

# 1986 Senior National

A.P.F.



Powerlifting Championship

Dayton, Ohio • June 28th & 29th

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**Schedule of Events:** Competition opens Saturday, June 28th at 10:00 a.m. for the 114, 123 and 132 lb. weight classes. After a brief intermission lifting will continue at 3:00 p.m. for the 148, 165 and 181 lb. weight classes.

Sunday, June 29th at 9:00 a.m., competition will begin for the 198 and 220 lb. weight classes. Following the intermission lifting will continue at 2:00 p.m. for the 242, 275 lb. classes and the super-heavy weights. (Please Note: the Round System will be in effect for the squat and bench lifts only, while the deadlift will be conducted in standard rotation.)

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VOL.9 NO.9 APR/86 \$2.95

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NEXT MONTH...Dr. Squat Himself, Dr. Fred Hatfield, declares Who is Really the World's Greatest Squatter!

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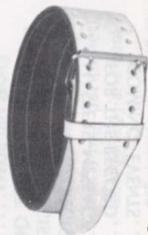
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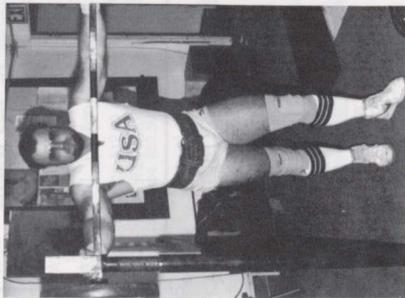


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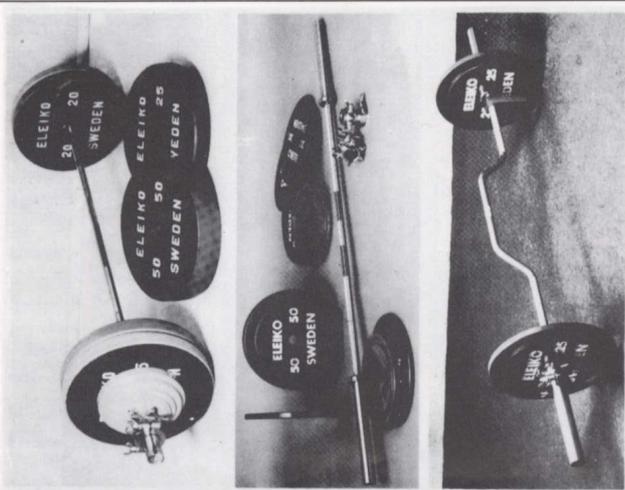
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# WOMEN'S NATIONALS

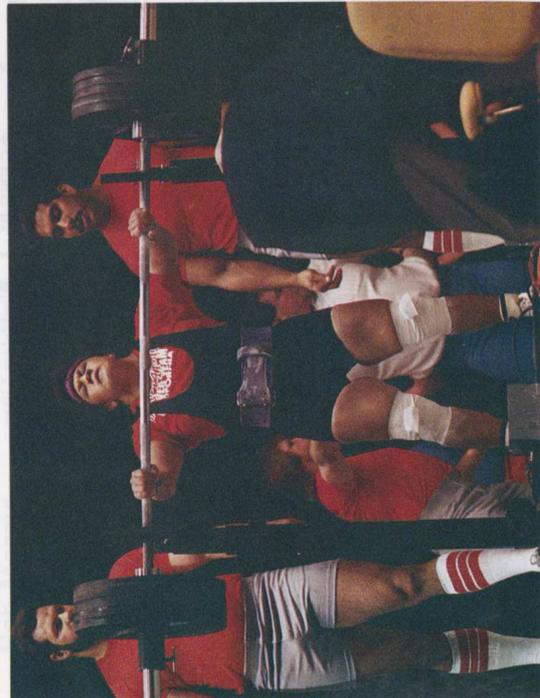
by PL USA Editor, Mike Lambert

Jan and Lunda Shendow put a great deal of pride into the production of this 1986 U.S.P.F. Women's National Championships. In the middle of building a new home together, and with Lunda near full term with her second pregnancy, it was no easy task. Utah has not seen many major meets, and it was difficult to generate local sponsorship support, but they pressed on and the meet was exceptional by several standards. First off, it was held in the Salt Palace Sports Complex, a beautiful facility where the NBA's Utah-Jazz play basketball in downtown Salt Lake City, and the meet hotel, Howard Johnson's, was right across the street. The next block over is the site of the world famous Mormon Temple. The weather was quite nice, fairly warm and clear, and several of the lifting visitors took advantage of the local skiing, only 15 minutes away! On Sunday evening a freakish thunder/snow storm struck, but it lasted only a short while.

There were several special features of the meet setup itself that bear mentioning. The weights were machined to exact poundage, so there was no trouble counting up the amount on record attempts. The lifting platform was built up over the stage, and the judges had wheeled office chairs to



Mary Ryan Jeffrey...after some successful physique competition, she came back to show that she hasn't forgotten what the Powerlifts are about. automatically, and lower placers will be tested. If the first ones fail the test, to determine the official national champions and U.S.A. team members for the Women's World Championships in Sweden this May. A team was selected, pending the results of the initial testing, however, all women who placed reasonably high in their class should keep training as if they were going to lift in a meet in May, because some of them could end up on the World team by the time the testing is completed. The commitment to testing has only been strengthened by the now official

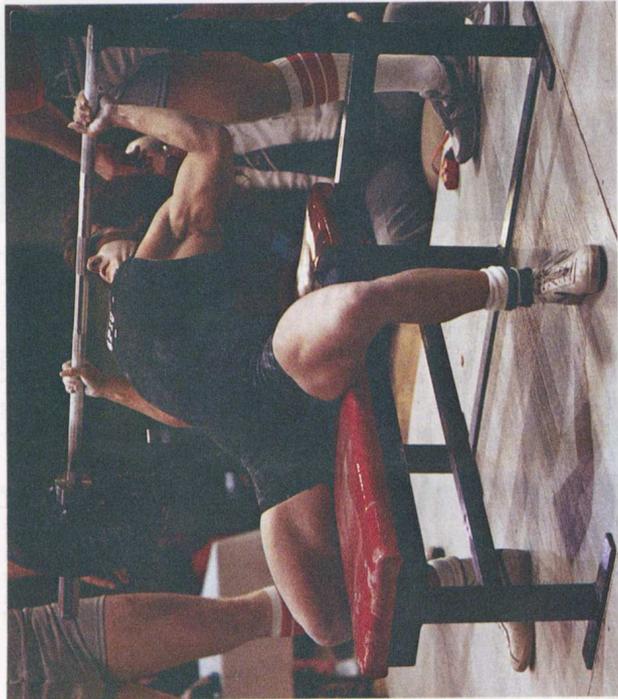


Juanita Trujillo...had a large cheering section on hand, hoping to see her make some world record squats.

At 114, Mary Ryan Jeffrey was far and away the best lifter in her class, although it must be said that Beth Fisher had an uncharacteristically poor day. Likewise, Jeanna Pacyga, Pam Crisp, and Nancy Bellevue, couldn't get a squat in, despite having all done so well together at the YMCA Nationals. Teresa Mims, a gym instructor by trade, demonstrated some great deadlifting and an intense psyche that left her glaring off into infinity even after the lift was completed.

At 123, Felicia Johnson flashed her easy smile and made easy work of most of her lifts, except for a stubborn 369 deadlift that wouldn't let itself be finished, and won her class easily. Fran Krauss of San Francisco had a solid day, as did master lifter Karin Reagan. Judy Pomerantz was great to see. She turns her back on the bar and keeps thrusting her hands down toward the floor when psyching up for the deadlift.

In the 132s, some world class weights were tossed about by several women competitors. Foremost among them was Judith Averbach, who has surged to the forefront in this class recently, after several years of quality progress. She was the strongest in every lift, but in the bench she truly excelled. The North Carolina lifter made 237 nicely, and then made a world record 242 look easy as well. Constance Powell, a health program administrator who bears some resemblance to Carla Dunlap, was exciting to watch finish,



Incredible Benchers...Judith Averbach was one of the most physically impressive competitors at the contest, with exceptional deltoid development, and it was needed for this world record bench press attempt of 242 pounds.

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# Setting the Record Straight



Many articles written about me are not based on facts. They say I am having back problems or I am burning out. These statements are not true. I have no back problems at all and I am healthier than ever. After winning ten world titles in Powerlifting and being only 28, I am not burned-out and I plan to break some world records soon. I could break a world record any day, but I'll prove it at the coming Senior Nationals. When my lifting totals are up or down it has nothing to do with drugs. During an average year, I take four to six months off training, which can affect my totals. Usually, my time off from training averages about eight weeks here and there which amounts to about 5 months each year. I am willing to take a drug test any time of the year, plus I am in favor of drug testing at the Senior Nationals. I have never used steroids before, and just lifting naturally I have never peaked with any of the lifts. I know I can be stronger than ever and, as I said, I intend to prove it.

Fear has never entered my mind during competition. I am not afraid of anyone. I like competition because it motivates me to train harder. People from the past, like Precious McKenzie or Joe Bradley, and more recently Claude Handson, and other good lifters have been great motivators. Also, I would like to congratulate Claude Handson on his win at the Senior Nationals and his victory at the World Championships. Claude is a true sportsman and I will enjoy competing against him again this summer.

People say my long arms or having scoliosis are the reasons why I am so strong. Once a lifter approached me at a meet and said, "I wish I had long arms like yours so I could be stronger in the deadlift." I do not use excuses for anything. I believe my knowledge and training are the reasons why I am so strong. People always want explanations for my heavy deadlifts. What about my past official world record squat and bench presses. Long arms do not help there. I am the only lifter in powerlifting history who has held an official world record in every event plus the total. Just trying to move the deadlift off the ground is the hardest part for me. Not many lifters can even slightly budge the weight I deadlift.

Some people have the impression that I am a vegetarian or fruitarian. This is not true; I eat a well-balanced diet with meat included, although it is true that my consumption of protein is far less than most weightlifters. Most of my diet consists of a large portion of fruits and vegetables. I am not fannatical about any diet principles, I eat what I feel like eating and take supplements. On December 14th at the Rocky Mountain Powerlifting meet in Colorado, I achieved a 1460 qualifying total for the 1986 Senior Nationals.

**LAMAR GANT**...America's greatest International champion, at the scene of some of his greatest lifting, the 1980 World Championships in Dallas, Texas, where at 132 he went 573 352 628 1554 in a fierce battle with Joe Bradley, who went 650 369 502 1546, a contest in which all the world records in the Class were broken, some several times. This total was 94 pounds higher than the total that won the 132 pound weight class in the November, 1985 World Championships held in Finland. My bench was 300, squat 510, and the deadlift was 650 pounds. I had the power to lift up to forty pounds more on both the squat and the deadlift, but my main objective is to stay healthy.

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# STARTIN' OUT

A special section dedicated to the beginning lifter

## Entering Your First Meet "Forsythe Battles Trepidations about Competing as told by Gregory Hayes, M.A.

How many of us know powerlifters who have lifted hard for years, making gains, however small, however slowly, however lowly. Perhaps describing gains in such a manner is debasing, as Powerlifting is a personal sport where one largely trains with and against oneself. So why compare? Well, let's take the plight of the powerlifter who, realizing he doesn't know it all and yearning to improve, turns to current muscle building periodicals like FLEX, MUSCLE & FITNESS, MUSCLE MAG, and even POWERLIFTING USA.

It is in these popular magazines that the voracious reader encounters spellbinding glossies of world champion bodybuilders with muscles, striations, veins and cuts unlike any he has ever witnessed in the gym, and photos of powerlifters so massive and dense that his own width and depth pale by comparison. Engrossed by their size, he reads on and finds that the bodybuilders are doing isolation exercises with weights far in excess of his meager accomplishments, and the powerlifters are doing competition squats with just under what he subroutines. Ok, he says, the bodybuilders are stacking oral and injectable anabolic steroids, and he isn't, and the powerlifters have a range of motion a foot less than he does in the squat and deadlift, and six inches less in the bench press. A beginner can further note that the champions are tens of years his senior and seasoned veterans of the sport as well.

Now the New York Philharmonic Orchestra's violin section is strumming away, and psychologists within earshot are smiling a clinician's grin at you, me, us. This is obviously a clear case of rationalizing and sour

grapes. Whether the musicians are right to play or the doctors to label, to be sure, many of us have been intimidated by the lifting totals and sheer size of the champions. I have a case I will relate momentarily of a fellow powerlifter who was beset with the very same feelings of inadequacy, and, in turn, left competing was out of the question. This is not the story of those who foolishly, half heartedly, and unrealistically compete in powerlifting without the requisite knowledge of the three competitive lifts. Furthermore, it is not the story of those who compete with no awareness of how to cycle for a meet, or without even a modicum of knowledge considering the basic rules of our sport. Rather, this is the story of Danny Forsythe, a drug free powerlifter.

Danny's physical and hereditary profile goes as follows. He is in his early twenties, six feet two inches tall on a lanky 190 pound frame. He has been training for around 6 years, and is medium boned, with 7 1/2 inch wrists. Danny's limbs are long, he wears 36 inch pants, and his torso is reasonably short. As a high school junior, Danny was a raw boned ectomorph. There is a preponderance of evidence which indicates Danny is not anatomically suited for the sport. Danny need look no further than his familial ties to place blame, or to find an excuse if he so desired. Both Danny's parents are tall and slender, as were their parents, and theirs before them. Danny realized he didn't have the genes of an Ed Coan, or even far less gifted men. While Danny's lineage was a limiting factor, he placed enormous emphasis on nurture. A talk with Marlon Danton, a top rated amateur bodybuilder, helped strengthen Danny's notion about the significance of nurture. Marlon is also six feet two inches tall, and he stresses the importance of working the large muscle groups, the chest, shoulders, back and legs with basic movements like the bench press, in-

Even The Greatest of lifters had to face the challenge of entering their first meet, and getting a total on the books



cline press, military press, bent rows and squats. For each movement, Marlon recommended Danny perform five to eight repetitions. He also indicated that Danny should train every day. Danny would realize in time that to train every day is not the way to build optimal size and strength as a powerlifter. Marlon stressed the importance of the right mental perspective and noted that the long muscle bellies of tall bodybuilders take years to reach optimal development. He pointed out that Danny must be both patient and diligent.

Armed with this advice, Danny attacked his first year of training with the fervor of a hungry lion, and gains started to appear in his chest, back and legs. There was a price for this, however, as soreness in the lumbar region appeared along with an acute swelling in the cervical region of the neck. What Danny feared most, however, was not the risk of injury, but the haunting vision of a 145 pound ectomorph with broom handle arms and fluorescent tube legs.

Danny's second year of training took a dive as he made only modest gains. His bench, barely 150 pounds at the beginning of the year, was only 165 at the end. His squat was hovering around 225 pounds and going nowhere. His deadlift was around 275 pounds, and the most frightening form of slow death that any of us in the gym had ever seen. I had never tried a deadlift as of 1982, and virtually no one in the University of Arizona weight room did them, but there was Danny, strawberry arms, blueberry neck, raspberry visage, shagging like a dying lizard, pulling 275 pounds off the floor with everying he could muster. I didn't know Danny then, except by sight, but I must concede that I admired his mature courage.

Danny's third year of training went much like his second, except Danny seemed to be habitually sore in the lower back. The correlation between injury and overtraining was, as yet, still a mystery to all.

In the years that followed, Danny and I became friends, and my own interest in the squat, bench, and deadlift would lead me to the powerlifting clubs, where I would feel the electricity of competitive lifting. I shared my sense of exaltation and suggested that we compete in the upcoming Tucson Powerlifting Championships. I set my sights on competing within the city limits. Danny expressed his reservations. As a 198 pounder he thought even his third attempt would be a struggle. He would be pitifully light. He saw this means only as an opportunity to humiliate and embarrass himself in front of his lifting peers and the viewing public. He wanted an 800 pound total for the three lifts in the gym before he would even consider competing. I left it at that.

Both of us trained diligently at the U of A weight room, and watching Danny lift through the summer, I realized that while his lifts were not far below an 800 total, maybe a 190 pound max single bench, a 250 pound max in the squat and a 330

pound max in the deadlift, they were not going up. In fact, for the past year he had made little, if any, progress in the three competitive lifts, and at times, he showed signs of actually getting weaker. Finally, in the winter of that year, his lifting started to show signs of improvement. High bar squats were building quad strength, close grip benches and 45 degree inclines were building tricep and deltoid power. Top deadlifts were toughening Danny's traps and lats, to insure a strong lockout.

In January of 1984, Danny became caught up in the excitement of those powerlifters in the gym who were training for the meet. Not even sure why, he started to do low-bar squats, bench presses and deadlifts with only a modicum of auxiliary work. In essence, Danny was cycling on 5,3,2,1, repetition basis, and interestingly enough, Danny's injuries started to go away. When confronted with the questions "Why are you cycling?" and "What about the meet?" Danny would reply that things looked doubtful.

Privately, Danny admitted his fears about being too weak, not being ready psychologically and the need for more time. In some ways I agreed with him, yet I encouraged him to enter for all the positive reasons I could muster: the thrill of competition, the chance to put it all together, the opportunity to improve. Surely, the pressure of competition would almost force Danny to blow away all his previous bests, or would it cause him to knuckle under and bomb out, leaving him shaken and humiliated for who knows how long? These questions left me in a quandary, and it wasn't until two weeks before the meet, when I talked to my brother Jimmy, that I finally developed the conviction to increase Danny's resolve about entering the meet. Jimmy, a fellow powerlifter whose opinion I respect greatly, convinced me of the importance of competition as a tool to enhance Danny's outlook and performance in the sport of Powerlifting. Armed with Jimmy's sound advice and an increased sense of earnestness, as the meet was only nine days away, I convinced Danny to compete in the Tucson Powerlifting Championships.

The day of the meet brought forth sunny and robust skies. Danny was surprisingly calm and composed. He weighed in at 189 pounds, warmed up and casually proceeded to blow away his first two competitive attempts in the squat of 220 and 255 pounds. A forthcoming successful lift of 280 pounds, fully 20 pounds over his personal best, would exemplify Danny's tenacity and mettle on this day. He took it fully three inches below parallel and came up with a new, now fully psyched for his weakest lift, the bench press, opened with an easy 175 pounds, then an easy 190 attempt at 205 pounds. Danny stalled out through the upper half of the lift and was redlighted. On this day, Danny's triceps were not what they needed to be; Danny knew it, accepted it,

and then forgot it. It was now time for Danny to marshal all his forces for his best event, the deadlift. Danny blasted up 325 pounds, then 350, and then he ripped through 375 pounds with all the power of a demolition team. Having set another personal best by 20 lbs., Danny concluded his eight for five day. His 850 pound total was 50 pounds better than he had hoped for. Why was this day so special to Danny? Was it because of the increased exposure he would receive in the Tucson powerlifting community? Hardly. Danny's total doesn't even qualify him for a class IV rating. Was it because of the special recognition he would receive from his fellow lifters in the U of A weight room? No, since most of Danny's lifting peers, even those in the lighter divisions, performed at or above Danny's total. This day was special for Danny because he had performed at a level higher than any he had ever achieved before. There was a unique trophy born of this meet. Through Danny's lifting peers were stronger, of the eight U of A powercats that competed, only Danny managed to exceed his gym lifts by forty pounds. In fact, the majority of the eight performed at a level significantly beneath their gym lifts. Many lifters talk a big story, and plan to set all kinds of personal bests at their first meet, yet end up falling short of even their workout lifts. Danny's day was not like this, and the following factors undoubtedly contributed to his success: an effective cycle, not overtraining, a positive mental attitude the day of the meet, a good night's rest before the meet, and a high level of intensity and concentration during his performance.

Aside from all this, how did Danny feel about bettering his total by 40 pounds under the stressful conditions of the meet? He felt an enormous sense of accomplishment which he had never felt in the gym. He felt the utter sense of validation successful competition seems to foster. All the self doubt, all the questions about why he was enduring constant knee and back pain, all the criticism against heavy lifting, all of it meant nothing after the meet. Call it cause and effect, means to an end, closure, or whatever you want; Danny had beaten his loudest detractors and overcome his own worst fears to excel on the lifting platform. His exaltation saw its birth in a situation where it was now or never. Many times in the gym it had been now or never. For Danny, there had been many unfulfilled tomorrows. After 5 years of battling, he had finally closed in and captured the elusive prey, a maximum contest single. It's one thing to come into the gym and perform at the same level every day. I would call this recreational lifting. For a long time, Danny was this type of lifter, but for one day, March 27, 1984, he showed himself to be a true powerlifter; one who triumphantly performs at a level heretofore never attained, under the careful scrutiny of judges, in an emotion laden atmosphere that crackles like lightning, the powerlifting meet.

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## 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: Mauro Di Pasquale M.D., 23 Main Street, Warkworth, Ontario, Canada, K0K 3K0

**Dear Mauro:** I've enclosed some information on two products, a homeopathic drug and an herbal preparation, which the manufacturers say are as good or better than steroids. I tried the first one for 2 months but found that my lifting didn't improve much and I didn't gain any muscle. I got more effects from some speed that I used to use at one time before my workouts. How good are these preparations? **Stan M.**

**Dear Stan:** None of these products are anabolic per se, in the way that anabolic steroids are, that is they do not increase strength or muscle directly, only by indirect means. Many of these products contain stimulants such as caffeine and ephedrine. These stimulants may increase energy and drive, thus leading to more strenuous workouts which in turn might lead to increases in strength and muscle mass. Most of these anabolic preparations have a psychological or placebo effect. Their value to a lifter would be determined by the impact of the manufacturer's advertisement campaign. **M.G.D.**

**Dear Mauro:** I think that your question and answer section in POWERLIFTING USA is very interesting and informative, and that you are exceptionally qualified to answer such questions. Also, congratulations on the huge success of your book, the best on anabolic steroids. I have a couple of questions on anabolic steroids to which I would appreciate your response. Are one's chances of developing testicular cancer increased while on anabolics? Does the use of anabolic steroids accelerate the development or progression of any other cancers or diseases? **T.J.**

### UPDATE NUMBER ONE to "Drug Use & Detection in Amateur Sports"

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

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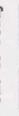
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## Question & Answer

Your training questions answered by Roger Estep, 1979 Senior National Powerlifting Champion, World Record breaker as a Mid-heavyweight, and the 1985 MR. IRON MAN. For a quick response to your training question send \$10 to Roger Estep, 1413 Holgate Drive, Anaheim, California 92802.

**DEAR ROGER:** What's the safe way to use forced reps? 1: add weight and do only forced reps, or 2: just do one set at the end and force out some reps to failure. **James Isaac**

**DEAR JAMES:** Forced reps in their true form are used in bodybuilding than powerlifting. You find that bodybuilders do forced reps on the majority of their sets in every workout. This is where all the screaming and yelling comes from in the gym. If you go to Gold's or World Gym in Santa Monica, you will see many of the bodybuilders going to complete failure with each set. The lifter's training partner helps him through the last few reps of the set. After a short rest, the lifter will go through the cycle again. Powerlifters use the overload principle more often. I have used overloads for years, and so has every other national caliber powerlifter I have trained with. The major difference between what I call forced reps and overloads is that in forced reps you use weight that you can normally lift, but need help with due to fatigue. Overloads use a weight you normally can't lift and need to work with a spotter help you through the movement of one or two reps. Rick Weil uses negatives to help his bench press. Most powerlifters use this type of system in some form with great success. **Roger Estep**

**DEAR ROGER:** I'd like to know the difference, in your mind, between taking a handoff in the bench and taking the bar out of the rack unassisted. Most of the lifters here take the weight out of the racks themselves. My best bench is 470, which I took out of the rack with no handoff. I've been reading where handoffs increase your bench, but I've tried them with light weights and it seemed more uncomfortable than the unassisted way. Can you really increase your bench by taking handoffs? Also, after doing benches, it is better to work arms and shoulders, or should they be done on a different day? **Bob Clark**

**DEAR BOB:** I find your question very interesting. My first thought after reading your letter was "this guy can bench 470 and takes the weight out of the rack by himself!" You just don't know how strong you are! I am truly impressed. To address your question, let's take a look at all the world record holders in the bench press. What percentage of them get the weight from the rack through the use of spotters? The answer is 100 percent. Every national or world class lifter uses spotters in the bench press. The reason for this is simple, conservation of energy. It takes an enormous amount of energy from the pectorals and anterior deltoids to pull that 470 pounds off the rack. The lower the rack, the more energy required to bring the bar to an extended position. The fact is, a lifter CAN bench more by having a handoff than by taking the weight out of the rack by himself. This is not a theory, nor does it vary from lifter to lifter. I have never known a competitive lifter that didn't use a handoff in the bench. I would think that your problem of being uncomfortable with a handoff is that it is not being done correctly. The proper way to receive a handoff is for the lifter to give a signal to the spotter to help him with the weight when he is mentally ready. At the signal, the lifter and the spotter both bring the weight in to position. Once the weight is in position, the spotter slowly lets the weight down, until the lifter is supporting the entire weight by himself. Trouble occurs when the spotter helps with the weight out of the rack and then dumps it on the lifter. This throws the lifter off balance and he has to use up energy to control the weight that he could have used in the benching effort itself. If you want to improve your bench, use a spotter and work with him so your handoff is comfortable. This will save you enough energy to get a couple of extra reps in at the end of the workout. **Roger Estep**

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## Inosine Information

by Dr. Frederick C. Hatfield

healthy athletes. In my book, it's about time something came along that appears to be safe, yet delivers the boost all athletes demand. At the very least, inosine is a step in the right direction, perhaps, someday, soon, anabolic steroids will be a thing of the past.

(Excerpted from Hatfield, F.C. ERGOGENESIS: ACHIEVING PEAK PERFORMANCE WITH-OUT DRUGS. Fitness Systems, P.O. Box 222, Canoga Park, CA 91305, 1985. \$10.95 plus \$1.50 postage.)

All of these benefits aid athletes by improving their energy levels during your workout. Several health food companies are now beginning to market inosine tablets.

While the Japanese researchers counter inosine tablets help them achieve levels of strength (from improved training over time) that rival the effectiveness of anabolic steroids, inosine acts on a short term basis and can be taken every day. The recom-

ended dosage is approximately 1000 to 1200 milligrams just before your workout. Several health food companies are now beginning to market inosine tablets.

While the Japanese researchers caution against the use of inosine if you suffer from gout (excess uric acid in the blood) causing swelling and pain in the joints) it appears to be free of any noticeable ill effects for otherwise

fatigued muscles.

If only you could replace ATP quickly. Think of the energy you'd have. You'd get that last rep, and perhaps a couple more to boot. And soon, over weeks, those extra reps would add up to improved strength from the more intense overload.

Athletes the world over are now falling over one another to procure a substance that can do just that. It's called inosine, and it's available in the United States in health food stores.

My first exposure to inosine came in 1983 while I was in Moscow studying at the Institute of Sport. I there and was given some to take back home with me. I found that it provided an energy boost to my training of a magnitude I'd never experienced.

Japanese researchers discovered inosine while searching for a substitute for the cardiac stimulant digitalis. Heart patients suffering from an irregular heart beat or angina benefit from the use of digitalis by its action in promoting continued smooth cardiac operation. Inosine has the same effect, the Japanese found.

Inosine belongs to a chemical family known as purine nucleotides. It easily penetrates cell walls of both cardiac and skeletal muscle. Once inside, it promotes the manufacture of more ATP.

It also promotes the production of another biochemical called 2,3-diphosphoglycerate (2,3-DPG). This substance is essential for facilitating the transport of oxygen molecules from the red blood cells to the cell for energy.

The Japanese touted their discovery as helpful in the treatment of acute and chronic myocarditis, myocardiosclerosis, senile heart, myocardial infarction and heart arrhythmia.

For athletes, though, anecdotal evidence suggest that inosine may be helpful in metabolizing sugar, and thereby improving metabolism and ATP production; improving the respiratory process; synthesizing protein; and promoting oxygen trans-



Dr. Fred Hatfield, utilized inosine as part of his preparation for his victory at the 1983 World Championships.





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

While there are some statements that no one ever thinks of believing, however often they are made, there are others that, because they appeal strongly to one's prejudices, are accepted without a moment's reflection. Chuck Braxton phoned the other night to inform me of one of these: that was sweeping the mid-South from Tidewater North Carolina to Middle Tennessee. The USPF was financing the AMWAY promotion. The facts have been the same. USPF has not spent a dime on this promotion. All expenses have been borne by AMWAY and Ben Elmore, the emerald direct distributor who resides in Pensacola. The Executive Committee approved it because it is a "no-loss" opportunity.

On February 10 the Executive Committee, upon the recommendation of the Masters Committee, provided that the two masters teams for the 1986 Masters World Powerlifting Championships shall be selected from among those who total at the 1986 National Masters, Nationals or Senior Nationals. There will be no guest lifters attempting to qualify for these teams at the latter two meets. In order to enter either the Nationals or the Senior Nationals a lifter must post a qualifying total in a meet sanctioned by the USPF. The Executive Committee, on George Zangas's motion, moved unanimously to mail to each lifter selected for a place on either of the two masters teams a letter with directions for obtaining voluntarily, at the lifter's expense, a test of his urine well in advance of the teams' departure for Norway, and a copy of the I.F.B.B. pamphlet on doping control authorized by Bob Goldman. Thus armed, the lifter, who has been taking the prescribed substances, may monitor his preparation, and withdraw from the team prior to its departure, if such a course seems prudent.

Those who would throw prudence to the winds risk a three-year suspension by the USPF, for that is the penalty we have decided to invoke against those who test positive at the 1986 Masters Worlds. The USPF suspension will run concurrently with the three-year I.P.F. suspension. For the purpose of the suspensions the official test results will be conclusive. At the same Executive Committee meeting we overrode the recommendations of the Women's Committee and selected the United States team to the 1986 Women's Worlds using the "Carmino rule." The Carmino rule is designed to maximize team points, sometimes leaving at home the winners in those weight categories where the foreign competition appears to be unusually strong. While it is difficult to fault the logic of the Carmino rule, I had hoped to extend to the Women's Committee a year's grace, and implement the Carmino rule next year after ample notice to the lifters.

Ramona Kennedy had polled nine of the ten winners to determine their wishes from among those who had applied to the Women's Committee in writing for the position of coach. The Executive Committee unanimously endorsed their two choices, Bernice Gagne and Ramona Kennedy. Recently, I received from Heinz Vierthaler, President of the International Powerlifting Federation, a letter "certifying" that on December 5, 1985, the Executive Committee of the International Olympic Committee (I.O.C.) had moved to "recognize" the I.P.F., and by implication, powerlifting. It was indeed a welcome letter, but it has proved to be no passport to membership in the U.S.O.C. to receive from the I.O.C. notice of powerlifting's recognition, and the "conditions," if any, that may be attached thereto. Then and only then will we be permitted to start the rather considerable task of meeting the conditions for U.S.O.C. membership in 1987 by their late summer/early fall deadlines.

We can but persevere.

**Dr. Conrad Cotter, President, United States Powerlifting Federation**

**Alabama**, Bob McKee, 5349 Cornell Dr., Birmingham, AL 35210, 205-956-8860 (res), 205-877-3421 (off).  
**Alaska**, Bob Como, 4100 Gilmore Circle, Anchorage, AK 99503, 907-563-6970.  
**Arizona**, Bob Calvan, 7297 S. Alda S., Tempe, AZ 85283, 602-345-1224.  
**Arkansas**, Daryl Johnson, Rt. 3, Box 268, Blytheville, AR 72315, 501-763-9094.

**California**, Robert S. Taketa DDS, St. Luke's Medical Center, 2600 Capital Ave., Suite 101, Sacramento, CA 95816.  
**Southern California**, Don Haley, 12101 Reagan St., Los Alamitos, CA 90720, 213-596-2085.  
**Central California**, Kelvin Yamada, 7087 N. Thorne, No. 164, Pinetide, CA 93650, 209-435-0488.  
**Colorado**, Jim Mestrey, 7447 Ingersoll, Colorado, CO 80003, 303-420-6819 (res).

**Connecticut**, Nick Capola, 18 Valley Brook Rd., Rocky Hill, CT 06067, 203-563-4654.  
**Delaware**, Erwin Vogler, 116 Danforth Place, Wilmington, DE 19810, 302-475-0475.  
**Florida**, Dick Armatrout, 6708 Benjamin Rd., Suite 500, Tampa, FL 33614, 813-886-0990 (gym).

**Georgia**, Richard Reed, 2648 Oak Hill Dr., NE, Marietta, GA 30062, 404-971-8386.  
**Hawaii**, Raymond L. Verdonski, 1538 Ewaikahi St., Honolulu, HI 96818, 808-422-6148.  
**Idaho**, Mike McIntyre, 152 Wiseman, Twin Falls, ID 83301, 208-734-6491.

**Illinois**, Justin Weisberg, P.O. Box 59138, Chicago, IL 60659, 312-348-8529.  
**Indiana**, Carl Paul Lamb, P.O. Box 1281, Bloomington, IN 47402-1281, 812-332-5609 (res), 812-333-3525 (off).  
**Iowa**, Larry Toomey, 2013 Indianola Rd., Des Moines, IA 50315, 515-244-9428.

**Kansas**, Bobby Fulgroat, 410 South Empress, Wichita, KS 67202, 316-263-8118.  
**Kentucky**, Gary Martin, 203 S. 1st St., Apt. 1C, Nicholasville, KY 40356, 606-885-5386.  
**Louisiana**, Mike Reed, Route 1, Box 229 AW, Monroe, LA 71202, 318-388-0412.

**Maine**, Brad Shaw, Box 2161, Augusta, ME 04330, 207-622-4068.  
**Massachusetts**, Brother Benoit, S.C. St. Stanislaus, P.O. Box 351, Bay St. Louis, MS 39320, 601-467-6926.  
**Missouri**, Mike Cissell, 15 Lakeside Dr., Lake St., Louis, MO 63367, 207-691, 301-262-8561.  
**Massachusetts**, Greg Kostas, P.O. Box 367, Whitman, MA 02382, 617-447-6714.  
**Michigan**, Mario Torrez, 1970 N. Harrison, East Lansing, MI 48823, 517-332-5130.  
**Minnesota**, Bryan Crane, 433 Douglas St., Anoka, MN 55303, 612-421-0386.  
**Mississippi**, Brother Benoit, S.C. St. Stanislaus, P.O. Box 351, Bay St.

**Montana**, Al Roy, P.O. Box 5253, Helena, MT 59604, 406-443-4956, 442-2895.  
**Nebraska**, Brian Beverland, 2012 N. 61st St., Omaha, NE 68104, 402-553-0109, 402-551-2228 (off/OAC).  
**Nevada**, Ken Trujillo, 7108 S. Cunsinger, Las Vegas, NV 89119, 702-361-7375.

**New Hampshire**, Walter J. Nadeau, 345 McKee Ave., Berlin, NH 03570, 603-752-7928.  
**New Jersey**, Ronald Panisich, 247 Camden St., Oradell, NJ 07649, 201-265-3474.  
**New Mexico**, Butch Stackpole, 12316 Candalaria NE, Apt. 1, Albuquerque, NM 87112, 505-299-3024.  
**New York**, Larry Bagnoli, 6 East Boulevard, Gloversville, NY 12078, 518-725-0140 (res).  
**North Carolina**, Benny Sims, 203 West 10th St., Newton, NC 28658, 704-465-1211.  
**North Dakota**, Jack DeShields, P.O. Box 1703, Minot, ND 58701, 701-727-4884.  
**Ohio**, John Black, 11934 Lorain Ave., Cleveland, OH 44111, 216-252-1695.  
**Oklahoma**, Marc Nagle, 6425 SE Belmont, Bartlesville, OK 74006, 918-335-3164.  
**Oregon**, Ramona Kennedy, 2235 Nebraska St., NE, Salem, OR 97301.  
**Pennsylvania**, Keith Jake Boyer, P.O. Box 356, Lehighton, PA 18235, 215-377-3366.  
**Rhode Island**, Dennis Maroney, 48 S. Main St., Providence, RI 02907, 401-941-8342 (res), 401-831-9509 (gym).  
**South Carolina**, Ralph Pardue, Rt. 1, Box 291C, Heath Springs, SC 29058, 803-286-4720.  
**South Dakota**, Tim McCarthy, 2301 S. 4th Ave., Sioux Falls, SD 57105, 605-336-8961.  
**Tennessee**, Eddie Bodkin, 5517 Ringwood Rd., East Ridge, TN 37412, 615-867-9005.  
**Texas**, Glen Venator, The Gym, 13619 Inwood Rd., No. 330, Dallas, TX 75234, 214-387-3079 (Dallas, S. Roy, UT 84067, 801-776-1873).  
**Utah**, Jan Shewlow, 1968 W. 6000 S., Roy, UT 84067, 801-776-1873.  
**Vermont**, Steve Dolgin, 118 Portland St., St. Johnsbury, VT 05819, 802-626-5373 (res), 802-748-3101 (off).  
**Virginia**, Larry Eggleston, 409 N. 8th Avenue, Hopewell, VA 23860, 804-458-0183.  
**Washington**, Jeff Magruder, 98051, 206-820-2446.  
**West Virginia**, Vincent Joe White, 1008 Quamie St., Charleston, WV 25301, 304-342-5131.  
**Wisconsin**, Stephen Whiting, 4768 N. Barbara's Lane, Stevens Point, WI 54481, 715-341-8757.  
**Wyoming**, Stan Lass, Rt. 2, Worland, WY 82401, 307-347-3663.

## TO: All Members of the U.S.P.F., in Particular, Members of USPF National Teams for International Competition.

### FROM: The Sports Medicine Committee of the U.S.P.F.

#### RE: Drug testing at Nationals and World Championships.

As most of you are now aware, in an effort to alleviate previous inequities in doping control, the International Olympic Commission's term for drug testing, the Executive Committee of the United States Powerlifting Federation has determined that each member of any USPF team must have shown negative on doping control tests prior to his or her being named a member of that team; that any drug tested meet sanctioned by the USPF, doping control officers shall collect urine samples from each lifter who tests; that the first and second place lifters in each weight classification will be tested, and each subsequent place tested until a negative result (no abnormalities) is found; and finally, that any prospective member of the team representing the USPF at the 1986 Junior World's Powerlifting Championships will be required to be tested negative prior to becoming an official member of the team, and that those who test positive at the 1986 Junior World's Championships be suspended for 3 years from the date of the championships, not only by the I.P.F. but also by the USPF. Any member of the United States Masters team who is found positive will also be subject to the same suspension.

Since this is an apparent drastic departure from prior methodologies utilized, The Sports Medicine Committee of the United States Powerlifting Federation has instituted what is hoped to become an ongoing education process. This is especially for, and at least initially, especially important for all prospective members of the USPF: National teams for international competition, but shall, of course, include all members of the USPF who may compete in national championship meets.

The samples will be collected utilizing IOC protocol, under the direction of official I.P.F. drug testers, and handled accordingly. The actual testing of the urine samples will be conducted by an official IOC-approved laboratory, using the equipment and personnel that has been and will be used for IOC testing, but will include testing only for anabolic steroids, testosterone, and the amphetamine-like central nervous system stimulants.

Because of the increased sophistication of the personnel and equipment, the drug testing has become very specific, much more sensitive, and now includes, most, if not all, foreign-produced substances, and veterinary anabolic steroids. Since the sophistication and sensitivity of the equipment is increasing, consistently, the following guidelines are simply ones that have been determined utilizing all available information, from those directly involved with the drug testing, but everyone MUST be aware that the actual time after which an athlete ingests any of the banned substances, until the test becomes negative, is determined not only by the size, age and sex of the athlete, but also the metabolic rate, the percentage of body fat, the dosage and amount as well as type and length of time on the specific steroids, which can also be related to diet, work-out schedule, and, of course, genetic differences.

Also, no one should enter from this that the USPF, or any of its representatives, including the Sports Medicine Committee, in any respect, condones the utilization of anabolic steroids or any other substances, but that we are simply trying to present the latest, best information to assist those of you who may have used them in the past, in determining your future time-tables, etc.

So far as we are aware, there are no drugs or other substances that will any longer mask the test accuracy, nor are we aware of anything that can help cheat the body more rapidly of any residue of any of the banned substances prior to the test.

For the present, no testing is available with regard to determining the presence or absence of growth hormone, growth hormone releasing factors, and testing, as of the present, will NOT include anything for diuretics, throat or fly chasers, cataplasms, L-tyrosine, or some of the other pharmaceutical products that are occasionally being utilized by the athlete, and which, of course, can be quite dangerous to the athlete, and HCG. None of the amino acid products will be tested for, nor are they banned, but their efficacy with regard to strength producing has not been proven scientifically. This includes documented long-acting injectable substances including decarbabin, can often be detected at least 3-4 months after utilization, and up to as long as 8-9 months in proven cases.

The oil-based injectables can be detected for at least 3 and possibly as long as 6 months following injection, especially if stacked, or utilized with other anabolic steroids. The water-soluble testosterone can be detected, now, for several weeks after last utilized, and they are often detectable as long as 6-8 weeks. Testosterone: Enj testosterone ratio levels are also being checked. The oral anabolic steroids, including Dianabol, even if only as few as 5 or 6 tablets are taken a day, can be detected for at least 6 weeks, and probably longer.

Most of the other oral and injectable anabolic steroids are intermediate in the time frame with regard to how long they can be detected, in the system, using the urinalysis. Even the sublingual methyl-testosterone can test out positive at least 6 or 8 weeks, possibly longer, and the same time frame applies to halo testin, androl, and primobolan.

With regard to the amphetamine-like central nervous system stimulants, the long-acting types can be ascertained in the urine for several days, and the short-acting, oral, sublingual, or injectable, can be found for at least a few days, in most cases.

Unfortunately, there is no all-inclusive list of the banned drugs in each of the major categories, that is, anabolic steroids, and CNS stimulants, but if you have a question about a particular product, the toll-free United States Olympic Committee phone number which you may call to request information about a specific product is 1-800-233-0393.

Suffice it to say that it is incumbent upon each of you to be VERY conservative in your determination of time elements involved, since there is only one way to test out "negative" and that is to refrain from utilizing any of the banned substances. In closing, we would also like to reiterate that if you are utilizing any substances to enhance your training, you must all be aware that not all containers contain that with which they are labeled, not all manufacturers and distributors provide that which they purport to be providing, as can be attested to by several who have been found positive for banned substances, having been utilizing what they thought was a "safe product", from an untrustworthy provider.

In a similar vein, even if you do obtain some of the "safe products", with regard to their not being on the banned list, the vast majority of which are either overpriced, non-efficacious, or otherwise dangerous in their own right, whether "illegal" or not.

On a positive note, the non-steroidal anti-inflammatory drugs such as Motrin or Naproxen are NOT banned, and may be utilized without fear of retribution. Since the substances which can be found in herbal teas are not included on the I.P.F.-USPF banned list, at least for the moment, this does not present a problem to powerlifters.

We will try to bring you further information and clarification as it becomes available to us.

For those who would like to have their urine tested, and especially for those who MUST have it tested prior to their becoming a member of a national team, for international competition, as of 2/1/86, I have not been able to obtain permission to do so through any IOC-approved laboratories, but the following information should be of interest to all of those who anticipate this need, and utilize information as the only method presently available that is at all comparable to IOC methodology.

This information is as much as I can get right now, and will be modified or amended as we receive further information.

According to Dr. George Shybut, whom some of you know, the team physician for the United States Weightlifting Federation, the Chicago laboratory, which has a pending USOC application, having been submitted about 4 months ago, and now on "hold" has 2 USOC machines which are essentially comparable to the ones at the UCLA USOC laboratory.

There is a possibility that confirmatory tests can then be done at an IOC lab, if these initial tests are positive, but this has not yet been finalized. Essentially the laboratory needs at least 24 hours notice, since it is a commercial laboratory, but can usually provide the results by the end of the week if they receive the samples on a Monday.

As most of you will notice, this is a considerable improvement from those from any of the previously utilized IOC laboratories. This same laboratory has also submitted a contract proposal to the NCAA, and, to my knowledge, will provide a sampling kit to the person to be tested in an effort to have the testing done at a preliminary, and as easily as possible, even for those who are not accustomed to urine testing.

The screening tests will cost somewhere between 40 to 50 dollars per athlete tested, and it is possible when we require an "identification" test, the total cost will reach between \$120 and \$130.

The person to contact if you are interested is Vernostics Lewis at Sports Scientists Group, and whose phone number is 312-935-4366.

Incidentally, the Olympic Lifters who had at least some of their testing done through an organization known as Med-Path, who will do witnessed samplings, I understand, are finally the same as we do when the drug control officers of the I.P.F./USPF go to one of our drug tested meets, but I have no information about this, will present it to you as I receive it. Of course, all must understand that regardless of whatever results is obtained from one of these other laboratories, the results from the official IOC laboratories will be considered final. Richard Henrick, MD

**Applications for the 1986 Junior World Team** are now being accepted. You must establish a total between January, 1986 and June, 1986. 2. You can not turn 24 during the 1986 year. 3. You must establish a total at one of the following national contests: Nationals, Seniors, or Collegiate Championship. 4. You must be prepared to cover some expenses. (Jr. Worlds to be held in India). Reply to: Keith Jake Boyer, Jr. World Coach, P.O. Box 356, Lehighton, PA 18235, 1-215-377-2158. Applications will be accepted until June 21st, 1986. Team selection will be made at the Senior Nationals July 5-6, Chicago, by the Executive Committee.

**National Referee's Test**, will be given along with a seminar as part of the Boy's Teenage Nationals in August. Those people interested should contact Dr. Michael Cissell, 15 Lakeside Dr., Lake St., Louis, Missouri 63367.

# THE INOSINE REVOLUTION IS HERE!

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SEE PAGE 41



FROM Marathion



Jim Gallagher...prepares the ADFPA TOP 20 ranking lists for us each month, and is a top ranked ADFPA competitor in his own right.

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Trivia...here's the answers to last month's questions: 1. Pan American Powerlifting Championships, 2. 1976, 3. Two, George Frenn and John Cole, 4. 181. This month's set of questions from Pare Vuono are: 1. When Bill Kazmaier won the Juniors, what weight class did he compete in? 2. Mike Bridge's first Sr. National victory was in 1978. What weight class did he compete in? 3. When and where did Paul Jordan's famous injury take place? 4. What injury caused Larry Pacifico to withdraw from the Seniors in 1978? 5. What powerlifter won the first English World Strongbow contest in 1980? 6. Which lifter defeated Fred Hatfield at 198 in the 1980 Juniors?

**POWER HOTLINE**...is a bargain for those who spend a lot of money on magazines, phone calls, and traveling to meets to keep up with what is going on. Coming out twice monthly, via first class, **POWER HOTLINE** is the newsletter of Powerlifting, with late breaking, inside stories about anything and everything concerning power and strength. Many gyms buy a subscription and just post it up on the bulletin board to keep their members informed with the latest happenings in the sport. A subscription to **POWER HOTLINE** is only \$28.00 for 24 issues, a year's worth of hot information. When stacked up against entry fees, travel expenses, the cost of suits, wraps, belts, and whatever else, that is a bargain. Order your 24 mind-blowing issues by sending a check for \$28.00 payable to **POWERLIFTING USA**, Box 3238, Camarillo, California 93011, and get the results of the big meets **FAST!**  
**Missing** from the TOP 100 242 list was the 473 bench press of Charlie Sanders of Victoria, Texas, done at the Texas Cup meet in November 1985

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from January 1, 1985 to January 31, 1986.  
Please send a copy of all ADFFPA meet results to Jim Gallagher, 301 Pine St., Glenolden, PA 19036. This will keep these lists as up to date as possible. Thank you.  
Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

# A.D.F.P.A.

## TOP 20 82.5 kg. 181

| SQUAT                        | BENCH PRESS             | DEADLIFT                  | TOTAL                    |
|------------------------------|-------------------------|---------------------------|--------------------------|
| 1. 705 D. Cole 1173/85       | 468 B. Wanner 771/85    | 681 D. Cole 176/85        | 1642 B. Wanner 771/85    |
| 2. 634 B. Schmitt 721/85     | 390 D. Schmitt 948/85   | 655 B. Ely 216/85         | 1609 B. Schmitt 721/85   |
| 3. 617 D. Island 414/85      | 380 B. Schmitt 721/85   | 640 C. Scheuchl 420/85    | 1603 D. Cole 176/85      |
| 4. 606 J. Adams 216/85       | 370 Vigneault 928/85    | 634 J. Adams 216/85       | 1582 J. Adams 216/85     |
| 5. 606 K. Wanner 771/85      | 370 R. Niederler 316/85 | 628 R. Wanner 414/85      | 1571 B. Ely 216/85       |
| 6. 605 M. Kreiger 54/85      | 369 R. Ludy 928/85      | 623 W. Lowe 420/85        | 1570 C. Scheuchl 726/85  |
| 7. 601 T. Ezzo 928/85        | 365 J. Anasazi 928/85   | 606 C. Wright 330/85      | 1526 D. Island 414/85    |
| 8. 600 C. Scheuchl 176/85    | 365 D. Brady 1019/85    | 605 R. Claughton 119/85   | 1520 M. Kreiger 54/85    |
| 9. 600 B. Marchio 817/85     | 364 T. Matichak 210/85  | 605 M. Kreiger 54/85      | 1515 B. Marchio 817/85   |
| 10. 584 T. Matichak 210/85   | 364 M. Chism 330/85     | 601 M. Lira 210/85        | 1490 Vigneault 928/85    |
| 11. 575 J. Wanner 771/85     | 364 S. Wanner 771/85    | 598 J. Wanner 771/85      | 1488 J. Wanner 771/85    |
| 12. 575 T. Schuerman 1019/85 | 362 D. Wilson 511/85    | 600 E. Wettach 1019/85    | 1475 R. Claughton 119/85 |
| 13. 570 M. Beckler 1019/85   | 360 D. Burke 316/85     | 595 M. Apps 330/85        | 1475 J. Anasazi 928/85   |
| 14. 570 P. Spohrer 928/85    | 360 V. Fani 119/85      | 595 B. Schmitt 721/85     | 1465 S. Crumbrink 418/85 |
| 15. 568 S. Lemarie 414/85    | 359 P. Spohrer 928/85   | 595 B. Marchio 817/85     | 1465 S. Crumbrink 418/85 |
| 16. 568 J. Trout 721/85      | 355 L. Onsen 316/85     | 578 B. Clattenburg 216/85 | 1455 M. Chism 330/85     |
|                              |                         | 575 C. New 323/85         | 1450 C. New 323/85       |

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A cellular function activator, used to hold natural cellular, hormonal and steroid levels at high state of readiness without resorting to drugs. Contains no sugar or yeast. Directions: Two capsules before your workout and one capsule directly after.

**CYTOCHROME-C**  
A detailed survey of the literature over the past decade reveals a large body of work done on the relationship of the Cytochrome to an increase in muscle performance and endurance. Since Cytochrome C is a major link in the respiratory chain and muscle performance is dependent upon aerobic respiration, the implications are that for actively working muscle, the aerobic process of energy production is dependent on the Cytochromes. When this system becomes ineffective, the muscle cell metabolism switches to the alternate anaerobic pathway which produces Lactic Acid. As the Lactic Acid builds, muscle fatigue ensues, thus reducing total working time (endurance). Contains no sugar or yeast. Directions: One or two capsules, 30 minutes before a workout and one capsule following your workout.

**TRI-METHYL GLYCINE**  
A lipotropic type substance which allows the metabolic process to rapidly convert fat to energy. Essential for endurance and staying power. Contains no sugar or yeast. Directions: One or two capsules before activity and one capsule after.

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**Florida State Championships**  
1 Feb 86

| WOMEN        | SQ    | BP    | DL    | Total |
|--------------|-------|-------|-------|-------|
| T. Dushko    | 137.5 | 72.5  | 132.5 | 342.5 |
| V. Anthony   | 105   | 57.5  | 147.5 | 310   |
| S. White     | 107.5 | 57.5  | 140   | 305   |
| H. Ackerman  | 82.5  | 42.5  | 115   | 240   |
| MASTERS      |       |       |       |       |
| R. Thomas    | 187.5 | 155   | 195   | 537.5 |
| R. Price     | 112.5 | 105   | 135.5 | 353.5 |
| R. B. Berger | 170   | 115   | 182.5 | 467.5 |
| NOVICE       |       |       |       |       |
| L. 123       | 122.5 | 92.5  | 147.5 | 362.5 |
| S. Soukup    | 117.5 | 90    | 147.5 | 355   |
| L. 132       | 112.5 | 105   | 137.5 | 355   |
| J. Price     | 215   | 127.5 | 250   | 592.5 |
| MALE         |       |       |       |       |
| R. Espinoza  | 207.5 | 130   | 210   | 547.5 |
| D. Witt      | 207.5 | 142.5 | 195   | 545   |
| D. Divona    | 195   | 112.5 | 222.5 | 530   |
| D. Donnelly  | 160   | 102.5 | 205   | 467.5 |
| D. Howley    | 305   | 192.5 | 262.5 | 760   |
| D. 148       | 205   | 182.5 | 250   | 637.5 |
| D. Gaines    | 250   | 137.5 | 225   | 615   |
| D. Batten    | 197.5 | 142.5 | 227.5 | 567.5 |
| L. Southon   | 197.5 | 142.5 | 227.5 | 567.5 |
| D. Williams  | 177.5 | 90    | 192.5 | 460   |
| 198          |       |       |       |       |
| D. Debiti    | 220   | 170   | 340   | 630   |

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L-Ornithine 250 mg  
Potassium Aspartate 125 mg  
Magnesium Aspartate 125 mg

**GROWTH** \*17\*/120 tabs • \*32\*/250 tabs  
L-Arginine 500 mg  
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Growth Hormone Releasers to stimulate muscle growth and burn body fat.

**ULTRA-GROWTH** \*40\*/250 tabs  
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L-Ornithine 250 mg  
L-Tryptophan 125 mg  
L-Tyrosine 125 mg

Arginine and Ornithine growth hormone releasers stimulate muscle growth and burn body fat. Tryptophan stimulates the release of growth hormones and makes the arginine and ornithine combination more effective. Lysine increases effectiveness of entire gland system.

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L-Valine 500 mg  
L-Methionine 500 mg  
L-Tyrosine 500 mg  
L-Phenylalanine 500 mg

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L-Arginine 44.0 mg  
L-Aspartic 84.0 mg  
L-Glutamic 26.0 mg  
L-Glycine 24.0 mg  
L-Isoleucine 3.3 mg  
L-Lysine 46.6 mg  
L-Tyrosine 46.6 mg  
L-Valine 46.6 mg

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**Women's Drug Free National Powerlifting Championships**

Date... April 4, 5, 6 Lifting Starts 10:30 a.m. Saturday & Sunday

ADFPA Womens Committee meeting... 3:00 p.m. Friday, April 4th

Awards... Open & Teen Divisions Best Squat, Bench Press, Dead Lift Team Trophies Best Lifters Champion of Champions Boston, Mass. The Castle at the Park Plaza Hotel and Towers Park Square at Arlington Downtown

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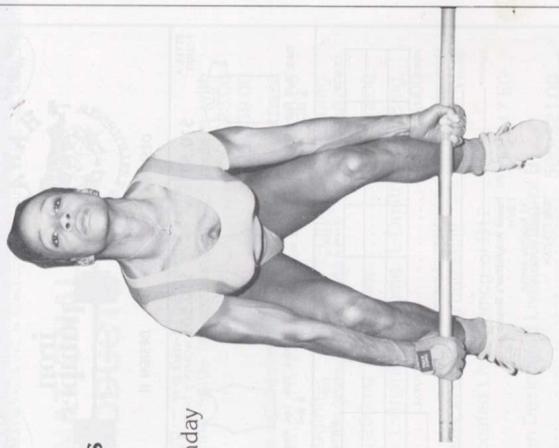
Meet Directors... Sue Elwyn and Philip Kaan

Sponsored by... House of Health Rt. 1, Lynnfield, Mass.

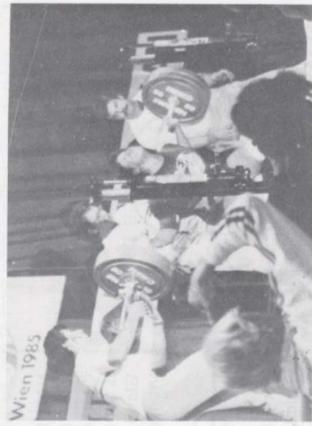
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Augusta Open  
26 Jan 86  
132 Michelle Michaud 240 115 305\* 660\*  
133 Ken Bridgman 415 285 425 1125  
134 Eric Rinfret 455 275 540 1270  
135 Matt Israelson 660 400 575 1635  
136 John Veilleux, outstanding men lifter: 1. Matt Israelson, 2. Ray Pauley, 3. Scott Pelletier, Gyms: 1. The Iron Gym, 2. The Iron Gym, 3. The Iron Gym, 4. The Iron Gym, 5. The Iron Gym, 6. The Iron Gym, 7. The Iron Gym, 8. The Iron Gym, 9. The Iron Gym, 10. The Iron Gym, 11. The Iron Gym, 12. The Iron Gym, 13. The Iron Gym, 14. The Iron Gym, 15. The Iron Gym, 16. The Iron Gym, 17. The Iron Gym, 18. The Iron Gym, 19. The Iron Gym, 20. The Iron Gym, 21. The Iron Gym, 22. The Iron Gym, 23. The Iron Gym, 24. The Iron Gym, 25. The Iron Gym, 26. The Iron Gym, 27. The Iron Gym, 28. The Iron Gym, 29. The Iron Gym, 30. The Iron Gym, 31. The Iron Gym, 32. The Iron Gym, 33. The Iron Gym, 34. The Iron Gym, 35. The Iron Gym, 36. The Iron Gym, 37. The Iron Gym, 38. The Iron Gym, 39. The Iron Gym, 40. The Iron Gym, 41. The Iron Gym, 42. The Iron Gym, 43. The Iron Gym, 44. The Iron Gym, 45. The Iron Gym, 46. The Iron Gym, 47. The Iron Gym, 48. The Iron Gym, 49. The Iron Gym, 50. The Iron Gym, 51. 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City, State, Zip \_\_\_\_\_

Pennsylvania Prison Championship  
Huntingdon, Pa  
1 Feb 86

| SQ  | BP  | DL  | Total |
|-----|-----|-----|-------|
| 114 | 300 | 165 | 360   |
| 123 | 365 | 250 | 380   |
| 124 | 395 | 165 | 300   |
| 125 | 395 | 165 | 335   |
| 132 | 420 | 270 | 465   |
| 133 | 410 | 190 | 450   |
| 134 | 400 | 200 | 400   |
| 148 | 500 | 350 | 545   |
| 149 | 575 | 325 | 525   |
| 150 | 460 | 285 | 460   |
| 165 | 610 | 310 | 620   |
| 166 | 555 | 295 | 645   |
| 167 | 530 | 255 | 465   |
| 181 | 610 | 365 | 625   |
| 182 | 575 | 380 | 600   |
| 183 | 590 | 385 | 580   |
| 184 | 645 | 360 | 675   |
| 185 | 685 | 375 | 600   |
| 186 | 600 | 300 | 675   |
| 187 | 630 | 350 | 585   |
| 210 | 760 | 450 | 640   |
| 211 | 575 | 415 | 615   |
| 212 | 620 | 340 | 550   |
| 213 | 600 | 415 | 670   |
| 214 | 540 | 360 | 550   |
| 215 | 800 | 405 | 605   |
| 216 | 530 | 400 | 500   |
| 217 | 535 | 325 | 510   |
| 218 | 855 | 400 | 700   |
| 219 | 575 | 330 | 525   |
| 220 | 575 | 325 | 1430  |
| 221 | 475 | 305 | 505   |
| 222 | 475 | 305 | 1285  |

Outstanding lift: Jones, SCI Dallas, hv: Drest, SCI, Graterford. The Pennsylvania Prison Championship Pt meet was held at SCI Ft. Huon.

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**STAMINA**... each tablet contains 500mg. L-Arginine, 250mg. L-Omnithine, 200mg. DL-Phenylalanine, 125mg. Potassium Aspartate, 125mg. Magnesium Aspartate. .... 250/\$38.00

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**ULTRA-29**... each tablet contains 29 grains Argentinian Desiccated Liver, 50mcg. of B12. .... 500/\$21.00

**ULTRA-40**... each tablet contains 40 grains Argentinian Desiccated Liver, 75mcg. of B12. .... 500/\$30.00

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**SIZE**... 2 oz. contains 230 cal, 13gr. protein, 34gr. of carbs., made from whole milk solids, non-fat dry milk solids, whey solids no sugar added. .... 4 pounds/\$18.00

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UNITED STATES POWERLIFTING FEDERATION, INC.  
P.O. Box 19485, Pensacola, Florida 32523

CLUB MEMBERSHIP APPLICATION

TO THE REGISTRATION COMMITTEE CHAIRMAN OF THE UNITED STATES POWERLIFTING FEDERATION.

THE \_\_\_\_\_ (NAME OF CLUB) HEREBY MAKES APPLICATION FOR MEMBERSHIP IN THE U.S.P.F. THE INFORMATION REQUIRED TO COMPLETE THIS APPLICATION BEING SUBMITTED BY ME TO COVER THE AMOUNT OF THE DUES FOR THE CURRENT YEAR.

ADDRESS OF THE CLUB

Street \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Organization \_\_\_\_\_

Names and addresses of Officers of the Club:

Number of U.S.P.F. members as of date of this application (Minimum of 10 members required)

THE CLUB, IF APPROVED, HEREBY AGREES TO ABIDE BY THE BY-LAWS OF THE UNITED STATES POWERLIFTING FEDERATION AND TO ACCEPT THE CONSTITUTION, BY-LAWS, REGULATIONS AND RULES AND DECISIONS OF THE EXECUTIVE COMMITTEE AND REGISTRATION COMMITTEE OF THE U.S.P.F.

SIGNATURE OF CLUB SECRETARY

## Message from the Masters Chairman

Attention Master Lifters: It is that time again, when we should be thinking about and preparing for our National Masters Championships. In accordance with the decision of the Masters Committee reached two years ago, the championships will cover three days - May 3, 4, and 5, to be held at the beautiful Sheraton Inn, Buffalo-East, Buffalo, N.Y. The annual meeting of the Masters Committee will be held at the host hotel on Friday evening at 7:30 P.M. The order of competition will begin at 10 A.M. Saturday with the 82.5 Kg. class (men), followed by the 90 Kg. class (men). On Sunday the 100 Kg. thru SHWT. (men), and on Monday the balance of the lighter classes in the various classes through fifth place.

In response to numerous requests the members of the USPF World Masters team will be selected from among the outstanding lifters who total at (1) the National Masters, (2) the National and (3) the Senior National Championships. Insofar as the latter championships are concerned, only those Masters who have met the qualifying totals for those meets will be considered. A "guest" appearance at these meets will not suffice.

In no previous National Masters Championships has any mandatory drug testing of winners been in effect, and this policy will continue in 1986. However, in an effort to protect the integrity of the 1986 USPF World Masters Team, the Executive Committee of the USPF has decided by unanimous vote that each lifter selected for a place on either of the two teams be given directions for obtaining voluntarily, at the applicant's expense, a test of his urine well in advance of the team's departure, as well as a pamphlet outlining the procedure. Any member of the 1986 team testing positive at the 1986 World Masters faces a three year suspension by both the I.P.F. and the USPF.

Respectfully, Don J. Haley, Chairman, U.S.P.F. Masters Committee  
12101 Reagan Street, Los Alamitos, CA 90720, 213-596-2085

Glass City Open Toledo, OH  
25 Jan 86

1st annual N.C.C. Meet  
25 Jan 86 Burkeville, VA

188 400 260 450 1110

315 550 375 690 1525

1135 425 285 425 1135

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995 325 225 445 995

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# 1986 NATIONAL



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### Kansas State Meet

#### 26 Oct 85 Topeka, KS

| Women        | SQ  | BP  | DL  | Total |
|--------------|-----|-----|-----|-------|
| Wynne        | 240 | 130 | 345 | 715   |
| Pam Pomeroy  | 265 | 105 | 300 | 670   |
| M. Cotworth  | 245 | 120 | 285 | 650   |
| Christy      | 265 | 115 | 285 | 665   |
| Aren Boyer   | 165 | 120 | 250 | 535   |
| Karen Cooper | 165 | 95  | 255 | 515   |
| Jill Odell   | 165 | 95  | 255 | 515   |
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### Hawaii State Championships

#### 20 Oct 85 Honolulu, HI

| Women         | SQ  | BP  | DL  | Total |
|---------------|-----|-----|-----|-------|
| Sandra Lee    | 303 | 137 | 330 | 771   |
| Glendora Tant | 220 | 137 | 259 | 617   |
| 114           |     |     |     |       |
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### Fort Knox Open

#### 11 Jan 86 - Ft. Knox, KY

#### BENCH PRESS DIV

|             |     |
|-------------|-----|
| Neal Miller | 487 |
| Tom Edwards | 374 |
| Van Johnson | 386 |
| Greg Nagy   | 314 |
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### Fort Knox Open

#### 11 Jan 86 - Ft. Knox, KY

#### WOMEN'S DIV

|              |     |
|--------------|-----|
| Chae Ogden   | 281 |
| Wayne Gordon | 418 |
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### Fort Knox Open

#### 11 Jan 86 - Ft. Knox, KY

#### WOMEN'S DIV

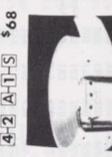
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| Wayne Gordon | 418 |
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# Power Place Products Inc.

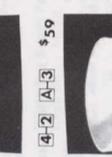
839 MAIN ST., LAFAYETTE, IN 47901 (317) 742-8023



**4-1 A-1-S-E \$89**



**4-2 A-1-S \$68**



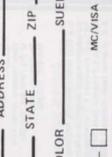
**4-2 A-1-S \$59**



**4-1 A-1-S \$30**



**2-5 B-1 B \$25**



**4-3 A-1-S \$78**



**4-3 A-2 \$66**



**4-3 B-1 \$63**



**4-3 A-2 \$25**



**4-3 A-2 \$25**



**4-3 A-2 \$25**



**4-3 A-2 \$25**



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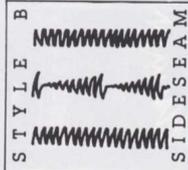
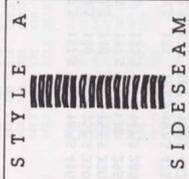
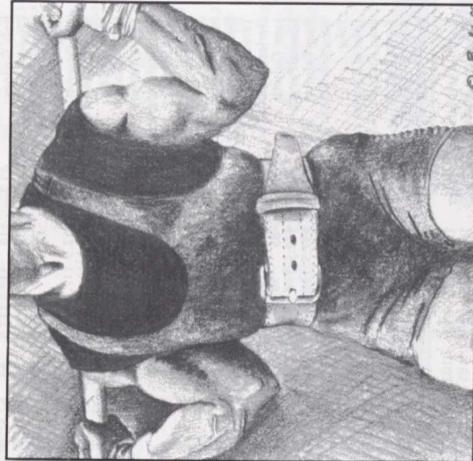
**4-3 A-2 \$25**



**4-3 A-2 \$25**



# CUSTOM



# TAILORED<sup>®</sup>

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Now the only truly CUSTOM TAILORED lifting suit ever made, is available in a style, fit and price to suit you. And all suits are backed by the famous Titan guarantee\*, unmatched in almost three years, assuring you of maximum performance.

## NOW AVAILABLE IN 2 STYLES AND 3 FITS!

\*The Titan Guarantee: Rip or tear the croich of your suit out (style A or B) within 3 months and receive a free replacement suit plus your money back! One month replacement guarantee on the rest of the suit.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

repeat customer? \_\_\_\_\_ male \_\_\_\_\_ female \_\_\_\_\_  
Color: Royal Blue \_\_\_\_\_ 1st choice \_\_\_\_\_ 2nd choice \_\_\_\_\_  
Quantity: \_\_\_\_\_ Regular fit (snug for new lifters and keeping the groove)  
\_\_\_\_\_ Meet fit (tight, supportive for meets and training)  
\_\_\_\_\_ Competitive fit (lightest, most supportive fit)  
NOT advised for first time customers.

Height \_\_\_\_\_ Leg (largest part) \_\_\_\_\_  
Weight \_\_\_\_\_ Overall (top of trap to 6" below crotch) \_\_\_\_\_  
Hips (largest part) \_\_\_\_\_

STYLE A \_\_\_\_\_  
STYLE B \_\_\_\_\_  
COD's accepted Shipped UPS TX orders add 5.125% sales tax  
Overseas add 10% (international money orders only)  
Mail to: TITAN SUITS, INC. 921 Rickey, Corpus Christi, TX 78412

**Style A. sides Seam:**  
The strongest commercial  
stitch available! Superior  
strength!  
Faster delivery time!

**\$34.00 +**  
**2.00** shipping &  
handling in the USA.

**Style B sides Seam:**  
The construction and stitch  
that made Titan famous!  
Comes with decorative  
arrow center stitch.

**\$36.00 +**  
**2.00** shipping &  
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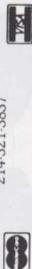
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**ABC'S of POWERLIFTING**  
8 times Nat'l Power Lifting Champion.  
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- A chapter on how to set up your very own training quarters
- How it all began
- Sensible training secrets
- 209 pages of Powerlifting

ALL FOR ONLY \$9.95 PLUS  
\$2.00 POSTAGE AND HANDLING

Order from Jim Witt  
1144 Peavy Rd., Dallas, Tx. 75218  
214-321-3837



# What you wear makes all the difference



Wear The Best - A Victor Power Suit From Muscle Mart!

## THE NEW VICTOR SUIT

To lift your best you have to wear the best! At last, a suit that lets you go for max without binding or blowing. You'll go deep with confidence in the new Victor Suit!

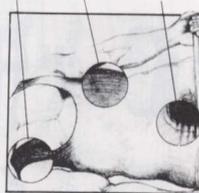


**COMFORTABLE** The Victor's seamless, one-panel construction keeps from binding while giving you maximum support.

**VIRTUALLY SNAG AND RUN PROOF!** The Victor's exclusive "Ultra-Might" fabric and circular knit make it almost impossible to snag, tear or run!

**BLOW-PROOF CROTCH!** Overlapped and double stitched in a unique process for maximum strength and support.

**GUARANTEED** Were so sure of the Victor, if you blow the crotch within one month of purchase WE'LL GIVE YOU A REPLACE-  
MENT SUIT PLUS \$20,000!



Order today from Muscle Mart \$31.00 each — IPF Approved Available in Royal Blue, Navy and Burgundy.

Price per Suit **\$31.00** Quantity \_\_\_\_\_ Color: 1st & 2nd Choice \_\_\_\_\_ Amount \_\_\_\_\_

USA and Canadian Orders add 5% for Handling/Shipping  
Overseas Orders add 20% for Handling/Shipping  
California Residents add 6% Sales Tax  
**TOTAL** — Thank you for your business.

— A FREE CATALOG. No Obligation.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State: \_\_\_\_\_ Zip: \_\_\_\_\_  
MC-VISA No: \_\_\_\_\_ Exp. Date: \_\_\_\_\_



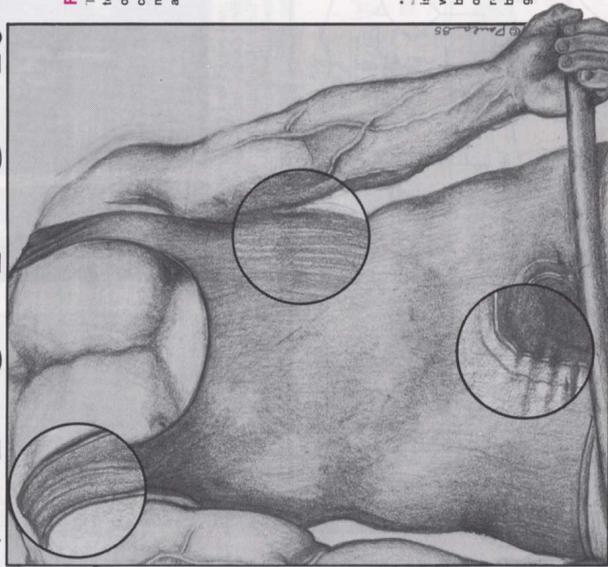
Enclosed find \_\_\_\_\_ Check \_\_\_\_\_ Money Order  
Total Enclosed \$ \_\_\_\_\_  
No COD. Calif. Res. add 6% sales tax.  
Send to: Muscle Mart, 7904-B Ronson Rd.  
San Diego, CA 92111, ☎619/277-LIFT (5438).



Titan Suits, Inc. presents

# THE VICTOR

**S T R A P**  
A design innovation is introduced by Titan Suits and found only on THE VICTOR. It's seamless, one-panel construction makes a strong seam, eliminates risk of strap seam blowouts and creates a non-binding, more comfortable strap.



**C R O T C H**  
THE VICTOR is unmatched in seam construction. It is overlapped and double stitched (L.P.F. APPROVED) with Titan's unique pressure resistant stitch to insure what we guarantee\* - a blow-proof crotch.

\*Guarantee: THE VICTOR is the only suit in the fitting world that guarantees if you blow the crotch out within one month, you'll not only receive a replacement suit, but \$20.00 back as well... guaranteed!

**\$28 USA SALE!**  
(offer good thru March 31, 1986)

**ORDER BLANK**

| PRICE PER SUIT  | HEIGHT | WEIGHT | QUANTITY | SIZE | COLOR: 1st & Alternate Choice | AMT. |
|---|--------|--------|----------|------|-------------------------------|------|
| \$31.00   |        |        |          |      | 1. 2.                         |      |
|   |        |        |          |      | 1. 2.                         |      |
|   |        |        |          |      | 1. 2.                         |      |
| USA AND CANADIAN ORDERS ADD 5% FOR HANDLING/SHIPPING  |        |        |          |      |                               |      |
| OVERSEAS ORDERS ADD 20% FOR HANDLING/SHIPPING   |        |        |          |      |                               |      |
| ADD APPLICABLE TAXES - SEE DEALER LISTING**   |        |        |          |      |                               |      |
| TOTAL - THANK YOU FOR YOUR BUSINESS   |        |        |          |      |                               |      |
| IF YOU ARE NOT SURE OF YOUR SIZE AND WOULD LIKE YOUR DEALER TO FIT YOU ACCORDING TO YOUR HEIGHT AND WEIGHT, CHECK THIS BOX. |        |        |          |      |                               |      |

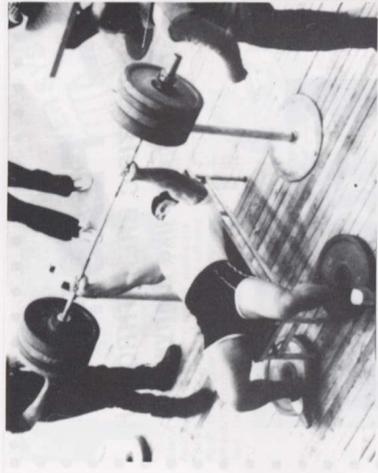
Available in sizes 20-56. In even sizes. The largest selection in the fitting world. Seamless strap design is not available on sizes 50-56. Available in Navy Blue, Royal Blue and Burgundy

**F A B R I C**  
THE VICTOR is constructed from our exclusive stock of Ultra-Might fabric. It's circular knit and fabric content make it virtually tear proof and run proof as well.

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- Uni-Body Systems, Inc. P.O. Box 292636, Columbus, GA 31929, (615) 726-6849, \*\*Oh. residents add 5.5 percent sales tax
- Mr. Hideaki Inaba & Susumu Yoshida, 6370 Obourusel 4, Fuchu, Chiba, Tokyo 183, Japan
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- Alter Weg 31, West Germany
- \*\*150 DM per suit

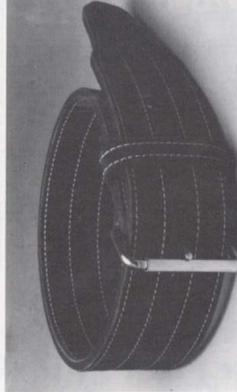


**Biggest Bench in Eastern Europe!** comes from the Soviet Union. Next in line behind Lars Hedlund's 628 is the 584 pound effort of YURI TSCHELO-BISTICHKOW of Moscow, USSR. According to Josef Svab, Czechoslovakian Powerlifting Chairman, Yuri first showed his talent by benching 507 at age 21, and less than one year later was up to the 584, made in January in Tallin, Estonia. He stands 74.8 inches tall, bodyweight approximately 285, chest 54.4 inches, arms 21.6 inches, forearms 17 inches and thighs a massive 30.3 inches. His squat and deadlift training is limited, but so far he has hit 628 and 661 and has totaled 850 kilos. Josef predicts that Yuri will hit a 600 very soon, and notes that benches in the Soviet Union are done with a clap, in accordance with IPF rules. Photo courtesy V. Paavilainen.

| Blue Ridge Classic   |     |     |     | Hendersonville, NC |                 |     |     |     |       |
|----------------------|-----|-----|-----|--------------------|-----------------|-----|-----|-----|-------|
| Class II             | SQ  | BP  | DL  | Total              | Class II        | SQ  | BP  | DL  | Total |
| 122 Swain            | 350 | 170 | 485 | 925                | Bob Holmes      | 490 | 295 | 550 | 1335  |
| 123 Swain            | 265 | 135 | 350 | 750                | Michael Garnet  | 495 | 325 | 485 | 1305  |
| 132 Clark            | 280 | 160 | 290 | 730                | Jimmy Roberts   | 425 | 265 | 560 | 1250  |
| 133 Clark            | 265 | 165 | 350 | 780                | Kenneth Gatis   | 480 | 300 | 460 | 1240  |
| 144 Swain            | 340 | 225 | 350 | 915                | 242 Parker      | 430 | 230 | 335 | 1185  |
| Mark Walker          | 400 | 255 | 430 | 1085               | Freddie Lee     | 585 | 380 | 600 | 1565  |
| John W. Steger       | 375 | 255 | 450 | 1080               | Rick Miller     | 575 | 350 | 550 | 1475  |
| Mark Walker          | 400 | 255 | 430 | 1085               | 140 Swain       | 460 | 260 | 400 | 1120  |
| Rick McCall          | 410 | 255 | 440 | 1105               | 141 Swain       | 465 | 265 | 400 | 1130  |
| John Connors         | 290 | 280 | 460 | 1030               | Gary Cooley     | 475 | 360 | 555 | 1390  |
| Dan Endley           | 365 | 245 | 380 | 990                | Ben Riddle      | 490 | 260 | 600 | 1350  |
| Paul King            | 360 | 240 | 380 | 980                | Matt Stillinger | 465 | 320 | 550 | 1335  |
| Ricky Cloninger      | 480 | 315 | 550 | 1325               | Ken Poole       | 525 | 335 | 500 | 1360  |
| Terry West           | 460 | 275 | 500 | 1235               | Dan McDonald    | 460 | 305 | 500 | 1265  |
| Roy Hodgins          | 470 | 290 | 450 | 1210               | Mike Magiles    | 415 | 275 | 525 | 1215  |
| John P. Adly         | 405 | 250 | 475 | 1130               | 72 McClure      | 375 | 320 | 425 | 1120  |
| David Calhoun        | 405 | 250 | 475 | 1130               | 148 Hickey      | 580 | 360 | 540 | 1540  |
| Tony Stepp           | 415 | 240 | 475 | 1130               | 149 Hickey      | 580 | 360 | 540 | 1540  |
| Donald Jenkins       | 405 | 255 | 450 | 1100               | 150 Hickey      | 580 | 360 | 540 | 1540  |
| 181 Keith Stephenson | 300 | 180 | 375 | 855                | 151 Hickey      | 580 | 360 | 540 | 1540  |
| 181 Bill Craft       | 550 | 335 | 575 | 1460               | 152 Hickey      | 580 | 360 | 540 | 1540  |
| 181 Mike Gibbs       | 530 | 400 | 480 | 1410               | 153 Hickey      | 580 | 360 | 540 | 1540  |
| Todd Gurley          | 550 | 310 | 525 | 1385               | 154 Hickey      | 580 | 360 | 540 | 1540  |
| Jimmy Cash           | 525 | 340 | 475 | 1340               | 155 Hickey      | 580 | 360 | 540 | 1540  |
| 181 Randy Ruff       | 550 | 280 | 460 | 1290               | 156 Hickey      | 580 | 360 | 540 | 1540  |
| Greg Beddingfield    | 500 | 300 | 475 | 1275               | 157 Hickey      | 580 | 360 | 540 | 1540  |
| Donald Jenkins       | 440 | 320 | 500 | 1260               | 158 Hickey      | 580 | 360 | 540 | 1540  |
| 181 David Green      | 335 | 225 | 460 | 1025               | 159 Hickey      | 580 | 360 | 540 | 1540  |
| 181 Michael Wornum   | 350 | 235 | 460 | 1045               | 160 Hickey      | 580 | 360 | 540 | 1540  |
| 198 David Green      | 335 | 225 | 460 | 1025               | 161 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Jim Linn Jones   | 535 | 375 | 610 | 1520               | 162 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Bob Rockefeller  | 525 | 315 | 585 | 1425               | 163 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Tim McAndrews    | 565 | 325 | 520 | 1410               | 164 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Mike Tilley      | 515 | 375 | 550 | 1340               | 165 Hickey      | 580 | 360 | 540 | 1540  |
| 198 James Fox        | 460 | 250 | 475 | 1185               | 166 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Alan Taylor      | 425 | 265 | 470 | 1160               | 167 Hickey      | 580 | 360 | 540 | 1540  |
| 198 David Kirk       | 450 | 245 | 450 | 1145               | 168 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Rick Walker      | 420 | 290 | 415 | 1125               | 169 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Dave Graydon     | 485 | 245 | 440 | 1090               | 170 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Jim Standler     | 405 | 250 | 425 | 1080               | 171 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Tim Collins      | 525 | 400 | 645 | 1570               | 172 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Donnie Pack      | 580 | 390 | 600 | 1570               | 173 Hickey      | 580 | 360 | 540 | 1540  |
| 198 David Peace      | 570 | 370 | 625 | 1565               | 174 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Gary Barr        | 505 | 345 | 575 | 1425               | 175 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Terry Spahnour   | 500 | 370 | 550 | 1420               | 176 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Patrick Burke    | 500 | 330 | 560 | 1390               | 177 Hickey      | 580 | 360 | 540 | 1540  |
| 198 Jeff McCall      | 405 | 325 | 615 | 1345               | 178 Hickey      | 580 | 360 | 540 | 1540  |

Thank to Harris Fitness World for results.

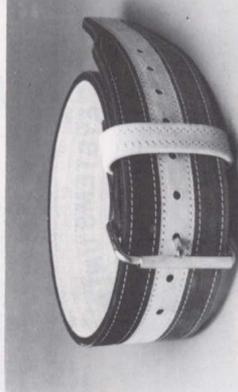
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All belts are deluxe double thickness suede with heavy duty design plus 4 rows of stitching. One prong or two prong. Any color, any size.

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This belt is also double thickness, but your choice of one, two or three tones. 6 rows of stitching. One or two prong buckle. Any color or color, any size.

**new!**

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U.S.P.F. REGION 13

PRESENTS

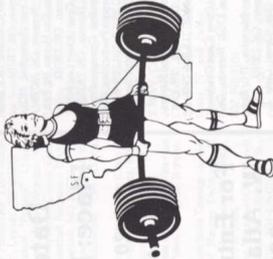
1986

## California Women's Open Invitational Powerlifting Contest

&

## California Women's State Powerlifting Championship

Saturday, July 19, 1986 Time: 10:00 a.m.



### PALACE OF FINE ARTS THEATRE

3301 Lyon Street  
San Francisco, CA 94123

IPF DRUG TESTING AVAILABLE  
TO VERIFY WORLD RECORDS.

★ Senior — Junior — Master ★

For Entry or Tickets

Contact:

TOM CAREY OR DON AMINI  
(415) 566-7086 (415) 647-4477

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*Feel the Power!!*

320

# "POWER BLASTER" Weightlifting Belts

**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 in a production process that produces an exceptionally durable 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 strength
- Four rows of stitching (except on style Nos. 110-120)
- Attractive, wear-resistant brushed suede
- Available in three colors
- Hand crafted by professionals



- STYLE 310**  
• 4" Back Tapered to 2 1/2" Front  
• Suede Inside & Out  
\$36<sup>95</sup>
- STYLE 410**  
• "Competition Belt"  
• Heavy-Duty Double Tongue Buckle  
• Brushed Suede Inside & Out  
• 10cm Wide x 13mm Thick  
(Diamond Stitching \$2.00 EXTRA)  
\$54<sup>95</sup>

Prices Subject To Change Without Prior Notice

**SPECIAL BONUS OFFER:** Order now and receive free training straps (valued at \$4.95) with each POWER BLASTER belt.

### 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. Bashlin Co., "Power Blaster", 119 W. Pine St., Grove City, PA 16127, ATTN: Robert Schell  
For Quick Delivery Call:  
**1-412-458-8340**  
(Ask For Bob Schell)

**Free Delivery**  
Photocopy Order Form For Each Additional Weight Belt Ordered  
All Belts Manufactured By W.M. Bashlin Co. With Over 40 Years In "Power Belts" 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