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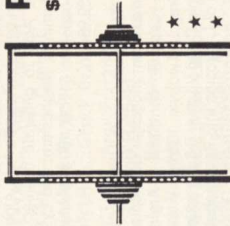
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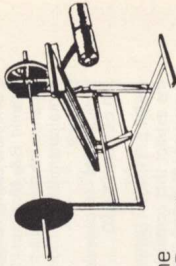
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ON THE COVER...Bruce Waddell and his unique psyching on routine at the 1982 World Championships in Munich.

NEXT MONTH...John Kuc tells how to handle yourself at the most critical moment for a lifter, the Day of the Meet

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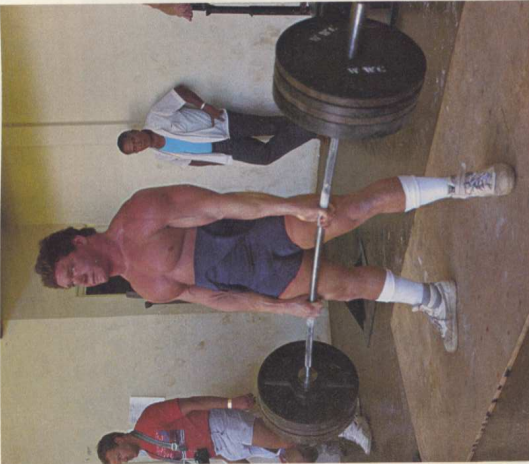
a look at the new season by Mike Lambert

1987 looks like a good year for Powerlifting. Several difficult issues for the sport in 1986 have been dealt with, and should not be so troublesome in this new season. For instance, the antitrust lawsuit by Ernie Frantz et al. vs. the United States Powerlifting Federation Inc. was dismissed in mid-1986. The public, by legal representatives of the United States, has won a dangerous undercurrent that could have swayed away much of the support for the sport.

Furthermore, representatives of the United States Powerlifting Federation have indicated to me very badly that they will not, in the future, be banning lifters from the United States for lifting in non-USPF international meets, as in the case of Maris Stryberg and Felecia Johnson who lifted in Ernie's APF/AMPF World



Crossovers. Randall Kea (l) competed in both the USPF and ADFPA Championships of 1986 and World Champ Lamar Cant has done so in the past.



Ed Coan...the best lifter in the world is looking for 2400 at 220 during the 1987 Powerlifting season, possibly at the APF Seniors. Ed Douglas photo.

ly dismal USA results at other IPF meets, and in some states, like Indiana for example, there are a complete set of APF state-level competitions planned. Of course, many of the big name lifters will be competing in the APF Seniors put on by Jerry Jones in Minnesota, and it looks like Larry Pacifico will host the next APF World Championship at the familiar, and excellent, site of Dayton, Ohio.

The APF Worlds of 1986 came to be, thanks to lots of long distance legwork, and was highlighted by some of the finest lifting of all time, but it could only barely be considered an international meet. Larry and some of the top lifters may be traveling overseas this spring, however, to help convince some stars from outside the U.S. to come on over for the next APF World Championships.

The ADFPA will likely continue its rapid growth, with registrations in the 3,000-4,000 range anticipated for 1987. There seem to be more stars and meet directors going for ADFPA and meet sanctions all the time, but perhaps the most telling aspect of ADFPA growth is the increase in the number of lifters at their meets. More than one ADFPA meet director has, in recent times, been shocked by a turnout for his contests that is as good as the USPF. The USPF is still the number one registered organization whole state is an athlete. Some women of their stature are in the ADFPA are fighting a battle for autonomy from the male dominated national structure. The USPF, as a sport, and there are those in the ADFPA who want the Pure Division, for lifters who have never taken steroids in their life (as opposed to those who have been off steroids for at least a year), recognized at the National Championship level. They are going

ahead with their own national meet in 1987, following ADFPA rules, but these are not the only splinters from the main movement. There are those who insist that all participants undergo polygraph testing, rather than just a statistical sample of the entire entry list, or that 5 years off drugs be the minimum requirement for entry in a drug free contest. They will be conducting several meets to their own standards, some of them sanctioned by the AAU in New York during this new lifting season.

The possibility that top ADFPA talent will "bleed" off into the USPF for the chance to compete internationally within the IPF, will likely show itself this year as it did last. Mike Hall enhanced the World Championship title in Holland, but backed it up with his win at the ADFPA National meet. That's a tough grind, however, and some ADFPA lifters may have to make the choice: one meet or the other, as Eric Arnold did last year.

Last season, the USPF drug testing policy applied mainly to elite level lifters, as it was employed almost exclusively at national level meets. The ADFPA drug testing policy affects lifters across the board, from grassroots level to elite. With the implementation of the USPF Ex-hiher level lifters will face a choice between organizational competition opportunities. Drug use is likely concentrated at top levels of competition,



Drug Free Lifters like Joe Hood may exceed IPF World Records in 1987.



His Eyes On 2500....Doug Furnas seems just on the verge of exceeding Kazmaier's all time total record, as well as hitting the biggest squat ever, rattle confidence in testing on a general level, not just in Powerlifting.

Here's some of the "good" things to look forward to in Powerlifting this season. The World Police and Fire Games, in San Diego this August, looks like a spectacular event and the Master of Ceremonies will be none other than Bob Hope. Gus Rehwisch expects giant lifts at his Budweiser Record Breakers Meet in Hawaii, including possible deadlift attempts over 900 for both himself and Doyle Kennedy, as well as record attempts by Fred Hatfield, Scott Warman in the deadlift, George Hechter at 242 in the deadlift and Bill Nichols in the squat. Paul Dicks and Francis Silva and hopefully a mean team flag, adequately fund this team and others will be found in 1987.

The limitations of IOC-style urinalysis may become more obvious this season. It's well known that some steroids have "capture window" lifetimes of many months, but not so well known is how short a time span of detectability that other varieties exhibit. Revelations in this area could

(continued from page 13)



Team Champions were the Bernie's Gym contingent; among them the competitors in this photo: *Michelle Marquez, Carole Connor, Lisa Elkins, Mary Jane Williams, Mazika Little, and Debbie Patton; all surrounding Bernie. A not distant 2nd was Bud Mucci's Olympic Health group, followed by the American Drug Free Powerlifting team.*

Many people helped Don Amiri and Tom Carey put this meet together, but one group that doesn't always get recognition are the judges. For Session 1, the 97's and 100's, the judges were Nancy Parker, Bill Decker, and Jack Hughes. The 2nd Session (114-128) saw Bob Facker, Lynda Chicago-Shenoy, Tom and Ben Parker in the chairs. They were judged by Alan Altshuler Ph.D., Bill Decker, and Richard Herick MD, and the lifts of 145s were scrutinized by Stella Herick, Tom Eldridge, and Jim Eldridge. Roger

session, Tom Eldridge, Roger next year's Women's Nationals ought to go for USA Texas, but first let's to the Women's Worlds in Perth, Australia on May 28-30th, the very best of luck.

The team competition was heated between Bernie's Gym and Bud Mucci's Olympic Health team. Bud and Bernie have provided the circumstances that allowed a lot of girls to become national and world champs in the past, and they have often worked together, but now they have friendly, but separate teams. Bernie's girls are California girls, whom he trains personally, for the most part. Bud's team had illustrious stars like Mary Jeffrey and Terry Byland-Hohal. At the end, Dave Jeffrey and Mrs. Gagne tallied the points according to their own scoresheets, and it looked like Bernie's Gym had won, but Mrs. Gagne kept it to herself until the official point count was made, taking no chances that Bernie could be prematurely brought down from such a thrill.

Bernie, as is Bud, is such a giving person, totally consumed in his coaching, selflessly making sure that the girls do the best they can on the platform. When it was announced that Bernie's Gym had won the team title, his eyes and grin lit up. Being the genuinely shaming person that he is, he quickly invited all the team members and helpers who were ready to come up on the stage and share the moment with him.

Mr. and Mrs. Gagne have something else to be happy about. Daughter Vicky, who still holds the World Record in the deadlift at 181 (507 pounds), has just delivered them a grandson, on December 29th.

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See Page 46

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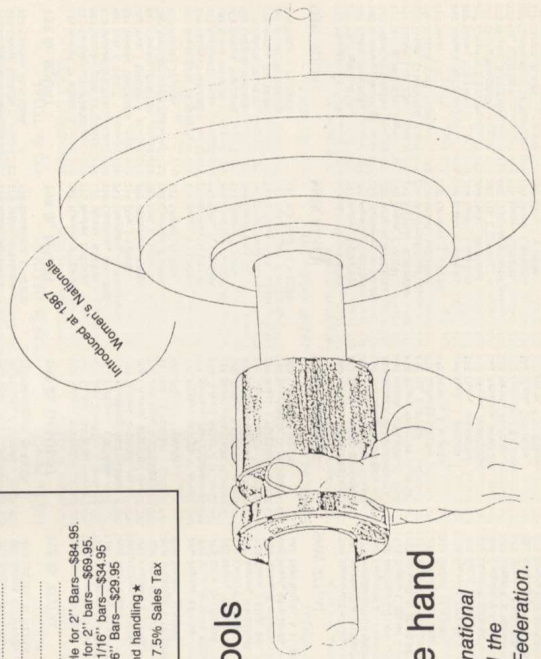
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pictured: Designer and N.C. ADFFA Deadlift record holder, Al Gerard.



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STARTIN' OUT

A special section dedicated to the beginning lifter

as told by **Doug Daniels**

Your last deadlift in a competition does not signify the end of your contest preparation and planning. This is the time to evaluate and analyze your performance at the meet and your training cycle for it regardless of how well or how badly you did. Every training cycle and contest should be a learning experience. Knowledge garnered here is critical for future performance.

Every lifter goes into a contest with goals. These goals are to be used as a measure of your performance, but it is not as simple as saying your training was successful if you met or surpassed your goals, or your training was faulty because you bombed or totaled less than expected. Success doesn't mean that no changes should be made in your contest preparation. Likewise, bombing does not mean all previous training practices are to be discarded. Each factor involved in training as well as in the actual competition should be examined retrospectively to see if changes and refinements should be made. Let's look at the contest training phase. These factors include:

- 1) Ergogenic aids
- 2) Time devoted to peaking for contest
- 3) Training intensity and regularity
- 4) Technique practice
- 5) Pre-contest diet
- 6) Weight loss effects
- 7) Injuries and other setbacks
- 8) Training environments
- 9) Training environment
- 10) Assistance exercises
- 11) Set and rep theory
- 12) Peaking all three lifts at the same time
- 13) Weight class chosen to compete in
- 14) Coaching and training advice
- 15) Rest and recuperation (lifestyle)
- 16) Equipment (suits, wraps, etc.)
- 17) Equipment (weights, bars, benches, etc.)
- 18) Familiarity with official rules
- 19) Just as important as evaluating your contest preparation is your actual contest effort. All that training can go to waste if you get sloppy at the meet or it could all come together if your meet is approached effectively.

These factors include:

- 1) Effects of traveling to contest
- 2) Warm-ups
- 3) Anxiety
- 4) Food and liquid consumption day of meet
- 5) Equipment (suits, wraps, etc.)
- 6) Clothing attempts and strategy
- 7) Coaching
- 8) Familiarity with official rules

There are other factors beyond your control at the contest such as: equipment used, number of lifters in the meet, refreshments available, judging, and factors pertaining to the facility (heating, cooling, ventilation, and space).

An important factor that could change everything is how you set your goals to begin with. They may have been set too high or too low. Experience will help here. As a novice lifter you will do better by setting your goals on the conservative side. Your training should have given you a pretty good idea of how you would perform in the contest provided you trained with the idea of lifting in mind. You can not judge how good you will do in the contest when most of your squats in training were high or your benches were bounced.

Each topic I mentioned could fill a book if it were expanded. My purpose is to give you food for thought. There are many sources to look for more information on many facets of powerlifting. This magazine is full of information on powerlifting for sale in this magazine. Buy some from several authors. Read them thoroughly and try things that seem promising to you. The best strategy would be to combine and refine the ideas into your own strategy that is heavily based on similarities between the authors and not on differences. Seek out experienced lifters for advice. You might also want to attend some meets as a spectator for additional ideas.

Just like any other athlete, a powerlifter should learn from his past experiences. Things that may have worked previously may not be as effective in the future and vice versa. Take an objective look at yourself after every contest and evaluate how you have progressed. Keep a training diary and refer to it over the course of your lifting career. These periodic reviews will insure steady progress and eventual attainment of your realistic goals.

WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan. Tailor it out for you by a top Powerlifting authority. Each month, a different lift is analyzed by a training expert.

Chuck Braxton's Deadlift Routine

Chuck's 2nd key factor is that he puts 100% into every lift. He treats every deadlift workout like a meet. He'll tell you that (1) people do not set goals for themselves, and (2) they do not believe in themselves.

The actual deadlift routine starts with 3 sets of 8 reps at 135 lbs. This may seem as though it is very light, but Chuck believes in a good warm-up. You must always take your time and prepare your muscles. He then proceeds with 2 sets of 6 reps at 225 lbs., 2 sets of 6 reps at 315 lbs. and 1 set of 6 reps at 405 lbs. This extensive warm-up protects him from knee soreness and other age factors. The following is the real "work-out":

3 sets of 4 reps at 615 lbs. (Each set and rep is done in meet form). After the last set of 4 reps, Chuck then adds 70 lbs. and does what he considers his "opening lift". 1 set x 1 rep at 685 lbs. After finishing this last rep, Chuck goes through a series of stretching and warm-down exercises. They are (1) hanging from a chin up bar, 3 sets x 15 seconds; (2) sit-ups, 3 sets x 10 reps with weight, and (3) floor stretching for the lower back and hips.

Now, on the 3rd key factor. If you are the least bit sore, wrap your knees for extra support. If you use a tight suit (which Chuck recommends) have

Before the start of the deadlift, Chuck stretches and goes to the leg extension machine as part of his warm-up. He does 3 sets of 15 reps with moderate weight, so that he can pump the knee joint areas with a positive rush of blood through the



Chuckie the Truckie Don't Got No Rubber Duckie!...actually, he much prefers his Mickey Mouse Motorboat, used to haul Dairy and Donald Duck around the tub. Photograph courtesy of Lam Braxton. Chuck's mischievous 2.3 year old wife. (The photographs at right provided courtesy of E.J. Kreis)

your supporters pull the suit from the front up. This is the natural position and direction that you want to pull off of the floor from.

The following is a layout of the preparation for the 12 weeks before the meet: Weeks 12, 11, 10, 9, 8, and 7 (sets and reps & assistance exercises). Weeks 6, 5, 4, 3, and 2 (3 x 4 reps x lbs. singles add 10 lbs. each week).

Week 1 is Meet Week. The 4th key factor is that by doing only singles the last 5 weeks, Chuck has seen his deadlift improve every meet. Using this method, Chuck believes that you do not "burn-out", which is one of the most "mind-over-muscle" things.

Technique and form is the 5th key factor. Chuck will be the first one to let you know if your form is not up to meet standards. In the gym during workouts, Chuck will go over things time and time again. He is a drill sergeant for doing things right.

In his mind, Chuck goes over and over the steps of the deadlift. He approach the bar in his sleep. First, approach the bar. Let both stumps touch the bar. Bend at the hips and put your hands lightly on your thighs and set your eyes on something in front of you. Get your breathing in rhythm, then swing down hard and as the hands touch the bar, the hips move down into position and when the movement starts up, it's like a rocket lighting. On the pull starts, don't stop. Chuck says, "The lift" hesitates, does not want the lift.

On all the powerlifts, you have many types of assistance work to improve yourself. Chuck feels that the leg sled is one important factor for constant improvement in the deadlift. Using the sled, not only are the hips worked, but Chuck feels as though it also helps the knees and back. The following is an example of how the sled should be used:

3 sets x 10 reps x 225 lbs., 1 set x 8 reps x 315 lbs., 1 set x 8 reps x 405 lbs., 1 set x 8 reps x 495 lbs., 1 set x 8 reps x 585 lbs., 1 set x 8 reps x 675 lbs., 1 set x 8 reps x 775 lbs., 1 set x 8 reps x 865 lbs., 1 set x 8 reps x 955 lbs., 1 set x 8 reps x 1045 lbs.

The sled work was one important factor in producing Chuck's 790 lb. deadlift. His second most important assistance exercise is the leg curl. This works the hamstrings and really strengthens the back of the legs.

What separates Chuck from other lifters is that he knows what each day will bring as far as training. He knows the difference between simply lifting weights and training with weights. He is truly a great lifter, and by following his workout you are better prepared to go out and make your own move on the lifting world.

(as told to E.J. Kreis)



Prepare to attack...Focus your attention.



The last positive thought, before taking in that one, final, deep breath of air.



Getting the hands into pulling position.



Getting the hips and back into position.



Keep your mind on pulling the weight off the floor, and keep your head up.



Hips in position for a strong finish.



The final moment of the lift...lockout.

NUTRITION CORNER

Winning the Potency Race

Advanced Concepts in Nutrition by George Zangas

few years we've seen across-the-board increases in such nutrients as all 11 B Vitamins, with many formulas measuring from 100-200 mg to 300-400 mg each vitamin! The best research and our own empirical testing shows that the potency race is best when it's such vitamins as B-5 (Pantothenic Acid), B-6 (Pyridoxine), and B-12 within this B-complex group.

The problem with the "potency race" is that too often, the potency is not put where it's needed most, with the aforementioned B Vitamins as well as with such important nutrients as Vitamin E, Zinc, and with such herbal nutrients as Echinacea. And because of the water-soluble nature of most of these nutrients, potencies that aren't being used by the body are simply wasted, while these other important nutrients often go begging.

Pantothenic Acid, also known as B-5, is, as previously mentioned, a greatly overlooked nutrient. It helps fight the effect of stress. Powerlifting, of course, is one of the most stressful and strenuous physical activities. Pantothenic Acid fights stress by strengthening your immune system, which is critical to you when you're in hard training. In addition to specifically bolstering the immune system, Pantothenic Acid facilitates several other bodily functions, including adrenal gland stimulation, corticosterone production, and carbohydrate, protein, and fat conversion. For the power athlete, the best

Echinacea, Zinc, and Pantothenic Acid all have the capacity to strengthen the immune system, which is so important to powerlifters. We have all had the experience of training hard or pushing for competi-

tion when our immune system suddenly begins to let us down. High potencies of these essential nutrients will go a long way toward keeping your immune system in its healthiest possible state, the best insurance you can have, especially when you're getting into competitive shape.

Finally, a word about the vitamin and mineral content of foods in general. Be mindful that the nutrient content listed on labels or in textbooks is not what reaches you at the table. Cooking and, in the case of many fruits and vegetables, storage can greatly diminish the nutritional value of the foods you eat. This fact, coupled with the extremely low "RDA" designation for vitamins and minerals, are the best reasons for a solid, nutritionally-balanced, and herbal potency vitamin, mineral, and herb supplementation program. A program that puts the potency where it's needed most, beginning with high potencies of Pantothenic Acid, Zinc, B-6, B-12, Vitamin E, and special supplementation with such herbal products as Echinacea.

Remember to put the potency where it's needed most, and please feel free to call us directly, toll-free at 1(800) 321-5064 or in California, 1(800) 231-4070, if you want additional information or have any questions relating to the subjects we cover in The Nutrition Corner. We're here to help you use advanced concepts in nutrition to achieve the highest level of performance possible, in training or on the platform.

George Zangas is founder and owner of Marathon Distributing Company, which specializes in high quality nutritional supplements and apparel for the powerlifting community, and Marathon Nutrition, three Los Angeles-based nutrition centers. George was formerly Western Regional Sales Director for Thompson Vitamins. He also founded and coached the "Thompson Power Team," the most successful powerlifting team in the Senior Nationals history (5 straight national titles from 1976-1980).



Advances have been made in supplementation in the years since Don Reinhardt won his titles. (Klemens photo)

The race to create formulas with higher and higher across-the-board potencies is heating up. The problem is that, with the exception of a few formulas, the manufacturer is winning and the powerlifter is losing. That's because too many of today's nutritional "multi-pack" formulas don't put the potency where it's needed most. They're simply playing a numbers game that has no place in a serious regimen of nutritional supplementation. Of course, the multi-pack itself has secured very important footholds in the world of nutrition, and rightly so. The multi-pack concept is a one-a-day type tablet, although it offered a complete range of ingredients, including a fairly decent B-complex formula, had, because of its size limitations, severe potency limitations. It was unable to accommodate high potencies of Vitamins C and E, high potencies of such minerals as calcium, magnesium, and zinc, as well as many other nutrients useful to athletes, especially strength athletes. In order to get around the physical limitation of a single tablet, and the inconvenience of the container having to open 6 or 7 different bottles, the multi-pack was born nearly 20 years ago, and has grown in popularity and in across-the-board potency ever since.

As an athlete and label reader, you may ask yourself why you need the high potencies contained in most multi-packs today, when even a one-a-day type tablet contains potencies exceeding the "RDA" (Recommended Daily Allowance). The first thing to consider is what "Recommended Daily Allowance" means. It is the minimum dosage necessary to prevent you from entering a diseased state (e.g. a Vitamin C deficiency causing scurvy). RDA is the minimum, not the optimum in potency. You have to decide what the optimum potency is for you, because it will differ greatly between the needs of a sedentary person and a world class powerlifter. As we mentioned last month, there is very little traditional research data available on optimum dosages of vitamins and other nutrients for the sedentary person who does not train at all, and virtually no traditional research on the optimum dosages for the competitive powerlifter.

That's why our empirical studies with powerlifters of every age range, weight, and experience level are of such importance. As we mentioned last month, the information we present in The Nutrition Corner is based on research data published by leading international scientists in peer-reviewed medical and nutritional journals, and supplemented with nutritional findings that no scientific database yet contains: reliable data from active powerlifters as to what works best for both training and competition.

What we're finding is that high potencies are extremely important to the success of the powerlifter, but that targeting specific nutrients is more important than across-the-board raises in potency. In the past

A.P.F.

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 - 3—Their closest number of lifts—going 9 for 9,
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Arthur Jones' New Discoveries by Fred Hatfield Ph.D., SPORTS FITNESS

Not long ago, Joe Weider received an urgent phone call from Arthur Jones, developer of NAUTILUS. "Come down to Los Angeles to meet Jones and I've made four discoveries that will send shock waves through the world of weight training!"

Immediately intrigued, Joe called me—either for moral support or protection—and we sped to downtown Los Angeles to meet Jones and learn of his amazing new research discoveries. Within two hours, I was aboard Jones' private jet and headed for the dank, but splendid swamplands of Ocala, Florida—Arthur Jones' official lab.

My next three days were filled with intense feelings of awe. Arthur Jones is remarkable. Imagine having 80 elephants, some 2500 alligators, a half-dozen rhinos and several dozen poisonous snakes (mostly overgrown rattlers)—with a mammoth gorilla thrown in for good measure—in your own back yard!

But all that is beside the point. Jones himself is the point. He's totally dedicated to training science. He displays what I, in my limited frame of reference, regard as a profound understanding of what training is all about.

It wasn't always that way, however. As we all know by now, the Nautilus system of one-set-to-failure didn't work for most people, because it was predicted on thwarted logic. "I was dead wrong," Jones confided to me, referring to his former philosophy. "And now I know why," said he, pointing to several very complex graphs on the table before us.

Factor One:

Specificity of Effect
After testing more than 600 subjects on his new therapeutic/research worthy leg extension unit, Jones discovered that 72 percent of all subjects displayed a training effect, or got stronger, only in the range of knee extension they used in training. The remaining 28 percent displayed a general effect from their training, getting stronger through the entire range of motion despite the limited range used.

A "strength curve" was plotted based on the subjects' full range of knee extension. Then, after they worked to extreme fatigue, the curve was plotted again and superimposed over the original strength curve. Lo and behold, those who earlier displayed specific effect (by developing strength only in the first 45 degrees of the leg extension) fatigued only in that limited movement range, while the remainder of the leg extension movement (45 degrees to lockout) caused the subjects virtually no fatigue. On the other hand, the subjects who earlier displayed a more general effect also fatigued themselves through half the leg extension range but—and this is the clincher—displayed fatigue



Thumbs Up! Dr. Fred Hatfield, awaiting delivery of his latest World Championship Cold Medal, on the award stand at the 1986 Worlds in Holland.

throughout the entire movement when post-tested.

This, explains why some people get strong despite doing partial reps while others must perform full range movements in order to build maximum strength.

Factor Two:

Magnitude of Effect
Individuals vary in their response to exercise, Jones found. He trained more than 600 subjects and compared pre-test and post-test strength curves. All of the subjects trained in an identical fashion, yet some subjects gained more strength than did

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

Question & Answer

DEAR ROGER: I have been powerlifting for 3 years. During the first year and a half my bench press went from 180 to 320 lbs. A year and a half later it's still at 320. My squat (best 523) and deadlift (580) are good and have not gone up at all in 6 months. I am 6'1" tall and 150 lbs. I have rather long arms. Could this be a big reason? They are 16 inches, pumped. I have tried most of the workouts in PL USA and no go. I never miss a workout and I have been benching weekly and week out for about 3 years. Should I take a break? If so, how long? I have never done any drugs and don't plan to and I eat very well. Can you help me? Thanks. **Bob Bousant**

DEAR BOB: The length of your arms could be very important factor in improvement of the bench press. At 6 feet tall and 200 pounds, you are on the lean side for a lifter, so probably the easiest way to improve your bench press is to gain some weight. This would thicken the body and give you better leverage for lifting, including the squat and deadlift. Getting back to the bench press, you should try doing some assistance work for your traps, biceps and triceps. Remember that this is only assistance work for your bench press, and if you're training these exercises too much you won't have the energy to do the heavy bench pressing you need for maximum thickness and strength. Also be cautious about doing too much tricep work and anterior deltoid work due to the fact that these muscles are easy to overtrain and will fatigue fast. As I have said many times before, an overtrained tricep will give you an undertrained bench press. Be cautious with your assistance work or it could take pounds off your bench instead of adding pounds. I think the major factor for you is to increase your weight 10-15 pounds and you'll see major improvements. **Roger Estep**

Powerlifting USA BACK ISSUES

SOME PREVIOUS EDITIONS OF POWERLIFTING USA ARE STILL AVAILABLE. SEND \$3 FOR EACH ONE AND SPECIFY ALTERNATE CHOICES IN CASE WE RUN OUT BEFORE RECEIPT OF YOUR ORDER.
Dec/1981...Worlds & World Masters Reports, Clyde Wright, Top 100 148s
Apr/1982...Women's Nationals, Pacifico Remnants, Top 100 220s
Jun/1983...Women's Worlds, Anello deadlift routine, Dan Austin, Cycling, All Time 800 squat list, Bill West - Pioneer of Power, Top 100 Supers,
Jul/1983...Juniors, Women's Natural Nationals, Overtaining, Making Weight, Chip McCain Squat Routine, 550 Bench Club, Top 100 114s,
Apr/1984...Women's Nationals, Ed Coan Profile, Chip McCain Deadlift Workout, Developing Chest and Lat, Memorial Rehearsal, Top 100 242s,
May/1984...Vive Alzado Profile, Ban the Squat, World's Greatest Bench Press, Jim Cash Squat Routine, Rick Weid Profile, John Kuc on Deadlift Assistance, Bench Forum, Consumer Guide for Exercises, Top 100 275s.

Jun/1984...Hawaii Invitational, National Collegiates, Fred Hatfield Profile, Joe Ladnier Profile, Joe Ladnier Bench Press Routine, Steroid Crackdown, ADPPA Top 10 181s, Top 100 SHWs.

Dec/86...John Kuc Interview, Use of the Polygraph, Eric Arnold Squat Workout, Lifting and Your Heart, Jr. Worlds, Le Del Mar Ten Contest, 550 Bench Club, Russian Training, Top 100 220s, ADPPA Top 20 132s.

Jan/86...JPF World Championships, APF World Championships, Bodybuilding and Powerlifting by Ms. Olympia, Cory Everson, Joe Morelli Profile, Mind-Body Link, Robbie Roberts Profile, Specialization, World Masters Championships, ADPPA Top 10 148s, Top 100 242s

Feb/86...Ted Arcidi Interview/Profile, YMCA Nationals, Perk Up Your Training by John Kuc, Ladies - You Can Do It All, Casey Renneff Drug Free Bench Press Routine, Russian Peak Revisited, Fix Up Your Grip, Brian Grant Profile, Larry Danaher (5:65 at 1981) Bench Routine, Layoffs, Jimmy Pegues Profile, 800 Deadlift Club, Top 100 275s, Top 100 ADPPA 165s.

MAKE A LIST OF THE ISSUES YOU WANT (AND ALTERNATE CHOICES), MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, BI DEPT., BOX 3238, CAMARILLO, CALIFORNIA 93011.

19th Annual National Collegiate Powerlifting Championships

Presented by The United States Powerlifting Federation

Location: Lloyd Noble Center, 2900 S. Jenkins, Norman, Oklahoma
Located on the University of Oklahoma Campus.

Time : * Friday, March 27, 1987- 7:00 P.M.

* Saturday, March 28 - 9:30 A.M. All Women's Weight Classes Lift

* Saturday, March 28 - 3:00 P.M. Men's Weight Classes. 114-123-132-148.

* Sunday, March 29 - 10:00 A.M. Men's Weight Classes. 165-181-198.

* Sunday, March 29 - 3:00 P.M. Men's Weight Classes 220-242-275-SHW.

Entry Fee: \$25.00 per lifter. (Deadline- March 20, 1987 and no late entries will be allowed)

Qualifications: Must be a "Full-time undergraduate student" at a college or University.

(This is carefully checked.)

Qualifying totals - Must have been made between April 7, 1986 and March 7, 1987.

Women's Qualifying Totals
97-419 148-639
105-463 165-661
114-507 181-683
123-551 198-699
132-595 SHW-716

Men's Qualifying Totals
114-777 196-1421 3/4
123-837 1/2 220-1504 1/2
148-1151 3/4 275-1598 1/4
165-1256 1/2 SHW-1669 3/4
181-1350 1/4

Awards: Large beautiful trophies for the first five winners in each weight class.

Outstanding Lifter trophies for each of the four sessions

First through fifth place team trophies

Outstanding Collegiate Program Plaque and Coach-of-the-Year Plaque

The All-American (1st-5th place finishers) will receive special certificates, patches, and medallions.

For Entry Forms and Information Contact: Richard Peters, P.O. Box 1753

Norman, Oklahoma, 73070 or call 1-405-872-8351. 10:00 A.M. until 6:00 P.M.

Monday through Friday

This meet will test contestants for Steroid abuse using urine samples tested in a certified lab. Steroid users will be disqualified from this meet and declared ineligible for any NAUTILUS Company was sold by Mr. Jones to Dallas businessman, Travis Ward.

HAWAII 1986 BUDWEISER WORLD RECORD BREAKERS POWERLIFTING CONTEST

formerly known as the HAWAII INTERNATIONAL POWERLIFTING CONTEST

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SALE ENDS APRIL 15, 1987

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(REGULAR \$40.00)

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3 Tapes - \$76.00

or

ALL 4 TAPES - \$99.00

see...

... 903 lb. deadlift made easy by DOYLE KENADY and near miss at 920. HATFIELD'S 1008 lb. squat and attempt at 1052. the return of DWAYNE FELY, BILL NICHOLS' big squats at 242...

Also see gorgeous girls from Hawaii in the sexy L'Aqua Swimwear Contest — You'll see why the crowd went wild.

Plus the Budweiser "Pose Down of the Century" between SERGIO OLIVA and ALBERT BECKLES for \$12,000 PRIZE MONEY.

Still available

1982, 1984 and 1985 tapes.
1985 — See incredible FED ARCIOLI bench 650, 677 and 705
ED COAN, deadlift 854 lbs. and totaling 2204 lbs. at 163 lbs. body weight — exceeding seven World Records...
1984 — See INABA'S 512 lb. World Record deadlift at 114 lbs. body weight, ARCIOLI'S three attempts at 666 lbs...
1982 — squats only — DWAYNE FELY'S 981 lb. World Record, KAZMAIER'S 909 and miss at 981 lbs...



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1986-\$40					Total
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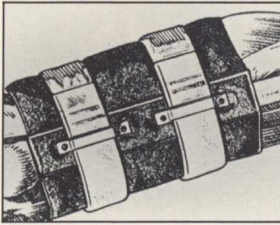
WILL

as told by Jon Smoker

It is ironic the way some weightlifters will try anything to increase their strength. They'll take ergogenic aids, metabolic activators, HGH, anabolic steroids, thyro-roid preparations and any other synthetic chemical if it's rumored to have even the most remote possibility of mobilizing strength, regardless of side effects. On top of that they'll eat mega-doses of vitamins, minerals, protein, amino acids, freeze-dried glandulars, herbs and bees pollen, regardless of the cost or effectiveness. They'll shoot any of the above into their veins if they can, and they'll do anything else they can think of to lift more weight. For preventers, there are no small things. You'll use a 6 size shoe that bores the hips and thighs and that blows knees out, you'll use heavy knee wraps and damage your circulation, and thick belts pulled tight that irritate the floating ribs. For the truly eclectic, there's electrostimulation, hypnosis, biofeedback, meditation, massage and acupuncture. Some of these things, particularly the natural ones, do have their place. Yet they ignore the most time-tested, ego-gratifying and effective aid of all, will, as in "will power", that colorless, non-gaseous, immeasurable, cost effective muscle stimulant. That which allowed Richard Luchty to deadlift 389 at 123 even though he was crippled at a child with polio. It is that which drove John Kuc to come back clean and approach deadlifts he made before. Or why a woman can lift up an automobile if she finds her child trapped underneath. It's what helped Billy Terry Fox, running across Canada even while he was dying from cancer.

Will: possibly God's greatest gift next to life itself. Without it, what human being could have accomplished anything great. When it comes to survival, one can get by even if they have only a shred of will. Loss of it, a capitulation to despair, makes death inevitable. Athletic mirror life, so no weightlifter's career can blossom without will. Loss of it virtually guarantees a lack of progress. The first time I lifted in an ADFFPA meet, I saw it as an opportunity to get back to a basic kind of purity, in keeping with the spirit of the organization, I didn't even take any vitamins, minerals or supplements of any kind. I decided to see exactly what I, personally, could do. Myself and gravity, with a cold-rolled steel bar between, and nothing else. (Although I believe in God, I really

NEW PRODUCT

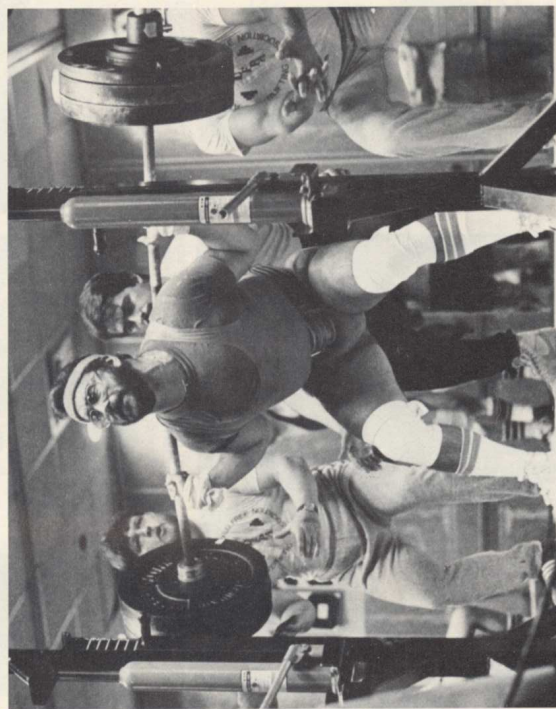


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tins of injuries and/or problems with their body chemistry. Will, if it is strong enough, can win out over everything: nothing in the end surpasses it for sheer clinical effectiveness.

The reason for this is that it takes much more inner, mental strength to go it alone. Reduce things to the elementary: you and nothing else, facing gravity with the bar as the balancing rod where you'll hoist and push against that horizontal shaft, the one that you've been pressing and pulling against with your very soul's essence in various positions since you can't remember when. It's will and will alone that keeps you coming back, again and again, to try to budge just a little more weight. All the outside aid combined won't give it to you, if you don't have it already.

Give it a try sometime. See if you've got courage enough to challenge gravity alone. Pick a competition that's not so desperately important to you. You might find it far more self-gratifying than having to wonder how much you really lifted because you copped out and used something to prop yourself up (sometimes weightlifting is portrayed as macho, and yet what's so macho about relying on crutches?). If your ego suffers a little bruising from losing to someone who's abused anti-human aids, think of the tortoise, think about what'll have the final satisfaction. Muster up some will to outlast them in the long run, because in the long run, you'll surely be happier, healthier and more in tune with your true self.



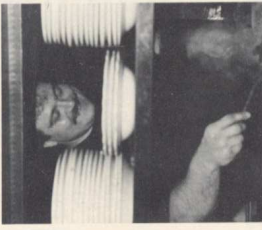
The Will to be Drug Free for a Lifetime... Mike Foggia of Lifetime Fitness in Des Moines, Iowa (above competing ADFFPA Nationals) supports the "pure" division concept which has been allowed at some non-national ADFFPA meets and he helps help lifters, as opposed to those who have stopped taking drugs for at least a year. Though a National Champion, Foggia is not competing in his own on April 3rd and 4th in Alabama. Independently, there are several non-ADFFPA meets being held in New York, which have a lifetime drug free entry requirement. Such meets are dependent on polygraph examination to determine prior drug use.

★ WHO'S WHO IN POWERLIFTING

Whether a Big Name or No Name, send your photo (sharp, black & white preferred) and details to Who's Who, Box 467, Camarillo, CA 93011.



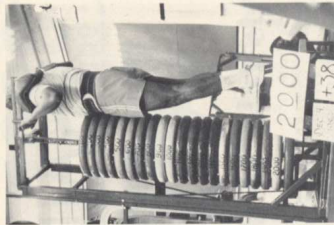
The 4th Avenue Olympic Gym team took 2nd in the team competition at both the Power Performance Bench Press Jam and the Top of the World meets in San Diego. Based in Yuma, Arizona the team consists of: bottom row (left to right) Skip McCrory and Danny Bullard; top row: Colen Gardner, William Stuart, Bobby Mendez, and Pete Luisosoppo. Not pictured is Mike Simpson. Thanks to David Hallie for photograph and information.



What ever happened to Andy Garritano, former Superheavyweight champion in the National Collegiate and the ADFPA Nationals. Here he is now, cooking at his family's Italian restaurant, where he's been known to have an occasional sample. He's back in training and looking for a 2000 total. Photo and information by Craig Tirritillo.

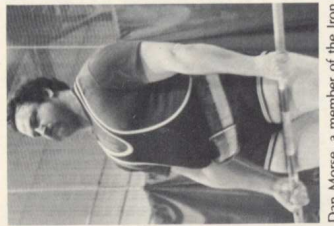


David Ramsey, from Ft. Hood, Texas, placed 2nd at the APF World Championships in Hawaii. He is a two-time Armed Forces team selectee, and he won the 1986 APF Senior Nationals and took 4th at the 1986 USPF Senior Nationals. His best lifts are 465, 260, 465 and 1190, and he is currently ranked 13th in the TOP-100 for the 123 lb. division. Info courtesy SSG Zeke Brown.



Sri Chimmy recently supported over 2,000 pounds with one arm (as seen in the large photo below) and raised up over 2,000 lbs. on a calf machine (above). He has completed these lifts at a bodyweight of 155-160 pounds, and when he first tried the one arm support 13 months earlier, he managed but 117 lbs. Bill Pearl is quoted as saying that this "is an absolute and undeniable miracle." Chimmy has received formal recognition of such accomplishments from the Amateur Athletic Union, the British Amateur Weightlifters Association, and the two lifts pictured have been certified as World Records in the 55-59 age group for the category of "Feats of Strength" by World Powerlifting Congress Chairman Ernie Frantz.

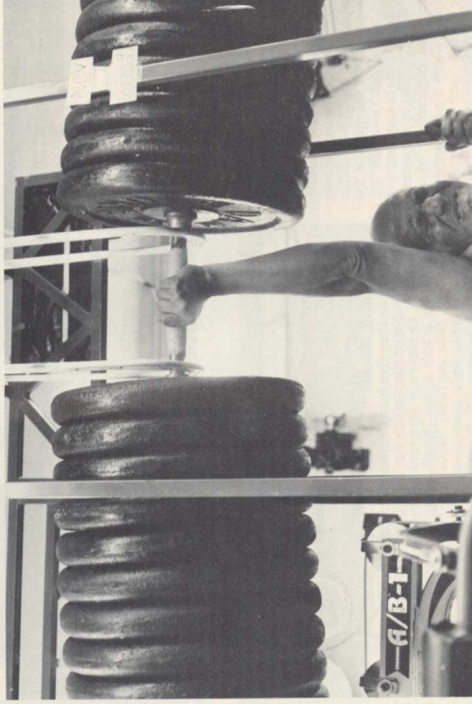
"Sri Chimmy espouses a philosophy of self-transcendence claiming that every individual has unlimited potential through the power of meditation." Sri Chimmy has served as Director of Prayer and Meditation Services for the United Nations for the past 16 years. His followers have been successful in gaining publicity for his achievements worldwide. Photographs and information courtesy of Sue Matt.



Dan Morse, a member of the Iron Masters Club has been competing only 3 years and is already one of New York State's premier Supers. In 1986 Dan won both the New York State and Auburn Open titles. Photograph by Frank Salamone Jr.



The Toppennish High School "Wildcats" Powerlifting Team (also known as "Steele's Workers") from Washington State. 3 of the boys and 3 of the girls were State High School Champs in 1986. Thanks to Frank Steele for photo.



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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Price is \$6.00 U.S. Funds plus \$1 postage/handling

Cost of Update Number Two plus Update Number One is \$7.00 U.S. funds plus \$1.50 postage/handling

Cost of the book "Drug Use & Detection in Amateur Sports", plus both updates is \$17.95 U.S. funds plus \$2.00 postage/handling

Cost of book alone is \$14.95 U.S. Funds plus \$2.00 postage/handling

Ask the Doctor

This column answers questions about drugs used by athletes and drug detection techniques, as well as general questions about health and training. Send questions and comments to: Mauro Di Pasquale, M.D., 23 Main Street, Warkworth, Ontario, Canada K0K 3K0. Questions may be edited for clarity or brevity, but every effort is made to retain the original intent of the question.

DEAR MAURO: Why is it when you're on a steroid cycle your sleep is interrupted. My husband takes 1cc testosterone enanthate and 1 cc Deca weekly, as well as 6 Anavar and 8 Dianabol daily. He'll sleep fine for about 3-4 hours, then he's awake and can't return to sleep. It's becoming very frustrating. Is there an answer to this other than the obvious? **Sharon K.**

DEAR SHARON: Some lifters react that way when they use anabolic steroids. There is an irritability caused by both the steroids and the increased pressure of training and contest preparation. They can get really uptight, aggressive, hostile, and more demanding when they're taking steroids. Part of the problem may be related to changes in the central nervous system while part may be related to increased production of adrenalin and corticosteroids by the adrenal glands. There are several possible solutions he should try. First, he should train in the morning if possible; certainly not in the late evening. He should try to make the time before bed more relaxing and not take training and/or business problems to bed with him. He should take all his steroids before noon. He should get a physical from his family doctor and make sure to have his blood pressure checked (especially if he has a family history of hypertension). Since blood pressure rises in early morning, some hypertensives have difficulty with early awakening. Your husband can try using one gram of L-tryptophan (an amino acid you can purchase at any health food store) before bed with a glass of warm milk (believe it or not). Herbal relaxant teas are useful for some (like Sleepy Time Tea by Celestial Seasons). If the above aren't helpful then he could use a mild sleeping pill before going to bed or a mild relaxant (such as diazepam 5mg) when he wakes up early and he wishes to get some more sleep. Switching the anabolic steroids he is taking might solve the sleeping problem. Primobolan could be substituted for the testosterone and Deca and he could do the dose of Anavar and discontinue his Dianabol. If he still can't sleep then he probably has the constitution of an enraged rhino and more drastic measures (such as going off the anabolic steroids) may have to be taken. **M.G.D.**

DEAR MAURO: In the last year or so I have started getting short of breath while working out. Lately I started wheezing with hardly any exertion. This wheezing only appears when I try to exercise, otherwise I never have it. Unfortunately this prevents me from concentrating on my lifting. I went to see my doctor and he suggests that I have asthma. He also suggested that I be more sedentary, but if I must exercise to use an aerosol bronchodilator called Berotec when the wheezing becomes troublesome. The inhaler helps the wheezing, but when I use it I get very shaky, lightheaded and my heart seems to quicken up and skip beats. Is this medication supposed to do this? I'm afraid to go back to my doctor in case he suggests I give up lifting altogether. Any help or suggestions would be much appreciated. **John R.**

DEAR JOHN: Asthma is a common problem seen by all doctors. Unfortunately, many are not aware of the current thinking and therapy for exertional asthma. The treatment for the athlete with breathing problems depends on the type and severity of his asthma. It is important to know if the asthma is there at rest, which is possible even if the athlete has no symptoms, or just with exercise. The best way to determine this is with a stress pulmonary function test. This test can be used to determine the severity of the disease and to differentiate between the person who has asthma all the time and someone who only has exercise induced asthma.

Aerosol inhalers are the mainstay for all asthma therapy. The frequency of inhalations varies according to the kind and severity of the asthma. Depend on the severity of symptoms one or more types of inhalers may be used along with daily oral medications. In severe cases oral or inhalation corticosteroids may be needed.

My preference for athletes with exertional asthma and for that matter any athlete with asthma which is affected by exercise is sodium cromoglycate (Intal, Fluent). Because this drug actually prevents asthma from occurring (by blocking the biochemical reaction leading to the asthmatic attack) there are none of the adrenalin-like side effects (such as the side effects you experienced) seen in other aerosols such as Berotec, Alupent, and Isuprel (which are used to treat the asthma once it has appeared). Two puffs of the inhaler are taken about 10 minutes before exercise, giving up to 4 hours protection for most athletes. If this doesn't clear up the problem then I have the athlete use another inhaler along with the sodium cromoglycate, usually salbutamol (Ventolin). Ventolin, in the inhaled form, has few side-effects at therapeutic dosages. As an aside, you might be interested in knowing that none of the above drugs are banned by the I.P.F. **M.G.D.**

American Drug Free Powerlifting Association

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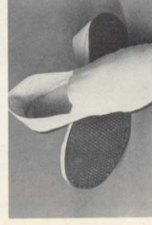
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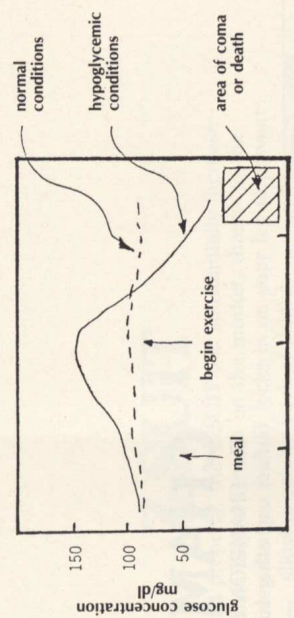
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Comparison of blood glucose before and during exercise

- (1) a clammy feeling
- (2) irritability
- (3) generalized muscular weakness
- (4) headache
- (5) rapid heart rate
- (6) nervousness
- (7) sweaty palms and sweat rate out of proportion to the state of work undertaken
- (8) dizziness or syncope
- (9) blurred vision or other visual disturbances
- (10) lack of desire to finish or train
- (11) inability to concentrate
- (12) low blood pressure
- (13) in severe cases, death or coma

Rebound hypoglycemia refers to hypoglycemia which occurs when athletes train or exercise in a vigorous manner shortly after eating a meal that includes carbohydrates. The time frame and amount of carbohydrate required to cause this condition varies, but usually thirty grams of carbohydrate some twenty to ninety minutes prior to strenuous exercise may cause the symptoms in some athletes. Metabolically, the carbohydrate is eaten and absorbed into the bloodstream. The pancreas monitors the amount of glucose in the blood and "sees" it as elevated. The pancreas secretes the appropriate amount of insulin to assist the transport of this "extra" glucose into the cells for storage as glycogen or as an immediate fuel source. Then, the athlete begins strenuous exercise before the glucose in the blood returns to baseline levels. The working muscles do not require the already secreted insulin to utilize the glucose from the bloodstream. However, the insulin is still active in its transport assistance of the glucose into the cells! The combined situation leaves the body with an abnormally low blood sugar, and with all the symptoms of hypoglycemia previously discussed.

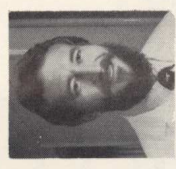
Therefore, in some athletes, eating a meal which contains carbohydrate some thirty to ninety minutes prior to strenuous exercise may result in all the symptoms of hypoglycemia. It is obvious that performance will suffer greatly if this occurs, and it may be that the athlete will be forced to discontinue the exercise routine or competition completely. Rarely, coma and death may result in severe cases. So, don't let carbs taken just prior to strenuous exercise make a wimp of you in the weight room; work smarter not harder, by eating carbs during and well before your workouts and training sessions.

REBOUND HYPOGLYCEMIA

by William N. Taylor

Sound nutrition and eating habits are essential for athletic success. However, many athletes may suffer from a condition which may severely impede their performance during training or competition. This condition is an imbalance in the body's control of blood sugar called *rebound hypoglycemia*.

Rebound hypoglycemia is a situation in which the pancreas of the body releases too much insulin for the amount of glucose in the blood. Normally, under the conditions, sugars from the diet are converted to simple sugar, glucose. Glucose is a major source of energy in the body under both aerobic and anaerobic conditions. However, glucose usually does not enter the cells of the body without the assistance of a hormone called insulin, which is secreted by the pancreas. The small arteries which nourish the pancreas contain the same amount of glucose as does the rest of the bloodstream, and the pancreas has receptors which closely monitor the blood glucose. For instance, if the blood glucose concentration rises above normal baseline levels, the pancreas secretes insulin to help assist or facilitate the transport of glucose into the cells. When the blood glucose concentration is within a normal baseline level, then the pancreas will tend not to secrete insulin. Therefore, there is a normal insulin/glucose ratio. Glucose levels which are below accepted nor-



Hormonal Manipulation
 A New Era of Monstrous Athletes
 William N. Taylor, M.D., FACSM
 [144pp] LC 85-42523 1985
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William N. Taylor, M.D.

128 pp. 1982 \$18.00
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Anabolic Steroids and the Athlete is concise, timely...neutral, readable reference. American Medical Joggers Association

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Marathon Running

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William N. Taylor, M.D.
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TRAINING

Rest Pause for Power as told by Doug Daniels

When most people think of the Rest Pause System, Mike Mentzer comes to mind. Even though the Rest Pause System had been around prior to Mike's heyday, he made it popular through his many training articles and seminars. The results he achieved with this system were impressive to say the least. For those of you who are unfamiliar with Rest Pause Training, you are about to discover a very severe, yet very productive method of training. This system is, in fact, the most severe method of training possible, if done effectively.

With most training systems, a set is done with multiple reps, anywhere from 1 to infinity. Of all these reps per set, only the last one or two are actually effective for strength and muscle building. With the Rest Pause System, most, if not all, reps are result producing, not counting warm ups. With the pure Rest Pause System a max or near max lift is performed. The lifter then rests for up to a minute, and then does another rep. This is continued until no more reps can be made. To make it more intense, the weights can then be lowered or forced reps can be done with the help of a training partner to continue the set past failure. If properly done, a lifter should have no need or desire to do additional sets of that exercise.

While some experts agree that single rep sets do little to coax strength or muscular size increases, that theory does not apply here. These reps are actually regarded as one multiple rep set, not one rep sets. The small rest period (10 to 60 seconds) between reps along with the

limit Rest Pausing an exercise to once a week. You also might want to limit the weeks devoted to Rest Pause to 6 weeks to prevent burnout. Strength gains come very quickly with this system, but caution must be used to prevent overtraining. Potential for injury is also a factor because of the amount of weight being used. Proper warmup, attention to form, and good spotting can minimize injuries. These considerations should be taken with all methods of training, by the way.

A variation of Rest Pause would be to do 2 to 3 reps at first. The lifter would then take the Rest Pause and go again. This time he would only be able to do 1 or 2. This could be continued for a total of 8 to 12 reps. This variation is not as intense as the single rep method, but it may be more agreeable and practical. The most intense variation of Rest Pause would be to perform the first rep with 100% of max. The weight would then be reduced 2% for the next rep. This would continue with like reductions until 5 to 8 reps are performed.

There are many more variations of Rest Pause Training. All can be used for power and muscle building purposes. The intensity of the set is the key! Without severe intensity, coupled with respect of its misuse, you will not get the results this system can provide. Experiment with Rest Pause by working it into your assistance training sometime during off-season for 4 to 6 weeks. If you find it helpful, try to integrate it more into your training. This system will work only as hard as you do.

Doug Daniels



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Coaching Techniques Committee, after long stagnation, is becoming active. These "word processors" and Managers Guide Team Coaches and Managers Guide is underway. I hope to be able to furnish copies to those who are interested. The guide will be about 100 pages and will be completed by the end of the year. We, coaching staff of the 1987 USPF World Team shortly after the competition, are going to all successful coaching staffs. The guide attempt to cover all the responsibilities of the head coach, team manager, head trainer, team doctor, and tips as far as the USPF is concerned. The committee is composed of those who believe to be the best experts available in all the related fields, coaching managing, sports medicine, overseas travel, etc. The guide is being put onto a word processing computer disk so that changes can be made easily in the future. Based on after action reports of future teams, it will become more and more important in the future that we preserve the accumulated USPF world team coaching expertise and pass it on to world coaching staffs. If we are to maintain our lead in winning world team titles, if there are any "experts" who think they would like to be in on the current review and revision of the Dr. Herick's first draft guide, please contact me immediately. Nate Foster, USPF Coaching Techniques Committee Chairman, 913-776-5889.

Referee's Committee. As 1987 begins, we are perhaps 8 months away from the USPF Secretary's call for Category II and Category I referees' renewals, if 1983 is any year to go by. He will want to do this ahead of time so he can report to the 1987 USPF Congress that it is done. I would like to reiterate here the requirements for renewal as stated in the "Referee's Textbook", sections 9 and 10. Category I Referees must: [a] have officiated at a minimum of 3 national or international meets within the olympic period (one must be an international meet) [b] have attended at least 1 National Clinic (new 1986 requirement) within the previous 14 months [c] apply for renewal on 1 Sept 1987 by sending (1) the \$20 fee, (2) the Category I Referee's Book with proof of having met requirement (a) above (this is the actual book, not a copy), (3) a copy of the referee's 1987 USPF registration card and (4) a 3"x5" card with the referee's name, date promoted to Category I, address, phone number and 1987 USPF Card #, to the chairman of the USPF Referee's Committee.

Category II Referees must: [a] have officiated at a minimum of 3 national or international championships within the olympic period, [b] have attended at least 1 National Clinic within the previous 14 months (new 1986 requirement), [c] have successfully completed at least 2 Category II evaluations, by a Category I evaluator (page 34; appendix J of the "Referee's Textbook") within the olympic period, [d] apply for renewal on 1 Sept 1987 by sending (1) the \$20 fee, (2) the Category II Referee's Book with proof of having met requirement (a) above (this is the actual book, not a

copy), (3) a copy of the referee's 1987 USPF registration card and (4) a 3"x5" card with the referee's name, date promoted to Category I, address, phone number and 1987 USPF Card #, to the chairman of the USPF Referee's Committee. This should eliminate the confusion that has persisted during this past year. (Editor's Note: USPF rules will be in effect at the USPF Women's Nationals and Men's Senior Nationals). All USPF and American Category II and referees should have a 3rd edition copy of the Referee's Textbook in their possession by now. If you don't, send \$15 to Conrad Carter, 2103 Langley, Pensacola, FL 32504 or one for \$4 for the errata update to the older versions. Each referee in the USPF is also expected to subscribe to PI, USA to keep up the minute with the latest changes and developments in the Powerlifting world. Referees should be aware of the new requirements to adjudicate (not just be available, and not have been utilized) in at least 4 meets a year and attend a National Clinic at a National Championship or State Championship

ship once a year. Once again, the old "available for refereeing, but not used" trick will not fulfill adjudication requirements. Any head referee in charge of a meet will put you to work if you want to work.

Nate Foster, 204 Hansey Dr., Manhattan, Kansas 66502.

Drug Tests OK!

Results of the testing done by the IPF at the 1986 Men's World Championships in Holland were all NEGATIVE! Lifters tested included Rick Cully of Canada, Dave Caldwell, John Maxwell, and Tony Stevens of Great Britain; Hiro Isagawa of Japan; Samuli Kivi, Lars Noren, and Stenlund of Sweden, and from the United States of America, Sylvester Anderson, Dan Austin, and Randall Kea. This kind of result will help PL get into the Olympics!



REST or PAUSE!...neither one. 198 pounder, Mike Feight is just stretching out prior to a heavy squat attempt at the Junior Nationals. Mike is one of the few Middleweights in history who have totaled 1500. Lamber photo.

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DuBois Open (ADPPA) 25 Oct 86 - DuBois, PA
Women's Light 245 125 300 750
T. Tucker 335 130 255 620
V. Slaker 170 110 255 535

M. Ryan 210 105 250 565
C. Williams 300 135 370 805
D. Hart 155 80 220 455
Men's Open
V. Borjas(T) 305 145 300 750
T. Tucker 235 130 255 620
K. Ryan 210 105 250 565

E. Form(T) 330 200 410 940
M. Wittschick 330 240 400 870
G. Mikovitch(T) 350 185 350 890
M. Lewis(T) 290 190 335 815

148 lbs. 625 325 485 1225
J. Pogras 465 280 485 1225
D. Dipnola 420 240 464 1125
B. Civas 415 255 450 1120
M. G. Williams 400 185 430 1015
G. Christmann(M) 275 190 380 845
C. Williams 300 135 370 805

B. Underwood 520 360 560 1440
M. Taylor 510 390 520 1420
D. Gaines 480 355 575 1410
E. Garner 460 315 525 1325
D. Hart 475 325 510 1310
J. Bej 480 325 495 1300
R. Ludwig 450 325 475 1250
J. Gies(T) 425 315 475 1215
C. Verhovsek 420 290 465 1165
C. Ohmacht(T) 410 265 435 1120

P. Danel 420 265 435 1120
R. Poggendorf 400 290 420 1110
R. Fougert(M) 370 250 422 1045
600 375 625 1600
C. Scarzini 600 350 600 1580
B. Kowalski 575 420 570 1565
J. Valchne 585 330 550 1465
R. Marchall 520 325 600 1450
T. Rizzo 425 390 515 1375
R. Sarnoff 500 330 540 1370
M. Saunders(T) 440 265 550 1255
C. Cook 625 325 540 1490

J. Hebeck 535 325 540 1400
L. Londg 470 320 550 1340
L. Gajdzicki 460 340 515 1315
242
J. Messenger 645 430 650 1725
H. Staats 600 350 630 1580
R. Housh 595 395 645 1635
K. Erickson 540 385 575 1500
W. Kirk 550 325 575 1445
M. Waugh 525 325 575 1425
B. Mitchell 355 290 300 1325
C. Macklin 770 450 660 1880

B. Gillespie 600 450 660 1880
M. Young 600 350 630 1580
B. Hippard 590 360 625 1545
B. Vasquez 515 305 535 1350
SHW 305 210 325 940
P. Glattidi 650 425 675 1725
T. Wulfsberg 400 340 470 1210
T. Wallis(M) 400 330 470 1210
C. Adams 350 270 470 1210
Lightweight Teenagers: Eric Frain, Greg

Lightweight Teenagers: Jerry Clark, Brad
Lightweight Teenagers: Jerry Clark, Brad
Lightweight Teenagers: Jerry Clark, Brad

Lightweight Teenagers: Jerry Clark, Brad
Lightweight Teenagers: Jerry Clark, Brad
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ADPPA Mid-America Extravaganza 25 Oct 86 - Des Moines, IA

Table with columns for name, weight, and scores for various divisions.

Maryland State ADPPA 2 Nov 86 - Towson, MD (kilos)
Masters 40-49
R. Greenwald 240 120 202.5 562.5
M. B. Ballew 127.5 52.5 165 445

Free lifters-keep an eye open for big contests to come in February and April. Alabama version...
The lifting was fantastic, and the competition went off with a Women's American Record in the squat with a lift of 280 lb. in the 123 lb. class.

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Free lifters-keep an eye open for big contests to come in February and April. Alabama version...
The lifting was fantastic, and the competition went off with a Women's American Record in the squat with a lift of 280 lb. in the 123 lb. class.

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Free lifters-keep an eye open for big contests to come in February and April. Alabama version...
The lifting was fantastic, and the competition went off with a Women's American Record in the squat with a lift of 280 lb. in the 123 lb. class.

Women Division: Judy Cochran, Julie Squares

SUPERIOR WRAPS



SUPERIOR WRAP A

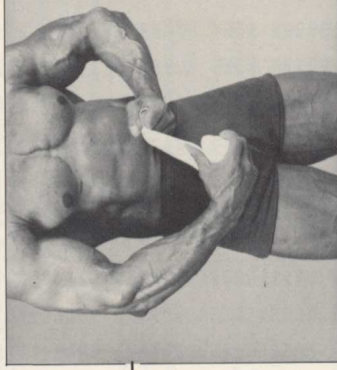
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thony Stucchi of Utica, NY set two teenage 18 year old division records with a squat of 480 lbs. and a bench press of 340 lbs. Also, congratulations to M. Walker who took Best Teenage Lifter with a lift total of 1340 lbs. in the 165 lb. class. Heavyweight Section Tom Schrader in the 198 lb. division set an "A" record with a lift total of 1680 lbs. as the "Vip" Peterson won honor in the 198 lb. class as the Best Master Lifter 41 years old by setting the following records: squatting 635 lbs., benching 395 lbs., and a lift total of 1030 lbs. in the Masters Division 181 lbs. class.

It is our hope that this Big River Classic is the first in a long series of annual powerlifting meets in Northville, Arkansas. The meet was small this year but it was a great one. The meet was the best masters entries gave the local audience and young lifters present a deeper perspective into the sport. For more than half of the participants, included in these first meet lifters were Odell "Tiny" Buckingham and Guy Nichols. Tiny is a truck driver that got most of his training during the last few years. He is 32 years old and is capable of a 2000 total now. He trains mostly without a training partner. Joby Kelleher is a 26 year old lifter who has been working out with his father and got 8 for 9 out of his attempts at this, his first meet. Joby's form is very good and I predict a long and enjoyable career. I would like to thank all those who helped with the meet, but a special thanks must go to Milton McDowell who was the host of the meet. He and my wife Tobey (a judge, Bill Widner (our expeditor), Charles Skelton and Kim Files (our expeditors), Hall, Van Smith, Jim McClain, Johnson, Robert and the members of Gamma Beta Phi.

(Thanks to Dr. Gary H. Peterson, for records.)

Auburn Open		Nov 86		Auburn, NY	
114 lbs.	125 lbs.	130 lbs.	205 lbs.	410 lbs.	Total
J. Wade	235	130	205	410	1070
W. J. McDowell	235	130	205	410	1070
K. King	235	130	205	410	1070
A. Giannino	345	235	440	1020	1420
D. Gauthier	400	240	465	1045	1510
W. Whitman	310	185	240	845	1135
K. Waylette	300	135	250	585	1135
148 lbs.	420	325*	455	1185	1400
J. Wells	425	280	455	1185	1400
M. Wade	435	200	320	855	1155
M. MacLoud	175	130	300*	605	1110
165 lbs.	680*	350	495	1355	1560
K. Hollier	520	340	500	1340	1560
D. Gauthier	470	290	540	1300	1500
T. Myers	470	300	530	1275	1470
181 lbs.	490	315	470	1275	1470
T. Weir	440	285	485	1210	1410
J. Bayner	375	280	450	1105	1220
181 lbs.	555	365	550	1470	1575
J. Kicinski	515	280	525	1320	1540
F. Kenyon	485	240	515	1240	1440
T. Belby	425	300	515	1240	1440
T. Sylvester	400	290	450	1140	1340
M. Lacey	380	285	445	1110	1310
N. Turton	380	210	365	955	1155
K. King	380	210	365	955	1155
198 lbs.	685	425	655	1765	2065
V. Peterson	635*	400*	675*	1610*	2010*
L. Humphrey	525	360	650	1535	1745
M. Krieger	630	325	670	1525	1745
A. Powers	520	300	625	1445	1645
C. C. Drabak	525	415	530	1470	1645
J. Cagge	575	305	590	1470	1645
P. Wilmore	490	320	550	1340	1560
M. Sheehan	525	290	625	1440	1645
R. Eckard	500	350	600	1340	1560
D. Moses	375	225	510	1110	1340
E. Saperiza	385	305	450	1140	1340

Big River Classic
7 Dec 86 - Blytheville, AR

SQ	BP	DL	Total	
114 lbs.	187	104	264	556
L. McDowell	203	121	209	534
123 lbs.	225	126	209	650
R. Ward	242	148	270	661
D. Brown	187	154	253	595
132 lbs.	402	275	396	1074
T. Harbacher	363	275	391	1030
M. Gritz	363	275	391	1030
148 lbs.	248	176	330	755
C. Malbone	429	388	462	1281
T. Hullett	418	375	455	1248
D. Williams	385	248	363	997
K. Jamney	473	347	501	1322
181 lbs.	488	275	435	1129
D. Dresbach	385	275	468	1125
S. Garrison	385	275	468	1125

Outstanding lifter records: Howard Krieger 242 lbs. class day two, Team trophy to Auburn "v" Power team edging out the Ironmasters of Rochester 31 to 29, Official Scores: Larry Burgess, Chris Nervina, Announcer: Howard Krieger, Platform Manager: Tim Gaddy, Referee: John Williams, Meet Director: Lee Stellato, Official: Jerry Welcher, Glen Stevens, Larry Bagault, Tony Cardillo. A total of 12 state records were set at this meet.

Katherine Waylette was the best female lifter. William Williams was the best Master lifter age 40 and over. Joby Kelleher set a 310 sq and a 340 lb. deadlift. Jay Waku of the West Point team in the 148 lb. class had a junior state record in the bench press with a lift of 310 lbs. The West Point team set a record of the West Point Team at a lift of 300 lbs. Howard Krieger set a record with a lift of 300 lbs. Howard Krieger set a record with a lift of 300 lbs. Howard Krieger set a record with a lift of 300 lbs.

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2000! - Ken Ryder pulls in the 735 deadlift that gives him a 2 Grand total at the Eastern USA Open. Photograph courtesy of Bill Clary.

Table with 4 columns: Name, SQ, BP, DL, Total. Lists bodybuilders and their performance metrics.

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ADVANCE DESIGNS

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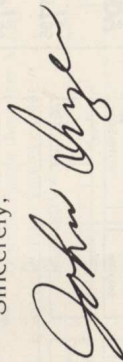
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Every shirt, suit, and brief is made at our own factory where the construction of the apparel is examined closely. Blast Shirts, Erector Shirts, and Groove Briefs, of course, all originated here, including some unique improvements on squat suits. Most of the other powerlifting supply companies have attempted copying our products. The main thing they miss out on is the science of it all. While they are busy trying to copy, we are busy improving our already superior products. Our highly kept secrets in designing and manufacturing, plus our original technological advances, separate us from the competition by a great distance. The equipment you get here is guaranteed to be the freshest ideas and proven principles made into a piece of your Power Gear uniform.

We enjoy helping you with the sport of powerlifting.

Sincerely,



John Inzer
Owner

INZER
ADVANCE DESIGNS

ADFFA Southwestern Contest

15 Nov 86 - Phoenix, AZ

Women (by Maloney)	SQ	BP	DL	Total
L. Haugland	155	255	675	1085
D. Mack	305AC	165	305	775
C. Greenge (top 5 by Schwartz)	270T	370T	1200T	1840
B. Scott	375	247	390	1010
J. Chavez	380	240	430	1050
A. Martinez	270	180	350T	800
M. Johnson	300M	250	400	950
Masters (by Schwartz)	350M	300	450	1100
M. Stainbrook	300M	260AM	350M	910AM
D. Bradford	550	225	500	1275
M. Johnson	380	235	400	1015
M. Johnson	380	235	400	1015
O. Johnson	365M	235M	405M	1005M
Open Division				
A. Martinez	270	180	350T	800
P. Bargman	230	215	320	765
J. Feinberg	190	185	265	640
M. O'Brien	430	340*	465	1235

K. Barbee	400	305	495	1200
F. Rogalla	370	230	340	940
L. Trishfield	355	235	360	950
C. Bollitt	540*	300	410	1250
165 lbs.				
L. Stegel	440	290	485	1215
T. Jackson	400	260	475	1135
R. Navis	405	245	430	1080
M. Johnson	380	235	400	1015
M. Stainbrook Sr.	300	260AM	350	910AM
181 lbs.				
R. Chavez	500	310	515	1325
R. Green	380	240	430	1050
L. Chavez	380	240	430	1050
J. Yokley	145	430*	245	820
M. Stainbrook Jr.	200	145	280	625
220 lbs.				
L. Hays	450	315	585	1350
H. Green	480	300	520	1300
R. Reyes	420	310	510	1240
M. Johnson	380	235	400	1015
D. Zinni	405	240	405	1050
O. Johnson	365	235	405	1005
220 lbs.				
M. Willis	575	408	535	1510
D. Jones	535	345	575	1455
M. Ternes	550	330	550	1430

Upcoming National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
USPF Teen Nationals 14-15	600	700	750	850	875	925	975	1000	1050	1100	
USPF Teen Nationals 16-17	650	750	850	950	975	1025	1050	1075	1100	1150	1200
USPF Teen Nationals 18-19	700	800	950	1050	1075	1125	1150	1200	1250	1300	
ADFFA Nationals	845	955	1070	1235	1370	1480	1555	1610	1640	1675	1760
ADFFA Collegiate	700	810	945	1120	1250	1380	1410	1425	1435	1445	1455
ADFFA Teenage (14-16)	615	715	780	870	920	970	1000	1040	1065	1090	1115
ADFFA Teenage (17-19)	700	800	915	1090	1220	1340	1370	1400	1410	1425	1435
USPF Seniors	799	955	1125	1300	1399	1488	1570	1640	1690	1736	1758
USPF Open Nationals	799	955	1118	1350	1515	1631	1750	1868	1901	1918	1940
USPF Open Nationals	799	955	1129	1372	1535	1653	1775	1881	1918	1940	1951
USPF Collegiates	777	877	1025	1151	1256	1350	1421	1504	1554	1598	1669
APF Jr. Nationals	981	1064	1146	1279	1400	1505	1593	1675	1736	1786	1857
Women's Contests	97	105	114	123	132	148	165	181	198	SHW	
USPF Collegiates	418	462	507	551	595	639	661	683	705	727	
USPF Nationals	518	562	601	639	672	744	805	865	920	970	
ADFFA Women's Meets	97	104	111	116	122	129	139	154	176	176+	
National Championship	490	523	551	573	595	622	661	722	793	887	
National Collegiates	463	496	518	540	562	584	623	678	750	838	
Teenage (14-16)	402	430	457	468	491	513	546	595	656	733	
Teenage (17-19)	463	496	518	540	562	584	623	678	750	838	

not there, Randy Navis, Brent Scott and Mike Stainbrook Sr., who set four AZ state records, two American masters records and will set a new world record in the 242 lb. division in the afternoon. Rick Chavez of New Mexico dominated the 181 lb. division on an off day. Mike Johnson, a masters lifter, and James Chavez, a 165 lb. lifter, were down from Kingston to bench an American record and nearly got it. After two easy attempts at 410 and 430, he went to 450 and got it. He then went to 475 and got it. He then set his third attempt but due to technicality the lift was turned down. Jon said he will be benching 450 plus for the remainder of the 198 lb. division. "I'm a little nervous about this year," he said. "I had PKs in each lift the process. Following Jim was Harvey Green, Mike Reyes, Mike Muller, Dan Owens, and Mark Barbee. Mike Muller, Dan Owens, and Mark Barbee set four masters state records. In the 220's, Mike Willis from California started out with the master's best squat on record at 575 lbs. He then set a new world record on the day and crushed to the left. Dale Jones, who wisely chose his attempt, narrowly defeated Michael Ternes from the Air Force, John DeSpain from the University of Arizona, and Brent Scott from Chicago, who in April after an unsuccessful attempt at the masters American deadlift record would be would come back to AZ to set the record on his second attempt. Harold Schroeder from moving up a weight class lifted extremely well to defeat his training partner Fred Hays, who was a former national champion. He came to come in third in the 242's and win the teenage division. Don Bradburn came in fourth place with two near misses at a 500 lb. American masters record. He then set a new world record in the 242's. Alvin and Jim Ludmeier opened the door for Bret Weaver to outdistance Brad Writers for first place.

I would personally like to thank the following sponsors for their help with the meet: Dr. Scott Mirtello, Sportstar, Nutritional Supplements, Power Zone Athletic Photography, Sportswest of Phoenix, and the Arizona State University. I would also like to thank the following people for their help, because without their help the meet would not materialize: Dano, Phil Camp, Jim Hays, Jim Hays, Chris, Bollett, and his girlfriend Nancy, all from J.P.'s Body Shop. Also Sheri Austin, Ernie Ortega, Scott Saville, Greg Hays, and those who donate the equipment are Bill "F2" Wong and Eric "F3" Potter. Thank you and see everyone again this spring. (Louie "FF") Sandoval

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SEE PAGE 46

The 2000 Club

by PL USA Statistician, Herb Glossbrenner

T. Kazmier	SHW USA 2425 1981	B. Bocanacy	SHW USA 2166 1983
G. Heibouder	SHW USA 2420 1975	D. Shady	SHW USA 2166 1984
G. Heibouder	SHW USA 2370 1986	D. Colangelo	SHW USA 2160 1984
J. Cole	SHW USA 2363 1972	J. Ladhier	SHW USA 2160 1984
J. Kuc	SHW USA 2350 1972	M. Baly	SHW USA 2154 1984
F. Weed	SHW USA 2342 1981	J. Drapal	SHW USA 2154 1982
D. Waddington	SHW USA 2313 1981	H. Fera	SHW USA 2150 1976
C. Young	SHW USA 2309 1986	B. Romaniello	SHW USA 2150 1986
M. Hall	SHW USA 2303 1985	B. Barwick	SHW USA 2149 1982
D. Henderson	SHW USA 2300 1985	V. Dorsh	SHW USA 2143 1981
M. Hill	SHW USA 2281 1984	P. Broderick	SHW USA 2143 1986
G. Rothwisch	SHW USA 2274 1983	O. Strickland	SHW USA 2140 1986
M. Chamblert	SHW USA 2270 1986	B. Jeffrey	SHW USA 2138 1984
J. Williams	SHW USA 2270 1986	J. Sigarsson	SHW USA 2138 1984
L. Williams	SHW USA 2235 1972	L. Hedlund	SHW USA 2132 1986
W. Boviver	SHW USA 2232 1983	L. Noran	SHW USA 2132 1983
T. Henderson	SHW USA 2230 1985	A. Nevanpaa	SHW USA 2127 1983
E. Hackett	SHW USA 2215 1981	A. Wolders	SHW USA 2127 1985
S. Wilkie	SHW USA 2210 1972	K. Esmolin	SHW USA 2127 1986
S. Wilkie	SHW USA 2210 1986	T. Bentley	SHW USA 2127 1986
C. Devreugd	SHW NDL 2210 1986	B. Kretsch	SHW USA 2127 1986
T. Long	SHW USA 2204 1983	D. Park	SHW USA 2125 1986
R. Stenacker	SHW CAN 2204 1983	D. Park	SHW USA 2125 1986
M. Nichols	SHW USA 2202 1986	D. Piper	SHW USA 2121 1982
T. Dempsey	SHW USA 2195 1986	S. Palmer	SHW USA 2121 1982
F. Hatfield	SHW USA 2188 1984	R. Pearce	SHW USA 2116 1986
J. Magens	SHW USA 2188 1983	C. Omm	SHW USA 2116 1986
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C. Smith	SHW USA 2182 1986	D. Brooks	SHW USA 2110 1986
T. McCormick	SHW USA 2177 1986	B. Ruseell	SHW USA 2110 1986
T. Krisky	SHW USA 2171 1981	M. Poretta	SHW USA 2110 1986
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	6 Dec 86 - Talladega, AL	Total		
To 165 lbs.	SQ	BP	DL	
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Pleasant	400	225	430	1055
To 180 lbs.				
Stewart-BL	490	345	550	1385
Jones	500	325	450	1275
To 225 lbs. & Up				
Garrison	530	305	525	1360
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Milkeni	465	200	470	1135
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Alabama held their Annual Inside Powerlifting Meet on December 6, 1986. The meet was sponsored by the Recreation Department, Dennis W. Garrison Barbell Club, Talladega Barbell Club, Talladega Barbell Club. Competition was keen this year and three inside records were set. Robert Stewart pushed the inside bench press record for the 180 lb. class. Garrison set two inside records in the 220 lb. class: 530 squat and 1360 total. The rivalry and dedication of both the Light Weight Division and the Masters Division. Lifters from the two classes drew loud cheers and jeers from enthusiastic spectators. The success of the event. The results were sent by Jim Walden, Barbell Club President and Dennis Westwood, Staff Sponsor. Special thanks to Bill Mead.

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25 MAR, Pacific Coast Open, 27th-29, 30, ...
26 MAR, Pacific Coast Open, 30th-31, ...
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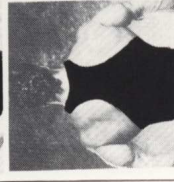
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