson, T., 5/4/85 | 2279 Henderson, T., 5/4/85 |
| 860 Warman, S., 4/13/85 | 2280 Warman, S., 4/13/85 |
| 861 Warman, S., 4/13/85 | 2281 Warman, S., 4/13/85 |
| 862 Warman, S., 4/13/85 | 2282 Warman, S., 4/13/85 |
| 863 Brown, R., 8/3/85 | 2283 Brown, R., 8/3/85 |
| 864 Brown, R., 8/3/85 | 2284 Brown, R., 8/3/85 |
| 865 Brown, R., 8/3/85 | 2285 Brown, R., 8/3/85 |
| 866 Brown, R., 8/3/85 | 2286 Brown, R., 8/3/85 |
| 867 Brown, R., 8/3/85 | 2287 Brown, R., 8/3/85 |
| 868 Brown, R., 8/3/85 | 2288 Brown, R., 8/3/85 |
| 869 Brown, R., 8/3/85 | 2289 Brown, R., 8/3/85 |
| 870 Brown, R., 8/3/85 | 2290 Brown, R., 8/3/85 |
| 871 Brown, R., 8/3/85 | 2291 Brown, R., 8/3/85 |
| 872 Brown, R., 8/3/85 | 2292 Brown, R., 8/3/85 |
| 873 Brown, R., 8/3/85 | 2293 Brown, R., 8/3/85 |
| 874 Brown, R., 8/3/85 | 2294 Brown, R., 8/3/85 |
| 875 Brown, R., 8/3/85 | 2295 Brown, R., 8/3/85 |
| 876 Brown, R., 8/3/85 | 2296 Brown, R., 8/3/85 |
| 877 Brown, R., 8/3/85 | 2297 Brown, R., 8/3/85 |
| 878 Brown, R., 8/3/85 | 2298 Brown, R., 8/3/85 |
| 879 Brown, R., 8/3/85 | 2299 Brown, R., 8/3/85 |
| 880 Brown, R., 8/3/85 | 2300 Brown, R., 8/3/85 |
| 881 Brown, R., 8/3/85 | 2301 Brown, R., 8/3/85 |
| 882 Brown, R., 8/3/85 | 2302 Brown, R., 8/3/85 |
| 883 Brown, R., 8/3/85 | 2303 Brown, R., 8/3/85 |
| 884 Brown, R., 8/3/85 | 2304 Brown, R., 8/3/85 |
| 885 Brown, R., 8/3/85 | 2305 Brown, R., 8/3/85 |
| 886 Brown, R., 8/3/85 | 2306 Brown, R., 8/3/85 |
| 887 Brown, R., 8/3/85 | 2307 Brown, R., 8/3/85 |
| 888 Brown, R., 8/3/85 | 2308 Brown, R., 8/3/85 |
| 889 Brown, R., 8/3/85 | 2309 Brown, R., 8/3/85 |
| 890 Brown, R., 8/3/85 | 2310 Brown, R., 8/3/85 |
| 891 Brown, R., 8/3/85 | 2311 Brown, R., 8/3/85 |
| 892 Brown, R., 8/3/85 | 2312 Brown, R., 8/3/85 |
| 893 Brown, R., 8/3/85 | 2313 Brown, R., 8/3/85 |
| 894 Brown, R., 8/3/85 | 2314 Brown, R., 8/3/85 |
| 895 Brown, R., 8/3/85 | 2315 Brown, R., 8/3/85 |
| 896 Brown, R., 8/3/85 | 2316 Brown, R., 8/3/85 |
| 897 Brown, R., 8/3/85 | 2317 Brown, R., 8/3/85 |
| 898 Brown, R., 8/3/85 | 2318 Brown, R., 8/3/85 |
| 899 Brown, R., 8/3/85 | 2319 Brown, R., 8/3/85 |
| 900 Brown, R., 8/3/85 | 2320 Brown, R., 8/3/85 |

POWERLIFTING USA MAGAZINE
TOP 100
275 1/2 lb./125 kg.

TOTAL

- | | |
|---------------------------|----------------------------|
| 639 Samaniego, S., 3/2/85 | 2276 Furnas, D., 3/2/85 |
| 640 Fieda, J., 12/14/85 | 2277 Henderson, T., 5/4/85 |
| 641 Fieda, J., 12/14/85 | 2278 Henderson, T., 5/4/85 |
| 642 Fieda, J., 12/14/85 | 2279 Henderson, T., 5/4/85 |
| 643 Fieda, J., 12/14/85 | 2280 Warman, S., 4/13/85 |
| 644 Fieda, J., 12/14/85 | 2281 Warman, S., 4/13/85 |
| 645 Fieda, J., 12/14/85 | 2282 Warman, S., 4/13/85 |
| 646 Fieda, J., 12/14/85 | 2283 Brown, R., 8/3/85 |
| 647 Fieda, J., 12/14/85 | 2284 Brown, R., 8/3/85 |
| 648 Fieda, J., 12/14/85 | 2285 Brown, R., 8/3/85 |
| 649 Fieda, J., 12/14/85 | 2286 Brown, R., 8/3/85 |
| 650 Fieda, J., 12/14/85 | 2287 Brown, R., 8/3/85 |
| 651 Fieda, J., 12/14/85 | 2288 Brown, R., 8/3/85 |
| 652 Fieda, J., 12/14/85 | 2289 Brown, R., 8/3/85 |
| 653 Fieda, J., 12/14/85 | 2290 Brown, R., 8/3/85 |
| 654 Fieda, J., 12/14/85 | 2291 Brown, R., 8/3/85 |
| 655 Fieda, J., 12/14/85 | 2292 Brown, R., 8/3/85 |
| 656 Fieda, J., 12/14/85 | 2293 Brown, R., 8/3/85 |
| 657 Fieda, J., 12/14/85 | 2294 Brown, R., 8/3/85 |
| 658 Fieda, J., 12/14/85 | 2295 Brown, R., 8/3/85 |
| 659 Fieda, J., 12/14/85 | 2296 Brown, R., 8/3/85 |
| 660 Fieda, J., 12/14/85 | 2297 Brown, R., 8/3/85 |
| 661 Fieda, J., 12/14/85 | 2298 Brown, R., 8/3/85 |
| 662 Fieda, J., 12/14/85 | 2299 Brown, R., 8/3/85 |
| 663 Fieda, J., 12/14/85 | 2300 Brown, R., 8/3/85 |
| 664 Fieda, J., 12/14/85 | 2301 Brown, R., 8/3/85 |
| 665 Fieda, J., 12/14/85 | 2302 Brown, R., 8/3/85 |
| 666 Fieda, J., 12/14/85 | 2303 Brown, R., 8/3/85 |
| 667 Fieda, J., 12/14/85 | 2304 Brown, R., 8/3/85 |
| 668 Fieda, J., 12/14/85 | 2305 Brown, R., 8/3/85 |
| 669 Fieda, J., 12/14/85 | 2306 Brown, R., 8/3/85 |
| 670 Fieda, J., 12/14/85 | 2307 Brown, R., 8/3/85 |
| 671 Fieda, J., 12/14/85 | 2308 Brown, R., 8/3/85 |
| 672 Fieda, J., 12/14/85 | 2309 Brown, R., 8/3/85 |
| 673 Fieda, J., 12/14/85 | 2310 Brown, R., 8/3/85 |
| 674 Fieda, J., 12/14/85 | 2311 Brown, R., 8/3/85 |
| 675 Fieda, J., 12/14/85 | 2312 Brown, R., 8/3/85 |
| 676 Fieda, J., 12/14/85 | 2313 Brown, R., 8/3/85 |
| 677 Fieda, J., 12/14/85 | 2314 Brown, R., 8/3/85 |
| 678 Fieda, J., 12/14/85 | 2315 Brown, R., 8/3/85 |
| 679 Fieda, J., 12/14/85 | 2316 Brown, R., 8/3/85 |
| 680 Fieda, J., 12/14/85 | 2317 Brown, R., 8/3/85 |
| 681 Fieda, J., 12/14/85 | 2318 Brown, R., 8/3/85 |
| 682 Fieda, J., 12/14/85 | 2319 Brown, R., 8/3/85 |
| 683 Fieda, J., 12/14/85 | 2320 Brown, R., 8/3/85 |
| 684 Fieda, J., 12/14/85 | 2321 Brown, R., 8/3/85 |
| 685 Fieda, J., 12/14/85 | 2322 Brown, R., 8/3/85 |
| 686 Fieda, J., 12/14/85 | 2323 Brown, R., 8/3/85 |
| 687 Fieda, J., 12/14/85 | 2324 Brown, R., 8/3/85 |
| 688 Fieda, J., 12/14/85 | 2325 Brown, R., 8/3/85 |
| 689 Fieda, J., 12/14/85 | 2326 Brown, R., 8/3/85 |
| 690 Fieda, J., 12/14/85 | 2327 Brown, R., 8/3/85 |
| 691 Fieda, J., 12/14/85 | 2328 Brown, R., 8/3/85 |
| 692 Fieda, J., 12/14/85 | 2329 Brown, R., 8/3/85 |
| 693 Fieda, J., 12/14/85 | 2330 Brown, R., 8/3/85 |
| 694 Fieda, J., 12/14/85 | 2331 Brown, R., 8/3/85 |
| 695 Fieda, J., 12/14/85 | 2332 Brown, R., 8/3/85 |
| 696 Fieda, J., 12/14/85 | 2333 Brown, R., 8/3/85 |
| 697 Fieda, J., 12/14/85 | 2334 Brown, R., 8/3/85 |
| 698 Fieda, J., 12/14/85 | 2335 Brown, R., 8/3/85 |
| 699 Fieda, J., 12/14/85 | 2336 Brown, R., 8/3/85 |
| 700 Fieda, J., 12/14/85 | 2337 Brown, R., 8/3/85 |

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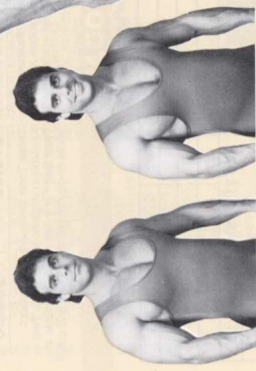
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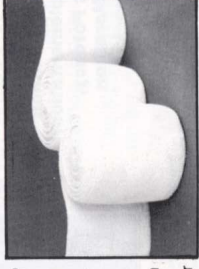
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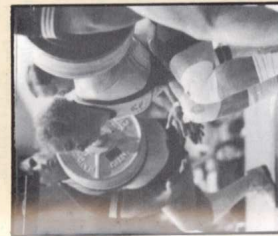
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Supersuits are the original and still the best! The highest-quality woven fabrics, tailored design, and expert craftsmanship combine to bring you a product that cannot be matched for consistency or durability! Supersuits will simply outperform and outlast any other suit.



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Fred Hatfield, Ph.D., "Doctor Squat," world record-holder of the squat in the 220 lb., 242 lb., and 275 lb. classes:
"After years of powerlifting and squatting with every suit made, I can flatly state that the Supersuits have brought me the greatest results."

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NUTRITIONALLY BALANCED MULTIPACKS

Intense Workouts and Proper Supplementation Are the Keys to Success in Powerlifting.
You Take Care of the Workouts, and Marathon® Multipacks Will Take Care of the Supplementation.
For the Highest Quality, Highest Potency, and Lowest Price, Move Up To Marathon, Nutritionally-Balanced Multipacks!

Gold Medal Dynamo Pack™

A comprehensive nutrition program designed for Powerlifters. Not another HI-Potency "Me-Too" Formula™. DYNAMO-PACK puts the high potency where you need it most. With emphasis on: **Super Potency Glandular Complex** - for muscle growth, high energy levels, better workouts.
Extra Vitamin C - for tissue repair.
High Panthothenic Acid - better adrenal function.
High Zinc - for tissue repair & hormone production.
High Chromium - increase insulin production.
High Selenium - anti-oxidant & better Vitamin E utilization.

- Each Packet Contains:**
- LIPO SOLUBLE**
 - Vitamin A (Palmitate)..... 25,000 IU
 - Vitamin D (Erad. Ergosterol)..... 1,000 IU
 - Vitamin E (Tocopherol)..... 400 IU
 - COGNATE EXTRACTS**
 - Raw Adrenal Extract..... 100 mg.
 - Raw Thymus Extract..... 200 mg.
 - Raw Whole Pituitary Extract..... 50 mg.
 - Raw Heart Extract..... 25 mg.
 - Raw Kidney Extract..... 150 mg.
 - B-COMPLEX (Time Release 6 & 8 Hours)**
 - Vitamin B1..... 125 mg.
 - Vitamin B2..... 125 mg.
 - Vitamin B6..... 125 mg.
 - Niacinamide..... 1,000 mg.
 - Inositol..... 100 mg.
 - CH-ELATED MINERAL COMPOUNDS**
 - Calcium (Amino Acid Chelate)..... 1,500 mg.
 - Zinc (Amino Acid Chelate)..... 250 mg.
 - Magnesium (Amino Acid Chelate)..... 225 mg.
 - Copper (Amino Acid Chelate)..... 4.5 mg.
 - Iron (Polysaccharide)..... 150 mg.
 - Selenium (Yeast 21)..... 200 mcg.
 - Manganese (Amino Acid Chelate)..... 150 mg.
 - Potassium (Potrate)..... 100 mg.
 - ENZYMES**
 - Betaine HCl..... 150 mg.
 - Glutamic Acid HCl..... 150 mg.
- 30 day supply - \$27.00**
60 day supply - \$52.00

Gold Medal Pack™

The original high-potency athletic formula

- Each Packet Contains:**
- LIPO SOLUBLE**
 - Vitamin A (Palmitate)..... 25,000 IU
 - Vitamin D (Erad. Ergosterol)..... 1,000 IU
 - Vitamin E (Tocopherol)..... 400 IU
 - VITAMIN C COMPOUNDS (Time Release)**
 - Vitamin C (Ascorbic Acid)..... 2,000 mg.
 - Natural Selected Rose Hips..... 500 mg.
 - Hesperidin Complex..... 50 mg.
 - Rutin (Green Buckwheat)..... 150 mg.
 - B-COMPLEX FACTORS**
 - Folic Acid..... 400 mcg.
 - Biotin..... 100 mcg.
 - Inositol..... 100 mg.



ENZYME COMPOUNDS
 Betaine HCl..... 150 mg.
 Glutamic Acid HCl..... 150 mg.
30 day supply - \$17.50
60 day supply - \$32.00

Super Pack

The economical high-potency vitamin-mineral pack

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

DIGESTIVE ENZYMES
 Amylase Activity..... 45,000 NF Units
 Protease Activity..... 15,000 NF Units
 Lipase Activity..... 3,600 NF Units
 Pepsin Activity..... 150 mg.
 Pancreatin 5X..... 150 mg.
 Natural Whole Papaya..... 150 mg.
 Natural Selected Rose Hips..... 50 mg.
 Hesperidin Complex..... 50 mg.
 Rutin (Green Buckwheat)..... 150 mg.

VITAMIN C - Extra Sustained Release
 Vitamin C (Ascorbic Acid)..... 1,500 mg.
 Natural Selected Rose Hips..... 500 mg.
 Hesperidin Complex..... 50 mg.
 Rutin (Green Buckwheat)..... 150 mg.

MINERAL COMPLEX ORTHO MOLECULAR
 Calcium (Amino Acid Chelate)..... 1,500 mg.
 Zinc (Amino Acid Chelate)..... 250 mg.
 Magnesium (Amino Acid Chelate)..... 225 mg.
 Copper (Amino Acid Chelate)..... 4.5 mg.
 Iron (Polysaccharide)..... 150 mg.
 Selenium (Yeast 21)..... 200 mcg.
 Manganese (Amino Acid Chelate)..... 150 mg.
 Potassium (Potrate)..... 100 mg.
 Manganese (Gluconate)..... 10 mg.

A great buy for your "vitamin dollars!"

30 day supply - \$14.50
60 day supply - \$25.50
90 day supply - \$35.50
180 day supply - \$63.50

One Pack™

For the individual who requires a medium potency

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

DIGESTIVE ENZYMES
 Amylase Activity..... 45,000 NF Units
 Protease Activity..... 15,000 NF Units
 Lipase Activity..... 3,600 NF Units
 Pepsin Activity..... 150 mg.
 Pancreatin 5X..... 150 mg.
 Natural Whole Papaya..... 150 mg.
 Natural Selected Rose Hips..... 50 mg.
 Hesperidin Complex..... 50 mg.
 Rutin (Green Buckwheat)..... 150 mg.

B-COMPLEX FACTORS
 Folic Acid..... 400 mcg.
 Biotin..... 100 mcg.
 Inositol..... 100 mg.

VITAMIN C BIOFLAVONOID FACTOR
 Vitamin C (Ascorbic Acid)..... 1,000 mg.
 Natural Selected Rose Hips..... 50 mg.
 Hesperidin Complex..... 50 mg.
 Rutin (Green Buckwheat)..... 150 mg.

CH-ELATED MINERAL COMPOUNDS
 Calcium (Amino Acid Chelate)..... 1,500 mg.
 Zinc (Amino Acid Chelate)..... 250 mg.
 Magnesium (Amino Acid Chelate)..... 225 mg.
 Copper (Amino Acid Chelate)..... 4.5 mg.
 Iron (Polysaccharide)..... 150 mg.
 Selenium (Yeast 21)..... 200 mcg.
 Manganese (Amino Acid Chelate)..... 150 mg.
 Potassium (Potrate)..... 100 mg.
 Manganese (Gluconate)..... 10 mg.

30 day supply - \$ 9.50
60 day supply - \$16.50
90 day supply - \$23.00
180 day supply - \$43.00



THE INOSINE REVOLUTION IS HERE!
Extensively Used for Heavy Training by Soviet and Eastern Bloc Athletes.
 Pure-form Inosine is now available to you for immediate delivery from Marathon Distributing.

ASK FOR PURE-FORM INOSINE FROM MARATHON!

By using pure-form Inosine before each workout, you increase your capacity for greater workloads. This is accomplished by increased ATP production and improved oxygen-carrying ability. The results are obvious. Greater training = greater totals. In other words, you lift more weight more often, and recuperate faster between sets.

The highest potency... 500 mg., on the market (previously unavailable). Marathon® Inosine is encapsulated for higher nutrient quality and better assimilation.

INOSINE 500 MG. CAPSULES
 30 Caps \$7.00 90 Caps \$18.00
 60 Caps \$13.00 180 Caps \$34.00

NOW AVAILABLE FOR IMMEDIATE DELIVERY

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For Long-term Energy Production!

- L-Carnitine is a naturally occurring amino acid essential in the conversion of fats to usable energy.
- Ideal for long workouts
- A potential aid in lowering body fat
- Decreases Triglycerides in the blood by increasing the proper metabolism of fats to energy
- Encapsulated for higher nutrient quality and better assimilation
- Double Potency 500 mg. capsules, the highest potency available on the market

L-CARNITINE
 500 MG.
 30 Caps \$17.00
 60 Caps \$31.00



FREE-FORM L-Tyrosine
Produce a Positive Mental Attitude Before Training, Naturally!

- A natural amino acid that helps create a positive mental attitude
- Aids in the production of epinephrine, your own body's natural stimulant
- Enables you to be more positive and aggressive throughout your heaviest work
- Perfectly safe, natural, and eff.
- Encapsulated for higher nutrient quality and better ass!
- 500 mg. potency

L-TYROSINE
 100 Caps \$11.00
 250 Caps \$25.00

FREE-FORM DLPA

The Breakthrough Discovery of a Natural Pain Killer!

DLPA is mixture of equal parts of the D and L forms of the amino acid Phenylalanine

- Helps relieve pain by prolonging the lifespan of endorphins, the body's own pain-killing hormones.
- Useful in relieving minor aches and pains encountered through training.
- Marathon DLPA is encapsulated for higher nutrient quality and better assimilation.
- 500 mg. potency

DLPA 500 MG.
 30 Caps \$6.50
 60 Caps \$12.00



FREE-FORM AMINOS



FREE-FORM Amino Acids

Unleash the Power of Isolated, Crystalline Free-form Aminos in Your Training!

- Marathon Amino Acid Complexes give you:
 - Maximum recuperation, the key to intense workouts
 - Greater gains for increased size
 - Better assimilation/absorption
 - Up to 250% more potency per tablet than any other free form amino acid product on the market today
- The greatest value for your nutrition dollar

Alter hard workouts recuperation is the key. Marathon Nutrition provides you with the latest breakthrough in recuperation. Either the 2 1/2 gram or 1 gram formula will allow you to maintain the strength, back and the faster repair. These products, because of the faster repair, crystalline process, allow you a 10-1 ratio of use over conventional amino acids and proteins. They make themselves directly available to the body's amino acid (protein) "pool" for use in tissue repair.

- FREE-FORM AMINO ACID 2500 (2 1/2 GRAMS)**
 50 Tabs \$8.50
 100 Tabs \$15.00
 250 Tabs \$33.75
 500 Tabs \$64.50
 1000 Tabs \$125.00
- FREE-FORM AMINO ACID 1000 (1 GRAM)**
 "the original one gram formula"
 100 Tabs \$7.75
 250 Tabs \$15.00
 500 Tabs \$27.50
 1000 Tabs \$51.00

NATURAL GLANDULAR SUPPLEMENTS



2-Gram Liver

Nothing Matches Marathon's Original 2 gram (31 Grain) Liver for Building Stamina, Strength, and Energy!

- Excellent source of glandular protein
- 5 grams in every (31 grain) tablet
- Fortified with Vitamin B-12 for increased utilization of iron, B vitamins, and protein
- Highest quality Argentine beef liver, defatted and desiccated
- High assimilable laboratory-tested 8 minute "breakdown" time

THE ORIGINAL 2 GRAM LIVER (31 Grain) TABLETS
 Each tablet contains:
 Desiccated Liver 2,000 mg. (31 grains)
 Protein 90% 50 mg.
 Five Protein-coated easy swallow tablets provide:
 Arginine Beef Liver 10,000 mg.
 B-12 250 mcg.
 Protein 250 mg.
 Carbohydrates 40 mg.
 Fat 0.035 gr

- 100 Tabs \$5.00
 500 Tabs \$21.00
 1000 Tabs \$39.00
- 10 GRAIN LIVER TABLETS**
 Each tablet contains 10 grains (648 mg.) of Arginine beef liver.
 250 Tabs \$5.99
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 1000 Tabs \$17.99

FREE-FORM AMINOS & NATURAL STEROIDS



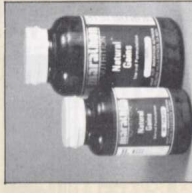
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Release Your Body's Natural Growth Hormones With This Unique Combination of Arginine, Ornithine, and Tryptophan!

Arginine and Ornithine stimulate the natural release of GH (growth hormone). When accompanied by Tryptophan their effect is greatly increased.

IMPORTANT: Contrary to popular belief, L-lysine should never be taken at the same time with Arginine and Ornithine if one wants to achieve maximum GH (growth hormone) release. L-lysine can inhibit the use of Arginine and Ornithine in the brain where it's needed to stimulate the natural release of pituitary GH

- Each tablet contains:
 L-Arginine 500 mg.
 L-Ornithine 100 mg.
 L-Tryptophan 100 mg.
 60 Tabs \$12.00
 180 Tabs \$33.00
 360 Tabs \$60.00



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At Last, a Safe and Natural Steroid Formula That Really Works!

Natural Gains is the safest and most effective natural steroid. An exclusive formula based on the steroid Beta-Sitosterol, a natural substance derived from rye germ oils. Beta-Sitosterol awakens your endocrine system, signaling it to produce growth substances.

Combined with Ornithine and Thymus, the Beta-Sitosterol works wonders:
 • Promotes growth
 • Burns fatty tissue
 • Functions as an excellent lipotropic
 • Benefits the immune system.
 Best of all, there's no prescription required. Just fill out our order form for making the biggest gains of your life naturally!
 90 Tabs \$13.99
 180 Tabs \$25.99
 360 Tabs \$49.95



Protein

Move up to the best value in dietary protein supplementation!

- Glandular Protein Powder - 95% protein
- Milk and Egg Protein Powder - 90% protein
- Both are excellent sources of protein for gaining muscular bodyweight
- Both are excellent meal replacements for those who wish to reduce bodyweight
- Both are good tasting and easy-to-mix

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MILK AND EGG PROTEIN 1 lb. \$7.50
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ORDER TODAY!

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Gold Medal Pack™				
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One Pack™				
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Free-Form Amino Acid 1000 mg.				
Natural Gains™				
GH Releasers				
Balanced Glandular Complex				
Glandular Complex (2500 mg.)				
2 Gram Liver				
10 Grain Liver				
Gland Protein Powder 95%				
Milk/Egg Protein Powder 90%				
Pure Form Inosine 500 mg.				
Free-Form L-Carnitine 500 mg.				
Free-Form DLPA				
CARBO FUEL™				
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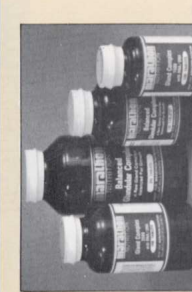
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 - Raw Pancreatic 150 mg.
 - Raw Kidney 450 mg.
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 - RNA/DNA 420 mg.
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 Each Tablet contains:
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 Raw Pituitary Substance 350 mg.
 Raw Pancreatic Substance 350 mg.
 Raw Kidney Substance 350 mg.
 Raw Thymus Substance 350 mg.
 RNA (Ribonucleic Acid) 250 mg.
 100 Tabs \$31.00
 500 Tabs \$130.00

- GLANDULAR COMPLEX - 1500 mg.**
 Each tablet contains:
 Raw Adrenal Substance 225 mg.
 Raw Orchic Substance 225 mg.
 Raw Pituitary Substance 225 mg.
 Raw Pancreatic Substance 225 mg.
 Raw Kidney Substance 225 mg.
 Raw Thymus Substance 225 mg.
 RNA (Ribonucleic Acid) 150 mg.
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(B) ADRENAL GLAND

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(C) RAW PITUITARY

Pantothenic Acid
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Niacin
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- 36mg B12, Magnesium, Zinc, Manganese
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(D) AMINO ACIDS Full Form

1268mg; (6 tablets)

- 68mg Glycine
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- 45mg Aspartic Acid
- 467mg Theanine
- 43mg Serine
- 43mg Guanine Acid
- 107mg Threonine
- 21mg Tyrosine
- 158mg Phenylalanine

- 3000 Tablets \$11.50 or 2 for \$21.00

(E) ARGENTINE BEEF LIVER

Ingredients: Desiccated, dehydrated Argentine beef liver

- 30.0mg B1 Thiamin
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- 2.5mg Niacin
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- 80.0mg B6 Pyridoxine
- 1250mg Ascorbic Acid

- 500 Tablets \$18.50 or 2 for \$35.00
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(F) CARBO PLUS

Carbo Plus is specially formulated to be taken at anytime, for immediate energy preceding a workout or competition. Carbo Plus goes to work fast burning blood sugar levels with clean utilization of dextamin. It continues to work, melting prolonged energy demands with glucose generated from the gradual breakdown of starch.

- 24 ounce can \$10.95 or \$21.00.

(G) MINERAL ICE

Mineral Ice is a new external pain relieving gel for temporary relief of minor aches and pains of muscles and joints. Also for use on strains, bruises and sprains. We like it better because its easy to apply, Meihol in a specially formulated base. Available in 8 oz. bottles \$9.95 or 2 for \$19. The 16 oz. size is \$14.95 or 2 for \$27.

(H) CERNELLE POLLITABS

Pure flower pollen concentrate. Pollitabs is a unique Swedish supplement for athletes. What makes Pollitabs special? They boost energy rapidly, speed recovery time, increase wind endurance and increase strength necessary for peaking. Vitamins: A, B1, B2, niacin, B6, Panthothenic Acid, Biotin, B12, Folic Acid, Choline, Inositol, C, D, E, K and Pot. Minerals: Calcium, Phosphorus, Potassium, Sodium, Chlorine, Magnesium, Iron, Manganese, Copper, Zinc, Silicon, Chromium, Molybdenum Boron and Titanium.

- 100 Tablets \$16.00

(I) MUSCLE FUEL

Ultimate carbohydrate for athletes, an excellent pre-workout drink for intense training. Mixes instantly without a blender ideal for carbohydrate loading. Ingredients: Granulated complex carbohydrates extracted from grains.

- 2.2 Pounds \$11 each or 2 for \$21.

(J) ZERO CARB

A thirst quencher for individuals on a carbohydrate restricted diet. Water, collagen, citric acid, saccharin, potassium sorbate, potassium chloride, sodium benzoate, phosphoric acid. Available in chocolate, grape, lemon, orange flavors.

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(K) BULK-UP

The collagen used in this drink is pre-digested which promotes quick assimilation.

- 12 Fluid Ounces per bottle / Case of 12 \$36.00

(L) PROTEIN POWER

This unique drink can be used to lose or gain weight. To replace a meal for losing weight, simply drink one or two cans 'after' your meal. Available in chocolate flavor only.

- Case of 12 \$16.20.

(M) PROTEIN SLIMMER

A meal or snack substitute for losing weight.

- 10 Fluid Ounces per can / Case of 12 \$16.20

(N) WEIGHT PLUS

A natural weight gain drink containing 550 calories per serving.

- 10 Fluid Ounces per can / Case of 12 \$16.00

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Ask any athlete, and the answer is much the same. Winning in sports (and in life) takes more than mere physical gifts. More than muscles and coordination and brute strength. Winning is a willingness to be passionately involved. To be tuned to the demands of a situation, and what you can expect of yourself.

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Midwest Open				AMA Championships				
7 Dec 85				2,3 Nov 85				
Sl	BP	DL	Total	Sl	BP	DL	Total	
114lbs. Kich, Everett	205	165	205	575	114lbs. Phillip Hill	375	245	415
123lbs. Johnson, Joe	400	205	350	855	123lbs. "Patent"	450	245	475
148lbs. Henning, Mike	405	250	390	1070	148lbs. Tony Dematino	490	270	400
160lbs. Taylor, James	375	210	450	1035	160lbs. Scott Brooks	370	275	420
165lbs. Yezzer, H.	335	225	350	910	165lbs. John Eklon	475	315	500
170lbs. Johnson, Mike	490	315	515	1295	170lbs. Bob Eckhard	440	300	460
175lbs. Johnson, Bruce	440	305	450	1245	175lbs. Ron Embarga	440	285	440
180lbs. Johnson, Mike	440	305	450	1245	180lbs. Tim Myers	415	270	480
185lbs. Johnson, Mike	440	305	450	1245	185lbs. Dennis Reep	405	205	400
190lbs. Dayno, Raymond	460	235	475	1170	190lbs. David Karam	530	420	665
195lbs. Perry, Jim	400	235	465	1110	195lbs. M. Pineda	540	440	680
198lbs. 181lbs. Bob	440	285	470	1075	198lbs. M. Pineda	540	440	680
200lbs. Maupin, Tom	600	350	590	1540	200lbs. K. Torongau	500	290	500
205lbs. Montgomery, D.	500	325	525	1350	205lbs. K. Kopynski	475	335	445
210lbs. Sanding, Dan	475	300	500	1285	210lbs. N. Rando	410	325	425
215lbs. Selberick, S.	425	295	470	1170	215lbs. G. Alexander	435	355	55
220lbs. Berge, Ron	420	250	475	1145	220lbs. K. Meath	500	380	550
225lbs. Wilson, Ron	400	245	445	1090	225lbs. P. Monahan	520	325	530
230lbs. Olson, Rich	45	425	133	605	230lbs. M. Schrecongost	400	325	540
235lbs. Allen, Phil	600	350	485	1435	235lbs. M. Schrecongost	390	255	455
240lbs. Johnson, Jim	420	230	465	1115	240lbs. B. Wagner	600	375	650
245lbs. Stevenson, Brad	730	425	675	1830*	245lbs. M. Grove	640	385	550
250lbs. Stank, Frank	625	330	620	1665	250lbs. M. Groves	640	385	550
255lbs. Gilboorn, R.	525	385	515	1425	255lbs. K. Bodd	530	375	570
260lbs. Drenoff, C.	600*	435	600*	2035	260lbs. J. Williams	505	390	520
265lbs. Brown, Pete	560	330	610	1500	265lbs. C. Lamantia	465	345	535
270lbs. McGarry, Rick	460	295	430	1185	270lbs. K. Zulk	620	360	610
275lbs. Payne, Tony	515	355	380	1250	275lbs. M. Wysocki	605	400	540
280lbs. Vaynon, Cory	720	445	670	1835	280lbs. J. Schrey	575	350	450
285lbs. Mark Voit	700	450	710	1885	285lbs. Bob Kanello	700	450	640
290lbs. 840* 525* 752* 2120*					290lbs. M. Groves	355	320	700
BEST LIFTER LOWER CLASS: Mike Johnson, BEST LIFTER UPPER CLASS: Charlie Driscoll, (Team Trophy) Brad, Gym Galahange, IA. (Meet Director) John Chubb, L.S.R. meet was run by the L.S.R. Weight Club. *meet record, phone record.								

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Oklahoma High School Collegiate, & Brownfield Invitational

Table with columns for school names (e.g., Stapleton, Daniel, Canningham) and scores for various events.

Table with columns for school names (e.g., Henkash, OKLA TEN BP DIV) and scores for various events.

Power Place Inc. advertisement featuring images of various exercise machines like treadmills, ellipticals, and weight benches, with descriptive text and prices.

Eastern America Bench

Table listing names and scores for the Eastern America Bench event.

Table listing names and scores for the Tristate Bench Press event.

14 Dec 85 - Ashland, KY. Report on the Tristate Bench Press competition, mentioning participants like Orthella Harris and Kevin Fernandez.

1988 Eastern America Bench championship report, detailing the event at the Atlanta Holiday Inn and listing winners in various weight classes.

Drug Free State Record of 507 in

Table listing names and scores for the Drug Free State Record of 507 in competition.

Table listing names and scores for the New Jersey State ADFF-PA meet.

Table listing names and scores for the Gem State Open competition.

Table listing names and scores for the Southeastern Cup competition.

Don Gibson

Table listing names and scores for the Don Gibson competition.

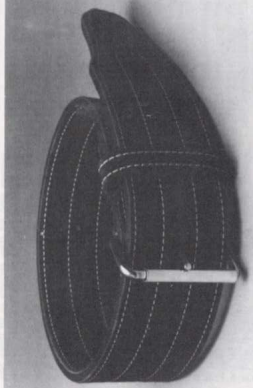
Table listing names and scores for the Southwestern Cup competition.

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Large table listing names and scores for various powerlifting events, including Don Gibson, Southwestern Cup, Drug Free State, Gem State Open, and Southeastern Cup.

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Southwestern ADFFA Championship

24 Nov 85
Tempe, AZ

Wom (Dr)	Malone	Formal	SQ	BP	DL	Total
Billie Scott	235w	185w	320w	730w		
Linda Haggard	230w	110w	235w	595w		
Kim Haggard	200	115	500	605		
Nancy Haggard	140	100	200	445		
Teenagers (Dr)	Formal					
John Szymanski	310r	225r	410r	945r		
David McCuffin	470r	265	505r	1240r		
Robert Moten	230	205	400	835		
Pete Romero	280	205	405	890		
Adolph Martinez	230	155	300	680		
Richard Snook	230	205	300	735		
Rich Hoyt	445m	255m	500m	1200m		
Open						

114 Suzuki 245 155 330* 730*
J. Szymanski (T) 310* 225* 410 945*
Curtis Espinoza 255 155 320 730
Adolph Martinez (T) 230 150 300 680
132 Richard Snook 230 205 300 735
148 Bill Wong 450 235 400 1085
149 Charles Okonkwo 320 340* 500 1380*
150 Tony Beckler (T) 280 205 400 885
151 Gary Willes — — — —
152 Volody 490 370* 500 1360*
153 Erik Potter 490 325 480 1295
154 Richard Snook (T) 230 205 300 735
155 Joe Starman — — — —
156 Richard Hill — — — —

Shannon Pratt 540 325 570 1435
Tom Jackson 425 295 520 1240
Rich Hoyt 445 255 505 1240
Richard Snook 420 310 445 1180
Albert Rodriguez 420 310 445 1180
Gregory Hays 420 240 500 1160
Clem Williams 315 275 360 950
Rich Wrenner 605* 405 615* 1625*
Dean Adzakis 485 245 535 1265
Jimmy Hays 415 275 535 1225
Richard Snook 410 250 475 1135
Mike Muller 410 250 475 1135
Mike Longman 375 260 475 1105
220 John Willis 530 410 530 1470
Harold Schroyer 520 340 515 1375
Rich Noyales (T) 485 300 460 1245
Richard Willson 405 290 440 1135
241 Griffin — — — —
242 Dale Jensen 505 335 555 1395
John DeSpain 430 315 525 1270
243 Robert Moten 415 290 515 1220
SHW

Steve DeSpain 420 345 440 1205
w-Arizona State A.D.E.F.A. Women's Record - 1205
Linda Haggard 445 255 505 1240
Arizona State A.D.E.F.A. Master's Record - 1240
*Arizona State A.D.E.F.A. Record - 1240
Lifter, M-Master Lifter, Best Lifter-Charles Willes, Best Lifter-Charles Willes, Best Bench Press-Charles Okonkwo, Best Deadlift - Rich Wrenner.

In the Women's division, Billy Scott stepped in to make the new four AZ state record, Linda Haggard set a new record for the women's lift on the Malone Formula, Kim Kinny with only a few weeks of training hit some PR's. Also lifting was Natalie Jefferys, a teenager from the teenage division John Szymanski set three open state records and four teenage state records. David McCuffin came up from Tucson to lift on the Malone Formula, he set a new PR for Noyales lifted well for a third place award. Pete Romero and Corbridge placed fourth. Adolph Martinez and Richard Snook finished out the division.

In the 114 lb. class, Dale Suzuki, an ASU wrestler, set a state record deadlift and total while lifting alone in the class. John Szymanski won big over Curti Estanzone and Adolph Martinez. The 132 lb. class, Bill Wong have his best performance in years. Bill, who helped too much in putting on the meet instead of concentrating on lifting, set a new record for the 132 lb. class. Richard Snook finished out the division.

Having this bad day, Bill has vowed to be back into his elite form for the ADFFA Collegiate Nationals to go to the Nationals. Pete Romero came in to lift on the Nationals. Pete Romero came in to lift on the Nationals. Pete Romero came in to lift on the Nationals. Pete Romero came in to lift on the Nationals.

Jon Volkey came down from Kingman and set a state bench press and total record. Erik Potter set a PR on the Nationals. Erik Potter set a PR on the Nationals. Erik Potter set a PR on the Nationals. Erik Potter set a PR on the Nationals.

these days in bomb-bouts by Joe Starman and Rich Hoyt. The 220 lb. class Mike Willis, from California, had a bad day, but still dominated the class. Harold Schroyer from Sun Mamet came in to lift on the Malone Formula, he set a new PR for Noyales lifted well for a third place award. Pete Romero and Corbridge placed fourth. Adolph Martinez and Richard Snook finished out the division.

In the 114 lb. class, Dale Suzuki, an ASU wrestler, set a state record deadlift and total while lifting alone in the class. John Szymanski won big over Curti Estanzone and Adolph Martinez. The 132 lb. class, Bill Wong have his best performance in years. Bill, who helped too much in putting on the meet instead of concentrating on lifting, set a new record for the 132 lb. class. Richard Snook finished out the division.

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Richard Snook, from Tucson, had a rough time in the squat but managed to lift the 275 lb. Robert Moten lifted unassisted in the 275 lb. class. Richard Snook, from Tucson, had a rough time in the squat but managed to lift the 275 lb. Robert Moten lifted unassisted in the 275 lb. class.

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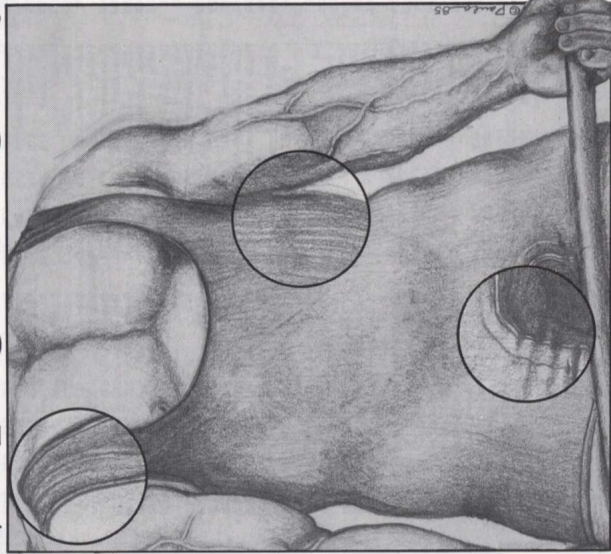
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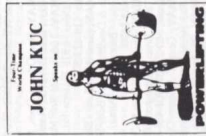
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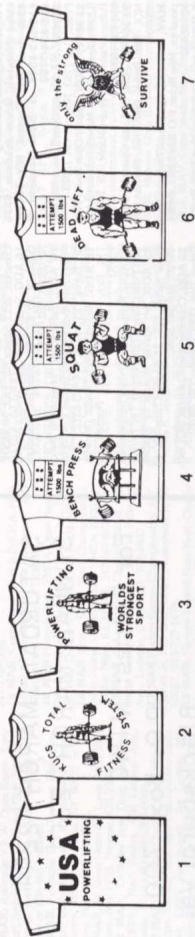
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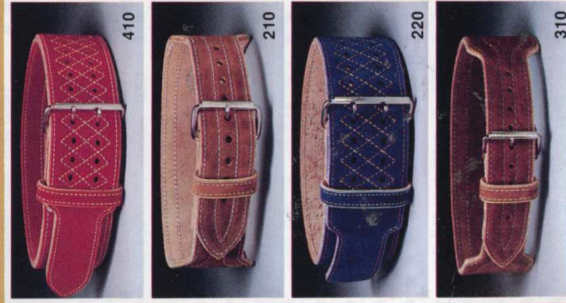
S & H "Power Blaster" Weightlifting Belts

Colors: Brown Suede, Blue Suede, Red Suede (Except Style 110).
Sizes: S, M, L, XL

Name _____
Phone () _____
Address _____
City _____ State _____ Zip _____
Quantity _____ Style# _____ Belt Size _____
Colors _____ Diamond Stitching (Add \$2)
Total \$ _____ (PA only, add 6% sales tax)

Send Order To:
W.M. Bashin Co., "Power Blaster", 119 W. Pine St., Grove City, PA 16707 ATTN: Robert Schell
For Quick Delivery Call:
1-412-458-8340
(Ask For Bob Schell)
Additional Weight Belt Ordered
Free Delivery

All Belts Manufactured By W.M. Bashin Co. With Over 40 Years in the Industrial Belt Manufacturing Business!
*Please Allow 3-6 Weeks For Delivery



Size	Waist	Middle Hole
S	26"-33"	30"
M	28"-38"	33"
L	31"-41"	36"
XL	34"-44"	39"

Distributor Inquiries Welcomed

- Buy direct from the manufacturer and save!**
- Meet **POWER BLASTER**... the weightlifting belt that combines quality construction with effective support. Each **POWER BLASTER** belt is handcrafted by skilled professionals who take pride in producing an attractive, dependable product.
- Order your personal **POWER BLASTER** weightlifting belt today! Substantial savings are available by ordering direct from the manufacturer.
- Each POWER BLASTER belt offers these features:**
- Made from genuine leather
 - Heavy-duty buckles, made from nickel-plated steel
 - Stitching is white nylon thread for durability
 - Four rows of stitching (except on style Nos. 110-120)
 - Attractive, wear-resistant brushed suede
 - Available in three colors
 - Hand crafted by professionals
- STYLE 110** \$22⁰⁰
- 4" Back Tapered to 2 1/2" Front
 - 2 1/2" Single Tongue
 - Heavy-Duty Buckle (Natural Leather) Brown Only
- STYLE 120** \$25⁹⁵
- 4" Back and Front (Natural Leather) Brown Only
- STYLE 210** \$32⁹⁵
- 4" Back Tapered To 2 1/2" Front
 - 2 1/2" Single Tongue
 - Heavy-Duty Buckle Inside
 - Brushed Suede Outside (Diamond Stitching \$2.00 EXTRA)
- STYLE 220** \$35⁹⁵
- 4" Back & Front
 - Heavy-Duty Double Tongue Buckle
 - Brushed Suede Outside (Diamond Stitching \$2.00 EXTRA)
- STYLE 320** \$39⁹⁵
- 4" Back & Front
 - Heavy-Duty Double Tongue Buckle
 - Brushed Suede Inside & Out (Diamond Stitching \$2.00 EXTRA)

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23 grain Tablets

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- 800 tabs \$21.50 + \$2 handling
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Source: Egg and beef.

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- 1300 tablets.....\$42.50
- 1950 tablets.....\$60.00

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- 3 lb. \$26.50 + \$2 handling
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- 8.8 lb. can \$41.50 + \$2 handling

ORCHIC

(Raw Testicle Gland)
500 mg. Tablets

We have a SUPER NEW PRICE on this very popular product. It is very effective in increasing strength and development of muscles.

CHECK THIS PRICE:

- (500 mg. tablets)
- 100 tabs \$ 9.00 + \$2 handling
- 200 tabs \$17.00 + \$2 handling
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- 500 tabs \$39.00 + \$2 handling
- 1000 tabs \$75.00 handling free

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HGH (Human Growth Hormone) which burns fat and builds muscle and is stored in the pituitary gland. This amazing hormone which will create a super strong and hard cut muscular body, is activated and released by the natural amino acid ornithine. Power, for the best natural gains, take the following results. 3 chewable tablets provide: 1500 mg. L-Arginine, 1500 mg. L-Ornithine, 1500 mg. L-Lysine

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- 200 tabs \$25.00 + \$2 postage
- 300 tabs \$36.00 + \$2 postage
- 500 tabs \$60.00 postpaid
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Egg & milk, spirulina, electrolytes & digestive enzymes.

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INZER ADVANCE DESIGNS

INZER BLAST SHIRT patent #4473908



"For explosive bench pressing, the Inzer Blast Shirt is the only way to go."

TED ARCIDI
705 lb. Bench — Biggest bench of all time.



"The Inzer Blast Shirt gives you the 100% you need when going for the big one."

DEBRA POSTON
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612.2 lb. Bench — world record 220 lb. class!

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ADVANCE DESIGNS**

Please indicate size or include relaxed measures of shoulders _____ chest _____ arm _____

Colors: Black Navy blue

Please rush me _____ Inzer Blast Shirt(s) \$36. Save \$10. Buy 2 for \$62. (Limited time offer)

Enclosed is \$ _____ + \$2.00 shipping
Overseas orders add 10% surcharge or 20% air mail.
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