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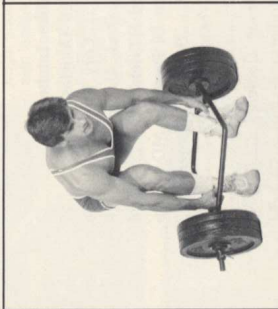






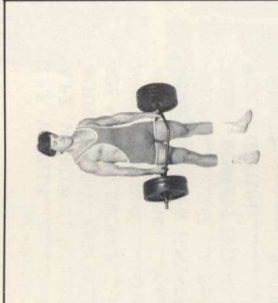


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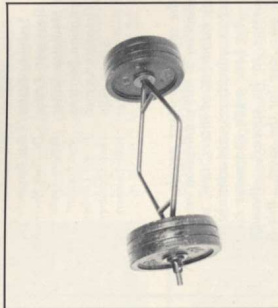
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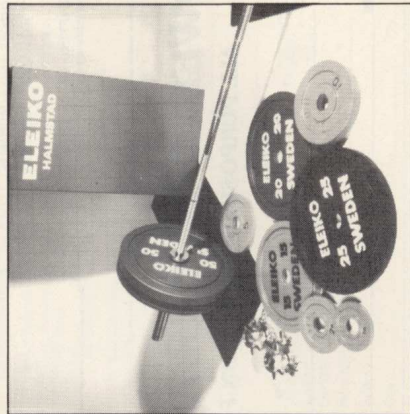
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This year's I.P.F. World Powerlifting Championships were held at a multi-sport and recreation center, part of a very large park facility, in the Kijkduin suburb of The Hague, in Holland. This area, and neighboring Scheveningen, comprise a major beach resort. The meet hotels were right on the beach dunes, and bus and taxi service were very convenient for trips into the metropolitan area of The Hague, or railway connections into Amsterdam. The weather for the competition was excellent. The first few days were clear and almost warm, but there was a smattering of rain on the latter days. Most all of the younger Dutch people speak English, and seemed receptive to Americans. Many different cultures are represented in the Dutch populace, so a few assorted Americans, and lifters from 24 additional countries, were able to blend in and function in the Netherlands society with little apparent difficulty. This was the heaviest turnout of member nations at any championship in I.P.F. history, and is more than many sports that are already part of the Olympics can often come up with, which is a plus in the quest for Powerlifting to join that elite corps of sporting federations.

As for the meet site itself, it was accommodating in almost every way, and the whole effort was very well thought out and executed by meet director Wouter Van Der Toorn, who had practiced for this event by hosting the European Championships at the same site the year before.

As for the lifting, it started out much as it has in previous years. The most successful international powerlifting champion of all time, Hideaki Inaba, was going for his 12th World title. A Master lifter, his achievements are legend, but his superb strength athlete is not coasting. After ending a dry spell of world records with 3 new ones at the Japanese Nationals, he showed that he is actually good for more in the future, hitting a world-record total on only 6 successful attempts, 1300 at 114 seems within his reach in the near future, and perhaps even a 551 squat. That is some amazing lifting, especially when you consider his age and how long he has competed within the same weight class.

Ojaletto lifted very nicely over Maxwell of Great Britain, who seemed to struggle a bit this year, as many of the British team did. Dissen, of the host nation, was just off a bronze medal winning performance.

In the 125s, another familiar face finished up front. Tino Isagawa looked to have a shoulder injury indicated that he had a shoulder injury and was concerned about making another world record on the bench. As a matter of fact, he did appear to be in his regular set in his best lift, but he gave a worded attempt (by .5 kJ) a ride on his final try. The veteran Joseph Capalab led his position one could, but a newcomer placed into the bronze and gave the fresh something exceptional to be very proud of. Gerry McNamara was good

# I.P.F. WORLDS

by Mike Lambert

thanks to Bob Packer, and can vouch for the legitimacy of that aspect of the process.

Kesalohit of Finland looks like a good chance for a future medal, as he handled the more experienced Elson (bundled up in his jacket, he looked like a 181 pounder), and Mez-zanotte, a future hope for Belgium now that World Champ Coppin has retired and moved to Norway. Harry Van Der Brand, a ten time National Judo champ who has also placed 4th in the world in Sambo wrestling, just about didn't make the cut in the squats, but gutted out his final effort to continue in the meet. Mills of the first time Bahamian team appears to be a comer, but he succumbably to experience, understandably.

In the Middleweights, often a stronghold for Americans, things were wide open, but of the many who Canada steered out and secured a gold medal in his first try at the world title. Rick, at five feet even, did well at the completely drug tested Canadian Nationals, and despite some odd misss here, where he came right back and blew the weight away, he performed similarly. Brasile, a long, lean Italian (they had a very strong team at the meet), missed the big deadlifts he needed to overtake Rick, in a way that made it hard to tell just how close they were to being there. Eland, a hard worker, got a bronze medal for Austria, over another Canadian, Fougere, who had a powerful looking set of legs. Cruz of Spain, with a set of bazz hands, was impressively built as well. Olen Waszeta, a pre-meet favorite who certainly deserved a chance at the title, couldn't get any squats down.



**LAMAR GANT...burrowing out from under a squat. He was the consummate Power Gentleman in winning his Eleventh World Championship title, and a bit taxed by his 606 deadlift, and did not come out for the called for 650 on his 3rd. Randall found the benches rough, but did get things going his way in the deadlift, for a solid 2nd place finish. Tromp of Holland lifted very nicely for the 3rd place medal, but Norville of Canada (the Gant of the Great White North) and recently divorced, the rascally Yipo wiked, as he shared a drink with us, and let it be known that he's looking for a wife, of about 30, to give him another child. Van Doellen of Germany, a dwarf, had long scars on both legs, the result of childhood operations, making the squat not such an easy lift for him as you might think. Young Christanson of Norway put even Lamar Gant to shame when it came to one aspect of the lifting, he took it down again and unwound all the way up for a success on his 2nd, but Dan had already gotten a jump on him, and Ausby wouldn't have another shot at him until the final deadlift, a 677 that moved pretty well to the halfway point before retreating to defy gravity any longer. Of not coming home victorious, but he's got the true grit to come back and do what it takes next time. Auslin, who really looks the part of an athlete, was smooth as silk in the deadlift, and had some left, beyond the 650 he made so nicely. Dan was obviously still smarting from the treatment he received last time the underwear I.P.F. style lift, testing, witnessed the selection process for determining who would be tested in several classes, and actually drew the lots in one class,**



Dan Austin...winning again at 148.





and Larry Kidney, and Eric Arnold were in town to do their part, but who should also be around... but Lars Noren, however, it was not the same Lars seen at the 1983 World Championships. Now he seemed much larger, especially in the arms, and he was one of the most serious lifters on the platform, almost grudgingly to be frank. His 793 opening squat was a playing, so easy that his momentum at the top caused him to step backward before receiving the ref's signal to return the bar to the racks. He took it over with no problem, but after missing 826, he pointed and muttered something about the lifting surface. His misses were meaningless things, as he was so far ahead, and his total hardly shows the strength he exhibited. At trophy time, with that big I.P.F. gold medal around his neck...

After the shellshocking episode of the 242 lb. class, it seemed that some good luck was bound to come the way of the USA contingent, but Kidney and Arnold both missed their opener squats badly. Larry went down hesitatingly on his first, but on his second he dipped quickly, though not deeply. Eric's opener was very heavy, and the depth a real question. On the final attempt for both men, they reached deep into their inner resolve and came out with a lift of a lifetime to stay in the meet, and keep the US chances for the team title alive. Larry said that if he has another spot at the Worlds, he'll come over a days earlier, to get acclimated to the workouts on site. Stem Wolff, of Holland, more situated behind during this initial World Championships experience in Munich, took a medal, and with Kidney's problems in this class, was looking intently for a medal. In the super-heavy class, the stakes through for the silver. Eric Arnold had to take his silvering deadlift over again and couldn't get any more, so Britain's Spillane led with an opening that he did get through. Steve Oldenburg of Denmark is a Steve Wilson look-alike, and while others behind either man. While others struggled, Vilmi of Finland had little trouble with his squats and was roll-

ing until the deadlifts, when he just couldn't get one passed, and with his coach went great hopes for the Finnish team.

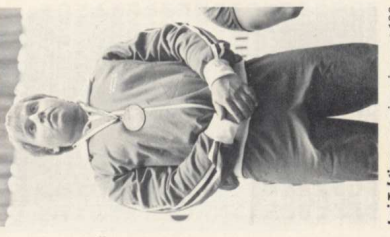
Many of the international representatives were surprised at the United States team composition, doubled up in 3 classes as we were. To them, it is much more natural to move lifters around to optimize team points, and it was suggested that we might have received one of our lightweight up to 168, or bulkier Sly Anderson into the 198. The USA has seldom done this sort of thing, but it might be necessary if the team title competition becomes much tighter in the years to come and each team point counts that much larger.

In the Supers, there was little suspense since Mike Hall had been running up 2200 plus totals regularly, or, at the least, a legitimate lifter, on the basis of a legitimate victory and easily, but substantial jumps to 925 in the squat and 600 in the bench were just a hair off the mark. He was a bit when touting the downtown area, where the oft-spoken 382 pound giant was referred to as "Alf" and "Mr. T". The real excitement came in the race for the next two medals. Ardu Kero, normal by a shoe-in for silver, had a characteristic non-pulls in the deadlift with a modest, for him 771 pounds (Andy always has some tales to tell, including one about a meet in Lon-don in which every single competitor's last name was Singh). This turn of events not only confounded Andy,

With Hatfieldian poise, he replied "Why, wedged between my ass and the floor of course!" By the way, the big Sports Spectacular meet that Fred was promoting in conjunction with the Superbowl has been cancelled, due to a sponsorship controversy. Fred missed every one of his opening attempts at this meet on technicalities, but as Larry Kidney and everybody, Jacoby had it even worse and didn't get any squats in. 782 was simply too heavy, although his training prior to the meet and persistence at the Seminars seemed to justify such a start. Dave, who had come to the meet with his family and friend Pep Wahl, took it gracefully. When the title to Steve Wilson after the big test, was looking for some big numbers, but was sorely disap-

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Jari Tahminen, surprise winner at 198

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# APF Worlds

## Interviews by Ed Douglas

Ed also got a chance to talk to **Mary Ryan Jeffrey**, judged the best lifter in the women's division of this meet. She got into powerlifting by accident. "Someone pulled her in to the weight room, because she was strong in gymnastics, and they needed someone in the lighter classes for a bench press and curl contest. Once she got started she just kept doing it, but didn't do too well on squats or like the lift. About 4 years later, when I was 26, got serious about the who big lift and her total soared. Married to Dave Jeffrey, with two step children, they own a health club. She was the AAU Ms. USA contestant for the AAU Ms. USA contest last October, and leads her powerlifting club. Although she didn't train like a powerlifter for the event, which she cut her bodyweight down to 108. She noted that the powerlifters of this meet are at all the equipment to Max, but she thought the meet went well, although the turnout of fans was less than expected.

Her husband, **Dave Jeffrey**, also talked to Ed. Dave has been lifting for 12 years, though he is now recuperating from some injuries, and coaching a lot of lifters, including his wife. He started out as a bodybuilder, but was attracted to Powerlifting for the feeling of accomplishment in handling a PR lift. Dave feels that attitude is more important than a specific training philosophy, because with the right attitude you can adapt to any training program.

**J.D. Carr** had a long talk with Ed, noting that he really trains off the Terry McCormick philosophy, although he has altered the program lately so that he is training only 3 days a week, Monday, Wednesday, and Friday, which helps with his recuperation. Robbie Roberts got J.D., who is 28 now with 11 years



**Jim Caldwell**, taking it easy after his win at 4. Photo by Ed Douglas.

**Jim Caldwell**, taking it easy after his win at 4. Photo by Ed Douglas. One of the world's top photographers of sports, glamour, etc., Ed Douglas talked to several of the lifters at the meet, to get their feelings about the of powerlifting, philosophy. From Jim Caldwell, Ed Douglas had actually predicted ("Mark my words...") that Jim would win a world title two years ago, upon meeting him in a restaurant prior to his involvement with lifting. Now that prediction has come true. The 25 year old worker from Dayton, OH would like to go up against Inaba someday and will stay at 114 for at least one more year, before going up to 123. He came into the meet feeling very relaxed, knowing that if he controlled his squats he would have a good chance of winning. Although he would like to have had his last squat and deadlift, he's satisfied.



**John Inzer**...topped off his line day with a 730 deadlift. Thornton photo.

**Who Did You Miss Most** during the I.P.F. World Championships? For me, it was the two greatest Dutch powerlifters, 275 lb. Ab Wolders and 315 lb. Cees de Vreugt. Before I tell you why they didn't compete, let me tell you a bit about these contrasting characters. Ab is 35 years old, married with two sons. Cees is 34, divorced with two girls. Ab squats with the bar high on his traps, close stance, and a fast descent and ascent. Cees takes the bar low on his back, with a wide stance, and his descent is unbelievably slow, usually slower than 6 seconds! Ab's highest squat is 848 in competition and 881 in exhibition. Cees has done 925 in a meet, and 848.3 in training. Wolders benches the way Cees squats, lowering the bar very slowly, even with big weights. In competition, he has done a 507, but in training he recently rammed up a 551. De Vreugt benches like Ab squats, dropping the bar rapidly into his chest. Cees is a tripeps bench as you can see from his arms, but a pec injury has forced him into even moreso into this style. He's done 501 in competition, but differently within in training. Both men deadlift conventionally, but differently within that style. Ab rolls the bar to his shins and dips into a deep sitting position and then pulls the weight up easily. His best is an 825 in training, and an 804 in competition. Cees has a grip problem, and starts his lift with hips high. He feels an aggressive start will aggravate his grip problem. Cees has made 815 in a meet versus West Germany. Beginning as a bodybuilder, Ab switched to PL in 1982, and rapidly rose up the ranks, becoming the first European to crack the 2100 barrier and winning the World title in 1984. In 1985, he failed the drug test at the European championships, after being tested and passing many times before. He subsequently injured his finger to the extent that it was almost amputated, however, he has recovered enough to be invited the World's Strongest man competition in France, just after these Worlds. Cees began competition in 1981, and also rose up the ranks quickly, becoming the first European to crack the 2200 barrier. Although he defeated George Hechter at the 1985 Worlds, he tested positive, despite having passed the test twice just before the meet. 1986 is a year of suspension for Cees, but he will be back in 1987, and hopefully, so will Ab.



Everybody wanted to see **Mike Hall**...and the Big Man didn't disappoint them

internationally. Not all is quite so well, however. Dr. Conrad Coffey was able to make the I.P.F. Congress. He made some strong points about the Edmie Frantz et al lawsuit, now dismissed against the I.P.F. Though it is difficult for most Americans to understand why Europeans seem to be suing each other and everyone else all the time, there may be some changes afoot. There is some interest by the head of a very well known automobile manufacturer in Europe to both lead the I.P.F. and support it in a substantial way, with an office staff, etc. to the tune of \$100,000 per year. Also, there seems to be progress on the temporarily stymied recognition of Powerlifting by the International Olympic Commission. Further challenges, however, are yet to come. One Dutch lifter confided that big name representatives of an American organization would be coming to Holland in the future in an attempt to establish an anti-drug testing federation in that country.

**TEAM STANDINGS**

USA.....	89
ENGLAND.....	78
SWEDEN.....	66
FINLAND.....	61
HOLLAND.....	48
ITALY.....	38
CANADA.....	32
JAPAN.....	31
GERMANY.....	27
NORWAY.....	21
AUSTRIA.....	19
BELGIUM.....	18
FRANCE.....	16
IRELAND.....	15
INDIA.....	12
AUSTRALIA.....	10
SWITZERLAND.....	7
ICELAND.....	6
DENMARK.....	5
BRAZIL.....	4
SPAIN.....	2
BAHAMAS.....	2
PERU.....	0
URUGUAY.....	0
INDONESIA.....	0

**BEST LIFTER STANDINGS**

INABA.....	550.70
GANT.....	533.66
VIRTANEN.....	528.19
AUSTIN.....	522.04
ALEXANDER.....	504.87
ISAGAWA.....	501.79
ANDERSON.....	498.70
NOREN.....	491.98
KEA.....	490.72
STEVENS.....	490.22
CRILLY.....	489.31
HATFIELD.....	488.25
CALDWELL.....	484.21
TAHTINEN.....	482.06
PENGELLY.....	480.43
NORVILLE.....	478.82
TROMP.....	478.34
DEFARIA.....	477.94
DOMENICI.....	477.83
NILSSON.....	476.69

**Dr. Squat**, Fred Hatfield made sure he got his shoulders back on his 2nd try, after missing his opener. but moved Gustavsson ahead of him, and gave the tall and massively built Stenlund the opportunity to pass them both, if he could make a 777 deadlift, which he did with an inspired effort, after which he kept up and then collapsed on the platform in a very emotional outburst. Jovial Ray Rigby was his happy self on the outside, but on the inside things were not so good. Between an ulcer and his diabetes, he can not control his bodyweight through food intake restriction, and couldn't make the 275s, as he had hoped.

Back in the pack, Poschmeider of West Germany proved interesting and not just because he lifts without a belt. Powerlifting is just a sideline for him, as his main interest is stone lifting, an activity very popular in various regions of his nation.

The platform personnel had an interesting way of dealing with chalk dust in the lifting area, which might well be adopted in the U.S. When it came time to clean things up between attempts, instead of beating the surface with a damp towel or the like, they hauled up a vacuum cleaner and sucked the whole thing quite clean with a low pile attachment in just a few seconds. That might be one way to get rid of troublesome baby powder as well.

With the closing of ceremonies by I.P.F. Vice President of North America, Bill Jamison, the lifting ended, followed by a banquet later in the evening, where Inaba was given the Champion of Champions award. It was a fine competition, and the Netherlands Federation can be justly proud of themselves, and the army of spotter, loaders, scorers, etc. who made this a championship of a meet. For their part, they graciously thanked the I.P.F. for having the confidence in their abilities to do the job.

There is much to be happy about after a competition like this, for the whole I.P.F. The sport's growth is evident, and the sincere effort that many of these lifters went through simply to make it to the meet means things are healthy at the grass roots level.



**Dr. Squat**, Fred Hatfield made sure he got his shoulders back on his 2nd try, after missing his opener.



**The Ladies** included Maris Sternberg, Dawn Reshel, Sue Meaney, Janice Roge, Laura Dodd, and (bottom) Mariah Liggett, Mary Jeffrey, Pam Crisp, Doris Simmons, Cheryl Finley, and Sue Benford. Lou Ann Thornton photo.

small, minor thing like having a patch on their lifting suit. "The lifters have come here today to find out who's best and that's the important thing. If we've got the greatest success in this sport, but our greatest success is in not to be discouraged, because it takes a long time to rise to the top, a long time for warmup, we're going to do that also....you have to be able to do that with the majority of lifters...we better pay attention to these top lifters or there isn't going to be any organization...."



**J.D. Carr**...looked forward to the land of Aloha. Ed Douglas photo.

**Marathon**  
**NETTLE!**  
**Alternative To Steroids!**  
**The Most POWERFUL!**  
**GAMMA**  
 SEE PAGE 46



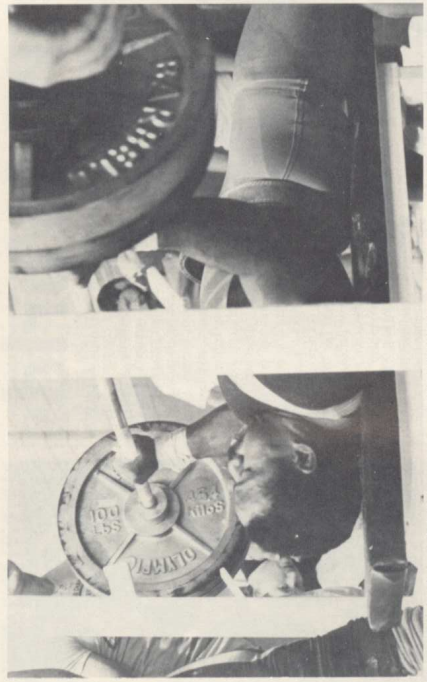
Ed Coan provided Ed with a lot of interesting information. He was pleased with his meet, having put 35 pounds on his bench, but noted a little trouble in the squat, as he felt capable of a 950. He tore some callouses in the deadlift, but feels he should be good for 900 next time, and coupling that with a squat of over 950 and a bench of around 580, 2400 should be no problem.

Now 23, Ed started out as a 4'11", 98 lb. high school freshman. He wanted to pump some iron, and went into bodybuilding at first, but didn't even place in his initial competition. He handled pretty good weights even then, and liked being strong, and so decided to enter a novice powerlifting contest. He won and took home the first of many 'Best Lifter' awards.

Ed finds he needs more recuperation time now, versus when he was lighter and could fit his assistance work twice a week. Now, he squats, deadlifts, and does his assistance program only once per week. He concentrates on getting his rest, and sticking to his program. "Don't worry about where you start out, but where you're going to finish - what you're going to do on the platform, that's where it counts."

The only thing that worries him now is that he tore his pec when he was 18, but he came back from that. Now that he is handling such major league weights, he knows that if he does lift until it's not going to be safe, he's going to take something serious. He has to take his time and avoid being hurt, and if he can do that he figures that he has another 3 years of record breaking performances in him.

Buddy Duke...put together his finest day as a Midheavy. Douglas photo.



Danny Gay took on a field of two former I.P.F. World Champions and came out on top. Douglas photo.

Ed was also able to interview Charles Sellers, the local contact in Hawaii who helped direct the meet. He was ecstatic: "It was a huge success. I have never seen so many world records being broken and shattered. (Editor's Note: over 20 new APF world marks were set, in fact) John Inzer had 3 new world records, Laurie Dodd lifted more weight than any woman in the history of our organization, 540 pounds. Mary, left, had almost a double bodyweight frey had almost a double bodyweight within 30 pounds of totaling the most weight ever in the history of the sport. I feel like Powerlifting is really growing."

### A.P.F. Worlds/15-16 Nov 86/Maui, Hawaii

Women	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
S. Bentford	225	245	269	130	149	145	375	270	300	326	675
B. Simmons	270	290	305	145	150	155	460	280	310	310	770
C. Finley	275	300	310	145	165	165	420	275	315	335	695
M. Jeffrey (BL)	325	350	380	215	225	235	605	325	355	370	975
P. Crisp	330	360	360	170	185	200	545	340	360	375	920
D. Franz	325	360	380	170	190	200	570	400	425	435	995
M. Liggett	380	430	430	225	245	255	625	405	460	490	1085
J. Rogge	310	330	355	200	210	210	540	280	330	350	870
L. Dodd	470	525	540	230	245	250	785	375	450	515	1235
D. Reshel	500	530	530	240	260	275	760	475	500	500	1260
M. Sternberg	450	485	500	235	245	255	735	400	425	425	1180
SHW	460	515	515	270	290	305	750	475	530	530	1280
S. Meaney	440	465	490	240	260	275	740	305	320	335	1060
J. Caldwell	350	425	425	220	225	225	570	425	450	450	995
B.J. Sanders	430	455	470	245	255	265	735	490	510	530	1265
E. Millan	435	450	465	245	255	260	725	440	465	475	1190
R. Ramsey	380	400	415	230	265	275	680	400	420	435	1100
J.D. Carr	475	520	520	285	300	310	820	600	620	620	1440
R. Steinhouser	475	500	525	280	295	305	830	525	550	570	1380
J. Jackson	620	660	700	260	280	300	940	510	605	620	1560
J. Inzer	650	675	700	315	335	345	1045	655	725	720	1775
J. Rosciglione	660	685	705	365	385	400	1070	605	640	650	1710
D. Gray	710	760	760	450	470	480	1160	710	740	770	1900
R. Crain	650	650	690	375	400	400	1090	660	700	725	1750
Y. Gaugler	760	780	780	475	490	—	1235	730	730	730	1235
B. Duke	675	730	750	440	475	500	1250	750	800	800	2000
J. Chorpenning	685	735	770	425	450	460	1220	635	690	725	1945
E. Coan (BL)	885	920	940	520	545	555	1475	855	880	—	2330
L. Mistic	475	500	515	1315	1315	1315	705	755	755	2020	2020
Back	770	820	840	390	420	435	1235	710	745	765	2000
T. Kritsky	835	870	870	480	490	500	1370	735	765	765	2105
G. Thompson	740	780	810	540	570	585	1350	660	690	690	2010
M. Lutu	760	805	830	460	510	520	1325	650	675	705	2030
J. VanZyl	755	725	790	440	475	485	1265	735	745	745	1990
D. Furbas	920	950	985	555	575	600	1585	770	815	845	2400
B. Davis	785	825	850	475	500	510	1335	720	745	765	2080
SHW	850	900	935	475	500	520	1420	800	840	880	2260
M. Chailliet	600	650	680	320	350	385	1065	580	650	—	1715
O. Muniz	630	630	630	320	350	385	1065	580	650	—	1715
D. Wohleber	630	630	630	320	350	385	1065	580	650	—	1715

of these people is amazing; it's not just all muscle and no brains. I'm really proud of this sport.

Ernie Frantz has made this all possible, coming to Hawaii and promoting this World Championship. I am pretty sure we can get him back regularly, after seeing the success we had here today. I think the lifters were happy, the crowd was happy, and I know it has been a success.

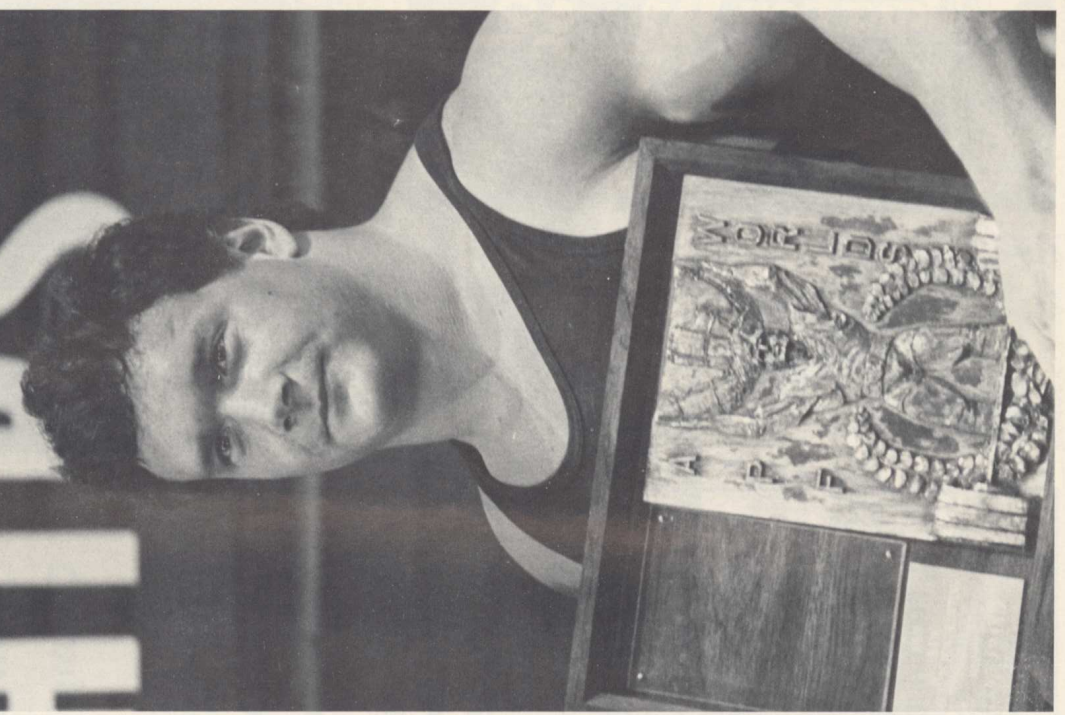
Every man has that instinct, whether he will admit it or not, to try to beat his own self or others in the gym.

Ed Coan...is this guy great or what? Weighing 213 he posted a total that has only been exceeded by half a dozen legitimate superheavyweights and his good friend, 275 pounder Doug Furnas. He may yet total 2400. Douglas photo

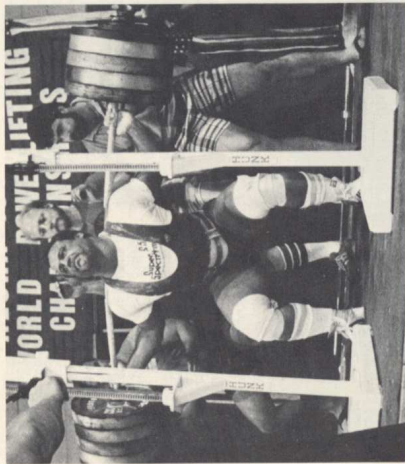


Massive Thor Kritsky...waits for a chance to warm up. Douglas photo

the first A.P.F. Worlds. They busted their tails to keep everyone happy. "A couple of things need to be ironed out, but all in all I think it was a good meet, a success for the organization." Doug's advice to new lifters, looking to get into powerlifting, is: "Try to find the best lifters in your area. The guy who first started training me was Dennis Wright, and that eliminated a lot of the mistakes that people usually make when they are just beginning. Of course, everyone can't start out training with a world







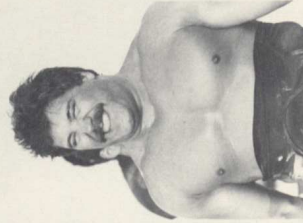
Doug Furnas came up with a 985 squat, became only the 3rd man to break the 2400 total barrier, and had the deadlift in his hand that would have given him the highest total in history, 2430, but perhaps his most satisfying accomplishment of the meet was the 600 bench, 4 years ago at the National Cup meet in Nashville, he got a 402 at 220. Now, 50 pounds heavier, he's put 200 pounds on his lift. Amazing progress! Douglas photo.

try to set a new world record 'yesterday'. Just go at it slow and be the best you can be.

Doug's basic philosophy hasn't changed since he started in the sport, and that credo is to push as hard as he can push, while keeping the best form he can hold. As far as sets and reps, at this point in his career they change according to how his body feels. He senses what his body needs to do and goes from there.

Doug got into powerlifting after a car accident, in which both his legs were broken, along with his spleen and shoulder. He was in a wheelchair for a while, and to get back into football, he started weight training. He watched his first meet back in Oklahoma in 1978, and was just amazed at what those powerlifters were doing with those weights. He saw Larry Pacifico lift on TV and was mesmerized by the fact that these people were so strong, and he decided "I want to do that".

Personally, Ed felt this was a good meet, though attendance was low, owing to the limited population on Maui. The lifters, however, obviously enjoyed themselves.



Mark Chaffler almost went 2300 as a light (280) Super. Douglas photo.

# 1986 APF

## WORLD

### Powerlifting Championships

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- World Bikini Contest

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- Doug Furnas - Dan Gay
- John Black - Rick Gaugler
- Thor Kritsky and many more



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Some might wonder what on earth a bodybuilder is doing giving advice in *Powerlifting USA*. Well, I believe that not only does strength training help a physique artist, but physique training also helps one develop a higher power total. Before you dismiss what I have to say, please appreciate my background. When I was a student at the University of Wisconsin, I trained like a powerlifter as I needed explosive strength for track and field events, specifically the shot put and long jump. I believe that super-intense, slow training, the basic nature of powerlifting, is effective at building strength and speed with heavy objects, such as a shot put.

Reports that I have read say that heavy weights do activate fast twitch muscle fibers, regardless of how fast the weights actually move, so I had no qualms about using powerlifting to develop supernatural strength. My husband, Jeff, firmly believes that had I continued in powerlifting, I would have well over a 400 pound squat and deadlift by now and would have finished 250/270 in the bench. However, at my height of just over 5'8", I would have had to weigh about 180 pounds to optimize my leverage; too heavy for physique competition!

Back in 1979, I doubled 330 lbs in the deadlift and tripled 310. My weight was about 145. I discontinued competitive deadlifting when I began bodybuilding, but continued to do a flat-backed, mid-shin style of deadlifting designed by Jeff to work my middle and upper erector spinae group.

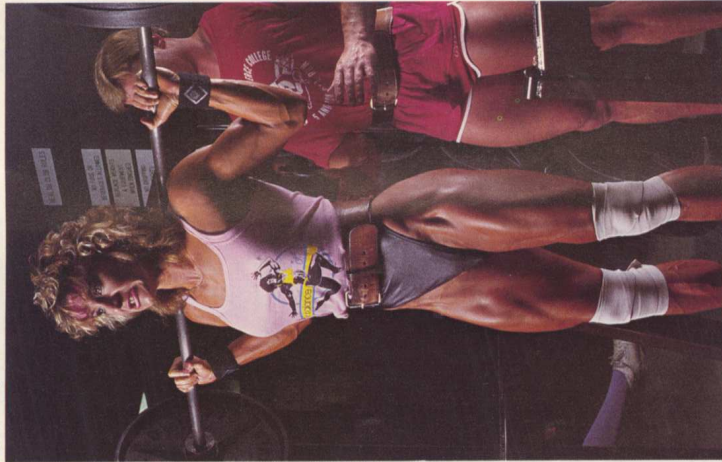
I do these deadlifts in a rack with the bar positioned about two or three inches below my kneecap at the start. Such positioning allows any lifter, even those with extremely long torsos, to keep from rounding off and pulling with a rounded back and placing most of the strain on the lower lumbar area. I have a long back, and had I continued to deadlift normally (leverage forces me then to a rounded-back position) I would not have conditioned my middle erectors, but built my lower erectors instead. In physique, one's middle erectors are subjectively scored more than lower erectors. Most judges ignore low back development (as they do traps!).

I do these deadlifts only in the off-season and supersets them with hyperextensions. This might prove beneficial for a powerlifter who has a mid-range sticking point or who's just burnt out doing front deadlifts.

It's no secret that bodybuilders generally don't show the thick back development in the erectors, or even in the lats, that powerlifters do. I believe deadlifting conventionally, like I've suggested for sets of 10-15, will really thicken this area. Powerlifters who have stalled in their deadlifts should spend two months doing their deadlifts in this manner. If you really want to make it hard, don't quit looking out at the top. This will keep your erectors under constant tension and provide a final *coup de grace* for your erectors.

# TRAINING

## Bodybuilding & PL by Cory Everson, 1984/85 Ms. Olympia



**CORY EVERSON...in an "Olympian" training session. Photo by Neveux**

I suspect many of you have had this too. At one point, last year, I had my bench up to 205 for 10 reps, touch and go. However, I never do fewer reps than this, so I have no idea what I could max at. I used to do sets of 3-5 reps when I was power training, however, my shoulders bothered me and they have been much better since I switched to higher reps.

I also think powerlifters would benefit by taking 2-3 months out of the early competitive year and doing nothing but dumbbell bench presses. This teaches control, gives a good stretch and develops strength in the same movement pattern.

I do my dumbbell presses on a high incline, because I need to develop a clean pair of front delts and helps also works your front delts and helps your regular bench. Right now I can do a pair of 75s myself and press them 10-12 reps on a high (55

My knee joints are tiny too. They'd probably blow out!

At any rate, I've developed good strength, condition and muscle shape and size by doing some different things with my squat. I'm sure you follow what Dr. Fred Hatfield would say that doing your squats with a light bar definitely isolates your thighs better than low bar squats. Your low back and gluteus muscles are the prime movers in the squat as your quadriceps are really out of phase for most of the movement, however, some thigh isolation will help your squat as well as develop your thighs.

I squat year round with a high bar and my heels raised two inches. I keep my back as straight as possible and "push through," starting and finishing with my thighs. I squat like this once a week. Believe it or not, on my main leg day, I do up to 60 sets! Of this total, squats comprise about 10-12 of those sets.

One day of the week I do 25 reps with 135 pounds, 15 reps with 185, 10 with 205, 10 with 225, 10 with 245-250 and 10-15 reps with 255-275 pounds. Then I go back down and do 3-4 sets with submaximal poundages, like 205 for super-strict sets of 12-15 reps. From there I go to my assistance moves; back squats, leg presses and extensions.

That was my power day. On my second squat day, I just use 135 pounds and do 5-7 supersets with leg extensions. I'll do 7 sets of 20 with 135 pounds alternated with seven sets of 15-20 in the leg extensions with as much weight as I can handle. Then I go to the Smith machine and do five sets of special squats where my body is actually in front of the machine and I squat up and back. This really isolates your front thighs, and builds shape and power.

One of the things both Jeff and I have noticed over the years is the tremendous injury rates with powerlifters. I truly believe that any powerlifter should use a high rep routine like this at some point during their off-season preparation phase. It will boost your lifts and give you more staying power (endurance) as well as providing a much needed break in intensity. It'll also build up your thighs and develop added strength for your regular power squat. To reiterate, powerlifters can benefit from bodybuilding movements (style and higher repetitions) at some point during their early to mid-off-season. Try mid-shin deadlifts with your back straight for higher reps. Don't lock out at the top. Make it tougher!

Drop your bar benches for a while. Give your rotator cuffs a big break and do some flat bench or low incline dumbbell presses, then switch to Smith rack squats to rest your low back. Build up your thighs which give you a bigger squat and better thigh shape.

All these so-called "bodybuilding" techniques will take stress off your joints and muscles for a while, at the same time they develop strength in a different way. Bodybuilding movements and styles can help you keep gaining "without" ultimately blasting your joints to death.

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## Power Profile

### MR. NICE GUY as told by Dave Abramson

Upon first meeting Joe Morelli, one is immediately aware of two factors; his quiet and friendly manner and his ability to command everyone's attention without saying a word. One of the sport's true nice guys, Joe just loves to lift and be strong. Unlike many other top level lifters, Joe always has a good word for everyone and is never too busy to answer a question from anyone.

Joe started training, as many of us did, on a home barbell set in his basement, working out 7 days a week at age 13. At age 15 he totalled a whopping 1280 lbs. at the 1974 Teenage Nationals and was on his way. After a less than illustrious career as fullback with the University of Maryland, Joe graduated from the University of Maryland in 1980. He began serious power lifting in 1980, and his career to date includes: 1984 National Champion, 1985 & 1986 Afro-Atlantic National Champion, 1983 YMCA Nationals 2nd place, and scores of 1st in the 242 lb. class, Joe moved up to 275 lbs. in 1984. This lift of 400 lbs. in 1984 was even more impressive when you consider that this lift of 400 lbs. has been broken by many lifters. Joe's training is mostly recurring torn pecs, Joe has had to have an entire year of injury free training.

Joe's hard work characterizes Joe's training, which so far has included gym lifts of 900-500-805 and contest bests of 870-590-804. His current program consists of: Monday - light dumbbell bench presses, seated dumbbell presses, tricep pushdowns, dumbbell curls; Tuesday - light squats, light stiff legged deadlifts, pullups, leg extensions, leg curls; Friday - heavy bench press, close grip bench press, seated presses, dumbbell and barbell curls, tricep pushdowns; Saturday - heavy squats, heavy deadlifts, shrugs, front squats, bentover dumbbell rows, leg curls.

Monday through Friday, Joe trains at Tony Scheino's World Gym in Queens, N.Y., where he has received continuous support throughout the years. On Saturdays he travels up to the Body Dynamics Gym in Connecticut to train with Bill Romanello, Neil Mairs and Cal Neff. A construction manager by trade, Joe is blessed with a wife who supports his lifting and makes sure all his nutritional needs are provided for. He is also fortunate to have been coached by Tom Nevitt, his only coach from the beginning.

Having competed for the last 12 years, Joe has formed some definite opinions of our sport:

- on the current state of PL: Joe feels that PL will only be able to support two organizations and that greed and hypocrisy are hurting us.
- on steroids: Joe considers this an extremely personal issue and feels that no one individual has the right to make that decision for another.
- on the 1986 APF Seniors: Joe feels that Larry Pacifico put on one of the finest meets ever run and was disappointed in the spectator turnout.
- on the importance of a coach: Joe feels that a coach is extremely important to take all the decision making pressures of a meet off the lifter and feels that he has one of the best in Nevitt.
- on other lifters: Joe, like so many others, was inspired by Larry Pacifico in the beginning of his career. He feels that the two best lifters in the world today are Ed Coan and Doug Furnas.
- in closing I'd like to add that knowing Joe, one has to feel that his current goal of 2300 and his ultimate goal of World Champion are not a question of if, but when. To those of us who know Joe Morelli, it is obvious that this is one nice guy who won't finish last.

Joe Morelli...this Mr. Nice Guy could easily be called Mr. Mass as well. He is one of the most thickly built lifters in the sport.  
PL USA  
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# POWER-RESEARCH

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"The human is a purposeful being, and the study of mechanical principles alone will reveal only a fraction of the entire spectrum of his movements; perhaps the fraction of least interest." (Philip J. Rasch, Ph.D. & Roger K. Burke, Ph.D.)

Rasch and Burke, two cool dudes who wrote the book on human movement were trying to point out that the nervous system is utterly complex. In fact, so complex that man's nervous system is not even remotely capable of a detailed rational understanding of its own complexity.

Conditioning, learning, remembering, forgetting, relearning, personalizing, motivation, meaning, significance; even raw consciousness; are each beyond the limit of human understanding. These are the functions of your nervous system, while acting in an integrated manner with other body systems. Yet, there are some bits of near-understandable information that even feeble man can use to modulate his lifestyle a bit.

Let's take a quick look at how the nervous system is arranged, and then see what we can glean in terms of improving upon our efforts in the gym.

Your nervous system is made up of two major parts. The central nervous system (CNS) is comprised of your brain and your spinal column. You should think of them as being one organ and not separate. The CNS receives messages and after interpreting them it sends instructions back to the body. The peripheral nervous system (PNS) does two things: 1) it relays messages from the body (the efferent system), and 2) it relays messages to the CNS (the afferent system).

Pretty simple so far -- no more complex than turning your light switch on and off. But it gets hairy. For example, your efferent system, the system designed to cause action, is divided into two distinct and important parts, the somatic system which is responsible for voluntary action, and the autonomic system which processes and activates involuntary action.

Your afferent system, the part of the PNS that sends messages to the CNS, receives messages through three different classes of receptors: 1) proprioceptors, located in joints, muscles tendons and the inner ear, are responsible for picking up messages such as body position and movement (kinesthesia), 2) exteroceptors, located near the surface of your skin, and receive information from outside your body such as sight, touch, pressure heat or cold, and 3) interoceptors, located in your blood vessels and viscera, which report inner body sensations such as hunger, pain, pressure, fatigue or nausea.

The nervous system does three things for you: (1) it senses changes

## The Mind-Body Link by Frederick Hatfield Ph.D.



Donnie Cole, the fine ADFFA lifter establishes a deep mind-body link when preparing to lift.

inside and outside your body, (2) it interprets those changes, (3) it responds to the interpretations by initiating action in the form of muscular contractions or glandular secretions. What good does it do for you to know all about how the nervous system works unless you can gain some sort of tangible payoff? And, if you can expand some sort of physical reward for working hard to understand your mind/body link, will the reward be of sufficient magnitude to warrant giving it the attention and time to extract payment?

The answer to that last question is a resounding YES! Not only can you

modify certain aspects of your nervous system function, but the rewards in terms of athletic success can indeed be significant. Some of the most apparent areas of concern to athletes are improved strength, output, better mental concentration, greater training intensity, pain management, and glandular secretions. All of these areas are modifiable to at least a measurable degree, and can therefore improve your efforts in the gym. All are inextricably related to and controlled by your nervous system.

Strength is ultimately controlled by the mind. The strength of your muscle structure is modified by both internal and external stimuli which the CNS interprets on the basis of both built-in defense mechanisms (e.g., your muscle spindles and Golgi tendon organs) as well as output then is a voluntary movement, the stimulus for which originates in your various receptors, interpreted by the brain and called into action by efferent motor neurons leading from the CNS to your muscles.

What part of this process can be modified to produce greater strength? It's probably true that the excitation threshold of individual motor units inside your contracting muscles can be altered somewhat, as can that of the Golgi tendon organs. Heavy training, explosiveness and full amplitude movements appear to modify these elements to a measurable degree, thereby improving strength output.

But the greatest source of modification lies in the brain. How you perceive the weight, how you approach your training, how you view its impact on the rest of your life, how badly you cherish your goals all have a degree of influence on how much you can lift. All motor movement sports related or otherwise, must be trained. The simple act of walking really isn't so simple when you view it from a temporal perspective; it took months for you to learn how to do it. Highly complex, gymnastic movements for which you are paid to think. And for that matter, the reading this article, have you ever tried doing a precision layout in basketball left handed?

Such skills require time consuming reintegration of nervous function. You have to learn exactly when to "turn on" certain muscles, "shut off" others, how much chemo-electrical charge to send to the muscles, the precise timing involved in literally dozens of sequentially stimulated muscles, and so forth. It doesn't happen by accident. The learning process is called practice, and the end result is called coordination.

Applying great strength in any given movement also requires this kind of practice and coordination. Your workouts are not simply a means of increasing the number of contracting elements in each muscle cell, or getting your muscles bigger so they can handle more stress. That's only a small part of the strength training picture.

You have to learn how to coordinate your movements; including the dozens of muscles involved as prime movers, synergists and stabilizers, so that maximum useable force is applied to the resistance, and minimum negative forces are generated. It takes time, in the form of practice, to learn such a skill. Sometimes, for a few of us, it can take years to learn strength coordination.

There is also a process that some (few) wise strength trainers build into their training techniques. It's called dehabilitation training. It is a process of pushing back the threshold at which some of your proprioceptors (e.g., the Golgi tendon organ and the muscle spindles) are stimulated to send an inhibitory message to the CNS. Of course, the CNS is "conditioned" through learning to shut the muscles down when stress becomes too great. The result is a premature shutdown in your strength levels.

This shutdown mechanism is, of course, one of your body's important defense mechanisms, designed to keep you from ripping yourself apart by the strength of your own muscles. Experience and research tell us that the shutdown levels are typically very conservatively placed. That is, there is ample room most often to push the threshold back a bit to allow for greater than normal strength output.

Doing so requires a special form of training. This dehabilitary training requires 1) high amplitude movements so that the muscles and tendons are stretched fully with each rep, 2) explosive movements of a high magnitude so that the initial kinetic energy far surpasses the normal level of the muscle's contracture strength, and 3) a careful monitoring of training progress to ensure that overtraining does not occur. Amplitude training and explosiveness training take their toll quickly, so careful cycling of your training is mandatory. Only a few weeks of such intense methods can be endured before your body begins to respond negatively.

It's important to remember that severe injury can result from such training. Overtraining is one thing, but you certainly don't want to rupture tissue because of overzealous amplitude (kinesthetic) or explosiveness (kinetic stress) training. In weight training, tissue injuries are

directly caused by 1) overtraining (cumulative microtrauma), 2) over-stressing tissue from exaggerated amplitude, and 3) initially over-stressful explosive application of muscle effort (kinetic force). So, again, a word to the wise. Be careful. Your efforts will pay very handsomely, but only if you train wisely.

Often, strength is most limited by barriers you yourself have created within your mind. Such barriers appear due to such influences as your momma telling you to "be careful, it's heavy" or "Girls shouldn't do those kinds of things." Maybe you hurt yourself once as a result of improper training or overexertion. This kind of traumatic episode can erect an impenetrable barrier in your mind, preventing you from ever exerting yourself enough to cause such an injury again.

The important points to remember are: (1) these kinds of mental barriers are learned, and (2) they must be unlearned. Indeed, they must be unlearned if you are ever to progress to levels of performance required to achieve Olympian status.

Most typically, dedication, singleness of purpose, a keen desire to excel, and other such admirable athletic qualities are what it takes to break them down for easy passage. Some of us are blessed with this kind of mental toughness. Others require the assistance of a trained psychologist, or even someone like a hypnotherapist.

As with skill training which requires a reintegration of nervous circuitry, mental training requires a reintegration of memories, fears, anxieties and supportive data stored in your conscious and subconscious mind. A single experience, if strong enough, can either set up barriers to performance or cause them to be shattered. More often, however, building up or tearing down such barriers is a process which often takes weeks, months or (for some of us slow learners) years.

### Epilepsy

I had a friend who raced sports cars in the SCCA. He spent thousands of dollars making his ride lighter, stronger and more road-worthy. He, on the other hand, weighed 250 pounds of overweight slovenliness. Upon realizing that fact, he lost fifty pounds of excess baggage and began winning races.

What good is it for you to pop vitamin pills, spend hours in the gym, give up partying, quit your job, and not tend to the one aspect of championship training that makes the most difference? How strikingly foolish my friend seemed to himself once he realized that it was he, and not his car, that prevented success. And, how satisfying it was that he finally achieved it.

Tend to your own mind/body link. Look at your training efforts, and incorporate some of the techniques that will bring out the greatness in you. Dig deep into your own mind, identify barriers to success, and take the necessary steps to remove them.

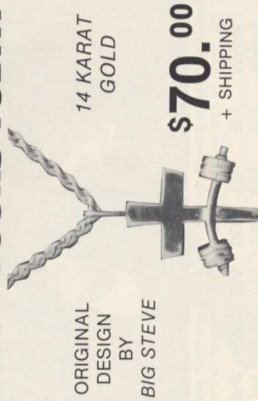
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# The Greats of Powerlifting



Carlton Smith has battered heads with the best of them, and won some great championship titles in his long and successful career. Photo courtesy Varrone

1966	Juniors	198	485	330	610	1425	2nd
1967	Seniors	198	550	360	630	1540	3rd
1968	Juniors	198	540	365	575	1480	2nd
1968	Seniors	198	550	350	600	1500	6th
1969	Collegiates	242	620	410	620	1670	1st
1969	Juniors	242	600	425	625	1650	5th
1969	Seniors	242	635	430	660	1725	3rd
1970	Collegiates	242	620	425	615	1650	1st
1971	Collegiates	242	660	440	625	1725	1st
1971	Juniors	242	630	440	610	1680	3rd
1971	Worlds	242	685	435	655	1775	1st
1972	Collegiates	242	650	440	610	1700	1st
1974	Seniors	220	615	420	640	1675	2nd
1976	ParAms	SHW	711	451	700	1862	1st
1978	Seniors	242	738	446	749	1934	4th
1979	Seniors	242	742	441	716	1912	3rd
1981	Seniors	242	782	473	760	2017	6th
1982	Hawaii	242	837	507	821	2166	1st
1982	Seniors	242	832				
1983	Seniors	242	810	490	804	2105	2nd

## Ask the Doctor

This column will answer questions about drugs used by athletes and the available detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. Certainly, 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 have enclosed some information about two products that the manufacturers claim is more effective than anabolic steroids while being 100% safe and natural. The product is pricey so I'd like your opinion on it before I lay out the bucks. **Art S.**

**DEAR ART:** Most of these anabolic steroid substitutes are as useful as the enthusiasm the product gives you for working out - the product, however, usually has no more intrinsic anabolic steroid value than a bottle of vitamins. Some of these systems are comprehensive and include workout diet and lifestyle information. Often just following their guidelines will get you some results, since you'll likely be increasing your work effort. If you follow a good diet, have adequate rest, and use some results that most of these substitution and work like a drug, you'll get the same results that they tell you need some psychological stimulants and if you believe what they tell you then you'll get good results with enthusiasm. The second update (update number two) to my book "Drug Use and Detection in Amateur Sports" has much more information on the use and effectiveness of many of the more popular anabolic steroid substitutes. **MGD**

## Special Update on Anabolic Steroids

UPDATE NUMBER TWO to "Drug Use & Detection in Amateur Sports" by Dr. Mauro G. Di Pasquale, B.Sc., M.D.

This update concentrates on anabolic steroids and anabolic steroid substitutes. Also included is up to date information on a number of other topics as well as comments on the recent decisions made by the IOC Medical Commission. Order from:

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## More From Ken Leistner

A casual reading of past issues of *Powerlifting USA* clearly marks the direction that the sport of powerlifting and its participants have gone in, relative to anabolic drug use. Many lifters who previously felt that the drugs were a necessary part of their lifting activities, have written articles revealing that their perspectives had changed, that progress and satisfaction could be derived from powerlifting without the use of anabolic steroids or related compounds. A number of well known and/or high ranking lifters have made similar comments in the powerlifting press, at times bemoaning their reduced totals, but citing the necessity of training in a "healthier" and "more fairly competitive" manner. In 1980, I first publicly noted my own use of anabolic drugs in a *PL USA* article, and have explored the physiological and psychological dangers of these enhancement drugs in numerous issues of *The Steel Tip*.

Like other lifters who have realized that the use of anabolic steroids and other drugs is a dangerous, potentially life threatening practice, I have been viewed as a "turncoat" by those who still espouse the use of these drugs, or by those who sell these products. Like the other authors who have encouraged the younger lifters to steer clear of the drugs and those who use or sell them, I have been seen as a threat to the conspiracy of silence that enveloped the powerlifting world for many years.

There are a number of lifters who have corresponded with me on all aspects of the drug issue. Recently, a series of letters has pointed out the sad legacy that so many of us have left to the younger generation of strength athlete. Some excerpts are quite revealing.

"You and I have not always seen things the same way, but you have been honest enough to write what you feel and I have great respect for that. I am 38 now and in the last 25 years, I have seen a lot of changes in powerlifting. I have had some great training partners and learned the "medical aspects of lifting from \_\_\_\_\_ and \_\_\_\_\_. When I was younger, I abused a number of recreational drugs, so when steroids came up, I had no second thoughts about going for it. I used everything, including STH. I believed it should be a matter of choice for adults. Now things have come full circle... I have five teenagers, one of which is a 16 year old boy who is training for football. He knows I took "roids and he is now asking questions I don't want to answer. I don't want him to do any drugs. This is a double standard many lifters my age are going to have to face. I don't want him to be a "powerlifter" as they exist today. How in the hell can we say it's okay for me and not for you? In the recreational drug business, there are often rules to be followed: no kids, no steroids, no new people. Powerlifting dealers have no rules. As a group they are the biggest mouthful bunch of idiots with the least caution I have ever seen. Any kid can get a mail referral to somebody and buy virtually anything he wants. This has a hell of a lot more coming from someone like you than a coach or a parent for that matter.

In another letter, this same individual wrote: "In my opinion, anabolic steroids are addictive, not physically, but psychologically. We may deny it, but the fact is we do. Most of us have some concerns about our physical appearance (willy in the hell did we start lifting in the first place?). Opening the edge will be hard, really hard for a lot of people. I suppose a lot of lifters have convinced themselves they wear tight shirts on the street because they can't find bigger ones. B.S! The fact is 99 percent of the people who train do not have the genetics to be a "Senior Nat" (950 and 1000). My back is too long for ten years, I could not squat 950 and 1000. Most of us should admit that we are close to have the correct leverage. Most of us would be caught dead on a stage at the local high school, prancing around in underwear to the sounds of "Rocky". Lifting makes us more legitimate."

A number of points are made by this very successful lifter, requiring no further comment from me.

**STEEL TIP PREVIEW**, the December edition contains more on Men of Strength, a Rebuttal to a SPORTS FITNESS article on one set training, how to do a Video Self Portrait of your training, Stomach Disorders, In-Season Training, and a Tough Program that leads to great results.

**Corrections**... we printed C. Dickson, but it was really Carol Waters who posted the line 424-209 418 1052 lifts at the Region VI meet in the November 1986 PL USA. Someone missing from the 550 Bench Press Club and 800 Squat Club listings was Ed Riley, who had an 800 in 1978 and a 560 bench in 1978. Larry McWhorter's lifts were missing from our TOP 100 lifters list consideration. He went 622 297 711 1633 back in September.

**USA wins Jr. Worlds!**... after the results of the drug testing at the Jr. Worlds in India came back, with an Indian (Mr. Rao) and the Superheavy Oleafson of Iceland failing, and the new point totals were figured, the United States moved into first place in the team standings! The opposite happened to the US last year at the Men's Worlds, but clearly it works both ways.

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# INJURIES

## as told by Bev Francis

too long before putting stress on the area that was injured, resulting in a greater loss of strength, mobility, and time than necessary.

If you belong to a team or club, you may be lucky enough to have a doctor associated with the group. This person will have a good understanding of your activity, and will likely have experience with similar injuries. If you want to find a doctor on your own, find one who is used to dealing with sports related injuries. Make sure that he realizes that you want to resume training as quickly as possible. (Many non-sporting clients may enjoy a slower recovery time, to take a little more time off work!)

I have my regular doctor, whom I go to when I have a cold or flu or sickness of some kind, but I would never go to this doctor with an injury. When I feel something is not normal, I first check it by myself. A good character can be a good doctor. I look for your training. Powerlifting puts a great deal of stress on the spine, and regular conditions by your chiropractor can reduce routine soreness and insure that the body is not in an in-

the shoulder to be "better than ever" after surgery, and by working together, we were successful. He not only performed the operation, but supervised my early rehabilitation process, to the point where I could resume normal, pain free training.

I cannot stress enough, the importance of finding people like the two I have mentioned. The doctor should explain precisely what he is doing, all the time.

If you do not know the doctor from previous visits, do not feel shy about asking him about his experience with athletes, his attitude towards training and an "active recovery period" while training within your limits while recuperating from the injury.

If you have to have surgery (when all other methods have been attempted) his experience becomes even more important. The excellent advanced surgical procedures of the 80's mean a second chance for many athletes with injuries which, in past years, would have meant retirement from high level competition or training. However, the advantages of advanced techniques (e.g. arthroscopy, which can be used for both diagnosis or surgical procedure), will be lost with an inexperienced recovery man.

Your treatment and recovery must be a team effort between you and your doctor. A positive outlook, which is only possible if you have full confidence in your doctor, will actually hasten recovery.

Bev Francis

If you feel a sharp or unusual pain when you are training, stop immediately. Trying to push through pain will only result in worsening an injury. There is a difference between the "burn" of a muscle near exhaustion, and the sharp pain of an injury.

You should immediately apply ice to an injured area and rest it. Never apply heat or vigorously massage a freshly injured muscle or joint. This will promote blood flow and contribute to increased swelling.

If you have access to an ice machine, put crushed ice into a plastic bag, squeeze out the air and tie a knot in the bag to seal. This can be applied directly to the skin on the injured area, and held in place with a towel or wide bandage. If you haven't access to ice, any frozen or very cold article is better than nothing, even a plastic bag of frozen peas or a cold drink container, can supply some relief. The ice should be left on the injured area for about 30 minutes, and then removed. Keep the injured part elevated slightly. Reapplying the ice every two hours until you go to bed or see a doctor. It is important that you get medical attention. Many less severe injuries heal with time, but unless you have proper rehabilitation, you may develop scar tissue which is not as resilient as "normal" tissue. This often leads to repetitive injury in the same area. Also, without the proper guidance, you may begin training too soon, leading to reinjury, or you may wait

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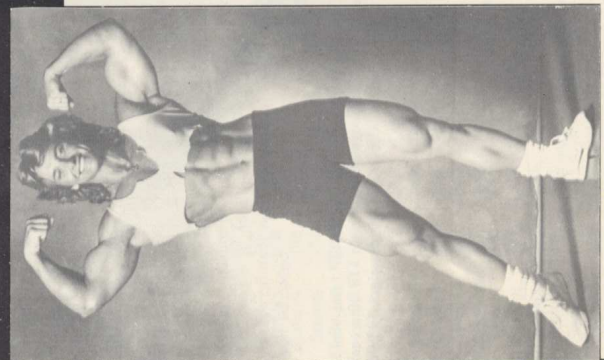
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# POWER PROFILE

## A Man for All Lifters

by Bill Ennis, Weightlifter's Warehouse



**Robbie Roberts** in his silver medal performance at the 1980 World Masters Southeast Asia. His specialty was a "Recon" Marine, the best of the best in the Marine Corps, having undergone extensive training at the Navy's UDT and SEAL schools and at the Army's Airborne school. In addition, Robbie was the Physical Fitness Coordinator at the Marine Corps Headquarters in Washington, DC from 1966-1968.

Robbie left the Marine Corps in 1968, but his continued interest in physical fitness led him to his current position at MCRD. (He has since earned a B.A. in Physical Education.) Furthermore, he developed the Pullup Assist Apparatus now marketed by Universal Gym. (For particulars, contact Robbie at 619-225-5313.) Under Robbie's direction, Building 13 has become one of the best equipped facilities in Southern California for aerobic conditioning, bodybuilding and powerlifting; the gym has nearly doubled in size since Robbie took command. The importance of physical fitness cannot be over emphasized in the Marine Corps, and Robbie plays an important part in this endeavor at both MCRD and Camp Pendleton.



**Leatherneck.** CSGT Robbie Roberts in a 1965 photo courtesy Ennis. **LAMAR GANT:** Who will forget the 661 deadlift he made at 132 lbs.? We should keep all things in perspective!

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

Among his powerlifting accomplishments, Robbie placed 2nd in the 1980 World Masters Powerlifting Championships (181 lb. class, 45-49 age group), is currently the California State Masters Champ (181 lb., 50-54 age group), and is a National Retiree.

Robbie trains three times a week, coaches numerous aspiring powerlifters and bodybuilders on base, and still finds time to travel. The power meets in San Diego, California to retire in "his free time", he enjoys sailing.

A tribute to Robbie Roberts is long overdue. He is an unsung hero of Powerlifting whose love for the sport has given many lifters in the Southeast United States opportunities to compete. I have personally enjoyed every meet that I have entered at MCRD. They are well run. Period.

**P.S.** One experience in 1981 really endeared Robbie to me. After the tragic death of powerlifter Warner Gardner, Robbie immediately re-named the San Diego Open to the Warner Gardner Memorial Powerlifting Championships. It can truly be said: "Robbie Roberts: A man for all lifters."

# Christmas SALE

**POWER HOTLINE** is the gift that keeps giving, 24 times a year, the latest in flash information reports on Powerlifting and the rest of the Iron Game. Don't you know a friend, training partner, or fellow competitor who would appreciate the late breaking news for the upcoming year. It's the right time of the year for gift giving and now's your chance to save some money besides. For a limited time only, a one year **POWER HOTLINE** will be discounted from \$28 to \$24, if you order before December 24th. Send your check (payable to Powerlifting USA) to "Christmas Offer", Box 3236, Camarillo, CA 93011 and the recipient of your choice will get the next 12 dozen issues of **POWER HOTLINE**, with flash reports of the big contests, inside scoop on the hot gossip of the Iron Game, late reports on big lifts around the country, and so much more! **MORE!** So you might forget, so you better believe care of this gift order yourself!!!

# Ho Ho Ho!



# STARTIN' OUT

A special section dedicated to the beginning lifter

## Specialization by Doug Daniels

The 3 events in powerlifting test the overall power of a human better than any other lifts in existence. Each lift requires different groups of muscles for execution. Muscular involvement is also dependent on individual leverage and technique. Some lifters are built better for one lift than others. Very few lifters outside of the Azkamezars, Gantis, Bridges, and Coans rank at or very near the top in all three events. A decision each lifter must make is whether to specialize in a certain lift they prefer or have relatively better body structure for, or place emphasis on each lift for a balanced total. In order to make this decision, a lifter must examine the factors involved.

One factor, which lift has shown the most improvement over time, is speed. In this, a lifter might say that this lift should be the one that should be given priority in training. This conclusion should be tempered against how fast the lifter has been training. Some lifters do a lot of benching and little squatting or even no deadlifting. These last two lifts require much more energy to train because the weight that can be lifted can be up to 100 percent more. Some lifters are guilty of being too lazy to train these two properly to get results. If you examine your training practices sincerely, and this is the case, put off thoughts of specializing and train the other lifts harder for now.

A factor involved that can't be altered is body structure. If you have long arms, this will be favorable in the deadlift and deep squat. If you have shorter legs, this will be a plus in the squat, while shorter arms would be a plus in the bench. Of course, adjustments for most shortcomings can be made by using grip, stance, etc. Structural factors, regardless, will be the ultimate physical limitations on each lift. For example, no matter how hard you work your bench, if you have a 37 inch sleeve length, don't expect to be in the Top 10 in the rankings. This does not mean you should not train the bench hard, but if you do have a body structure that favors a lift, that would be an important factor in your decision to specialize.

Mental factors are also involved. One lift just may be your cup of tea, while you may dread training another. These hangups must be addressed objectively, as they will limit your total.

Next we should examine goals. There are primarily two types of goals: three-lift meets and bench press meets. There are very few squat or deadlift only meets. There are also very few meets with two of the Big Three. The great quantity of bench meets creates an avenue for bench specialists to shine. This could be a justification for bench specialization. Some "bench-only" men do lift at three-lift meets in order to compete or to be eligible for records which must be set at three-lift meets. In this situation, some take token squats and deadlifts just to make the necessary total. Very few big bench men seem to dominate important three-lift meets. Gaugler and Hall included, since these two giants are near the top in all three lifts. What this indicates is that the other two lifts may be more critical in the final total, and a balanced attack may be the best in the long run.

Some lifters I know are overly concerned about one lift. They may have certain advantages in this lift, but fail to give the other lifts their proper emphasis which severely holds back their total, which should be their major goal. Whether they know it or not, they are specialists. These priorities or concerns should be reexamined continually to be sure you're on the right track.

Another factor is bodyweight. Changes in bodyweight have different effects on each of the lifts. A general rule is that the bench is most affected by a change, with the squat second, and the deadlift third. As a lifter changes in bodyweight, the lift that was favored may not gain as well as one that was not favored previously. This could change the lifter's whole training strategy, including specialization. Your bench could take off out of the doldrums, and your once relatively strong deadlift may only gain a few pounds. In this case, your strongest lift may not always remain so.

The lift recommendation to a novice lifter is to train all lifts with equal concentration for at least a year. If this means that your benching must suffer in favor of balancing out your training in the deadlift, then so be it. A lift you thought was your best may, in reality, not be. Better training and changes in bodyweight can affect that. Your best lift at that time will still progress at a faster rate. Mental hangups about some lifts must also be addressed. Get good advice from an experienced lifter. Terrible technique in a lift may be a problem he might notice. This may be holding your progress back in a lift. Read all you can from books, and especially from this magazine. After a year or so, you will have more experience with the sport as well as with your body. Set your goals and let experience and common sense be your guide.

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Jul/1983...Juniors, Women's Natural Nationals, Overtraining, Making Weight, Chip McCain Squat Routine, 550 Bench Press Club, Top 100 114s.

Aug/1983...World's Greatest Deadlift, Powerlifting Secrets, 800 lb. Deadlift Club, Quad tears, and abuse - general, Top 100 123ers.

Apr/1984...Women's Nationals, Ed Coan Profile, Chip McCain Deadlift Workout, Developing Chest and Lat, Mental Rehearsal, Top 100 242s

May/1984...Hawaii Alzaido Profile, Ban the Squat, World's Greatest Bench Press, Jim Cash Squat Routine, Rick Weil Profile, John Kuc on Deadlift Assistance

Work, Bench Press Forum, Consumer Guide for Exercises, Top 100 275s.

Jun/1984...Hawaii Invitational, National Collegiates, Fred Hatfield Profile, Joe Ladhner Profile, Joe Ladhner Bench Press Routine, Steroid Crackdown, ADFFA Top 20 181s, TOP 100 SHWS

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Nov/86...Dr. Deadlift, Lonnie Keyes Profile, Eric Arnold Profile, Tom Eiseman Deadlift Workout, Teen Nationals, 800 lb. Squat Club, Nutrition and Heart Disease, How Much Boost From Drugs, Top 100 198s, ADFFA Top 123s.

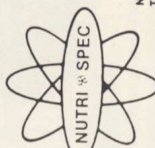
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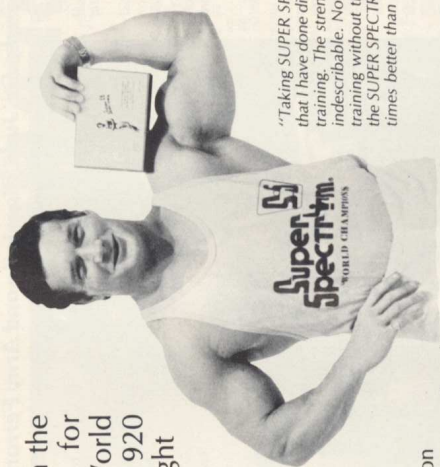
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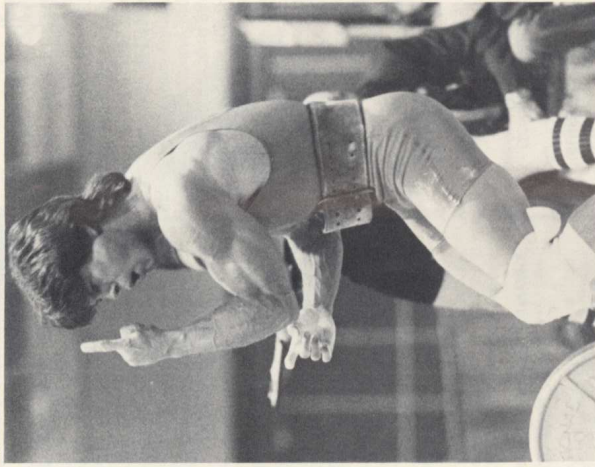


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## I BELIEVE

by Dr. Judd Biasiotto and Amy Ferrando



The bar was loaded with 575 lbs. for Judd Biasiotto's final attempt in the squat. The weight looked monumental, especially when Biasiotto positioned all of his 5'6", 132 lbs. in front of it. With no visible sign of trepidation, Biasiotto untracked the massive weight and positioned himself to squat. After getting the signal from the head judge, Biasiotto descended with the weight in a smooth, controlled manner. When he broke parallel he exploded upward. Slowly, but steadily he drove himself upward until he reached his starting position.

Armed cheerers, Biasiotto descended from the platform and was immediately met by one of his thickly muscled, but less proficient opponents. His competitor wore a look of disbelief as he said, "How the hell did you do that?" "Mirrors," replied Biasiotto. "No seriously Judd, how can you squat like that?" "I believe ..... that's how." Belief, the "deus ex machina" or "magic elixir" that can transform mediocre athletes into world class competitors. If you believe, really believe, you can do tremendous things with your life. As Claude Bristol says in his book *The Magic of Believing*, you are what you believe you are, and if you believe that you are going to be a success, you will be. In other words, just the belief that you are going to be victorious will go far toward bringing you the victory you believe in. Believing opens the doors for success. It sets power the flowing when you need it most. Consequently, if you believe, really believe, there is just no telling what heights you can reach. The problem with all this is how do you get to the point where you really believe in yourself?

The answer is so simple that we are afraid to tell you for fear that you'll stop reading. I do see, most people are looking for complex answers to simple problems. They tend to let their minds get in the way of their progress. Consequently, when you give

**Doog Health BELIEVES:** ...and he lets you know it! Photograph by Lambert them simple solutions to their problem. Because they tend to dismiss the solution, because it sounds too simple for it to work.

With the hope that you'll see things differently we are going to tell you the very same for you. It can get you to

believe in yourself, in your abilities, and in life. Remember, you can if you believe you can. And positive thinking is the key to making you believe.

How does positive thinking work? Well, it's not magic, nor is it simply a placebo as most people think. There is a definite scientific principle at work when you use positive thinking. Let us explain. Whether you realize it or not, your brain functions like a highly complex computer, one programmed by words, thoughts and actions. Consequently, we are the sum product of the events we experience. The environment in which we function, the people with whom we interact, and the thoughts which we entertain are all data constructs by which we are programmed. If you consistently entertain positive thoughts and events, you will develop a positive mentality. There is no way around it, because computer (brain) performance is directly related to computer input. Think positive and you'll be positive, think negative and you'll be negative. That's the simple premise that governs the science of cybernetics.

The great thing is that positive thinking always works if it's used properly. The problem is that many times people don't understand the nature or process of positive thinking. Positive thinkers do not deny that negative things happen or that failure exists. They simply refuse to dwell on such events. Rather, they look for the positive element in each situation and build upon it. In short, positive thinking is a form of thought which habitually optimizes the positive aspect of each situation. Of course when you seek out the good in a particular situation you are more likely than not to find it. Note also that seeking the positive is a deliberate systematic process. It takes effort and concentration. It requires hard work, perseverance and discipline. It's not easy to perfect, but positive thinking will work if you are willing to work at it. We promise that, but don't take our word for it; try it.

For the next seven days make an honest effort to bombard your mind with positive affirmations. When you wake up in the morning, think that whether you feel that way or not, throughout the day, think these feelings and thoughts. If at times, negative and negative thoughts enter your mind, stop yourself from dwelling on those thoughts, analyze why you are having them, and then manipulate them into positive affirmations.

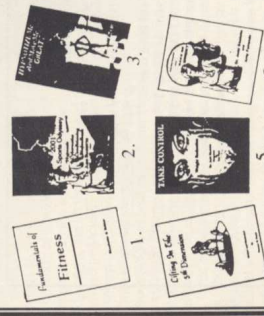
At first, you may find these concepts phony or artificial, but the more you persist and force these positive thoughts into your mind, the more realistic they become. Eventually you will transform yourself from a tired, dull person into a happy, enthusiastic human being full of life and energy.

Will you be able to lift World Class pounds after an extensive positive thinking program? Perhaps, perhaps not, but we promise you that if you use the technique properly and consistently, you will not only significantly improve your lifting, but your life. We're positive.

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## Question & Answer

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

**DEAR ROGER ESTEP:** I am writing in hopes that you will give me a good powerlifting program for the best results. I am totally confused about powerlifting sets, reps, and days to lift per week in each cycle. I've bought some training books and to be honest with you Roger, I think the authors are b.s., artists trying to make a buck off of us beginners. I'm an avid fan of *Powerlifting USA* and your articles. You leave out the b.s. and get down to business; that's what I like! I've been lifting weights for about 6-7 years, and have been powerlifting for about a year and love it. I'm 20 years old, 5'10", 208 lbs, bench 340, and just began squatting about 2 months ago at 315 for 2 reps; the same for my deadlifting. I think I have potential and would like your help. I need to know about the 3 lifts, how many days a week to lift for each exercise, sets, reps, and assistance exercises. **Edgar Eldredge**

**DEAR EDGAR:** At 5'10" and 208 lbs., you have a big structure and probably have a shot at the 220 or even 242 lb. class. So, as you continue to train don't restrict your diet. Keep eating with both hands. A good powerlifting program takes several factors into consideration for maximum results: (1) Technique. (2) Number of days to train. (3) Number of reps and sets. You must pay attention to the small details in each factor to succeed. Technique has too many factors involved to go into any depth, but paying attention to the items listed below will get you started. Technique matters that affect the squat: (1) Placement of bar on shoulders. (2) Hand Spacing. (3) Proper Equipment: boots, wraps, shirts, belt. (4) Foot Spacing. (5) Correct breathing. (6) Correct head and back position. (7) Controlled decent. (8) Again, maintaining proper head and back position. Technique matters that affect the bench press: (1) Type of bench. (2) Position of body on bench. (a) Foot Space. (b) Hips tight and back arched. (c) Shoulders and head driving into contact on bar. (7) Even extension. Technique matters that affect the deadlift: (1) Foot Spacing. (2) Hand Spacing. (3) Hip Position. (4) Head Position. (5) Back Straight. (6) Bar should never leave contact with the legs. (7) Proper mental attitude. All of the above may require some experimentation to determine what is the specifically correct method for you. You may need some

feedback from experienced lifters in your gym. Your question about the number of days to train will vary from lifter to lifter. Sometimes you may have to adjust your days according to the type of work you do. Examples: if you work a hard labor job every day you might have to train on the weekend when you have a higher energy level. If you have a weakness of one of the 3 lifts you might want to train it on the day you have the most energy. The rule of thumb for powerlifting is one light day a week and one light to medium day, with the exception of the deadlift which should be trained only once a week, alternating one heavy week and one light week. The reason for training this lift differently is because the back is so easy to overtrain. The squat puts a great deal of stress on the lower back, so you must be careful not to overtrain the lower back by deadlifting too often. This could also weaken the back in the squat and alter your technique, putting two lifts on the downward swing. I can't say enough about taking care of the lower back even if it takes physical therapy to get the back recovered between sessions. As time goes on you'll learn the feeling of overtraining. You should make your own choice between reps and sets. There are many great lifters who work up to 3 sets of five, one set of five, 3 sets of 3, or my favorite, 4 heavy singles. Whatever you choose will depend on what you like to do from past experience, or if you are around some experienced lifters you might want to follow their program. The most important factor in a training session is that the people you train with must be positive in their feeling toward all the lifters. If you are training with people who want to see you do well, you will be motivated to improve. If you follow the information given in this article and keep a positive mental attitude, I'm sure you'll be on the road to success. Attention to detail in any profession can make the difference between the good and great, so the more dedication you have, the fewer the distractions you have, the more positive your training will be. **Roger Estep**

**DEAR ROGER:** After training for a few years I have developed a hernia. It's an inguinal type and it's not of a serious nature at this point. Does this mean I'll have to give up weight training? Is there any literature on the subject? Do you have any suggestions? I am 30 years old. **Arthur Krumholz**

**DEAR ARTHUR:** Your problem is a medical one and should be directed to a physician. Explain to him that you want to continue your training and he can help you develop a program that will slowly bring you back to condition. Your problem can many times be corrected by surgery, with little or no side effects. Some people may go several years before a physician makes a diagnosis that they have a hernia. They might feel some pain in the groin area and think it is just a slight pull or strain. The pain may diverge slowly and give symptoms that are not characteristic of a hernia. Your problem has been diagnosed and you are under treatment, so don't be afraid to tell the doctor you don't want to be a wall flower. You're still young, and if you want to stay young, don't give up your training even if it's light. **Roger Estep**

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## A Black's Health World Christmas as retold by Joe Outlaw

It was the night before Christmas, and at Black's Health World Not a creature was stirring, nor a weight being cut; The plates were all placed on the racks with great care, in hopes that St. Nicholas soon would be there;

The instructors were parting down Mr. Z's Jim, Joy, Ai, Matt and Donna, if you please;

And John with his trophies, Denise with her dogs, Had just settled down and began sawing some logs, When out in the gym there arose such a crash,

John sprang from the waterbed, ready to kick ass! Away to the entrance John ran with a roar, Knocking cars from his path and ripping open the door.

With the moon shining brightly like a newly chromed bar, John knew the intruder wouldn't get far. When what to John's wondering eyes should appear,

But a welded up sled and eight brassy reindeer, With a well built old driver, his muscles so thick,

More powerful than bulls, those reindeer they trained, And Santa, he coached them and called them by name: Press, Dasher! Push, Dancer! Go for it Franco and Vivian!

Tighten up Comet! It's all yours Dondor and Blitzen! To each of the benches! To every squat rack! Now pump away, pump away! Let's have no slack!

Done with their warm-up, the team they did fly, Up through the Team Room and into the sky, With a sleigh full of aminos, and vitamins too!

To the top of the building the courses they flew, John, in a twinkling, did hear on the roof The stomping and stamping of each awesome hoof.

Not believing his eyes, John was just turning around, When thru the front door St. Nicholas came with a bound. He was dressed like a lifter with a bodybuilder's walk,

And his clothes were all tarnished with body oil and chalk; A bundle of goodies he had flung on his back, And he looked like Schwarzenegger as he opened his pack.

His bits, they were massive! His thighs carved from lead! And each of his biceps looked just like Jim's head, His Hollywood smile gave the room a warm glow;

And the beard on his chin was as white as the snow; Just like Hugh Hefner, arm-in-arm with a Bunny, He had a broad face and a rippled flat belly,

His tan really glistened from petroleum jelly. He was all cut and ripped, an awesome old elf, Even John Black was impressed in spite of himself.

But a firm handshake and a warm nod of his head, Soon gave Black to know he had nothing to dread. He spoke not a word, but went straight to his work,

A 900 pound deadlift, very smooth, with no jerk, And with nary a tremble, giving it all he got. St. Nick blew Black away with a 1000 pound squat!

He then sprang to his sleigh, praised his team real loud, And away they all flew, all pumped up and proud. But Black heard him exclaim, ere he drove out of sight, A Strong Christmas to All, and to All a Good Night!

Merry Christmas and Happy New Year!

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## Message from the President

The 1986 World Powerlifting Championships, held in November in the Hague, superbly run. Except for the doping control, which was not the responsibility of the meet director, I have nothing but praise. In contrast, the World Congress, held in conjunction therewith, left me with serious reservations about the manner in which the I.P.F. is run. I shall confine my remarks to two subjects.

Insisting on English as the one official language has created a strait-jacket which is almost unworkable, and which year by year will increasingly constrict the administration of our sport. In the years to come, delegates were effectively shut out by their lack of fluency. In many of the delegates, like those of the Bahamas this year, will come equipped with interpreters, and the interpreters will be the winners. The notion of multiple official languages to participate fully in winning more acceptance among such nations as the Philippines, and other winning leaders, as they discover that the I.P.F. is not non-substantive. There is no longer a question of whether this is technically possible. It is possible, unless one is prepared to defend the premise that the mind does not function, where the tongue is immobilized. Communication is vital. If powerlifting is to be expected to flourish, it can no longer be a question of whether we shall communicate, but rather a question of the allocation of costs.

Alas, I am not sanguine about the prospect of accommodating other languages when the I.P.F. conducts its official business. The proposal is subversive; if adopted, it will undermine the authority of the present leadership, whose positions are secured largely by its mastery of English.

The second problem I would like to comment on is the apparent absence of any parliamentary procedure. Despite the formal adoption some years ago of the British Amateur Weightlifting Association (BAWLA) rules, there was no parliamentary in attendance acting in that capacity. Instead, three or four of the small in-circle of English-fluent officials would correct each other and offer from time to time, in firm, ringing tones admitting of no uncertainty, pronouncements regarding how the business of the meeting should be conducted. Occasionally, these pronouncements would conflict with one another, but nobody seemed to mind.

With an adequate body of parliamentary rules properly monitored by a certified parliamentarian, two main advantages will accrue to the I.P.F., a more expeditious handling of the agenda and a more deliberate determination of the general will.

I was amazed at the inability of the chair, even assisted by its volunteer arbiters of procedure, to handle a simple amendment to a motion. Considerable confusion can result when the subsidiary motion does not supersede the main motion. One tends to forget what one is voting on.

The inept handling of motions wastes time. Time cannot be recycled. Once it is lost, it is lost forever. Further, concern by the Congress with procedural minutia preempts the time that might otherwise be devoted to the consideration of substantive issues.

Perhaps the principle purpose of parliamentary rules is to ensure that the general will within the entire body controls the decision-making. It preserves the right of the minority to require the majority to be deliberate - to insist that the decision be reached only after full and fair consideration.

Robert's Rules of Order provides the best guarantee against an arbitrary chair exerting undue influence on the outcome. If the I.P.F. is reluctant to readopt Robert's rules in toto, it might edge back toward the fuller rules by providing for them to prevail only where the BAWLA rules are silent. Whatever we decide to do, if we wish to protect ourselves against the chair becoming an arbiter in a debate, the means are there.

This proposal, too, is subversive; it requires the chair to share power. Nonetheless, the adoption and enforcement of these rules would go a long way toward establishing the I.P.F. World Congress as a body responsive to its membership.

This year Ron Fernando, at his own expense, rounded up several sponsors for the United States team at the Junior World Powerlifting Championships. Originally, we had three coach-managers, but in the end only Ron was left. Managing is frequently a series of headaches, but this trip was singularly difficult. We departed Los Angeles only after several near-disasters.

Coaching can also tax the human spirit, especially when the coach is simultaneously required to be in the weight-in room and near the platform. For all that, after the drug-testing results were in, the United States had won the team trophy by one point. This speaks well, not only for our team, but also for the coach-manager, who alone amongst the United States contingent had no prospect of winning a medal.

Similarly, the United States team at the 1986 World Powerlifting Championships was accompanied by four coaches, travelling without financial assistance from the U.S.P.F., Jim Cash, Steve Murdoch, Sean Paul Scully, and Pep Wahl. None of these was a vendor with a prospect of financial reward. For each was considerable personal sacrifice. Our sport is probably healthier, so long as there are people such as these continue to come forward when we need it greatest.

On behalf of our country and the entire USPF membership, I tender herewith our warmest "thank you."

Dr. Conrad Cotter, U.S.P.F., P.O. Box 18485, Pensacola, FL 32523

## GOOD REFEREES HELP GOOD LIFTERS.

From 1982 to 1985 I coached the West Monroe High School Powerlifting team in West Monroe, Louisiana. In 1982, the groundwork was laid for organization of three regional meets and a state championship meet in Louisiana during the next three years.

During the years 1983, 1984, 1984, 1985, 1985, West Monroe won three regional titles and three state titles. In 1984 and 1985 West Monroe tied in two United States Powerlifting Federation National High School Powerlifting Championships. West Monroe was the nation during those three years of competition. Why were we so successful?

Three reasons come to mind: (1) the kids were very talented and very dedicated; (2) because I associated with coaching powerlifters and powerlifters gave me a lot of experience and information to help me in coaching; (3) just as important was the very strict National Coaches' II and Category II referees who we went into competition. As we experienced a "close" set or "just barely" which on the deadlift was NO GOOD; not "2 to 1," you'd probably get it unless the judges are really strict. Those kids were taught to judge training lifts harder than 95% of the Category I's and is would on the platform at the Senior Nationals. We had good cycles planned and had proper attitudes who we went into competition. Without fail, before every meet we would talk about the judges in the upcoming meet and "pray" that they would be strict judges. The stricter they were, the better our chances of winning would be. Fortunately, our region meet was put on by Dr. Billy Jack Talton and he always had 5-6 National and 5-6 Category I's and is to judge. We knew that they would judge our lifts, and everybody else's lifts, just like it was the Senior Nationals. We knew that other kids from other regions usually didn't have that kind of judging at their local/regional meets and when they came upon good, strict judging at the state meet a lot of them would panic and begin doubting themselves. We knew that no judges could be "too strict" on our training made sure of that. We knew that some of the big lifts made us our competitors at their local meets would not hold up under good, strict judging. We knew that as long as we had good, tough judging, we would have a better chance of winning. If the judges were "easy," we might have a hard time holding off guys who get white lights for sloppy lifts. Fortunately for us, that never happened. We appreciated those referees for their good of the faith we had in their abilities. This article is not to glorify a group of high school kids or a group of hard working referees, but rather it is hoped that some lifters may see in it a message that may help them in their training and their goals to win or place high in the "big" meets and the national level meets, where the Best lift, the Best judge, and the Best win. Mike Reed



**Top Women's Benchers.** Jan Harrell (left) and Debbie Boston (right), flanking Rick Posin, at the California Women's State meet, where they both guest lifted. Jan did 340 plus at this meet and got her 365 at a later meet, but Rick states that Debbie's 330, weighing 158 lbs, "has the highest woman's bodyweight"; and Debbie's 330 plus books. Rick and Debra are available for coaching and judging. Contact them at Athlete's Fitness Center, 13339 N. Florida Avenue, Tampa, FL 33613 or call 813-961-0595.

**TRAIN SAFE - TRAIN LONG** one of the major reasons for people to quit powerlifting is a lingering injury that prevents further progress in the sport. These kinds of injuries often occur when people train unsafely, i.e., without spotters, beyond the limitations of their equipment, etc. To keep your name in the results sheets instead of on the sideline, use common sense, and if you do injure yourself, consult a physician and get it looked after. Patience during recuperation is the key to complete recovery.

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## Training Tips



**Robert Triphahn.** competing in the 148 lb. class at the 1986 U.S.P.F. Seniors "Here's a tip on trap training. If you own a cambered bench press bar, you can do seated shoulder shrugs with the bar under the bench. The cambered part points down, allowing full range of motion for the shoulders. This can be accomplished with dumbbells, but it is more awkward. I came up with the idea after using the seated string on the Nautilus Leverage machine. This one really isolates the traps and works great." **Robert Triphahn, Green Bay, Wisconsin**

If you've got a great little training idea you've run across, write it up and send it in to P.L. USA Training Tips, Box 467, Camarillo, CA 93011 and if we use it we'll renew your subscription to P.L. USA for one year FREE!



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NEXT MONTH... TOP 275

## POWERLIFTING USA MAGAZINE TOP 100

for USA lifters competing November 1985 to October 1986

SQUAT	BENCH	DEADLIFT	TOTAL
1 812 Nichols, B., 104/86	859 Russell, B., 101/86	2392 Nichols, B., 104/86	2392 Nichols, B., 104/86
2 617 Madrozzene, D., 5/16/86	605 Madrozzene, D., 5/16/86	654 Russell, C., 6/29/86	2182 Wilson, S., 6/29/86
3 870 Reed, F., 8/2/86	844 Cash, J., 12/14/85	2176 Krickay, F., 6/29/86	2176 Krickay, F., 6/29/86
4 870 Reed, F., 8/2/86	844 Cash, J., 12/14/85	2152 Bellfield, F., 6/29/86	2152 Bellfield, F., 6/29/86
5 837 Hatfield, F., 7/16/86	815 Ball, W., 12/14/85	2121 Pharr, T., 6/29/86	2121 Pharr, T., 6/29/86
6 835 Brodie, S., 11/23/85	810 Poretti, M., 6/27/86	2105 Russell, B., 6/29/86	2105 Russell, B., 6/29/86
7 820 Bell, W., 6/19/86	809 Poretti, M., 6/27/86	2105 Poretti, M., 6/27/86	2105 Poretti, M., 6/27/86
8 826 Jackson, A., 12/14/85	799 Santos, L., 12/17/85	2095 Cash, J., 12/14/85	2095 Cash, J., 12/14/85
9 825 Howell, L., 1/18/86	788 Kuc, J., 8/10/86	2083 Jacoby, D., 7/16/86	2083 Jacoby, D., 7/16/86
10 825 Howell, L., 1/18/86	777 Resch, M., 12/25/86	2070 Resch, M., 12/25/86	2070 Resch, M., 12/25/86
11 825 Howell, L., 1/18/86	777 Resch, M., 12/25/86	2050 Santos, L., 6/29/86	2050 Santos, L., 6/29/86
12 825 Howell, L., 1/18/86	777 Resch, M., 12/25/86	2050 Santos, L., 6/29/86	2050 Santos, L., 6/29/86
13 825 Howell, L., 1/18/86	777 Resch, M., 12/25/86	2040 Dimiduk, M., 2/16/86	2040 Dimiduk, M., 2/16/86
14 815 Jacoby, D., 7/16/86	777 Resch, M., 12/25/86	2039 Weib, M., 12/14/85	2039 Weib, M., 12/14/85
15 815 Jacoby, D., 7/16/86	777 Resch, M., 12/25/86	2039 Weib, M., 12/14/85	2039 Weib, M., 12/14/85
16 810 Thoron, G., 4/1/86	777 Resch, M., 12/25/86	2033 Tokarski, C., 6/29/86	2033 Tokarski, C., 6/29/86
17 804 Doretti, B., 12/18/85	777 Resch, M., 12/25/86	2025 Brago, P., 3/1/86	2025 Brago, P., 3/1/86
18 804 Doretti, B., 12/18/85	777 Resch, M., 12/25/86	2010 Hatfield, F., 7/27/86	2010 Hatfield, F., 7/27/86
19 800 Corlison, K., 12/17/85	777 Resch, M., 12/25/86	2010 Hatfield, F., 7/27/86	2010 Hatfield, F., 7/27/86
20 800 Corlison, K., 12/17/85	777 Resch, M., 12/25/86	2006 Davis, B., 3/16/86	2006 Davis, B., 3/16/86
21 793 Wilson, S., 6/29/86	760 Dimiduk, M., 2/16/86	2000 Brodie, S., 11/23/85	2000 Brodie, S., 11/23/85
22 788 Pharr, T., 6/29/86	759 Springer, C., 5/3/86	1999 Dimiduk, M., 2/16/86	1999 Dimiduk, M., 2/16/86
23 788 Pharr, T., 6/29/86	759 Springer, C., 5/3/86	1978 Edmonson, S., 6/29/86	1978 Edmonson, S., 6/29/86
24 782 Carothers, M., 11/10/85	749 Nichols, B., 4/6/86	1973 Vahdy, G., 9/25/86	1973 Vahdy, G., 9/25/86
25 782 Davis, B., 3/16/86	748 Dobrowski, B., 5/11/86	1970 Dicke, D., 8/2/86	1970 Dicke, D., 8/2/86
26 780 Carothers, M., 11/10/85	748 Ruble, L., 8/2/86	1957 Jackson, M., 1/18/86	1957 Jackson, M., 1/18/86
27 780 Carothers, M., 11/10/85	748 Ruble, L., 8/2/86	1957 Jackson, M., 1/18/86	1957 Jackson, M., 1/18/86
28 780 Carothers, M., 11/10/85	748 Ruble, L., 8/2/86	1956 Carothers, M., 11/10/85	1956 Carothers, M., 11/10/85
29 777 Hatfield, F., 7/16/86	748 Ruble, L., 8/2/86	1956 Carothers, M., 11/10/85	1956 Carothers, M., 11/10/85
30 777 Hatfield, F., 7/16/86	748 Ruble, L., 8/2/86	1956 Carothers, M., 11/10/85	1956 Carothers, M., 11/10/85
31 777 Hatfield, F., 7/16/86	748 Ruble, L., 8/2/86	1956 Carothers, M., 11/10/85	1956 Carothers, M., 11/10/85
32 777 Hatfield, F., 7/16/86	748 Ruble, L., 8/2/86	1956 Carothers, M., 11/10/85	1956 Carothers, M., 11/10/85
33 777 Hatfield, F., 7/16/86	748 Ruble, L., 8/2/86	1956 Carothers, M., 11/10/85	1956 Carothers, M., 11/10/85
34 777 Hatfield, F., 7/16/86	748 Ruble, L., 8/2/86	1956 Carothers, M., 11/10/85	1956 Carothers, M., 11/10/85
35 777 Hatfield, F., 7/16/86	748 Ruble, L., 8/2/86	1956 Carothers, M., 11/10/85	1956 Carothers, M., 11/10/85
36 777 Hatfield, F., 7/16/86	748 Ruble, L., 8/2/86	1956 Carothers, M., 11/10/85	1956 Carothers, M., 11/10/85
37 777 Hatfield, F., 7/16/86	748 Ruble, L., 8/2/86	1956 Carothers, M., 11/10/85	1956 Carothers, M., 11/10/85
38 777 Hatfield, F., 7/16/86	748 Ruble, L., 8/2/86	1956 Carothers, M., 11/10/85	1956 Carothers, M., 11/10/85
39 777 Hatfield, F., 7/16/86	748 Ruble, L., 8/2/86	1956 Carothers, M., 11/10/85	1956 Carothers, M., 11/10/85
40 777 Hatfield, F., 7/16/86	748 Ruble, L., 8/2/86	1956 Carothers, M., 11/10/85	1956 Carothers, M., 11/10/85
41 766 Weib, M., 12/14/85	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86
42 766 Weib, M., 12/14/85	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86
43 766 Weib, M., 12/14/85	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86
44 766 Weib, M., 12/14/85	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86
45 766 Weib, M., 12/14/85	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86
46 766 Weib, M., 12/14/85	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86
47 766 Weib, M., 12/14/85	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86
48 766 Weib, M., 12/14/85	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86
49 766 Weib, M., 12/14/85	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86
50 766 Weib, M., 12/14/85	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86	738 Reed, D., 8/2/86
51 755 Dent, M., 12/18/85	722 Hammer, T., 5/24/86	722 Hammer, T., 5/24/86	722 Hammer, T., 5/24/86
52 750 Maher, J., 3/18/86	720 Williams, R., 3/15/86	720 Williams, R., 3/15/86	720 Williams, R., 3/15/86
53 750 Maher, J., 3/18/86	720 Williams, R., 3/15/86	720 Williams, R., 3/15/86	720 Williams, R., 3/15/86
54 750 Maher, J., 3/18/86	720 Williams, R., 3/15/86	720 Williams, R., 3/15/86	720 Williams, R., 3/15/86
55 744 Hammer, T., 5/24/86	716 Weib, M., 12/14/85	716 Weib, M., 12/14/85	716 Weib, M., 12/14/85
56 744 Hammer, T., 5/24/86	716 Weib, M., 12/14/85	716 Weib, M., 12/14/85	716 Weib, M., 12/14/85
57 744 Hammer, T., 5/24/86	716 Weib, M., 12/14/85	716 Weib, M., 12/14/85	716 Weib, M., 12/14/85
58 744 Hammer, T., 5/24/86	716 Weib, M., 12/14/85	716 Weib, M., 12/14/85	716 Weib, M., 12/14/85
59 744 Hammer, T., 5/24/86	716 Weib, M., 12/14/85	716 Weib, M., 12/14/85	716 Weib, M., 12/14/85
60 744 Hammer, T., 5/24/86	716 Weib, M., 12/14/85	716 Weib, M., 12/14/85	716 Weib, M., 12/14/85
61 733 Lett, D., 3/16/86	700 Wood, K., 6/14/86	700 Wood, K., 6/14/86	700 Wood, K., 6/14/86
62 733 Nicholson, R., 4/6/86	700 Hechter, G., 10/5/86	700 Hechter, G., 10/5/86	700 Hechter, G., 10/5/86
63 733 Nicholson, R., 4/6/86	700 Hechter, G., 10/5/86	700 Hechter, G., 10/5/86	700 Hechter, G., 10/5/86
64 733 Nicholson, R., 4/6/86	700 Hechter, G., 10/5/86	700 Hechter, G., 10/5/86	700 Hechter, G., 10/5/86
65 730 Bonny, L., 11/9/85	696 Jacoby, D., 7/16/86	696 Jacoby, D., 7/16/86	696 Jacoby, D., 7/16/86
66 730 Bonny, L., 11/9/85	696 Jacoby, D., 7/16/86	696 Jacoby, D., 7/16/86	696 Jacoby, D., 7/16/86
67 730 Bonny, L., 11/9/85	696 Jacoby, D., 7/16/86	696 Jacoby, D., 7/16/86	696 Jacoby, D., 7/16/86
68 730 Bonny, L., 11/9/85	696 Jacoby, D., 7/16/86	696 Jacoby, D., 7/16/86	696 Jacoby, D., 7/16/86
69 730 Bonny, L., 11/9/85	696 Jacoby, D., 7/16/86	696 Jacoby, D., 7/16/86	696 Jacoby, D., 7/16/86
70 730 Bonny, L., 11/9/85	696 Jacoby, D., 7/16/86	696 Jacoby, D., 7/16/86	696 Jacoby, D., 7/16/86
71 727 Renaud, M., 12/18/85	685 Reeves, J., 12/14/85	685 Reeves, J., 12/14/85	685 Reeves, J., 12/14/85
72 727 Renaud, M., 12/18/85	685 Reeves, J., 12/14/85	685 Reeves, J., 12/14/85	685 Reeves, J., 12/14/85
73 727 Renaud, M., 12/18/85	685 Reeves, J., 12/14/85	685 Reeves, J., 12/14/85	685 Reeves, J., 12/14/85
74 725 Greenlaw, L., 2/6/86	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85
75 725 Greenlaw, L., 2/6/86	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85
76 725 Greenlaw, L., 2/6/86	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85
77 725 Greenlaw, L., 2/6/86	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85
78 725 Greenlaw, L., 2/6/86	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85
79 725 Greenlaw, L., 2/6/86	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85
80 725 Greenlaw, L., 2/6/86	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85	685 Peters, W., 12/15/85
81 722 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
82 722 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
83 722 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
84 722 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
85 722 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
86 722 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
87 722 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
88 722 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
89 722 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
90 722 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
91 716 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
92 716 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
93 716 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
94 716 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
95 716 Genaud, B., 5/11/86	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
96 705 Thompson, K., 11/24/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
97 705 Thompson, K., 11/24/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
98 705 Thompson, K., 11/24/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
99 705 Thompson, K., 11/24/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85	685 Doretti, B., 12/18/85
100 705 Clark, M., 12/14/85	699 Territo, D., 12/18/85	699 Territo, D., 12/18/85	699 Territo, D., 12/18/85



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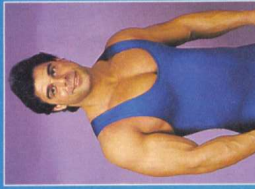


In California 1(800)231-4070

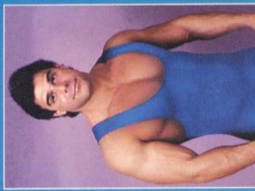
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NOW \$31.00! SEE ORDER FORM!  
Free Pair of Superwrap 10  
OR Superwrap 2 or 10 Reg. \$36.00  
Supersale Expires: Offer Expires February 28, 1987

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  - Greater Hip and Gluteus Support: Material will contract and hold as you squat past parallel for the most explosive starts
  - Superior Crotch Design: For the greatest support and long-lasting wear
  - Two Tailored Styles to fit every lifter's needs
  - All orders shipped within 24 hours



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Cut higher for a tighter fit around the lats and chest



**Supersuit® 10**  
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  - L-Ornithine 250 mg.
  - L-Tryptophan 100 mg.
- 60 Tabs \$12.00 180 Tabs \$33.00 360 Tabs \$60.00



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Harness the raw power you can only get from liver and glandular supplements  
Nothing matches Marathon's 2-Gram Liver and Glandular Complexes for building strength, stamina, and energy!

## 2-Gram Liver

- Excellent source of glandular protein (2 grams in every tablet)
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- Fortified with extra B-12 for increased utilization of iron, B vitamins, and protein
- Highest quality Argentine beef liver, defatted and desiccated
- High assimilation—laboratory-tested 8 minute "breakdown" time

**THE ORIGINAL 2 GRAM LIVER (31 Grain) TABLETS**  
Each tablet contains:  
Desiccated Liver 2,000 mg. (31 grains)  
B-12 50 mcg.  
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Five Protein-coated easy swallow tablets provide:  
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100 Tabs \$5.00 250 Tabs \$11.00  
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**GLANDULAR COMPLEX - 2500 mg.**  
Each tablet contains:  
Raw Adrenal Substance 350 mg.  
Raw Ovic Substance 350 mg.  
Raw Pituitary Substance 350 mg.  
Raw Thyroid Substance 350 mg.  
Raw Heart Substance 350 mg.  
Raw Thymus Substance 250 mg.  
RNA (Ribo-Nucleic Acid) 100 Tabs \$17.00  
500 Tabs \$89.50

**GLANDULAR COMPLEX - 1500 mg.**  
Each tablet contains:  
Raw Adrenal Substance 225 mg.  
Raw Ovic Substance 225 mg.  
Raw Pituitary Substance 225 mg.  
Raw Thyroid Substance 225 mg.  
Raw Heart Substance 225 mg.  
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Get the maximum in muscular density and muscular weight gain!

Marathon's Free-Form Amino Acids and high protein foods. P.E.R.\* Protein Powders are the ideal muscle foods.

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

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- Maximum recuperation, the key to intense workouts
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- Better assimilation/utilization
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Move up to the best value in dietary protein supplementation!

- Glandular Protein Powder — 95% protein
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- Both are excellent sources of protein for gaining muscular bodyweight
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1000 Tabs \$125.00

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Event	SQ	BP	DL	Total
87 lbs. Senior	215	105	260	580
C. Cattle	150	105	175	430
105 lbs. Open	150	95	240	540
R. Heisel	210	95	240	545
114 lbs. Senior	185	95	190	470
123 lbs. Master	160	100	200	460
132 lbs. Golden Master	265	150	320	735
132 lbs. Open	230	175	300	705
K. Hamilton	285	150	320	755
144 lbs. Open	300	155	330	785
144 lbs. Senior	220	115	280	615
S. Cox	220	115	280	615
162 lbs. Master	480	240	465	1185
L. Dodd	480	240	465	1185
132 lbs. Open	370	265	350	780
R. Warren	390	275	420	1085
148 lbs. Open	400	265	415	1080
R. Herzog	385	220	415	1020
G. Jones	400	220	415	1035
166 lbs. Senior	335	250	400	985
166 lbs. Master	345	225	370	940
G. Gaskill	345	225	370	940
166 lbs. Senior	315	215	385	915
166 lbs. Master	455	310	550	1315
K. Samuels	440	235	475	1150
W. Bridges	440	235	475	1150
166 lbs. Golden Master	260	420	1005	950
166 lbs. Senior	260	440	1005	950
E. Magin	405	260	440	1105

# A.D.F.P.A.

## TOP 20

67.5 kg. 148

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from October 1, 1985 to November 1, 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 for membership and a complimentary shirt. For more ordering information see this issue's Top 100 listing.

Event	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20																	
590 R. Kea	11/23/85	584 J. Kea	8/9/86	1500 R. Kea	11/23/85	1435 J. Braca	9/9/86	1399 J. Braca	8/9/86	1399 J. Weinstein	11/24/85	1360 R. Triphahn	12/7/85	1350 L. Weinstein	8/9/86	1345 R. Kea	11/23/85	1335 D. Kiefer	4/19/86	1320 J. Shaver	11/23/85	1311 R. Benemerto	11/17/85	1305 C. Bollitt	4/26/86	1295 D. Sherrwood	8/9/86	1290 T. Phillips	5/24/86	1284 P. Kwock	8/9/86	1278 R. Tsutsumi	8/9/86	1275 E. Hammer	6/21/86	1270 B. Hildebrand	6/21/86

Event	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20																	
590 R. Kea	11/23/85	584 J. Kea	8/9/86	1500 R. Kea	11/23/85	1435 J. Braca	9/9/86	1399 J. Braca	8/9/86	1399 J. Weinstein	11/24/85	1360 R. Triphahn	12/7/85	1350 L. Weinstein	8/9/86	1345 R. Kea	11/23/85	1335 D. Kiefer	4/19/86	1320 J. Shaver	11/23/85	1311 R. Benemerto	11/17/85	1305 C. Bollitt	4/26/86	1295 D. Sherrwood	8/9/86	1290 T. Phillips	5/24/86	1284 P. Kwock	8/9/86	1278 R. Tsutsumi	8/9/86	1275 E. Hammer	6/21/86	1270 B. Hildebrand	6/21/86

Event	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20																																	
275 lbs. Grand Master	255	480	1115	H. Roy	345	245	415	1005	SHW Open	750	485	630	1865	W. Chavis	590	585	1530	SHW Senior	435	305	470	1210	D. Little	435	305	470	1210	G. White	450	300	540	1450	R. Treler	430	320	475	1225	A. Charles	400	345	470	1215	SHW Senior Master	375	700	1650	K. Cain	375	700	1650	The Club	Tom Miller	for results.

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Event	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20																																						
181 lbs. Grand Master	450	135	135	720	275 lbs. Grand Master	255	480	1115	R. Roy	345	245	415	1005	SHW Open	750	485	630	1865	W. Chavis	590	585	1530	SHW Senior	435	305	470	1210	D. Little	435	305	470	1210	G. White	450	300	540	1450	R. Treler	430	320	475	1225	A. Charles	400	345	470	1215	SHW Senior Master	375	700	1650	K. Cain	375	700	1650	The Club	Tom Miller	for results.

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Women (Masters)	100	BP	DL	Total
100	92.5	42.5	102.5	237.5
105	112.5	25.5	62.5	200.5
110	142.5	20.5	55.5	218.5
115	127.5	12.5	45.5	185.5
120	112.5	12.5	37.5	162.5
125	107.5	12.5	30.5	152.5
130	92.5	15.5	26.5	134.5
135	87.5	15.5	20.5	123.5
140	77.5	11.0	16.0	104.5
145	67.5	11.0	11.0	89.5
150	57.5	11.0	6.0	74.5
155	47.5	11.0	1.0	59.5
160	37.5	11.0	1.0	49.5
165	27.5	11.0	1.0	39.5
170	17.5	11.0	1.0	29.5
175	7.5	11.0	1.0	19.5
180	2.5	11.0	1.0	9.5
185	2.5	11.0	1.0	5.5
190	2.5	11.0	1.0	5.5
195	2.5	11.0	1.0	5.5
200	2.5	11.0	1.0	5.5

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Women (Masters)	100	BP	DL	Total
100	92.5	42.5	102.5	237.5
105	112.5	25.5	62.5	200.5
110	142.5	20.5	55.5	218.5
115	127.5	12.5	45.5	185.5
120	112.5	12.5	37.5	162.5
125	107.5	12.5	30.5	152.5
130	92.5	15.5	26.5	134.5
135	87.5	15.5	20.5	123.5
140	77.5	11.0	16.0	104.5
145	67.5	11.0	11.0	89.5
150	57.5	11.0	6.0	74.5
155	47.5	11.0	1.0	59.5
160	37.5	11.0	1.0	49.5
165	27.5	11.0	1.0	39.5
170	17.5	11.0	1.0	29.5
175	7.5	11.0	1.0	19.5
180	2.5	11.0	1.0	9.5
185	2.5	11.0	1.0	5.5
190	2.5	11.0	1.0	5.5
195	2.5	11.0	1.0	5.5
200	2.5	11.0	1.0	5.5

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Women (Masters)	100	BP	DL	Total
100	92.5	42.5	102.5	237.5
105	112.5	25.5	62.5	200.5
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120	112.5	12.5	37.5	162.5
125	107.5	12.5	30.5	152.5
130	92.5	15.5	26.5	134.5
135	87.5	15.5	20.5	123.5
140	77.5	11.0	16.0	104.5
145	67.5	11.0	11.0	89.5
150	57.5	11.0	6.0	74.5
155	47.5	11.0	1.0	59.5
160	37.5	11.0	1.0	49.5
165	27.5	11.0	1.0	39.5
170	17.5	11.0	1.0	29.5
175	7.5	11.0	1.0	19.5
180	2.5	11.0	1.0	9.5
185	2.5	11.0	1.0	5.5
190	2.5	11.0	1.0	5.5
195	2.5	11.0	1.0	5.5
200	2.5	11.0	1.0	5.5

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Women (Masters)	100	BP	DL	Total
100	92.5	42.5	102.5	237.5
105	112.5	25.5	62.5	200.5
110	142.5	20.5	55.5	218.5
115	127.5	12.5	45.5	185.5
120	112.5	12.5	37.5	162.5
125	107.5	12.5	30.5	152.5
130	92.5	15.5	26.5	134.5
135	87.5	15.5	20.5	123.5
140	77.5	11.0	16.0	104.5
145	67.5	11.0	11.0	89.5
150	57.5	11.0	6.0	74.5
155	47.5	11.0	1.0	59.5
160	37.5	11.0	1.0	49.5
165	27.5	11.0	1.0	39.5
170	17.5	11.0	1.0	29.5
175	7.5	11.0	1.0	19.5
180	2.5	11.0	1.0	9.5
185	2.5	11.0	1.0	5.5
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150	57.5	11.0	6.0	74.5
155	47.5	11.0	1.0	59.5
160	37.5	11.0	1.0	49.5
165	27.5	11.0	1.0	39.5
170	17.5	11.0	1.0	29.5
175	7.5	11.0	1.0	19.5
180	2.5	11.0	1.0	9.5
185	2.5	11.0	1.0	5.5
190	2.5	11.0	1.0	5.5
195	2.5	11.0	1.0	5.5
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Women (Masters)	100	BP	DL	Total
100	92.5	42.5	102.5	237.5
105	112.5	25.5	62.5	200.5
110	142.5	20.5	55.5	218.5
115	127.5	12.5	45.5	185.5
120	112.5	12.5	37.5	162.5
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Don't be fooled by cheaper prices - buy the best!

**Deadlift slippers...\$9/pair**, made from Miracle Suit material, S-M-L-XL

**Gloves:** 1 pr. - \$12, 2 pr. - \$23, 3 pr. - \$33, S-M-L-XL

**Key Chain:** \$1.50, red, yellow, silver, white & gold

**Cap:** \$6, one size fits all. Colors: red, navy, black, green, lt. blue

**Style A:** \$65 double thickness deluxe suede, single buckle. 12mm. State size and color.

**Style B:** \$42 deluxe suede, 9mm, tapered 2 1/2" in front. State size and color.

**Style C:** \$53 double thickness leather, single buckle. State size.

**Style D:** \$24 single thickness, leather, tapered in front. State size.

**Style E:** \$24 single thickness, leather, tapered in front. State size.

**Style F:** \$24 single thickness, leather, tapered in front. State size.

**Style G:** \$24 single thickness, leather, tapered in front. State size.

**Style H:** \$24 single thickness, leather, tapered in front. State size.

**Style I:** \$24 single thickness, leather, tapered in front. State size.

**Style J:** \$24 single thickness, leather, tapered in front. State size.

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**Miracle Suits - \$35, navy & blue. Sizes: 16-54**  
Best Squatting Suit available  
Give bwt, ht & wt class

**Stretch Suits - \$18**  
Blue w/white S-M-L-XL  
Give bwt, ht & wt class

**Leather or Nylon Training Straps.** One size fits all.  
1pr-\$5, 2pr-\$9, 3pr-\$12.  
Chalk: \$9/lb. \$75/10 lbs. Red or Navy.

**Toile Bag \$10.** Red or Navy.

**Smelling Salts:** (Ammonia Caps) \$5/box of 12 caps. 99% pure, 8 oz/\$11.00.

**Hurricane Wraps - 1 pr./\$9, 2pr/\$17, 3pr/\$24, 10pr/\$70**  
Super II Wraps - 1 pr./\$5, 2pr/\$9, 3pr/\$12  
**NEW Wrists Wraps - with velcro ends \$9/pr**  
Mineral Ice 8 oz./\$10.00, 16 oz./\$15.00

**Olympic EZ Kurt Bar w/collars, chromed & knurled, \$35.**

**1000 Lb. Squat Bar - \$240** plus shipping  
**A Bar Made For Powerlifters**  
**The Best Squatting Bar in the World**  
Guaranteed for those 1000 lb. squats  
**Deep Knurling**  
**OLYMPIC PLATES.....65 cents per lb.**  
Weights shipped freight collect.

## CHRISTMAS SPECIAL

Nature's Best Bodybuilding  
Super Amino Acids - 1500mg  
150 caps/\$15, 250 caps/\$23.

**SWEAT SHIRTS \$18** ("Bear It All" available only in t-shirts). Colors: navy, grey, royal blue, S-M-L-XL. T-SHIRTS \$9 (all 3 designs available) Colors: red, navy, royal blue, grey, black, S-M-L-XL. (XXL available in red, grey & navy only) Give size, design, and 1st and 2nd color choice.

**Monster Jack Racks - \$300/pr.** Olympic Plate Holder - Heavy weight \$70  
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The absolute best bench shirt available. No blowouts. Made from squating suit material. This shirt will add more pounds to your bench than any other shirt on the market. See your chest size reduced. If you think the other shirts are great, then you haven't tried a MIRACLE - \$40

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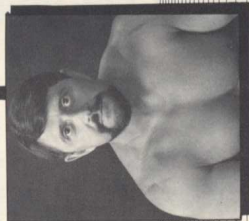












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 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

# WEIGHT ROOM PERCENTAGE CHART

MAX	PERCENTAGE										MAX
	75	77½	80	82½	85	87½	90	92½	95	97½	
155	115	120	125	130	135	140	145	150	155	160	165
160	120	125	130	135	140	145	150	155	160	165	170
165	125	130	135	140	145	150	155	160	165	170	175
170	130	135	140	145	150	155	160	165	170	175	180
175	135	140	145	150	155	160	165	170	175	180	185
180	140	145	150	155	160	165	170	175	180	185	190
185	145	150	155	160	165	170	175	180	185	190	195
190	150	155	160	165	170	175	180	185	190	195	200
195	155	160	165	170	175	180	185	190	195	200	205
200	160	165	170	175	180	185	190	195	200	205	210
205	165	170	175	180	185	190	195	200	205	210	215
210	170	175	180	185	190	195	200	205	210	215	220
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510	470	475	480	485	490	495	500	505	510	515	520
515	475	480	485	490	495	500	505	510	515	520	525
520	480	485	490	495	500	505	510	515	520	525	530
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655	615	620	625	630	635	640	645	650	655	660	665
660	620	625	630	635	640	645	650	655	660	665	670
665	625	630	635	640	645	650	655	660	665	670	675
670	630										





# POWER ELITE'S STRENGTH FORMULAS

...for your strength & health



**4500mg Growth Stimulant**  
L-Arginine 1500mg L-Ornithine 1500mg  
L-Lysine 1500mg  
100 tablets \$11.00  
200 tablets \$21.00



**Anabolic Glandulars**  
Our raw glandulars are freeze dried to retain the natural occurring nutrients.  
Whole pituitary 300mg  
Heart 300mg  
Orchic 300mg  
Pancreas 300mg  
Adrenal 300mg  
Spleen 300mg  
Thymus 300mg  
Beef Peptone 600mg  
Kidney 300mg  
1500 MGS. Complex  
100 Tablets \$9.50  
200 Tablets \$18.00



**Argentine Beef Liver 30**  
grain  
Each tablet contains 1943mg  
(30 grain)  
B-12 15(mcg)  
Protein 90%  
500 tablets \$15.00  
1000 tablets \$29.00



**Carbo Plus** Specially formulated to be taken at any time, for immediate energy preceding a workout or competition. Carbo Plus goes to work fast fueling blood sugar levels with clean burning glucose supplied by the rapid utilization of dextrin. It continues to work, meeting prolonged energy demands, with glucose generated from the gradual breakdown of starch.  
24 oz. can \$10.95 or 2 for \$21.00



**90% Milk & Egg Protein**  
With brewers yeast, Lecithin, Desiccated liver, Papain and Bromelain.  
\$10.00 or 2 for \$19.00

**L-Carnatine 250mg**  
For extended energy production. Lower your body fat and triglycerides.  
30 capsules \$7.00  
60 capsules \$12.00  
Free Form



**Inosine Caps 500mg**  
Crystalline pure and quick acting inosine. Taken before your workout, increases your body's capacity for intense training and fast recuperation between sets.  
30 Capsules \$6.00  
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Free Form



**1500mg Aminos**  
100% Natural free form. Each tablet contains 1500 mg. Highest on the market today.  
L-Ornithine HCl 150.0mg 351.2mg  
L-Glycine 151.2mg L-Isoleucine 507.3mg  
L-Lysine 786.5mg L-Serine 587.3mg  
L-Alanine 962.9mg L-Leucine 912.2mg  
L-Valine 962.9mg L-Isoleucine 507.3mg  
L-Cysteine 234.2mg L-Tyrosine 917.1mg  
L-Arginine 307.3mg L-Proline 583.2mg  
L-Valine 415.6mg L-Phenylalanine 351.2mg  
L-Aspartic Acid 803.9mg L-Tryptophane 23.4mg  
L-Methionine 149.2mg Protein Coated  
325 tablets \$14.00  
650 tablets \$27.00



**Natural Steroid Pak**  
Natural Growth Hormone Stimulant  
Potassium  
Multi-Vitamins  
Vitamin C  
Free Form Amino Acids  
\$18.00 or 2 for \$34.00



**Hard Core Training Pak**  
The most potent training pak on the market.  
Natural Steroid Formula  
Natural Growth Hormone Stimulant  
Timed Release B-Complex 300  
Timed Release C-Complex 4000  
Timed Release—Argentine Liver with B-12  
Timed Release—Super Ripped (Lipotropic Formula)  
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Digestive Enzymes  
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 10987.5kg 150



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**NO MORE BAD HAND OUTS**

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Bench Tilts in for Easy Handout

Rack quickly returns, automatically, to upright position

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only \$39.95  
See for yourself the secrets and techniques that push world records

**Everyone needs a Florida design Bench T-shirt**  
reduced to \$7.00

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Rick tells it all and many have already benefited from the valuable information at only \$9.95

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St. Pete, FL 33743  
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**Subtotal** \_\_\_\_\_

Rick's Tilt Bench @ 349.95 each

Rick's Video @ 39.95 each

Rick's Book "THE BENCH PRESS" @ \$9.95 each

Florida Bench T-shirts @ \$7.00 each

Check size S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

Check color Red \_\_\_ Blue \_\_\_ Yellow \_\_\_ Gold \_\_\_

Shipping \_\_\_\_\_

Total **\$2.00**

## Green Bay YMCA Bench Press

16 Aug 86 - Green Bay, WI

Open	100*	D. Bush	310
S. Rosack	305	C. Phillips	300
J. Schultz	285	G. Pedegley	230
D. Dohb	265	R. Buss	220
S. Kuehn	260	R. Ludvina	440*
P. Smith	240	J. Spittenger	360
J. Saifell	345*	K. Bessler	325
B. Geffel	320	T. Kasulke	450
T. Montague	320	T. Coleman	410
R. Ehrhart Jr.	300	T. Paplawski	400
L. Kinney	280	W. Ehardt Jr.	300
J. Lager	270	R. Piech(BL)	535*
M. Klarkowski	365*	J. Zarecki	385
C. Schweiner	355	J. Zuffing	350
R. Brown	335	J. Stewart	440
*Nonrecord			

Heavy Brian Piech. Here are the results of our 3rd Annual Bench Press Contest at the Green Bay YMCA. We again had newspaper (Green Bay WISCONSIN) and radio (WISCONSIN) coverage. (WISCONSIN) have been hired full time by the YMCA as the Metro Strength-Fitness Training Director. This is a first for the state of Wisconsin. (Thanks to Robert Triplian for results)

## ADPPA Women's State/Open

11 Oct 86 - Macomb, IL

97 lbs.	143	93	203	440
D. Haack	143	93	203	440
J. Casey	264	165	308	738**
M. Bowman	214	99	203	518
J. Trummek	121	60	104	286
N. Price	275	143	314	733
C. Rayd	248	148	264	661
Z. Davidson	209	93	264	567
D. Brown	253	132	286	680
R. Frick	154	88	214	457
S. Brady	303*	137	303	744
G. Millhouse(GL)	55	391*	55	501
129 lbs.	330	165	363	859
J. Murphy	259**	99	264	622
B. Brink	236	110	270	617
D. Coll	214	82	270	567
K. Hart	225	121	292	639
J. Rief	236	110	248	595
C. Cross	308*	126	385	821
A. Cull	286	170	352	810
R. Wedding	270	154	358*	782
M. Feese	281	148	270	699
176 lbs.	M. Seida	225*	137*	677
Y. Pezrek	220	110	303*	633

Annex an Open Record. American Women's Records. Western Illinois University was proud to be the host site of the ADPPA Illinois State and National Women's Weightlifting Meet. The meet was held in the University Hall of WIU. Upper Crust: an ideal setting for powerlifting competition. Twenty-five lifters participated including guest lifters from Millhouse. Eight of the lifters were drug tested by Ed Bowers of Jenkins, Bowers & Associates; all passed.

Meet director, Roger Godfrey, was more than pleased with the results of the meet. The lifters are especially indebted to head judge John Petroff as well as side judges Mike Cissel and Jay Harrison. William Vincent, WIU student, was the official announcer. The scoring table workers traveled all the way from Fort Wayne, Indiana to assist with this event and again we would like to thank them for their help. The lifters were assisted by Bobb, the spotters and loaders, all WIU students or alumni, did a commendable job and so we share a special thank you with Marty Van-Dusen, Mike Trifiro, and Jerry Adams. ADPPA Records: Gerald Millhouse set a bench press record in the 148 lb. division with 312 lbs.; Michelle Feese set a teenage lift of 154 lb. in the dead with 160 lbs. Feese set another teenage record in the squat with 259 lbs. competing in the 129 lb. division and Judith M. Godfrey set Open and Master-Women's records in the bench event with 105.2 lbs. and

## ATTENTION Master Lifters

"We have begun re-registration for 1987. As chairman for the rapidly expanding competition group - the Masters - a few important points should be called to your attention. Master's competitions are under-reported nationally, especially in the details of weight and age classification. To this end it has been proposed that a newsletter similar to that so effectively promoted by Bill Clark for Weightlifting (Masters) be resumed. For openers, details of Master's competition should be forwarded to the chairman in a timely fashion. Utilizing registration lists, these details then could be sent periodically to the master competitors.

Copies of birth certificates: it is important for masters to carry with them to competitions a copy of their birth certificate; first - to prove age classification eligibility to the meet promoter, second - to ensure that record breaking performances can be verified age-wise.

Meet promoters are urged to spell out clearly on the entry from the inclusion (if appropriate) of the separate master categories when they are held in conjunction with "open" meets. This applies to both men and women competitors. Finally, a point of clarification on the use of the special Master's formula (Schwartz): this formula was not designed to be used in open competitions or where there are no special Master's divisions within a meet. It was designed to be used at Master's meets below the National level or open meets where there is a special Master's division. The current formula is being reviewed by the U.S.P.F. Executive Committee with a view to providing a more equitable system that will not give undue or unfair emphasis to the older age groups.

Respectfully, DON J. HALEY, Chairman, U.S.P.F. Master's Committee

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# Y O U A S K E D



## Introducing... TITAN BENCH JERSEY

There is a reason you compete in one of the worlds most physically demanding sports. As a powerlifter, you settle for nothing less than the ultimate performance. That's why you will not settle for a product that doesn't deliver the ultimate performance.

With this in mind, we examined the construction and performance of current brands of shirts. We found that all current brands work on a simple pinch-and-press principle. This is not optimally efficient, comfortable or dependable.

**THE TITAN SOLUTION:** an innovative design that allows measured and controlled expansion on the down stroke and maximum thrust and support on the upstroke, and with less discomfort. Expand: Thrust vs. Pinch/Press.

After careful testing on bench presses of OVER 500 lbs. the product has proven to contribute significantly to performance on the bench press.

TITAN SUITS, INC. PROUDLY PRESENTS NOT A SHIRT, BUT A WHOLE NEW CONCEPT..... A NEW DESIGN..... A NEW LOOK.....

### THE TITAN BENCH JERSEY!

**CUSTOM TAILORED** The only jersey or shirt individually tailored to your measurements. You choose the color combination.

Top portion: navy blue, royal blue, or burgandy  
Bottom portion: black, gold, or royal blue

**GUARANTEE:** Tear or rip the chest area or sleeves within 3 months and receive a free jersey PLUS your money back. NO OTHER MANUFACTURER MATCHES THIS GUARANTEE! ..... \$36.00

**T H E** Available in sizes 32-64 (chest measurement inches)

- C O L O R S:** A. burgandy/black
- B. royal blue/black
- C. royal blue/gold
- D. navy blue/gold
- E. burgandy/gold
- F. royal blue/royal blue
- G. burgandy/royal blue

**GUARANTEE:** Tear or rip the chest area or sleeves within 2 months and receive a free jersey PLUS \$20.00 back. NO OTHER MANUFACTURER MATCHES THIS GUARANTEE! ..... \$30.00



### and... KNEE WRAPS

Possibly the tightest wrap you may ever get. Soft cotton lining on one side for comfort and heavy duty elastic on the other for support or rebound. .... \$7.00

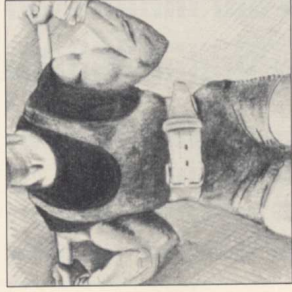


### and... WRIST WRAPS

The same excellent material used in our knee wraps, but cut to wrist wrap regulation size... \$4.50

# You

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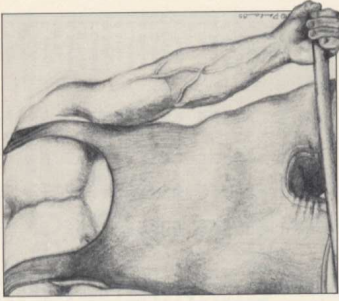
**COLORS:** royal blue, burgandy and navy blue

**FITS:** regular- snug for new lifters or those who just want to keep the groove.

meet - tight, supportive for training and competition competition - tightest, most supportive NOT recommended for first time lifters

**STYLES:** sideseam A - strongest commercial stitch available. \$34.00 sideseam B - the stitch that made Titan famous comes with decorative arrow center stitch. .... \$36.00

**GUARANTEE:** Tear or rip the croitch of a CUSTOM TAILORED suit (style A or B) within three months, and receive your money back PLUS a FREE SUIT! One month replacement guarantee on the rest of the suit.



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**COLORS:** royal blue, burgandy and navy blue  
**SIZES:** even sizes 20 - 56

**GUARANTEE:** TEAR OR RIP THE CROTCH WITHIN TWO MONTHS AND RECEIVE A NEW SUIT PLUS \$20.00 BACK! ..... \$31.00

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ITEM	COLOR		SIZE	QUANTITY	PRICE
	1st Choice	Alternate			
*CUSTOM TAILORED SUIT	<input type="checkbox"/> REG. <input type="checkbox"/> MEET <input type="checkbox"/> COMP. <input type="checkbox"/> STYLE A <input type="checkbox"/> STYLE B				
THE VICTOR * (IF UNSURE OF SIZE GIVE INFORMATION BELOW)					
THE FURY JERSEY * (IF UNSURE OF SIZE GIVE INFORMATION BELOW)					
*CUSTOM TAILORED JERSEY	N/A	N/A	N/A		
KNEE WRAP	N/A	N/A	N/A		
WRIST WRAP	N/A	N/A	N/A		
*TAILORING INFORMATION					
Are you a repeat customer? _____					
Male <input type="checkbox"/>	Female <input type="checkbox"/>	Weight _____	Hips (largest part) _____		
Height _____	Leg (largest part) _____		Overall (to below crotch) _____		
Chest _____	Arm _____				
SHIPPING/HANDLING					
OVERSEAS ADD 20% FOR AIR					
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Divisions: Open - Anyone may enter. Natural - Anyone who has not taken any steroid or growth hormone for 6 mo. may enter  
Location: Park Suite Hotel - \$59.00 for 2 people with free breakfast every morning. Free airport shuttle service.

Travel Agent for Reduced Airfare - Call Pat Rowe - Powerlifting Travel Dept., U.S. - 1-800-558-0145 (Texas 1-800-441-7551) for any airline tickets

for entries, contact:

WINTER NATS, P.O. Box 1753  
Norman, OK 73070, 1-405-872-8351

**Coca Leaf Tea** can, according to SPORTS MEDICINE DIGEST via Dr. Richard Hiemick, show up on urine tests for controlled substances. Despite claims of detoxification, such products as "Health Tea" and "Metals de Coca" were found to contain 5 mg of cocaine. Athletes should be careful of the contents of such herbal teas if they are facing a drug test.

**Coca Leaf Tea** can, according to SPORTS MEDICINE DIGEST via Dr. Richard Hiemick, show up on urine tests for controlled substances. Despite claims of detoxification, such products as "Health Tea" and "Metals de Coca" were found to contain 5 mg of cocaine. Athletes should be careful of the contents of such herbal teas if they are facing a drug test.

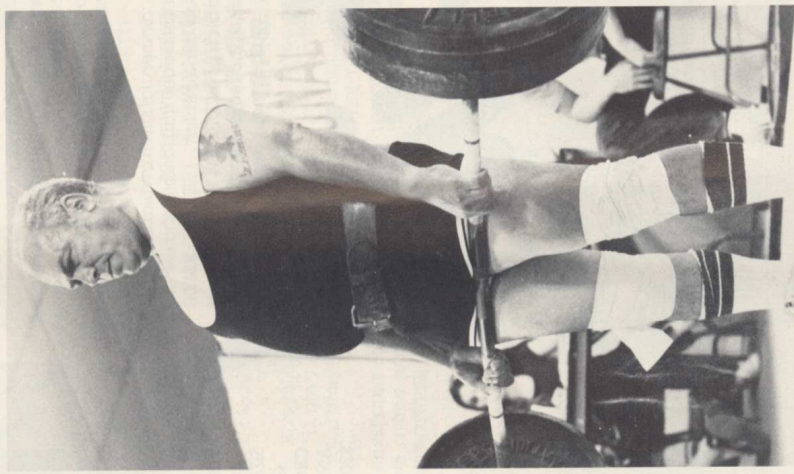
Open	SQ	BP	DL	Total
D. Scott	120	60	132.5	312.5
L. Walsh	85	45	127.5	257.5
L. Lath	127.5	112.5	135	375
D. Lath	62.5	42.5	95	200
L. 148 lbs	170	105	315	595
B. Johnson	175	105	315	595
J. Cunningham	170	130	195	495
L. Cunningham	192.5	107.5	185	485
R. Lewis	165	105	200	470
S. Brown	110	85	115	310
K. Brown	110	85	115	310
L. Collins	87.5	45	130	262.5
J. Collins	70	67.5	92.5	230
L. Collins	60	40	100	200
L. Miller	165	110	250	525
J. Friedl	227.5	127.5	235	590
P. Mendes	212.5	120	212.5	545
G. Lareck	420	255	450	1125
M. Anderson	192.5	107.5	205	505
H. Washburn	202.5	110	175	487.5
C. Kim	147.5	110	185	442.5
L. Torber	237.5	150	250	637.5
D. Hicks	222.5	140	227.5	590
C. Grassi	155	90	157.5	402.5
L. 198 lbs	135	100	157.5	392.5
T. Shibley	215	165	277.5	657.5
H. Shibley	212.5	162.5	280	655
C. Hoppe	192.5	122.5	240	555
C. Leslie(GI)	307.5	192.5	295	795
220 lbs	305	187.5	265	757.5
F. Booth	237.5	185	290	712.5
M. Lavelle	245	165	272.5	682.5
S. Curtis	250	150	245	645
K. Kunkel Jr.	250	152.5	232.5	635
M. Lavelle	205	152.5	205	562.5
P. Milk	190	102.5	210	502.5
R. McDowell	272.5	177.5	310	760
242 lbs	282.5	182.5	282.5	747.5
P. Hollinger	272.5	167.5	287.5	727.5
M. Banton	237.5	195	267.5	700
N. Price	237.5	195	267.5	700
L. Adams	242.5	150	237.5	630
A. Wells	207.5	137.5	272.5	617.5
275 lbs	252.5	152.5	245	652.5
D. Heath	202.5	127.5	220	552.5
B. Harris	182.5	122.5	192.5	495
SHW	387.5	205	377.5	770
T. Ferrara	255	227.5	330	722.5
J. Marsh	215	125	220	560
Women's	215	125	220	560
Winnere: Linda Welsh 257.5, Darlene				
220. Carol Grassi 402.5, Master				
Winnere: John Collins 230, Larry Eggleston 505,				
E.M. McCullough 392.5, Stu Kerston 632, Beck				
Robinson 375, Scott Blasson 310, David Vanczy				
652.5, Mike Lavalle 682.5, Best Lifter Open: Light-				
Joe Friedl, Heavy: Thomas Booth, Best Lifter				
Open: Roy Lavelle, Best Lifter Women:				
Cressage, Kay Lavelle, Best Lifter Women:				
Team Scores: Colangelo's Fitness World 21, The				
Gym 11.				

**U.S.F. Athlete's**  
Representative Nominations are now open. Let us know who you want to represent the athletes themselves with a vote at future National Committee meetings. A ballot of the nominees will be published in a future edition of PLUSA, but we need your nomination(s) sent in soon, with no later than a December 31st postmark, to 'Nominations', Box 467, Camarillo, CA 93011.

N.C.C. Invitational  
8 Nov 86 - Burkeville, VA

	SQ	BP	DL	Total	
132	Crawley	270	200	320	790
144	Uck	450	260	475	1185
H. Robinson	375	270	400	1045	
L. Scott	365	275	365	955	
L. Riddick	350	255	495	1100	
C. Perry	350	255	495	1100	
J. Brown	400	255	440	1095	
E. Conquest	400	225	465	1090	
M. McGinley	380	235	465	1080	
181	McGinley	380	235	465	1080
B. Spars	530	365	625	1520	
A. Howell	525	295	550	1370	
R. Williams	525	305	500	1330	
T. Brooks	400	250	475	1125	
R. Williams	400	250	475	1125	
A. Crutchfield	335	230	440	1005	
J. Beamon	525	285	585	1595	
J. Willis	500	295	520	1315	
C. Lucas	405			405	
615	380	625	1620		
R. Register	450	385	500	1335	
H. Bennett	350	325	475	1150	
A. Taylor	350	325	400	1075	
242	350	325	400	1075	
C. Bannan	580	315	680	1575	
K. Evans	355	355	400	1110	
Y. Jabbar	625	425	730	1780	
SHW	685	400	575	1660	
D. Higgins	545	335	600	1480	
E. Harris	545	335	600	1480	

Thanks to all who participated, helped with coaching and made an effort to load and spot. Speaking on behalf of all us lifters, I would like to thank: Champion, Curtis Walker, his son, state record holder Barry Walker, state ADPPA record holder Mike Craven, Dick Moody, Jesse Bales, David Craven, and the rest of the lifters who made this meet possible without their help and dedication. The following are the lifters who were as follows: 1st P.C.C. 2nd P.C.C. 3rd P.C.C. (Thanks to K. Bruce Register for results).



**DICK McCLUNE**... a fine Masters Powerlifter, and one of the sport's greatest fans; he traveled to numerous meets across the country just to enjoy the spectacle of strength athletes in competition. He began lifting as a teenager, and kept near the weights throughout his life. His enthusiasm for the simple act of training was pure and unbounded. He was friendly, generous, and a model of dedication to the highest ideals of the sport of Powerlifting. Dick once noted that among the Scots, the "McClunes" were a dying clan, whose numbers were dwindling. Unfortunately, the McClunes and Powerlifting have lost another fine man. Dick McCune recently died, at age 57, from Lou Gehrig's disease, leaving his wife Ruth, two daughters, and a step-daughter. This issue of POWERLIFTING USA is dedicated to him.

**Hampton Championships**  
18 Oct 86 - Hampton, VA (kilos)

Open	SQ	BP	DL	Total
D. Scott	120	60	132.5	312.5
L. Walsh	85	45	127.5	257.5
L. Lath	127.5	112.5	135	375
D. Lath	62.5	42.5	95	200
L. 148 lbs	170	105	315	595
B. Johnson	175	105	315	595
J. Cunningham	170	130	195	495
L. Cunningham	192.5	107.5	185	485
R. Lewis	165	105	200	470
S. Brown	110	85	115	310
K. Brown	110	85	115	310
L. Collins	87.5	45	130	262.5
J. Collins	70	67.5	92.5	230
L. Collins	60	40	100	200
L. Miller	165	110	250	525
J. Friedl	227.5	127.5	235	590
P. Mendes	212.5	120	212.5	545
G. Lareck	420	255	450	1125
M. Anderson	192.5	107.5	205	505
H. Washburn	202.5	110	175	487.5
C. Kim	147.5	110	185	442.5
L. Torber	237.5	150	250	637.5
D. Hicks	222.5	140	227.5	590
C. Grassi	155	90	157.5	402.5
L. 198 lbs	135	100	157.5	392.5
T. Shibley	215	165	277.5	657.5
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F. Booth	237.5	185	290	712.5
M. Lavelle	245	165	272.5	682.5
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P. Milk	190	102.5	210	502.5
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B. Harris	182.5	122.5	192.5	495
SHW	387.5	205	377.5	770
T. Ferrara	255	227.5	330	722.5
J. Marsh	215	125	220	560

**Region II ADPPA**  
27-28 Sep 86 - Honesdale, PA

Women	SQ	BP	DL	Total
C. Takomo	290	170	325	785
C. King	285	130	330	745
D. Krausack	220	110	290	620
M. Whinnam	270	145	360	715
I. Pyla	505	310	560	1375

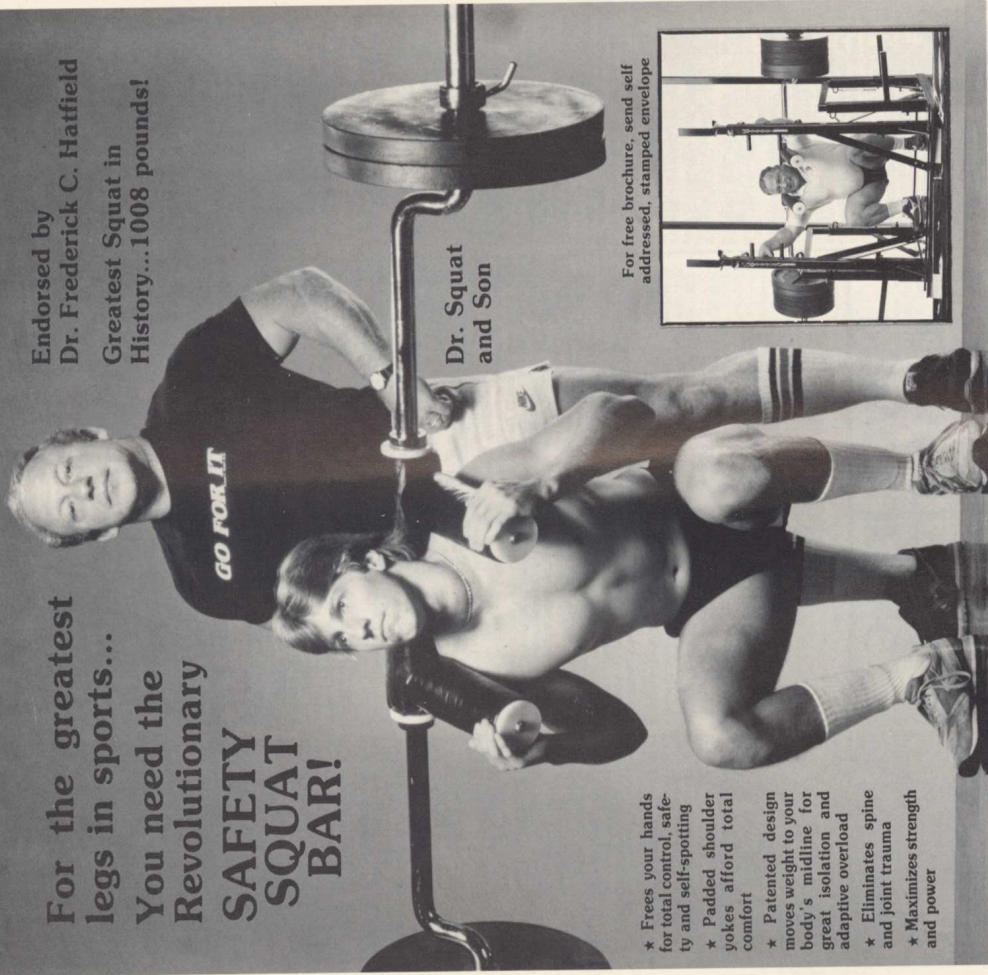






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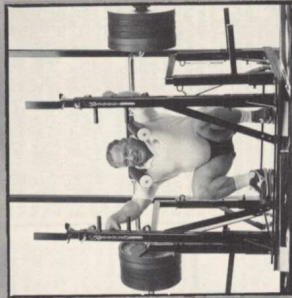


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Dr. Squat and Son

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- \* Patented design moves weight to your body's midline for great isolation and adaptive overload
- \* Eliminates spine and joint trauma
- \* Maximizes strength and power



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- Heavy Duty Model (uses Olympic size plates).....\$495.00
- Intermediate Model (uses Olympic plates to 500 lbs.).....\$249.00
- Home model (uses 1 inch hole plates up to 500 lbs.).....\$225.00

- My check/money order is enclosed (CA residents add sales tax)
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