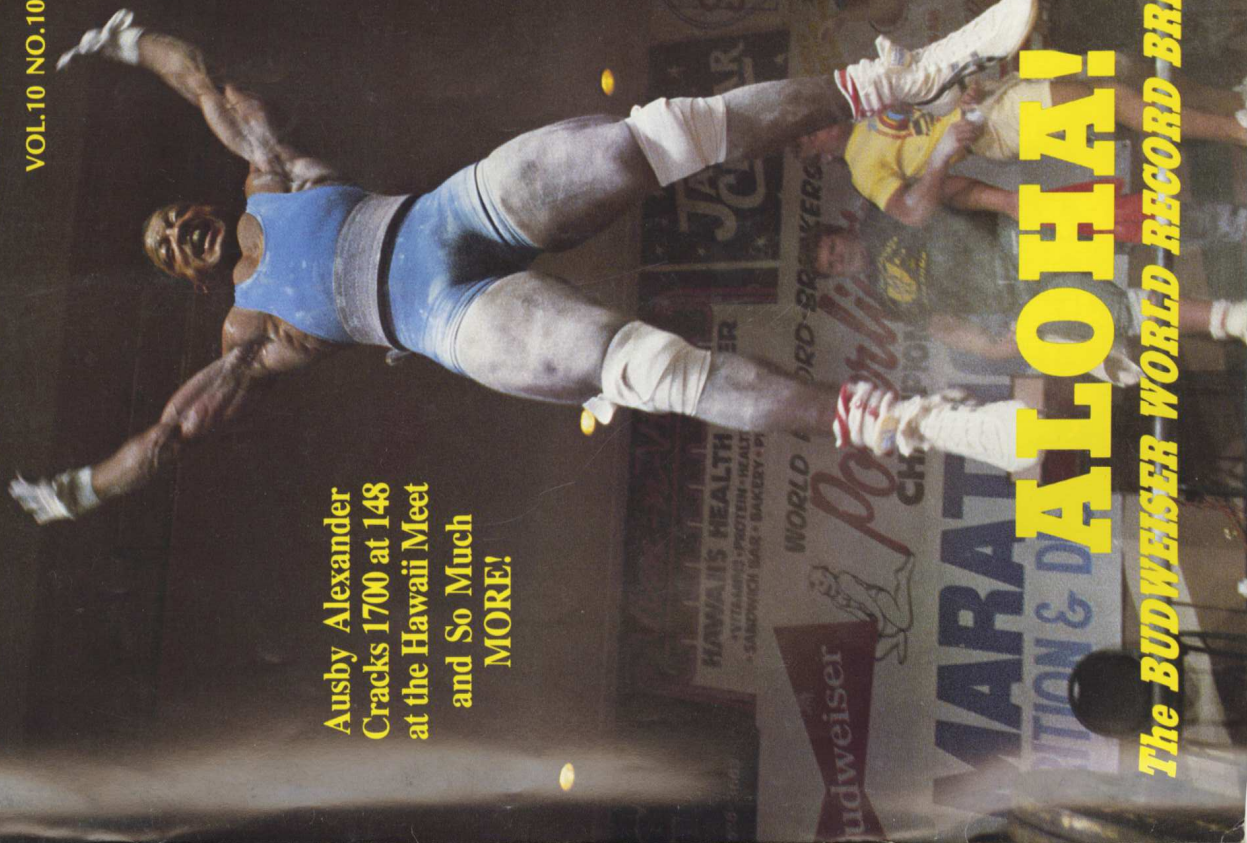


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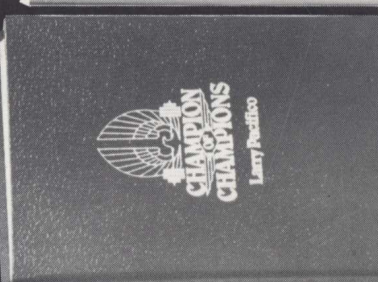
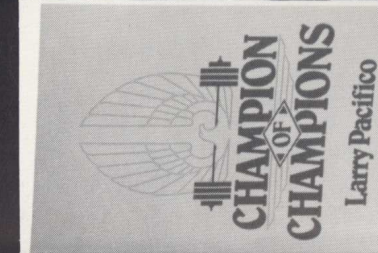
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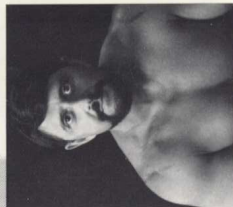
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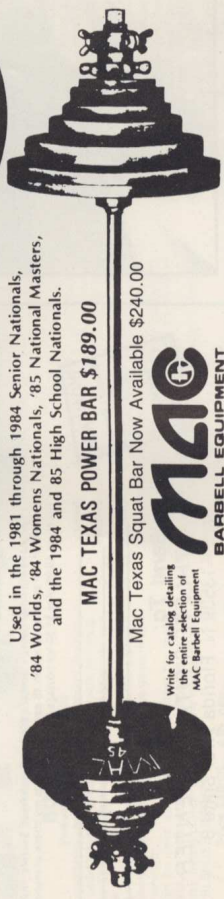
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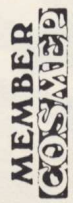
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ON THE COVER...Ausby Alexander celebrates at the March 23rd Hawaii Budweiser Record Breakers Championships

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# Budweiser World Record Breakers!

To head off any confusion, this IS the great meet that was previously known as the Hawaii International Powerlifting Championships (HIPC), and continues now with the sponsorship of Budweiser as the World Record Breakers Meet. In this series of 11 (out of what was 12) events have been historic moments, but this competition reinforced all that this Contest of Contests has stood for in the past and then some. The tradi-

**as seen by PL USA Editor, Mike Lambert**  
 tion and chemistry of this Gus Rethwisch production provides THE most inspiring circumstances for world record production ever seen in this sport. I've lost track, but would estimate that nearly 100 world standards have been established at this contest over a decade. No other entity in the sport can boast such performance. The exotic location, luxurious weather, huge and appreciative

crowds, outstanding meet facility at the Sheraton Waikiki Hotel, without the competitive overhead pressures of a national or international championship, are all factors that synergize together and drive lifters beyond what has gone before. All the guys who have helped Gus Rethwisch produce his 'baby' for these many years were there: Mike Scott, Gary Watanabe, Ray Verdonck, Bill Nelson, to name only a few. The meet was created as tribute to the sport, and it's now one of the major institutions of Powerlifting, while still remaining free and independent. It's a great honor for a lifter to be invited to compete on this stage, whether he be from the mainland or a local, and this year honor was returned to the contest by the incredible lifting the competitors put forth.

Mike Kimura is a newcomer to this meet and big time lifting, but he is a great one, fully capable of 1400 plus. Especially when you consider that he

came in with training bests of 565 in the squat, 375 in the bench, and 520 in the deadlift. He set a Hawaii State Record of 369 in the bench and set a new world record in an old one, and held it at Al Anrade, who was one of the first great lifters and record setters that Hawaii had. Guys like Mike seem to pop out of the Hawaiian woodwork, but really they don't. After more than ten years of weekly inspiration from the HIPC/Bud World Record Breakers Meet, the high schools (particularly on the island of Oahu) are deep into each season that eventually reach national or world class levels.

New faces make things interesting, almost as interesting as familiar faces trying to come back. New faces in the form of APF World Champ, Jesse Jackson, and National/International contender Ausby Alexander, combined with the resurgent Eddie Morishima, missing from this platform for 4 years, to produce the biggest record blasting shootout in 148 lb. history.



Jesse Jackson tried an unheard of 699, after rebounding up with 677, at 148!

### Budweiser Record Breakers/23 Mar 87/Honolulu, HI

	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
132 Mike Kimura	501	529	562	314	347	369	876	451	479	...	1328
148 Ausby Alexander	578	622	644	341	369	380	1025	633	661	677	1702
Jesse Jackson	644	677	699	270	292	308	970	589	589	589	1559
Ed Morishima	540	562	584	402	429	446	992	551	562	573	1554
165 John Inzer	650	688	705	325	347	...	1053	655	733	755	1786
Sean Kaneshiro	551	578	600	407	407	418	1019	562	584	600	1603
Mike Awai	132	...	...	407	407	435	4th 499	...	...	...	...
181 Tom Eisman	132	...	...	132	...	...	264	749	804	804	804
196 Larry Danaher	617	667	666	545	573	...	1212	501	...	...	1713
Julian Lee	132	...	...	534	567	578	...	...	...	...	...
220 Ernie Martin	710	744	782	402	424	440	1184	611	639	666	1824
242 George Hechter	738	810	865	490	540	556	1421	708	836	848	2247
Jeff Magruder	694	738	777	573	4th 633	...	1399	644	705	727	2105
H. Nakagawa	716	766	804	402	429	451	1256	628	666	666	1884
275 Fred Hatfield	947/1014	1041	...	451	501	523	1537	650	766	766	2187
Scott Warman	815	843	876	462	485	485	1339	804	...	...	2143
K. Doonleem	132	...	...	600	600	600	4th 694	...	...	...	...
SHW Doyle Kennedy	821	870	...	507	529	551	1350	832	870	909	2182
Matt Dime!	1019	1019	1019	...	...	...	...	...	...	...	...



John Inzer just ripped weights off the floor, almost finishing 755 at 165!

1700 and the 148 lb. class off his back forever. Now, it's on to the Middleweight division, where there's a 1900 barrier to be broken, and Ed Coan told Ausby that he should be the first one to do it.

John Inzer was 'on' like I've never seen him in the Middleweights. His squats were beautiful, and 733 was fought ferociously, just ounces short of completion. His deadlifts were likewise impressive. 733 was launched off the floor so quickly that John had no problem riding it all the way deadlifted in his division still damp on the record form, he went for 10 kilos more, 755, and both his tries at it were quality efforts, not far off the mark. Islander Sean Kaneshiro had a nice day in a new weight class, and another local, ADPPA record holder Mike Awai was on site to try his BP specialty. His 407 opener wavered in the racks, but he blasted it on a 2nd. 435 was a five lift, but it was turned down. 490 sounds like an incredible jump, but Gus reports that he had done 460 in training. Actually, he moved 490 1/4 of the way up rather strongly. Deceptively lean, and even leaner looking when laced into a bench shirt, he hisses like a snake when preparing to lift.

At 181, likable Tom Eisman came to deadlift, and he simply rapped up 749 for his opener, so readily that he didn't even wait for the down signal before replacing the bar on the deck. 804 was too heavy, both times. In the 198s, benchmasters Larry Danaher and Julian Lee (555) were in pre-meet training met for the first time. Larry had to sit and watch as Julian took his all time record off the books with a 567. Like Mori-

shima, Julian shifts into overdrive when the bar starts to stall, and finishes off big benches with a snappy lockout. Danaher twisted and turned on his try at 573, but was several pounds off finishing it.

In the 220s, one of Hawaii's favorites, Francis Silva, was not available due to a pec tear on a 590 bench. Paul Dicks also, reportedly tore a pec (requiring surgery) and did not make the trip out from Georgia. A many time competitor in this venue, Ernie Martin, had his best meet ever. Ernie, who is now going for his Ph.D. at the University of Hawaii, got his Elite in the 220s.

At 242, the greatest physical transformation in Powerlifting that I can think of unveiled itself in the person of George Hechter. Two years prior, on this same stage, George nailed his name in the power annals with a 964 584 821 2369 performance, weighing 353. He went on to win the Seniors and, eventually, the World Championships. He lifted hurt at the Worlds and afterwards began a descent in bodyweight that took him to the 242s. At one of the Mason-Dixon meets, he benched 500 and pulled 800, which is great lifting for itself. Here he showed something far more impressive. He started in the squat at 738. That's where you'd figure he'd lose a lot of strength, in the squat. He slowly eased down with the weight and smoothly unfolded himself back upright with it. It was a 'no problem' lift, followed by a big jump to 810, which was remarkably easy as well.

(continued on page 76)

and had driven 460 3/4 of the way up. With outstanding fan support, Eddie jumped up, down, and across 402 with no problem. 429, the most ever punched up by a lightweight was also well within his range. What he really wanted was a triple bodyweight club membership, and 446 was the price of admission. In a din of supportive shrieks, he rigidly drove the weight up and over his face, before it crookedly crumpled back onto him. It had been close, and looked like it took a lot out of him. A 4th attempt on a double size exclamation point mark, until Eddie straightened it out more, 755, and both his tries at it were quality efforts, not far off the mark. Islander Sean Kaneshiro had a nice day in a new weight class, and another local, ADPPA record holder Mike Awai was on site to try his BP specialty. His 407 opener wavered in the racks, but he blasted it on a 2nd. 435 was a five lift, but it was turned down. 490 sounds like an incredible jump, but Gus reports that he had done 460 in training. Actually, he moved 490 1/4 of the way up rather strongly. Deceptively lean, and even leaner looking when laced into a bench shirt, he hisses like a snake when preparing to lift.

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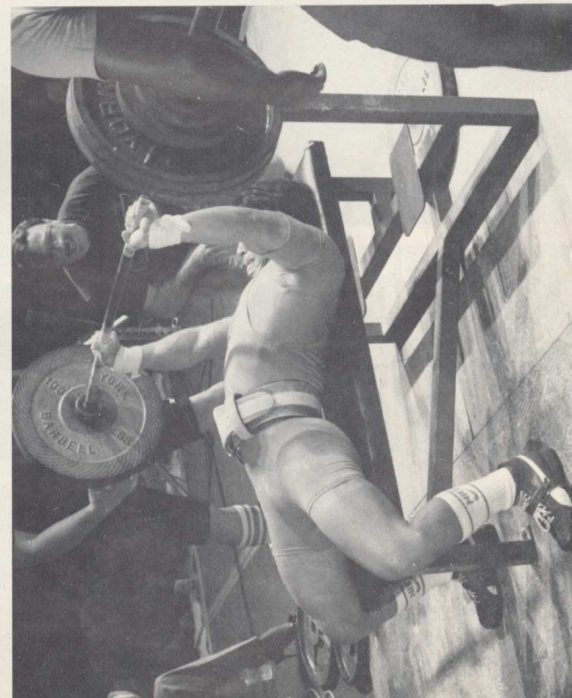
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(continued on page 76)

Both Alexander, and Morishima opened conservatively and made their squats easily. Jesse Jackson opened high in the lightweight squat sphere with 644, but it was effortless. He's a master of his own leverage, squatting very upright, and well in control of a heavy, 500 lb. bar. An APF World Record, pinned Jesse, but he came right back and rammed it. Ausby, still flinching from a disappointing performance at the All-Seniors Championship reported last issue, saw some bright daylight after making 622 strongly. After the lift got the whites, he strode to the edge of the stage, poked his finger in the air and shouted "SEVENTEEN". He knew then that the long time goal of breaking the 1700 barrier in total at 148 was in his grasp. 644. Out of another surprisingly easy lift. Out of attempts, and with obvious strength to spare, he asked for a 4th with 683.

He knew he was strong, off his 610x4 in training, but that was at 158 or so, and at 57 1/2. Ausby, already a lean lifting machine, is pressed hard to drop even a few pounds of tissue. It was almost shocking to see how well he handled the poundage, but he only got one white from the judges. Jesse called for a 4th of his own, at 688, but bumped to an imagination thrashing 699 after Ausby missed. He ended up falling forward with the weight, but consider the guts it took to even try that much iron!

Jesse gave up chunks of ground in the bench. Ausby's 380 was easier than his off-center 369 and he felt he could have done 391 if he had. Now, it was Morishima's turn. In his last big bench session prior to this meet, he had made an incredible 490,



Put the Name of Ed Morishima right next to Joe Bradley and Rick Weil on the Triple Bodyweight Bench List.







# A.P.F. Women's Nationals

as told by Garry Benford

Milwaukee, Wisconsin was the site for the A.P.F.'s second Women's National Powerlifting Championships. On February 15, 1987, 31 of the U.S.'s finest women competitors assembled at the Best Western Hotel to do battle and continue to rewrite powerlifting standards in women's lifting.

In women's lifting, the A.P.F. continues to bring out the strongest of the ladies, as evidenced by their records, as well as rankings, as seen in the February 87 issue of *PI USA*.

Check out the female lifters now lifting in the A.P.F. and you will find that those in the top five in each class are predominantly A.P.F. competitors.

Dawn and Greg Reshel proved to be very capable meet directors as evidenced by the meet selection site and the ease with which the contest was administered.

Dawn and Greg made all the ladies and their respective entourage feel like part of their family, graciously accommodating whomever, whenever it was needed.

In the 97 lb. class, 1986 A.P.F. World Champion Susie Benford had a banner day going 9 for 10, with another 3 successive world records in the deadlift, duplicating a previous feat at the Y Nationals in the 105 lb. class. Compared to last year's Nationals, Susie's lift increased a whopping 160 lbs! Recent mother Dina Hart, coached by husband Jim Hart of the Fort Knox Power Team, made many attempts and lifted well on her 105 lb. PR 630.

The 105 lb. class Doris Simmons captured her first Nationals status with a strong 3rd attempt 315 world record squat and world record bench to boot. Coached by West Side Barbell Club husband Lou Simmons, the defending APF World Champ continues to improve in on her fifth contest.

Mary Jeffrey was in a class by herself at 114 lbs. and although receiving little in the way of competition, Mary became the first 114 lb. woman ever to boost a 1000 total. Her 385 squat and deadlift were both world records as, of course, was the total. On the platform, Mary is a pic-

ture of total concentration, not letting her inner excitement of overcoming record lifts be visible. There is, however, no denying that this is one pull on the opener, and the crown went to Crisp.

The 132s saw two veterans of world class level go at it in World Champions Mariah Liggett and Diane Frantz. Liggett's 3 for 3 PR performance in the squat ensued with a world record 425, which was more than matched by Diane's 3rd attempt world record 430. Knowing the abilities of these two, you knew it was going to be close, but Mariah negotiated a strong 2nd bench of 225, missing a 4th attempt world

record of 240, leaving only Frantz's opener of 190 to her credit. "You've got to go after this weight, Mariah!" Coach Simmons encouraged, during the deadlift and Mariah did so, breaking her own world record marks in the lift and total with 470 and 1120 respectively.

It's always great to witness super athletes like these two go at each other, but even better is the friendship and respect that they show towards one another off the platform. Two class acts!

At 148, Y Nationals Overall Ladies Champion, Terri Herold and Ms. America Physique Champ Cathy Butler from Maine went back and forth all day long trying to get some sort of edge going into the deadlift. You want to see two women that are well built? Both lifters seemed to be artistic sketches of muscle mass and proportion in their highest levels, and both are anticipating going back to the posing class soon. They both find these two sports hard to give up, but complementary to each other as well.

Butler's third deadlift of 485 just wouldn't go, leaving Terri Herold with her first National Championship. With teenage lifter Kathryn Oylar, it seemed everyone she was on the platform it was to be for either a temping or breaking teenage world records. It's great to see young people becoming so involved in this sport, one of which was 165 lb. newcomer Lisa Fortunado. Coached by former World Champion Mark Dimitlik, this is one strong woman! In all, I believe she negotiated 9 new world records at a bodyweight of 133 lbs., putting together an aggregate of 3950 - 235 - 450 - 1075! Quite contrary to the other end of the platform this sport has to offer to all age levels was Val Woodson of nearby Madison, Wisconsin. Val, at 46 years young, was certainly impressive, also setting new world records in the master's category. Lori Verhagen coached and ended up beating a world record of 270 in this class, leading her to the top of the 165 list.

There was much to be seen in the mesophere of this contest as well, at least broken on all levels of competition by lifters that seemingly have reached their peak. Such is the spirit and will of a powerlifter, to be always looking towards the "next" meet.

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**Dawn Reshel Came This Close with 600!** before stalling. On her 2nd attempt she made the biggest squat in women's history with 560. Thanks to Dawn for all photos entered A.P.F. lifter, Ernie Frantz continues to lead the way for the A.P.F. and this federation continues to grow in the number and classification of a variety of events.

This was certainly the case for another defending National and World Champion Laura Dodd. Beseet by a chronic hip problem, Laura nevertheless, squatted a big 545, breaking her old world record mark. Laura is simply head and shoulders above all others in this lift at 165, as evidenced by the 80 lb. gap between her and the closest competitor on the recent Top 20 women's list.

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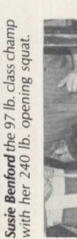
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**Susie Benford** the 97 lb. class champ with her 240 lb. opening squat.



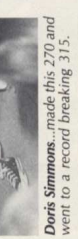
**Doris Simmons**, made this 270 and went to a record breaking 315.



**Pam Crisp** (123) and her 385 try.



**Mariah Liggett** and 370 at 132.



**Diane Frantz** and an APF record 430.



**Terri Herold's** try at a 460 squat.



# WORKOUT of the Month

This program is designed for the intermediate lifter with a best of 500 pounds in the bench press. The 12 week cycle starts at a submaximal level, and increases in weight and intensity, while decreasing in reps. Given an honest shot, it should be beneficial for any bench presser.

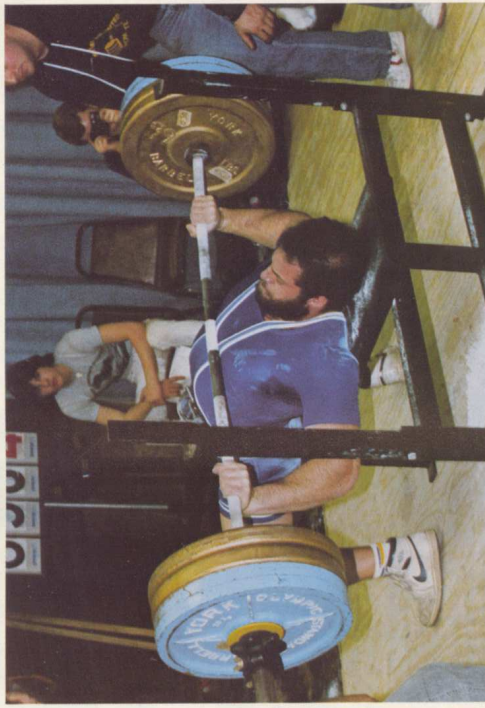
You will train twice a week, one day heavy, the other light. Heavy days are once a week, and light days give you time to recover and keep you sharper for weeks to come. You supplement with your own strength base. Concentration is your strength base. You should always set a goal. A big set of 5 is a good place to start. If you're a 500 lb. bench, set your goal for the next contest is 530, set your sights on doing 5 reps with 440 lbs. Once this is completed, it's time to assault heavier weights for lower reps.

Thursday and Monday are bench days. Monday will be the heavy day due to the extra days rest.

- Week 1:** Monday: 135x6, 225x6, 300x4, 350x2, 390x5. Thursday: 135x6, 225x6, 315x6 (3)
- Week 2:** Monday: 135x6, 225x6, 305x4, 355x2, 400x5 (2). Thursday: 135x6, 225x6, 315x6 (3)
- Week 3:** Monday: 135x6, 225x6, 310x4, 360x2, 410x5 (2). Thursday: 360x2, 410x5 (2)
- Week 4:** Monday: 135x6, 225x6, 315x3, 370x2, 420x5 (2). Thursday: 135x6, 225x6, 325x6 (3)
- Week 5:** Monday: 135x6, 225x6, 315x3, 375x2, 430x5 (2). Thursday: 135x6, 225x6, 275x2, 340x5 (3)
- Week 6:** Monday: 135x6, 225x6, 315x3, 390x2, 440x5 (2). Thursday: 135x6, 225x6, 275x2, 340x5 (3)
- Week 7:** Monday: 135x6, 225x6, 430x5, 385x2, 430x1, 470x3, 430x5. Thursday: 135x6, 225x6, 275x2, 345x5 (3)
- Week 8:** Monday: 135x6, 225x6, 315x3, 385x2, 435x1, 480x3, 445x4. Thursday: 135x6, 225x6, 275x2, 345x5 (3)
- Week 9:** Monday: 135x6, 225x6, 315x3, 405x2, 450x1, 495x2, 465x3. Thursday: 135x6, 225x6, 275x2, 355x5 (3)
- Week 10:** Monday: 135x6, 225x6, 315x3, 405x2, 455x1, 505x2, 475x3. Thursday: 135x6, 225x6, 275x2, 355x5 (3)
- Week 11:** Monday: 135x6, 225x6, 315x3, 405x2, 455x1, 490x1, 520x1. Thursday: 135x6, 225x6, 275x2, 370x4 (3)
- Week 12:** Monday: 135x6, 225x6, 315x3, 405x2, 470x3

Assistance exercise should be done after benching. Monday's assistance exercises include 3 sets of inclines and 3 sets of weighted dips. Thursday's assistance exercises include 3 sets of seated front shoulder presses and close grip benches. All

## Dan Mlodzeniec's Bench Routine



The Record Breaking Lift: 630.4 pounds, on the way up after 234 pound Dan Mlodzeniec's explosive start.

**More on Dan Mlodzeniec:** Dan is 25, and graduated from Fredonia State College with a B.A. in Business Administration. He started Powerlifting in 1980 as a freshman to develop his strength for track and field where he set collegiate records in the shot put and hammer. From the start he responded well to the bench press, easily handling over 450 lbs. at a body weight of 210 lbs. After training steadily for 3 years he worked himself up to 540, weight of 220. Here he made the transition to the 242 lb. class, but he never has been able to maintain a body weight of more than 235 lbs. Working very hard, Dan was able to successfully bench over 600 lbs. at the 1986 New York State Championships. He completed 605 on his 3rd attempt and was granted a 4th to break the A.P.F. World Record of 617 lbs. by Jeff Magruder. Dan nearly completed 620, but could not lock his elbows.

At this point Dan decided to compete in the Empire State Games as a shot and hammer thrower. He discontinued weight training for 2 months and dropped to 216 lbs. After taking a silver and bronze in 3, 4, 5, 6, 7, 8, 9, 10, and hammer, all in the same week, he decided to return to powerlifting. The first was the Auburn Open on Nov. 23rd. Dan squatted 700, benched 610 lbs. and deadlifted 600 for a 1970 total, at 230 lbs. to win his class and Outstanding Lifter. Feeling confident, he geared up for the Northern Adirondack Nationals on Dec. 7 in Lake George, NY (This meet directed by Glenn and Patti Stearns of Power Systems Unlimited, was an excellent run competition. They both should be commended for all the great things they have done for Powerlifting). Despite trying hard to get his weight up, he was only able to put on 4 lbs. Feeling comfortable and healthy, Dan went on to easily complete 744 lbs. for his 3rd attempt squat. Having 30 minutes of rest before the bench press, he prepared himself for his opening attempt of 265 kg (584 lb.). Everyone was surprised to see how easily Dan pushed the weight off his chest and locked it out. Dan went right for the record and jumped to 281.6 kg (619.45 lb.). He was able to attempt this specific poundage because Glenn anticipated Dan's World Record attempt and brought along special 1/2 kg. plates. Dan handled the weight relatively easily and the crowd showed its appreciation after seeing the 3 white lights shine. Knowing he had more strength to demonstrate, he proceeded to 286.5 kg (630.4 lb.). Utilizing the round system in the squat and bench press definitely helped Dan in this situation, allowing him a nice 10 min. rest before attempting to become 6th overall in the history of the bench press. He prepared mentally by quietly repeating to himself, "I'm going to be personal, it's very important, it's my highest potential." With a moment of rest, he looked at the weight to his chest, exhaled on the sound of the signal to press. The weight moved up slowly, but smoothly and he locked it out nice and hard. The 242 lb. weight class bench press record was officially broken a second time. This was truly one of the greatest feats of strength of all time and will be long remembered and respected.

Both Dan and I had planned on competing again at the YMCA Nationals, Much to our disappointment we were unable to attend due to some major disruptions on our trip that weekend to Columbus. There is, however, plenty of time for Dan to continue training and competing, pushing himself far beyond the level he is at now. **Tony Vargas**

Always remember to use proper bench form. Never bounce the bar off your chest or arc your back. Bad habits are hard to break, so don't use it on heavy days only and start them to begin with. For more information, contact me at the following addresses: Dan Mlodzeniec, 960 Boncliff Dr., Alden, NY 14004 or World Gym, 2525 Walden Ave., Cheektowaga, NY 14227. I am also available for seminars. I can be reached at (716) 937-3126.

Recently the authors had the opportunity to play a round of golf with a local television talk show host. His reputation as a golfer is near legendary, due mostly to his own boasting. It has been said, most likely by him, that he could join the PGA Tour tomorrow and make big money. Why didn't he? "Well tell you why," because he stinks and because you can't lie on the Tour. Case in point: On the first tee, Amy and I drove our balls straight down the fairway. Our talk show buddy drove his straight down the fairway also. Unfortunately, the fairway he drove his ball down was on the sixth hole. On his next shot, he sliced the ball into the woods, approximately 150 yards from the first fairway. That was the last time we saw him until we reached the green, from that vantage point we watched a man in a suit and a woman in a white dress take a tee shot. By the time he got to the first hole he was already known as the "first hole" golfer. He looked like, Mercifully, he three putted to finish out the hole. I found it quite interesting that he teed off with an orange ball, but out of the second tee with a yellow ball and putted with a white ball. I asked him, "What do you get on that hole?" "A six," he replied. "A six?" We must be missing something here. Are you using some type of mathematical subset to count by?" He compromised. "Well, maybe it was a seven."

As Amy and I walked off the green, Amy smiled and winked at me and said, "We haven't experienced such a blatant disregard for the truth since our last powerlifting meet."

Lying, lying in sports is well, it's as American as baseball and mom's homemade apple pie. Athletes let's be honest, their opponents, schmoose their girlfriends, impress their parents and peers, and oh yes, to win. If you can't determine when someone is lying to you, or if you don't know when you're lying yourself, then you may be in big trouble - especially in the sport of powerlifting. After our experience on the golf course, we decided to compile some of the most common powerlifting lies in an attempt to help you decide whether you are being "Dazzled by Brilliance" or "Buffed by B.S."

**At meet registration:** Question: This is a novice meet, you are a novice, aren't you? Answer: Sure I am - otherwise I wouldn't be here.

**During competition:** Question: How do you feel? Answer: Terrible. I've had the flu for the last two weeks. I don't even know why I'm competing. TRUTH: I feel great! And I'm going to blow your butt right out of the water today.

**In the warm-up room:** Question: Are you going all out today? Answer: Are you going all out today? TRUTH: These damn trophies are less than six feet tall and I'll bet they would've known this. I couldn't have even shown up for this damn meet.

**At weigh-in:** Question: Have you trained hard for this contest? Answer: Not really, I haven't had the time.

# Lifting Lies

by Judd Biasiotto and Amy Ferrando



**The Ultimate Truth in Powerlifting** reveals itself on the platform, where lifters like Mark Girton, 196, show what they're made of, for all to see. TRUTH: I've been working my ass off for six months to get ready. I've abstained from sex and alcohol, and even re-mortgaged my home to get some HGH for this one.

**During competition:** Question: Hey, how are you doing? Answer: Terrible. I've had the flu for the last two weeks. I don't even know why I'm competing. TRUTH: I feel great! And I'm going to blow your butt right out of the water today.

**In the warm-up room:** Question: Are you going all out today? Answer: Are you going all out today? TRUTH: These damn trophies are less than six feet tall and I'll bet they would've known this. I couldn't have even shown up for this damn meet.

**TRUTH:** I probably open up with the national record, and then take a crack at the world mark.

**Question:** What do you do for your legs? Answer: Besides squats, I do 10 sets of leg presses, 3 sets of back, 4 sets of lunges, and 3 sets each of leg curls and leg extensions.

**TRUTH:** I'm not going to tell you my secret, but if you do what I just told you, you are sure to overtrain and you'll never catch up to me.

**Question:** Do you use steroids? Answer: I've experimented with them a little, but I really don't use them. TRUTH: I've stacked and staggered every roid on the market. I'm currently using 100 mg of Anavar, 50 mg of Testosterone, and a little Deca. I can't wait to get my hands on some HGH.

**Question:** Is it safe to take steroids? Answer: I've never had any problems with them. TRUTH: I haven't been able to perform sexually for the last year. I have so many zit on my back that I look like a pizza pie and I've got more subcutaneous tissue on my chest than Dolly Parton.

**Question:** Have you ever competed against Ed Coan? Answer: Actually, I've competed against him quite a few times. In fact, I've even beaten him a couple of times early in his career. TRUTH: I've never met Ed Coan and don't want to. If he ever shows up at a meet that I'm competing in, I'm going to develop back pain and go home.

**In the pub, talking to the unknown and unknowledgeable:** Question: How good of a powerlifter are you? Answer: Well I don't want to sound conceited, but I've been ranked in the top ten in the world for the last six years. TRUTH: I'm conceited as hell. I've only been lifting for six months and I still haven't won a novice contest.

**Question:** Can you lift a car like all those guys on TV? Answer: Sure, but I don't like to show off. TRUTH: I can barely lift the spare tire out of my trunk... Powerlifter to non-lifter - same pub weights? Answer: Oh yeah I used to lift quite a bit. In fact, I did a 700 pound squat at one time, but I hurt my back and I had to stop lifting. TRUTH: My back's fine. I never squatted a day in my life, nor do I ever intend to - even the word "squat" sounds gross to me.

**Point to ponder:** For the TRUTH, read PL USA.



# INTERVIEW

Personal dialogue between  
PL USA Magazine and the  
Sport's Greatest Names.

## Brother Bennet the Man behind the ADFPA Interviewed by Dr. Judd Blassiotto and Army Ferrando of World Class Enterprises

On November 20, 1986, the American Drug-Free Powerlifting Association (ADFPA) began its sixth year under the aegis of Brother Bennet. Through persistence, tenacity, and sheer courage, Brother Bennet has transformed the ADFPA from relative obscurity into national prominence. Few men in any field of endeavor have achieved so much from such modest beginnings in such a brief period of time. Certainly few men in the sport of powerlifting have ever reached the acme of respect presently accorded to Brother Bennet, President of the ADFPA.

To interview the founder and father of the drug free movement in Powerlifting, we (Dr. Judd Blassiotto and Army Ferrando of World Class Enterprises) went to Montgomery, Alabama to meet with Brother Bennet. It was there at the Blue-Gray Classic Powerlifting Championship that Brother Bennet sat down with us and reflected upon the past half decade with the ADFPA. Here are some of his thoughts concerning the organization's progress and future.

**World Class Enterprises (WCE):** What was your impetus for organizing the ADFPA?

**Brother Bennet (BB):** Lifters and coaches alike were always coming to me after competitions and pleading, "Brother, you have to do something about the drug use in this sport." As much as I wanted to, I felt as if I was just a little fish in this big pond. Apparently, Mike Lambert received much of the same concerns and decided to circulate a ballot that would nominate an individual to establish an organization that upheld drug-free competition. When the votes were tallied, I came out on top by one vote.

I was really quite flattered to have come out ahead of some individuals who were very well-known in the sport. Our first meeting was held in Virginia between myself, George Hummel, and Rusty Berry. The meeting lasted two days in which we established a frame work and bylaws of the organization. I came home, contacted a lawyer, and on November 20th, 1981, the ADFPA was incorporated.

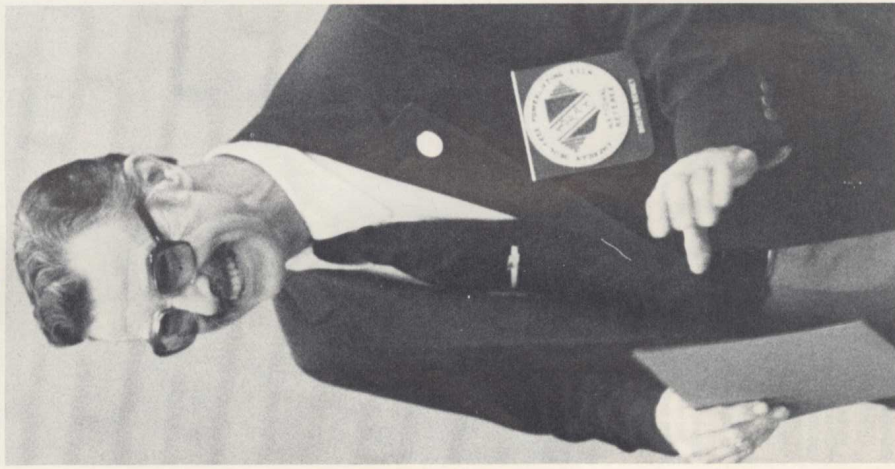
**WCE:** And from these humble beginnings, what is the current membership of the ADFPA?

**BB:** Humble beginnings indeed. From the initial enrollment of 365 in 1981, our current membership is well over 3000. It is not inconceivable that we will exceed the 4000 mark by 1987 - if indeed the general body of powerlifters truly want an organization that is trying to bring about fair competition through drug detection.

**Brother Bennet,** President, American Drug Free Powerlifting Association

**WCE:** Those number are rather impressive in such a short time span. Is it safe to say, then, that the ADFPA has progressed according to your expectations?

**BB:** The ADFPA has already exceeded any expectations I may have had, especially from the select group of lifters who have never used drugs, that the ADFPA has become a



**WCE:** Wouldn't it be nice to alleviate all this factionalism and have one powerlifting organization? Do you eventually foresee a unification of the USPF and the ADFPA?

**BB:** A unification in the sport of powerlifting could be one of the most wonderful things that could happen. Do I foresee it? I could only favor such a unification if legal guarantees were made to insure drug testing at all meet levels would occur. That's the only way it would work. If the ADFPA was dissolved, I seriously doubt that another organization of this type could ever be re-established. Also, any type of infraction would call for the resignation of all major officers and committees and an election of a new governing body.

**WCE:** How do you view the USPF?

**BB:** Let's not forget that I was a member of the USPF for a long time. The organization is a good one with outstanding people and lifters. However, my fundamental belief, and one shared by those in the ADFPA, is that if an athlete is truly drug-free, there is much more to be proud of. The athlete can then credit only himself, not pharmaceuticals for his success.

**WCE:** What about the ADFPA Worlds? How have they evolved?

**BB:** There is an interesting story behind that. First of all, my original intent in the ADFPA was to afford free lifters the major meets that other organizations provided. After conducting several successful national championships, a world championship was only logical. In fact, I demanded. The IPF unfortunately threatened to envoke the cards of those competing in the "Drug-Free" worlds. With all the hassle from the IPF, I was beginning to wonder if an attempt at a world championship was really worth it. After seeing a segment of our membership stand up at our national meeting and not support an international effort, I was truly shocked and dismayed.

**WCE:** It has been rumored that the ADFPA has been sued a number of times. Is there any truth to these rumors?

**BB:** We have had several threats of being sued, as well as threats of dissolving the organization out of existence. However, nothing has really come of this.

**WCE:** Why do you think the ADFPA has been attacked in this nature?

**BB:** I don't know. Maybe it's because Brother Bennet is a person who has never been a great powerlifter or person of importance, and some people think they can intimidate the organization. At times I see the ADFPA as a great majestic ship sailing her way as people on shore delight in throwing mud on her bows. I think these people are finding out, though, that we won't be intimidated. I certainly don't favor this controversy, especially since I am the one who is on the receiving end of the letters and phone calls. This type of controversy is best avoided, but I will, when necessary, face it, as will the rest of the organization.

problem. We intend to resolve any problems from within this organization.

**WCE:** Do you foresee any changes in the structure of the ADFPA?

**BB:** Not really. Certain areas of the bylaws need to be addressed. When we were organizing, we basically took the USPF bylaws and created ours. Some things need to be looked at more closely. For example, the executive committee is elected in its entirety the same year as major officers. The system needs to be staggered much like the U.S. Senate to allow for smooth transitions and cohesion. Otherwise, one national meeting can change the face of the entire organization.

**WCE:** Well, Brother Bennet, one last inevitable question. How long do you plan to continue an active leadership in the ADFPA?

**BB:** I don't know. I would like to continue to be active in the sport of powerlifting, but I don't know how long I will be able to do so. I would like to see the ADFPA continue to grow and prosper, and I would like to see the sport of powerlifting continue to grow and prosper.

ship in the ADFPA?

**BB:** Bad question. I intend to give up my presidency in August 1987, when my term expires. I regret that it will be before the International Championships... (pause). I believe this is something that God wanted me to do, uniting by one vote over better know people and all. It's good to have new blood in an organization every so often. An organization can become stagnant with old egos like myself, regardless of their abilities. It's going to be very hard to give up. It's like watching your child grow up and leave home.


At that, Brother Bennet seemed to settle and reflect upon his six year ordeal. His pride in the ADFPA's rise to prominence is evident in his mere mention of these letters. Indeed, it will be a sad day when the inevitable comes, and Brother Bennet steps

down. Regardless of his position in the ADFPA, he will always be looked upon as a man who made a dream come true - the founding father of the ADFPA. We join the rest of the ADFPA membership in a salute of undying admiration and gratitude to a truly remarkable man.

**the Odyssey Continues...** is the title of Judd Blassiotto's new book and it is what it says, a continuation of his collection of athletic psychological insights into athletic performance, hilarious stories about lifters, and other athletes, and the sometimes incredible personal success stories of one lifters against the odds of one lifters against another. This book is inspiring, action and full of explanations of how the mysteries of the mind can be put to practical use in lifting or any other aspect of living. This is recommended reading. **Mike Lambert**

**AT LAST**

**THE TRADITION OF EXCELLENCE CONTINUES...**



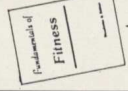





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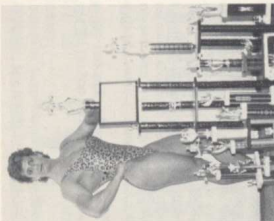
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Best lifters in Lima Camp include (left to right): Dennis Starks (435 260 450 1145), Steve Blazo (435 315 495 1245), Billy Dotson (525 330 605 1460), and team leader/trainer Willie Hightower (580 365 615 1560). John Black visits these guys twice a year, and Ed Dunn and Mike Stone also help them.



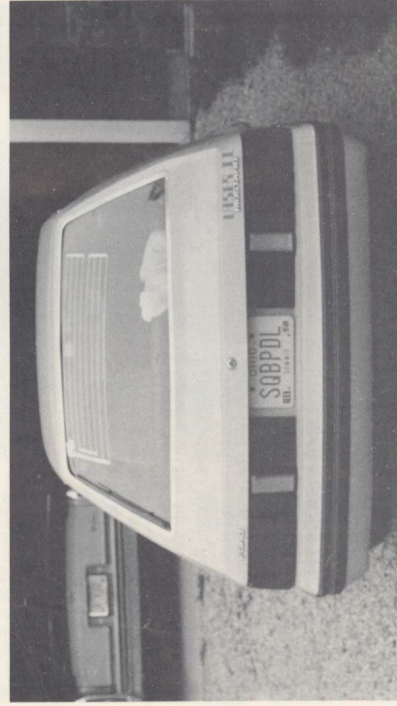
Lori Ugolik of Coffee's Gym in Marietta, GA placed 2nd in the Georgia State Women's Championships and set the state bench mark at 165. She's also won the Southern States, Eastern American, and U.S. bench lifts. In addition to powerlifting, she is a national-caliber bodybuilder. Photo by Anthony Lumos.



Marika Litras, 18, set a U.S.P.F. Teenage record in the bench at the 1987 Women's Nationals where she placed 5th at 148. She has only been powerlifting since 1985, yet placed 2nd in the 1986 California State meet, in 1985, she took 2nd in the Medium Height class in the Natural Nationals bodybuilding competition. She is a freshman at Long Beach State, studying graphic arts, and hopes to win the Teenage Nationals this year. She competes for Bernie's Powerhouse and is seen with her personal coach, Bernie Gagne.

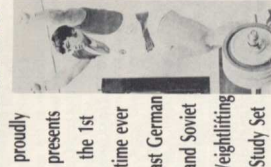


Frank Salamone is a member of the Iron Masters Powerlifting team in New York. He is pictured here squatting an easy 600 pounds at the Auburn Open last November. He recently set a New York State Sub-Master Bench record at 415 pounds in the 220 lb. class. He has been lifting for 4 1/2 years, and is just starting to reach his full potential. Photograph courtesy of Frank Salamone Jr., information courtesy of Vince Peterson.



The ultimate Powerlifter's license plate - "SQ BP DL" belongs to Brett Oblisk of Munroe Falls and Bodybuilders Gym.

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## Question & Answer

Your training questions are answered by Roger Estep, 1979 Senior National Powerlifting Champion. Mr. Estep is a quick response to your training questions and sends \$10 to Roger Estep, 1413 Frogate Drive, Anaheim, California 92802.

**DEAR ROGER:** My training partner, Tim, and I are both in our mid-thirties and class II lifters. About 18 months ago Tim suffered a lower back injury. His chiropractor diagnosed it as a subluxation of the lumbar vertebrae. Tim underwent therapy to correct it and when the pain and swelling went away he resumed his training. Everything seemed fine for Tim until we started back with the heavier weights to get ready for a meet. Tim mentioned his deadlift back up to a set of five with 475, but at 500 he hit a mental block the size of Mt. Everest. No matter how careful he was with his technique or how hard he concentrated, it was as if the bar was welded to the floor. That was a year ago. Since then we tried everything we can think of to break him out of it. We spent weeks conditioning his lower back with stiff legged deadlifts and pulling from the blocks. We've done a variety of rowing movements, and run through two well planned, 10 week training cycles. Once we even covered the plates with towels so he couldn't see what he was pulling. All we've done is put sixty pounds on my deadlift while nothing was working for him. It's as if his brain orders the muscles to shut themselves down when the exertion reaches a certain level. We call it "mental scar tissue" and it seems fairly common among lifters who have suffered similar injuries. Others tell us they've had the same problem, but that it went away after a few months. Tim just doesn't seem to be able to get over the injury. Any suggestions? **Don**

**DEAR DON:** First of all, I need to know if Tim has a mental block or if he is in pain during the deadlift. If the problem is pain then we have to proceed to the cause. We need to know if the problem is secondary to what it can do to the mind. So let's take the problem as if Tim is in just too much pain to lift, and only he knows how much pain it is in. I think that it's a good idea to get a good medical opinion and get him supplied. Recently I was in contact with Dr. John Garhammer, who is known to be one of the foremost experts on Biomechanics (body movements). We were discussing the way the Bulgarian weightlifters recovered from training

injury. Their theory was not to stop training due to an injury unless it was possible to perform the movement. Most progress for injury recovery consists of a layoff period followed by several weeks of high reps and low sets. Because muscles are surrounded with connective tissue, it is important to keep the connective tissue and high reps help bring blood to the area for healing. Research by the Bulgarians showed that while it was nice to have the blood to the damaged area, the high reps were causing the connective tissue to continue to get weaker. The Bulgarians would go through their repair cycle by dropping down to 70% attempts for singles and increase back to 100% as the healing process occurs. They found that the 70% load was not as harmful as the muscle tissue didn't need the rest. At this point I would like to remind you that this is the type of recovery that is used if the lifter can still work 50% without severe pain.

I am under the impression that Tim is not only having moderate pain with his back, I would suggest that Tim train his deadlift twice a week, once light, once heavy without pain. On the heavy day work up to 3 singles with 400 pounds with an increase of 15 pounds a week and in only a few weeks he'll go over 500 and on his way. The light day should be just that. Light! Don't go over 315 for 2 or 3 sets of singles or doubles. This day is to keep your back facilitated so you won't injure yourself on your heavy day. **Roger Estep.**

**DEAR ROGER:** My problem is with my elbows. I get tendonitis in both when I do certain exercises. Machine tricep extensions are severely aggravating, even on pull-downs behind the neck both elbows "squeal". I even get the flare up from surging (padding) and from skiing (pushing with the poles). The only sure way to get rid of the pain is with a shot of cortisone, thus, I usually end up seeing the M.D. every 6-8 months. I am sure this is a function of age, for I am 50 now and have been in and out of weights for approximately 35 years and started for 23, yet this painful situation has only worsened its head in the last two years or so. Any help will be greatly appreciated. I tried squeezing a ball, but this didn't help much. **Gary**

**DEAR GARY:** Sounds like you have a medical problem and I don't offer medical advice, but I will tell you what I have seen some athletes do to correct similar troubles. They would restrict the elbows to limited movements; and any exercise done with the triceps was kept to 8 reps or fewer. Any time the triceps were used they would use DMSO or hot packs to get the joint warm; and after any exercise the elbows were packed in ice for at least 25 minutes. This treatment is similar to that which pitchers get on the days they throw. Take care and follow your doctor's advice. **Roger Estep.**

The number one thought on a lifter's mind should be safety. A major factor in safety is spotting. Most having spotters around is not enough. A local meet promoter once told me a meet be attended. The spotting team for the meet consisted of several very impressive looking athletes. When it came to actual spotting they weren't very impressive. When a lifter had trouble with a squat, they stood and watched as the bar fell off the lifter's back to the floor. Even though the spotters were obviously strong enough for the job, they didn't know their job. Good spotting is vital during your training sessions as well as during a contest.

I have seen bad spotting many times while at the local gym. I have seen 6 forty-five plates slide off a bar while a lifter was benching. Luckily, he was not hurt. In this instance his spotter was more concerned with encouraging him to complete the set, than noticing the weights sliding off one side as he would bounce each rep off his chest. An unnecessary accident like this could end a career. Lack of attention and common sense are the main causes of bad spotting.

Of the three lifts, squats require the most in the way of spotting. The spotters should concentrate on the lifter from the unracking of the weight until it is safely back on the rack after his attempt. Even then the spotters should be ready in case the lifter blacks out after he steps away from the bar. During the squat there are usually three spotters; one on each side and one in back. All should have their hands out ready to give assistance in case of trouble. The side spotters should stand with their feet out from under the bar in case it falls, and should have their hands cupped under the end part of the bar just outside the collars. The rear spotter should be ready to grab the bar or the lifter near the waist, depending on their relative heights. If the lifter is short and the spotter is tall, it might be difficult for the spotter to grab the lifter in the torso. In this case he might be better off to grab the bar. In the positive case, when the lifter is tall and the spotter is short, he might be better off grabbing the lifter's torso. When the lifter is ready to rack the bar back, the spotters should assist him by guiding him back to the rack. They then should be sure the bars are safely on the rack and will not fall. In the event the falls off the lifter's back clear out. Sometimes the bar will fall of too just for the spotters to react. In this case, discretion is the better part of valor. However, after the weight lands, stop if a lifter is attempting a huge weight he may require more than 3 spotters for safe lifting. They should be placed strategically.

## STARTIN' OUT

A special section dedicated to the beginning lifter

### Spotting by Doug Daniels



Good Spotters Can Save Your Neck, and your back, and your legs, et cetera.

Usually the side positions should be heeled up first. The bench press also requires a great deal of attention. If the bar drops during this lift, it can not help but land on the lifter. As a natural meet handler, the bar fell out of the lifter's hands and landed on the spotter's head. He escaped injury because of his fast actions. There are also stories of someone who benched alone and got the bar stuck on him and strangled to death. This makes benching the most dangerous of the lifts. For maximum safety, spotters should assume positions equivalent to the squat, with two side and one rear or middle spotter. If there are two spotters, they should take the side positions after the bar is handed off. If there is only one

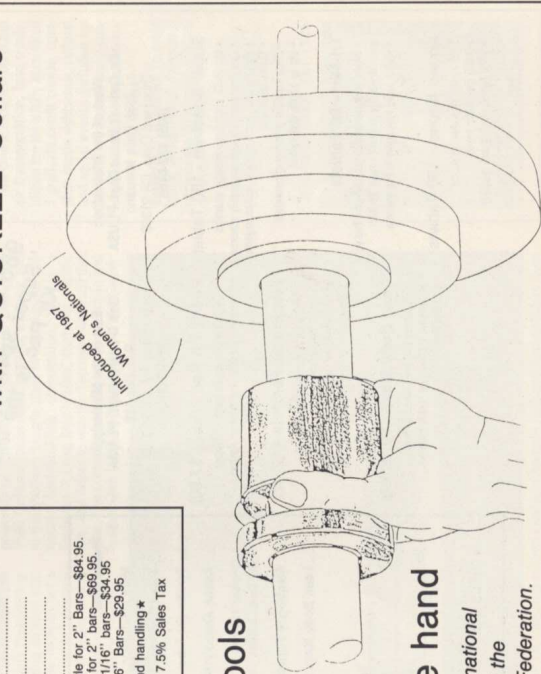
spotter, he should stand between the racks. One more important duty involved is to make sure the bar goes back on the bench rack. I have seen spotters place the bar only on one side of the rack. Ouch! The deadlift requires the least spotting efforts. The main considerations are to keep the bar from rolling after it hits the floor and watching the lifter in case he blacks out from exertion. Other exercises need spotting for safety reasons. Overhead presses, dumbbell work, and incline presses are a few exercises where good spotting could prevent a serious injury. A good piece of equipment that can be easily made for safety purposes in the squat is a safety rack. We constructed one with thick pipe. This rack can be placed around the lifter. If he should fall to rise with a squat or drop it, the bar lands on the

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# PUBLICITY

## How to Gain it, and Maintain it as told by Jon Smoker



Don't great strength athletes like Larry Mistic deserve more publicity?

I have read with interest the "Powerlifting Publicity" column that Mike Lambert has published in *Powerlifting USA* over the past year or two; and thought maybe that I should put in my 2 cents worth since my lifters and I have had a very good rapport with my local paper. *The Elkhardt Truth* (it's distributed in a county of about 100,000 residents) since 1974. I mean, it is so good that the paper even keeps a file on me at their office, because my lifters and I have had, literally, reams of publicity over the years. So, in the scope of this article, I will lay down some steps to follow in the pursuit and maintenance of publicity: things that I've learned from trial and error.

**Rule (1)** You've got to get your foot in the door. You need a hook, a contact, something that will get the ball rolling with one of the sports writers on the staff. Maybe someone you know, knows one of them and can put a bug in their ear. Maybe it could be done through a lift-for-charity event in which the paper is enlisted as one of the sponsors. I got our publicity started because one of the writers went to my church, and while I hardly went to services anymore, I did run into him at a volunteer project on a Saturday afternoon helping some guy at the church build an addition to his house. Hardly anyone was there, so I think he was impressed that I would do something like that. We got to talking at lunch and the next thing you know, he's saying "let me know about the next meet." A little bit of luck doesn't hurt. In the absence of all else, you'll have to try perseverance: just bug and bug the sports department until something breaks. If you live in a big city, you're really up against it. It's pretty tough to compete with professional and big-time college teams, unless you're Ed Coan (I saw an article on him in *The Chicago Tribune*). The smaller the town, and the more prestige you have as a lifter, the easier it will be to get things started. Obviously a National champion in a town of 2000 is going to have no trouble. Which brings me to the next point.

**Rule (2)** All the publicity in the world will do you no good unless you come through. Nobody wants to read about bomb-outs, openers only that dropped you to 4th at a novice meet, or placing 10th at the State meet. Sure it puts more pressure on you to know that you're going to a meet and it will be reported, but the mark of a quality lifter, or any athlete, is the ability to take on additional pressure and have it drive them to an even greater level of performance. In my case, when I knew the publicity would be there, it was one more impetus which drove me to my first State championship and a Seniors club relationship and a Seniors club that super-heavyweight champion at that time and runner-up at 220. It also got a State deadlift at 220. At that point, I had a record. At that time.

**Rule (3)** Talk. If and when the paper decides to do an interview on you, talk, talk, talk. They don't want yes's and "no's" and grunts.

down by the judges, the number of career wins or meets, and always the name of the meet, the sanctioning body, date and location. Don't leave any detail to chance. I remember sending in the results of one of my best meets, just signed the report without typing my name underneath the signature. It fell into the wrong hands and the headline article reported that "Jon Swopape" did this and lifted that. Pretty funny really, but a little lesson that I never forgot. Also, you also need to get the report to the paper as soon as possible. State news is no news. Once you have made a connection with a certain writer, always send your reports to him, and finally, have the best writer in your group do the report. If no one qualifies, better have a wife or girlfriend do it. Using your reports as a showcase for your literacy will not help your cause.

Although my lifters and I have had great publicity over the years, I guess I never sent this "how to article" in before because it seemed like an ego-trip. Then I thought, well that's what it's all about for a truly amateur athlete who makes little or nothing off his sport: he's striving to make his fellow athletes take notice, and beyond that, to increase his audience to whatever extent possible. If it weren't for that, we should all remain in our garages training like so many people I've met over the years. Why don't you lift in competition? You can't do it. You know why you can't? You have to admit I do lift to do it. Attention to myself, and the publicity that comes from it, these are things I would've kept lifting all these years, but I'm equally sure that without the local press as hard. Local press is also good for the sport, which is good for everybody, which is why Mike Lambert encourages people to send in their publicity and tries to motivate them to do so. You can't be conditioned to Powerlifting, that the sports fans around here no longer think of it as a niche sport, to borrow Chip McCain's phrase. When we put on these here, we do get people in the audience besides lifers' friends and relatives. All this has come about long after the original writer I made contact with had departed. With a little bit of luck, it can even spread. Now one of the former writers for *The Elkhardt Truth* is working for *The South Bend Tribune*, and this past year I've had two large articles appear in that paper which is distributed in an area of about a quarter million people. I wouldn't have believed it ten years ago, but there in a recent Sunday edition, was an article on my fact-finding trip to Russia, jockeying for position with the extensive coverage of the Notre Dame - Penn State game. Now I really have a forum for my lifting, and I want to make something happen in '87. Give it a try, you might be surprised at the results, and pleased with the effect publicity can have on your career too.

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**Review**...there seems to be a tide turning against Dr. Mauro Di Pasquale lately, with some professionals and organizations concerned with drug testing acting as though he's telling "too much" in his book *Drug Use and Detection in Amateur Sports* and its *Update No. 1* and *Update No. 2*. The notion is that with Mauro indicating the true characteristics (strengths and weaknesses) of IOC style drug testing, athletes may be able to use this information to "cheat" the testing procedure. Mauro has always been of the opinion that true, factual information exchanged between athlete and professional on the subject of drug testing is the only appropriate course to deal with the problem. That's a commendable stand, but rare, and at least some of the reasons why it is so uncommon are coming into focus. Now, *Update No. 3*, will soon be available and the information contained within represents the leading edge of professionally considered knowledge about drug testing today. From explanations about the widely differing detection times for different steroid compounds, to the mysterious source of 19-nortestosterone (a compound that has gotten many powerlifters banned), to a wide array of comments about ergogenic and supposedly ergogenic substances, *Update No. 3* is the most recent entry in a series of publications that ARE the most significant and current information source on this subject, of responsible authorship. For further information on the prices of the *Updates* and the book, (various combination discounts are offered) contact M.G.D. Press, 23 Main Street, Warkworth, Ontario, Canada R0K 3K0.

**WEIGHTLIFTING & BODYBUILDING...Total Fitness for Men and Women** is a new book by Donald Dean Macchia, Ph.D., who has previously authored articles for *Powerlifting USA* and many other iron-oriented publications. There is a great deal to recommend in this book, and much of it does pertain to Powerlifting. It is a broad scope training manual, useful to men and women, young and old, whose interests range from body firming to actual competition. It is very thorough, and well-founded scientifically, but it does not bog down in theory. There is a satisfying balance between Dr. Macchia's technical expertise and his underlying personal enthusiasm for heavy exercise. There are 18 chapters and lots of nutrition oriented reference material in the Appendix. Topics covered include psychological preparation, program planning, nutrition, physiology, training methods, the circulatory system and cardiovascular fitness, drugs in sports, injuries, biofeedback, and rest requirements. What the book represents is a great opportunity for those who are interested in this area to utilize a concentrated source of information to get them on the way to their goals quickly, a short cut to success. **WEIGHTLIFTING & BODYBUILDING...Total Fitness for men and Women** is published by Nelson-Hall, 1111 N. Canal St., Chicago, IL 60606, 312-930-9446 and the price is \$23.95 for hardbound, \$13.95 paper back.



# Natural Nationals

by Nate Foster

The historic 1987 United States Powerlifting Federation National Championships held in Kansas City, Missouri over Valentine's Day weekend were a fantastic success. 68 lifters competed in 1 to 3 divisions; 6 months, and clean for 12 months. Inquiries and oral commitments to the meet director, Richard Peters, for a "pure" division for athletes who have never taken strength enhancing drugs indicate that entries will be 2 to 3 times that of this year's meet. This meet and the "new" U.S.P.F. Open Championships make 1987 a landmark year for the federation. Instead of being "either/or", it is now "all". For the first time, the U.S.P.F. offers a non-tested Nationals, a polygraph/urinalysis tested Nationals, and an IOC approved lab urinalysis keeping to cover them as well. It took me 5 years ago, when I unsuccessfully proposed keeping drug free records and using both tests in the same meet. The wheels of change have turned slowly in the U.S.P.F. Perhaps they would have turned faster if those who left our organization to form their own had stayed and fought for what they wanted.

The meet was held in the Park Place Hotel in Kansas City, Missouri, which is a "National meet caliber" hotel. The room price, at \$20.00 per night per person in double occupancy, was lower than usually encountered, and was certainly a savings over the usual single price for double occupancy, which was \$40. Unfortunately, the hotel refused to put up signs advertising the meet, even when Rich threatened to pull out his other 5 meet's scheduled there this year. Show him this article, Rich, it may change his mind.

The meet drew 3 Category I referees, a Category II and a Category III candidate (who passed), 5 national referees, and 3 state referee candidates who also passed. That was a bare minimum to run the meet and hopefully more of our referees will read this article or be moved to participate next year and keep some of the buttons from forming on this year's referee's bottoms. This is and was a very important meet for the U.S.P.F. and deserves better support from the G.O. or so referees in our federation. That reminds me, if the one U.S.P.F. State Referee's patch, see your U.S.P.F. State Referee's patch, see Rich Peters and his crew showed the proof of John Pettit's often stated advice: "Who you put on hundreds of medals, with the exception of the meet for get the overhead projector to get the overhead projector and a headphone system (with none other than John Pettit donning the earphones). John's supercalifalistic, exophalofatous computer system;



Once Again a National Champion! Vince Angelo adds another laurel to an already illustrious Powerlifting career, with this 683 lb pull to take the 198 lb. class, Division II. Both photographs courtesy of competitor John Cao.

## U.S.P.F. Natural Nationals/14-15 Feb 87/Kansas City, MO

Class	SQ	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3
123 lbs. Todd Vickers	349	349	319	220	234	234	540	330	363	380
165 lbs. Jeff Moore	479	512	529	264	303	303	777	496	534	545
181 lbs. Kihem Le	451	479	496	303	349	349	782	501	529	545
220 lbs. Joseph Sharp	374	419	419	187	209	226	584	425	474	494
220 lbs. N. Burich	440	457	457							
220 lbs. Joe Dentice	600	622	633	369	385	396	942	573	600	611
220 lbs. John Jarvis	540	573	595	369	380	380	942	600	622	633
220 lbs. Lester Doughty	319	349	319	220	234	234	540	330	363	380
181 lbs. Brad Bales	347	358	369	242	259	259	628	385	396	402
181 lbs. Anthony Malleta	402	413	424	214	214	220	628	358	374	385
165 lbs. Phil Gomez	485	485	584	314	330	330	799	523	551	551
181 lbs. Jeffrey Moore	479	512	529	264	303	303	777	496	534	545
181 lbs. John Jarvis	440	457	457							
181 lbs. Lester Doughty	501	534	551	369	380	380	887	518	529	545
181 lbs. Brad Bales	485	512	529	303	349	344	799	451	485	501
181 lbs. Anthony Malleta	463	499	490	308	325	325	799	457	479	507
181 lbs. Richard Payne	501	518	518	358	369	385	887	518	529	545
220 lbs. Robert Keller	391	402	407	248	248	248	650	349	363	380
220 lbs. Joe Dentice	540	573	595	369	380	380	942	600	622	633
220 lbs. Bruce Sillis	351	385	385	220	237	248	567	341	380	396
220 lbs. Jeff Rice	463	485	485	352	369	380	865	518	540	546
220 lbs. Mary VanDoren	540	584	600	314	336	352	937	518	518	518
220 lbs. D. Westhoven	507	551	573	292	308	314	865	518	518	518
220 lbs. Glenn Small	463	501	529	358	391	402	920	413	440	474
123 lbs. Bobby Adams	352	374	402	248	248	259	650	349	363	380
123 lbs. L. Archuleta	374	396	407	260	271	271	650	349	363	380
123 lbs. Don Moore	330	358	369	220	237	248	567	341	380	396
123 lbs. Alfred Chua	314	336	347	165	176	181	529	352	380	394
123 lbs. Glenn Small	349	349	319	220	231	231	540	330	363	380
123 lbs. D. Edmondson	463	479	490	259	270	270	760	446	474	474
123 lbs. Michael Riordan	264	281	286	264	281	286	711	424	463	500
123 lbs. Craig Hill	363	385	396	264	286	297	683	352	369	380
123 lbs. Jeff Rice	347	358	369	242	259	259	628	385	396	402
123 lbs. Baenson Cho	402	413	424	214	214	220	628	358	374	385
123 lbs. Todd Hayataka	440	485	503	319	347	358	832	435	457	490
123 lbs. Terry Perkins	468	501	523	297	314	319	815	468	501	501
123 lbs. Larry Miller	451	485	485	319	330	336	815	402	429	429

## Drug Testing: A Lifter's Experience

At the USPF Natural Nationals in Kansas City, MO on 2/14/87, I had the honor of competing and taking first place. Based on the notice and the release that I had read and signed earlier I knew that all first place finishers would be subject to a polygraph test. I am ashamed to say that I have used steroids, but am proud to say the last time was in 1979, when my test was analyzed, I had failed. Myself and others reviewed the polygraph and there was no question. How could this be? One moment I was a National Champion, Best Lifter, and National Record Holder, the next moment I was disqualified from the meet and being banned from the USPF for three years!

With the help and guidance from some good friends I made an immediate appeal for a urinalysis exam. Although not outlined specifically in the meet rules, this was granted because of the meet's experimental nature. But, the results of the urinalysis would take about 30 days. That night I told myself a thousand times, "There must be an explanation!" But what?

The next morning I asked meet director Rich Peters if I could retake the polygraph test at my expense. He had already considered this and presented the idea to a senior member of the company administering the tests. With much pause and consideration Rich and the examiner questioned me thoroughly about my past, and incorporated an additional round of questions naming specific steroids.

Without going into great detail the results of the second polygraph were negative - I passed! My name was cleared and my faith in the system restored. It was found that I had a guilty complex about taking the drug Anavar from 1975-1979 which triggered strong reactions in me. How much agony I could have averted if only I had known what my guilty conscience from 8 years ago could do.

I see several things arising from this experience. 1st - The meet officials acted properly and did the only thing they could do and that

was to enforce the rules and disqualify me from the meet. 2nd - An appeal system is needed and since I was lifted one, it follows that meet officials are concerned about the lifter's first. 3rd - Failure of a standard test is not necessarily conclusive and more extensive questioning may be needed. Lastly, but most important, I found that my friends were not just friends, but True Friends to me. I would like to thank all those people who believed in me and stood by me, just some of those being my wife, Ginny, John Pettit, Glen Venator, Rich Peters, Larry Keed, Phil Gomez, Jim Ayers and many others. Without you I am not sure how I would have made it. I also would like to apologize to the other lifters in my class for making such a confusion with the placings.

I believe in lifting Naturally and testing is a necessary procedure, but I hope a system for a thorough retest and appeal is provided in the future. I just hope next time I won't have to go through a retest again!

Thank you, TODD HAYATAKA



Great Awards...is one thing Meet Director Richard Peters is famous for.

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# NUTRITION CORNER

## Long Live the King

### Advanced Concepts in Nutrition by George Zangas



**Terry McCormick** was one of the most successful members of the Thompson Vitamin Powerlifting teams, coached by author George Zangas.

Imagine someone creating a natural supplement that could perform all of these extraordinary functions:  
 -Provide 100 percent high quality protein with 0 percent carbohydrates and only a trace amount of fat.  
 -Build the blood better than any supplement available.  
 -Provide the essential component of muscle tissue production.  
 -Provide ingredients that produce enough stamina to let you push through even the hardest workouts.  
 And, on top of everything, was inexpensive. What would you call this magic supplement, this "Silver bullet" that could well mean trophy time to the powerlifter?

We'd call it the winner and still champion, because it already exists. It's the King of the Supplements, Dedicatated Liver!

In our overzealousness to find a magic supplement or supplements to complement our diet and training regimens, we often overlook the basics. Certainly there have been exciting and important legitimate nutritional breakthroughs that should be incorporated into our diets (e.g. Gamma Oryzanol, Inosine, L-Carnitine, and high potency free form Amino Acids). Still, we have to make sure that we remember that the tried and true basics, like Dedicatated Liver foundation—the basis of every sound nutritional program.

Whether you're a non-competitive lifter or a champion in intense training, you're going to need Dedicatated Liver. Eating whole protein-packed liver on a daily basis (even if you enjoy it) would be unhealthy because of the amount of fat and cholesterol contained in it. Of course, the easiest and healthiest way to incorporate liver into your diet is to take dedicatated liver tablets, which contain nearly pure liver glandular protein, 10 grams of carbohydrates and 40 calories. 0 carbohydrates and only mere .035 grams of fat. Dedicatated liver's high protein density is the result of the fat and process removing nearly all of the fat and connective tissue from the whole liver, resulting in an extremely high nutrient density.

Dedicatated liver also contains many other essential ingredients. Vitamin B-12 is added back into the formula to help in the utilization of iron, protein and trace B vitamins (the reason B-12 is added is because even the low heat process required to desiccate liver causes the B-12, which is heat-sensitive, to be drastically reduced).

Another nutritive quality of liver is its function as a storehouse for a special endurance factor in called Cytochrome P-450, found in no other food supplement. Liver is also a natural hemolytic because it contains iron and Transferrin. It contains iron in its most essential form because in liver it is combined with transferrin, a nutrient essential in the body's utilization of iron. Also present are the trace minerals Manganese and Copper, plus Folic Acid and B-12, all essential to the utilization of iron.

Iron is also essential in the production of Myocin, a nutrient needed to use concentrated sources of protein to use

tinual existence of "friendly" bacteria in the intestinal tract will also ensure the proper assimilation of not only your food, but also the supplements on which you spend your hard earned dollars. Many times the digestive tract can be overpopulated with "unfriendly" bacteria that can come from taking antibiotics for a period of time, from a poor diet, or from simply drinking the wrong water when you are in another country. This can destroy the pH balance necessary for friendly bacteria to thrive. Acidophilus, a bacterial culture, is probably the most effective to improve and replace that naturally occurring bacteria that maintains proper digestion and a general feeling of well-being in the best 3 or 4 ways several leading products have proclaimed the addition of Acidophilus to their contents. The truth is, these products contain only marginal or trace amounts of Acidophilus. This may make for good advertising copy on the label, but won't do you much good. Acidophilus in liquid or capsule form should be taken in substantial amounts in order to promote the growth of the bacteria needed for good digestion. Smaller quantities of Acidophilus would be necessary to maintain the level of bacteria.

Of course, if you begin to suffer from serious digestive problems with accompanying pain, gas or nausea, be sure to seek proper medical attention.

Also remember that dedicatated liver is considered a food supplement and is not intended to replace your meals. In fact, it works best when taken with other foods (following a meal). If you are dieting, however, dedicatated liver can be an extremely efficient source of protein and other important nutrients, including B-12, iron, manganese, copper, folic acid and cytochrome P-450.

All in all, dedicatated liver remains one of cornerstone's of success for powerlifters who know how to use nutrition to its full advantage. Many five 2000 mg. liver tablets with 3-5 2500 mg. free-form Amino Acid tablets several times per day following their supplemental protein needs. Whether you take it in combination with free-form amino acids or by itself, dedicatated liver should be the King of your supplemental nutritional program. For the maximum results, on and off the platform, we urge you to make and keep high potency Dedicatated Liver a primary part of your daily supplement intake.

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, the 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 Senior Nationals history (5 straight team titles from 1976-1980).

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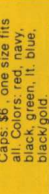
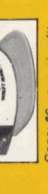
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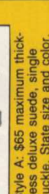
Key Chain, \$1.50, red, yellow, silver, white & gold.



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



Leather or Web Training Straps. One size fits all. 1 pr.—\$5, 2 pr.—\$9, 3 pr.—\$12



Chalk, \$9/lb., \$75/10 lbs.



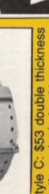
Tote Bag \$10, Red or Navy.



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



Hurricane Wraps - 1 pr./\$9, 2 pr./\$17, 3 pr./\$24, 10/\$70



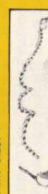
Super II Knee Wraps - 1 pr./\$9, 2 pr./\$17, 3 pr./\$24



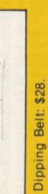
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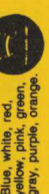
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**Super Spectrum:** Time released vitamins, 160 caps, specially balanced, advanced formula \$23

**Super Spectrum:** Tri-Min 90 tabs. Should be taken with Super Spectrum vitamins. \$11

**NEW Super Spectrum Amino-Amino** (350 mg. Free form crystalline, isolated amino acids, 100% nitrogen, 100% protein, 150 tabs, \$20)

**Liquid B-15:** 1 fl. oz pure DMG. Take sublingually (under the tongue) 2-3 times per day. DMG is a powerful lactic acid, also keeps muscles pumped. \$10.

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**LIVER TABS** 26 grain, time release with B-12, 500 tabs for \$18

**METABOLIZ** - the Metabolic Optimizer 2.2 pounds - \$19

**NEW Timed Release C-1500:** with rosehips, sugar/starch free, 100 tabs \$11

**NEW Sports Power:** To replace essential electrolytes lost during athletic activity or for those who have lost water to make weight. (to help prevent cramping) 100 tabs \$7

All in all, dedicatated liver remains one of cornerstone's of success for powerlifters who know how to use nutrition to its full advantage. Many five 2000 mg. liver tablets with 3-5 2500 mg. free-form Amino Acid tablets several times per day following their supplemental protein needs. Whether you take it in combination with free-form amino acids or by itself, dedicatated liver should be the King of your supplemental nutritional program. For the maximum results, on and off the platform, we urge you to make and keep high potency Dedicatated Liver a primary part of your daily supplement intake.

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

From time to time I receive requests for assistance from those in school wrestling with a paper. Here is one such request and my response:

I am a business student at Kent State University. For a technical writing course I am currently taking, I am writing a feasibility paper on the consequences of mandatory vs. non-mandatory anabolic steroid testing in sports. I would like to know what the USPF is doing about the anabolic steroid problem. I am also a regular reader of P/L USA, hoping to contribute in the '88' collegiate nationals.

My paper is due April 12, 1987. Would you be kind enough to give me your opinions on a few questions?

1. Since urine samples for testing are only about 95% accurate and most oral and injectable steroids are undetectable after 4-6 and 6-8 weeks respectively, why won't the USPF adopt the ADF-PA method of mandatory polygraph testing for regional, state, and national competitions?
2. Since polygraph testing is cheaper and more accurate than urine testing, why won't the USPF use the polygraph method? Are there any other viable ways to test for drugs?
3. The recent Brian Bosworth drug incident raised a lot media attention and makes sports such as bodybuilding and powerlifting look bad in the public eyes. What will it take to make these two sports more legitimate and do you think that the two ever be in the Olympics until the drug problem is solved?

I will greatly appreciate any information you can send me concerning my questions on these issues. I will, of course, cite you in my paper. I sent him the following reply.

Since July, 1986, the U.S.P.F. has been experimenting with the polygraph at our "natural" meets run by Richard Peters, P.O. Box 1753, Norman, OK 73070, phone (405)-366-1739. At the "Natural Nationals" in February, 1987, we used both urinalysis and the polygraph.

In contrast to the "Natural" meets, we have three "drug tested" national women's, the Collegiates, and the Seniors. Drug tested meets employ urinalysis only.

The factual basis of your first query is questionable. There is no evidence that the steroid screen is "only about 95% accurate". It is generally assumed that the testing at the I.O.C.-approved laboratories is 100% accurate. They do not admit to having either false negatives or false positives. On test batches sent to commercial laboratories, the I.O.C.-approved laboratories are finding some of their commercial cousins accurate with about half the samples (and as low as 3 correct out of 16).

We are unable to assess the accuracy of the I.O.C.-approved laboratories, in part because of their refusal to allow the "B"-samples to be tested in another laboratory.

The premise of your second question is also questionable. Polygraph testing is not cheaper than anabolic screening. We can get each for the same price. The overwhelming consensus of the literature is that the polygraph is less accurate than the urine test.

Your third question begins with an ambiguous and ambiguous state ball before the question itself. The Bosworth affair, involving a football player, not a powerlifter, did, indeed, generate much media attention, but no more than revelations of drug use in other major collegiate and professional sports. It did no more damage to bodybuilding and powerlifting, as sports, than the Bias affair and similar other affairs, did to basketball. The unacceptable conduct of some individuals does not condemn the entire sport.

Let me briefly address your specific third question: What will it take to make these two sports more legitimate and do you think the two will ever be in the Olympics until the drug problem is solved? It will take constant vigilance on the part of the U.S.P.F. to maintain high standards of drug-free participation, to develop accurate methods of testing and efficient methods of disciplining athletes who violate those standards. Cooperative efforts among the U.S.P.F., the I.P.F. and the I.O.C. are moving in that direction. As a result, powerlifting will become an Olympic sport long before the drug problem is completely solved, as have other sports in which the drug problem has not been completely eliminated. If we do nothing until we achieve perfection, we will do nothing.

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

## Bulletin Board

...this is the place to look for competition news and notes. ★ applications are now being accepted for the 1987 U.S.P.F. Junior World Team. (1) You must have established a total membership by June 1986 and July 1987. (2) You can not turn 24 during the year 1987. (3) You must establish a total at a USPF sanctioned contest preferably one of the national championships. (4) USPF will cover 30% of the airfare to each lifter. Be prepared to cover the rest of the expenses. (5) Weights to be held in Peru). Reply to Keith "Jaker" Boyer, P.O. Box 356, Lehigh PA 18235-1215-377-2158. Applications will be accepted until July 1st, 1987. Team selection will be made at the Senior Nationals, July, Chicago, by the Executive Committee. ★ an update to the U.S.P.F. Directory will include **New Kansas State Chairman**, Brian Boyer, 1816 Oakley Avenue, Topeka, KS 66604, 913-357-1720 (res), 913-232-5341 (off).

★ the updated list of **A.P.F. State Chairmen** includes ALABAMA: Rich Smith, P.O. Box 6133, Tuscaloosa, AL 33405, 800-367-9599, ARIZONA: Tim Isaac, 2831 W. Glendale, Phoenix, AZ 85051, 602-878-7789 Home or 602-242-2246, CALIFORNIA: Roger Estep, 1413 Holgate Dr., Anaheim, CA 92802, 714-776-7389, CONNECTICUT: Joe Steele, 54 Chamberlain, New Haven, CT 06513, 203-467-5212, FLORIDA: Bob Chrosnick, 6004 Town & Country Blvd., Tampa, FL 33615, 813-886-7453, GEORGIA: Lonnie Kages, Jr., c/o Peach Orchard Plaza, Augusta, GA 30906, 407-793-9262, ILLINOIS: Rudy Reacher, 2511 Richmond, Joliet, IL 60435, 815-744-5315, INDIANA: Jay Driskill, R.R. Box 78, Wabash, IN 46992, 219-563-8783, MARYLAND: Scott Bixler, P.O. Box 500, Manchester, MD 21102, 301-374-2029, MASSACHUSETTS: Joe Zarella, P.O. Box D, Belterica, MA 01821, 617-667-1641, MICHIGAN: Wally Stamper, 36925 Harper No. 26, Mt. Clemens, MI 48043, MINNESOTA: Jerry Jones, 8115 3rd Ave. S., Minneapolis, MN 55420, 612-884-8460, MISSISSIPPI: Dan Lott, Rt. 4, Box 547, Sumner, MS 39482, 601-758-3592, NEW JERSEY: Dave Abramson, 89 Dow Street, Belkille, NJ 07109, 201-751-8516, NEW YORK: Jeff Copland, 107 Glen Road, Yonkers, NY 10704, 914-776-1858, NORTH CAROLINA: Willis Stone, 310 Cross St., Sanford, NC 27330, 919-864-8387, OHIO: Todd Monroe, 7836 St. Rt. 44, Ravenna, OH 44296, 216-296-3763, PENNSYLVANIA: George Panzak, 307 Barclay Avenue, Pitsburgh, PA 15221, 412-551-1124, WASHINGTON-OREGON: Jeff Magruder, 32507 3rd Place S., Federal Way, WA 98003, 206-885-2600, WISCONSIN: Dawn & Greg Reshel, 3441 N. 96th St., Milwaukee, WI 53222, 414-466-8294, VICTORIA, B.C.: Rolf Schetterer, Fitness World, 1011 Johnson St., Canada V8V3N6, 604-381-3813, VIRGINIA: John Shifflett, P.O. Box 303, Quince, VA 22965, 804-985-3932. ★ an in-depth survey on **Upper Body Injuries** is being conducted by Richard T. Herrick MD. If you are a Class II lifter or above, you can participate in the survey, by obtaining a copy of the survey questionnaire from the address below. After completion of the data from the survey, the results will be published in **POWERLIFTING USA**. ★ if you wonder **why Powerlifting isn't on television**, perhaps you should write some of the network programming directors and tell them what you think. For **ABC**, the contact is Bob Iger, Director of Program Planning, ABC Sports Inc., 1330 Avenue of the Americas, NY, NY 10019, 212-887-7777. For **NBC**, contact Richard Hussey, Director of Program Planning, NBC Sports Division, 30 Rockefeller Plaza, NY, NY 10112, 212-664-4444. For **CBS**, contact Peter Tortorelli, Vice President, Program Planning and Development, CBS Sports, 51 West 52nd St (30th floor), NY, NY 10019, 212-975-5230. For **ESPN**, contact J. William Grimes, President, ESPN Plaza, Bristol, CT 06010, 203-584-8477. ★ Where indicated, information noted in **Bulletin Board** can be obtained by sending a stamped, self-addressed envelope to "Bulletin Board", Box 467, Camarillo, California 93011.

**Power Publicity**, the state of **New Hampshire** shows up again in our showcase of **Power Publicity**, thanks to Wayne Andrews consistent efforts. The **Nashua Telegraph** ran a story on Wayne's team and the Chittenden County Open. Each of the team's lifters were highlighted. The meet was being free to contrast with one that is widely reported these days, namely **Idaho** also shows up in this month's **Power Publicity** survey. The articles theme was how Powerlifting helps women "Power past secretary's spread" and it explained what it's like for a woman to be involved in PL. The story was later released to **LPLI**, Tom Hlavacek, with the Armed Forces Sports Office near Washington, DC, prepared a news release for **LPLI** on the results of the Armed Forces Championships in **Utah**, and also initiated a radio report for the winners, and the radio report highlighted how the various services finished in the meet. Jake Boyer of **Pennsylvania** is another who has made and maintained the connections with his local media and as a result, when he holds meets, like the Pennsylvania State Teenage Championships, he gets broad coverage, including photos, into local papers like the **MORNING CALL**. Another steady producer of **Power Publicity** is Dominick Castellano down in **Florida**. He has been written up almost a dozen times in recent years, and the **ORLANDO SENTINEL** did a nice job on his winning the Sr. Nationals and anticipating a spot on the U.S.P.F. World Championship team. Dom has his own gym, which also got some publicity as a result. These people, and others like them, are doing great things for the sport of Powerlifting, and you can do it too! When successful, but sure to send in news clippings, etc. and let us know how you did it. Send to **Power Publicity**, Box 467, Camarillo, California 93011.

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The Challenger Series is our economy line of quality belts. Challenger Belts offer you the total support of double thickness deluxe suede leather with heavy-duty stitching, single prong \$45.00.  
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# POWERLIFTING USA MAGAZINE TOP 100

for USA lifters competing March 1986 to February 1987

	SQUAT	BENCH	DEADLIFT	TOTAL
1	490 Raposo, D., 336	330 Miller, E., 1115/86	1265 Millan, E., 1115/86	
2	490 Ramsey, D., 208/87	308 Steinfield, L., 531/86	1259 Pataway, D., 2112/86	
3	479 Pataway, D., 212/87	301 Young, A., 110/87	1259 Pataway, D., 2112/86	
4	479 Miller, E., 1115/86	297 Oliver, M., 6/82	1259 Pataway, D., 2112/86	
5	479 Miller, E., 1115/86	297 Oliver, M., 6/82	1150 Raposo, D., 336	
6	440 Bowers, K., 511/86	292 Taylor, C., 10/25/86	1140 Higgins, F., 517/86	
7	440 Caldwell, L., 11/86	290 Hualla, C., 315/86	1138 Muncie, M., 8/9/86	
8	440 Caldwell, L., 11/86	282 Spidell, B., 7/28/86	1118 Muncie, M., 8/9/86	
9	429 Hamrick, C., 5/31/86	281 Allen, R., 12/6/86	1107 Morgan, L., 7/28/86	
10	424 Mason, M., 8/9/86	280 Howard, J., 5/31/86	1102 Fodrell, B., 7/28/86	
11	424 Hennecke, M., 4/12/86	275 Nelson, J., 11/86	1102 Adams, B., 7/14/87	
12	424 Hennecke, M., 4/12/86	275 Nelson, J., 11/86	1091 Terry, J., 11/86	
13	415 Barrow, G., 11/15/86	275 Moore, D., 11/86	1091 Butler, C., 4/12/86	
14	415 Barrow, G., 11/15/86	275 Moore, D., 11/86	1091 Butler, C., 4/12/86	
15	415 Barrow, G., 11/15/86	275 Moore, D., 11/86	1091 Butler, C., 4/12/86	
16	415 Barrow, G., 11/15/86	275 Moore, D., 11/86	1091 Butler, C., 4/12/86	
17	415 Barrow, G., 11/15/86	275 Moore, D., 11/86	1091 Butler, C., 4/12/86	
18	407 Woy, B., 3/9/86	270 Padova, J., 10/4/86	1090 Hall, B., 4/86	
19	407 Woy, B., 3/9/86	270 Padova, J., 10/4/86	1090 Hall, B., 4/86	
20	402 Higgins, F., 5/17/86	265 Ochs, D., 12/6/86	1090 Paton, M., 12/86	
21	402 Higgins, F., 5/17/86	265 Ochs, D., 12/6/86	1090 Paton, M., 12/86	
22	402 Higgins, F., 5/17/86	265 Ochs, D., 12/6/86	1090 Paton, M., 12/86	
23	402 Adams, B., 7/14/87	265 Ochs, D., 12/6/86	1090 Paton, M., 12/86	
24	402 Adams, B., 7/14/87	265 Ochs, D., 12/6/86	1090 Paton, M., 12/86	
25	391 Sato, B., 8/9/86	264 Adams, B., 7/14/87	1085 Hennecke, M., 4/12/86	
26	391 Sato, B., 8/9/86	264 Adams, B., 7/14/87	1085 Hennecke, M., 4/12/86	
27	391 Sato, B., 8/9/86	264 Adams, B., 7/14/87	1085 Hennecke, M., 4/12/86	
28	391 Sato, B., 8/9/86	264 Adams, B., 7/14/87	1085 Hennecke, M., 4/12/86	
29	385 Miller, J., 11/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
30	385 Miller, J., 11/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
31	385 Miller, J., 11/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
32	385 Miller, J., 11/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
33	385 Miller, J., 11/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
34	385 Miller, J., 11/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
35	385 Miller, J., 11/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
36	385 Miller, J., 11/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
37	385 Miller, J., 11/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
38	375 Aponte, E., 3/1/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
39	375 Aponte, E., 3/1/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
40	375 Aponte, E., 3/1/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
41	374 Coody, D., 5/10/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
42	374 Coody, D., 5/10/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
43	374 Coody, D., 5/10/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
44	374 Coody, D., 5/10/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
45	374 Coody, D., 5/10/86	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
46	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
47	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
48	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
49	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
50	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
51	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
52	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
53	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
54	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
55	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
56	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
57	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
58	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
59	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
60	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
61	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
62	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
63	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
64	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
65	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
66	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
67	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
68	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
69	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
70	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
71	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
72	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
73	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
74	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
75	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
76	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
77	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
78	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
79	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
80	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
81	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
82	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
83	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
84	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
85	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
86	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
87	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
88	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
89	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
90	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
91	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
92	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
93	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
94	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
95	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
96	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
97	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
98	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
99	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	
100	369 Warrick, C., 3/36	263 Daval, D., 5/18/86	1083 Snyder, S., 7/28/86	

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**El Dorado Open**  
7 Mar 87 - El Dorado, AR

Women	SQ	BP	DL	Total
L. Thomas	148	82	231	461
L. Berthelot	165	104	165	433
R. B. Biers	226	115	259	600
K. McVay	203	88	231	523
L. McDavid	203	115	270	612
L. Johnson	132	135	160	427
W. Farmer	259	104	203	424
148 lbs.				
K. Robinson	270	99	286	655
L. Johnson	248	137	248	633
165 lbs.				
L. O'Velle	286	121	275	683
S. Truss	529	347	540	1416
200 lbs.				
Masters	228	115	270	612
181 lbs.				
D. Jones	606	275	606	1488
200 lbs.				
A. M. G. Jones	463	303	463	1229
198 lbs.				
G. Stevens	214	132	292	639
220 lbs.				
L. Johnson	584	341	617	1543
240 lbs.				
J. Hodges	584	336	683	1603
B. Lockett	529	347	540	1416
L. Deason	479	286	490	1256
114 lbs.				
G. Murphy Jr.	308	170	319	799
132 lbs.				
W. Walker	314	187	297	799
172 lbs.				
J. Bledsoe	325	170	402	898
I. Spencer	303	214	374	892
G. J. Bennett	181	170	264	617
W. C. Bennett	181	170	264	617
W. Moore III	402	220	424	1047
A. Herbert	385	242	396	1025
B. Thompson	381	192	407	942
L. Johnson	381	192	407	942
M. Crain	325	181	385	892
148 lbs.				
O. James	490	214	457	1162
172 lbs.				
M. Graham	352	252	424	1030
M. Grant	363	252	424	1039
J. Smyth	402	253	418	1074
B. Crum	474	248	402	1025
M. Crum	474	248	402	1025
N. Woodley	369	189	424	983
M. Woodley	338	231	275	845
165 lbs.				
G. Green	407	259	490	1256
M. Green	407	259	490	1256
P. Clifford	435	237	451	1124
D. Pratt	424	259	424	1107
D. Genson	407	259	490	1256
D. Genson	407	259	490	1256
S. Plouch	369	309	389	1055
181 lbs.				
P. White	529	336	512	1377
M. Wilson	448	336	448	1232
W. Pullen	380	341	479	1140
C. Carron	424	220	474	1118
J. Mooney	407	275	485	1085
J. Mooney	391	237	413	1041
W. Temple Jr.	391	237	413	1041
198 lbs.				
L. Wedlock	551	374	545	1471
P. Martin	534	264	556	1355
G. Brown	451	325	451	1229
G. Brown	424	220	474	1118
S. Polk	369	192	440	1003
220 lbs.				
G. Jumper	573	396	507	1477
M. Bunk	486	386	507	1379
M. Bunk	259	380	385	1025
242 lbs.				
A. Cook	600	402	600	1603
E. Morgan	424	220	474	1118
B. Lockett	529	347	540	1416
275 lbs.				
A. Owens	545	374	545	1471
L. Powers	463	303	451	1218
Open				
132 lbs.				
W. Johnson	325	170	402	898
L. Bennett	435	187	529	1151
148 lbs.				
D. Holland	325	248	369	942
R. Oborn	402	187	429	1010
165 lbs.				
W. Short	485	386	539	1309
181 lbs.				
L. Wilson	644	363	600	1609
G. Barron	685	237	623	1659
198 lbs.				
B. Debutk	688	341	623	1659

**Illinois ADPFA Championship**  
18 Jan 87 - Chicago, IL (kites)

	SQ	BP	DL	Total
F. Higgins	167.5	132.5	185	485
S. Brady (F)	140*	62.5*	145*	347.5*
A. M. G. Jones	150	92.5	180	423
D. Alcock	165	95	155	415
B. Maxey (F)	132.5	90.5	125	347.5
148 lbs.				
J. C. Lewis	230*	142.5	265	637.5*
K. Hamman	200	122.5	215	537.5
C. Lewis	192.5	120	220	532.5
J. Gillono	202.5	92.5	202.5	497.5
165 lbs.				
L. Johnson	140	65	145	350
G. Zwegi	245	145	270	660
R. Buehler	250	160	250	660
R. Buehler	250	160	250	660
R. Hallapel	222.5	115	247.5	585
J. Hogan	222.5	120	227.5	570
B. O'Connell	212.5	135	197.5	545
P. Volper	170	127.5	202.5	500
R. Thompson	170	100	190	460
181 lbs.				
J. C. Lewis	230	152.5	262.5	645
J. C. Lewis	222.5	125	212.5	560
J. Thompson	165	122.5	207.5	495
198 lbs.				
R. Shelby	260	175	305	740
R. Shelby	282.5	160	250	692.5
M. Mirabal	247.5	167.5	252.5	667.5
M. Danabrowski	230	155	240	625
D. Genson	222.5	130	227.5	580
B. Reynolds	210	107.5	227.5	545
220 lbs.				
S. Laing	277.5	155	265	697.5
K. Barlow	260	187.5	250	697.5
R. Falcioni	247.5	145	252.5	645
220 lbs.				
W. Kohler	222.5	145	245	612.5
G. Guthrie	272.5	175	267.5	715
220 lbs.				
UNL				
State Record - Master's American Record.				
Best Lifters: Jim Bolin, Greg Zwieg, and Rudy				
and The GYM 28 cities for the GYM only GYM,				
ADPFA, State Championships. This meet saw				
some of the toughest competition ever with na-				
tionals in the lifters' records being broken				
and 4 Master's American Records being				
set for women. Two of the weight class battles				
were decided on "bodyweight" with the last				
definitive lift being the 132 lb class. Another				
judges from Illinois, Indiana and Wisconsin were				
on hand to assure the lifters of strict but fair judg-				
ing. The stands were filled the entire day with				
Gregory's Gym and friends and families of the				
local following and the meets are getting better				
and more exciting every time we see her on the				
platform.				



**Janice Graser**... is a nationally ranked bodybuilder, placing in the Top Ten at the NPC USA's and Nationals for the past three years. In last December she won bodybuilding she likes to compete in Powerlifting. Last December she lifted as a Middleweight in the Central Virginia Championships and made a 451 squat (pictured above) and 429. She also made a 231 bench press. But it was mistakenly credited to another lifter at the meet on our Top 20 listing. We regret the error, but do thank Janice for pointing it out to us.

on hand to lead his expert judging to the meet. We look forward to seeing Kal on platform lifting again in the not too distant future. David Brink, National Judge Jim O'Dowd from BAW Gym along with Dennis Brady were on hand for National Record attempts. Many other people involved in the sport giving back something to helping at the meets, it is even appreciated more in the sport given what we have seen. The volunteer to help out. Doing just that and doing an excellent job as table help were Linda Hartsess, Dale-Nieman, and Hillary Hirsch. We thank you all for your help and support. Many BAW members were on hand to spot, load, work the table and do the other countless jobs necessary to put on a good meet. Finally, a special shout out to the person at the door at all of our meets. Yvonne Pezack made her debut as meet announcer at this meet and did an excellent job of announcing the lifters to the platform. We thank ourselves to make this meet a special state meet. Look for many of these lifters to be part of the 5th Villing Open on May 16 and 17. (Thanks to meet directors Dennis and Sandi Brady for meals).

**Polaris Fall Classic**  
Dec 86 - Anchorage, Alaska

	SQ	BP	DL	Total
Women				
P. Tulko	150	95	230	475
C. Bartheister	185	140	250	575
K. Colby	200	95	230	530
132 lbs.				
L. Manka	225	125	260	610
A. Peterson	245*	90*	265*	600*
165 lbs.				
S. Usher	240	125	245	610
M. Swift	190	80	250	520
148 lbs.				
B. Frick	350	210	500	1060
D. Emerson	320	245	385	950
J. Hill	200	220	350	830
165 lbs.				
R. DeLaune	425	245	425	1095
J. Kuhn	370	225	425	1025
K. DeLendahl	285	225	365	875
198 lbs.				
B. Wrenn	515	355	500	1370
A. Shuck	400	305	440	1145
L. Harkness	400	305	440	1145
T. Harkness	330	295	400	1025
L. Lavoira	475	365	600	1440
L. Peterson	445	295	500	1240
Women's Teenage State Record. Women's				
Master State Record. Best Woman Lifter. Con-				
secutive placement in the Top Ten. Best Lifter. Best				
Polars Athletic Club, Anchorage, Alaska, USPF				
Sanction 1638-86. (Thanks to Polaris Fitness for				
Sanction 1638-86. (Thanks to Polaris Fitness for				

Only three competitors finished the meet at 181 with Bret Masouka the clear winner. Teenager John Cronan from the Cardinal Lifting Club won the lifters' record by James... Although he gave us a scare in the squats by taking three tries to get one passed, Ed Riley was 198 again with the crowd as the favorite. Robert Shelby of the Cardinal Lifting Club placed third. Four other lifters competed in this class. Another battle ensued at 220. Scott Laing and Greg Zwieg were the only lifters to compete. Greg Zwieg won the win on bodyweight. David Dumez from THE GYM placed third. This was the most heavily populated weight class with a total of 9 lifters. Only three competitors finished the meet at 181 with Bret Masouka the clear winner. Teenager John Cronan from the Cardinal Lifting Club won the lifters' record by James... Although he gave us a scare in the squats by taking three tries to get one passed, Ed Riley was 198 again with the crowd as the favorite. 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DOUG FURNAS

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Ernie says: "Don't be fooled by false advertising. You can ask any top lifter since 1982 what suit they use to make their best lift with."

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- Joe Ladnier
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- Francis Silva
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...are just a few who can vouch that this suit "is" the best. This is the only suit to lift in. The suit sells itself world wide. And Frantz has never raised the price of the suit.

### Frantz Bench Suit

Custom Made - Navy or Black

No binding - No restrictive qualities. Send height, weight and color choice.

"The most sharp looking and comfortable bench suit I have had" - Larry Pacifico.

Don't bench without this great suit!

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This new power shirt adds 25 lbs. to your bench. It comes in Polyester or Denim. Blue, red, black and/or color denim.

**\$35.00**

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### Frantz Wraps

New Design - Special

We're in the age of 900 to 1000 lb. squats - and I know that your knees protected to the max. This new wrap is the best - I guarantee you'll increase your squat power!

**Only \$9.00** (Don't squat without them!)

### Super Chalk

**Only \$8.00 per lb.** (or \$1.25 per pack)

won both the Women's Region I team trophy and the Teenage Team competition. I hope this year's lifters will want to repeat. I believe they will. They were great guests. (report by Chris Polakowski).

#### 7 Feb 87 - Essex, VT (Total)

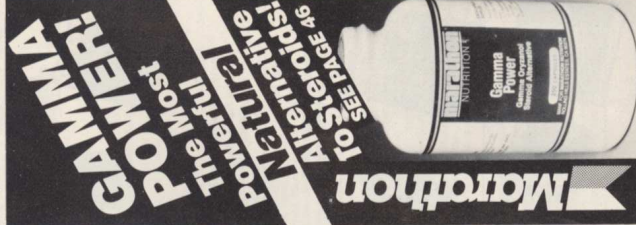
Novice	SQ	BP	DL	Total
123 lbs.	150	82.5	165	397.5
A. Moore	117.5	82.5	162.5	362.5
M. Usher	72.5	47.5	90	210
J. Barton	167.5	120	210	497.5
S. Crocker	147.5	105	217.5	472.5
R. Hicks	147.5	105	217.5	472.5
165 lbs.	190	85	200	475
181 lbs.	215	142.5	237	594.5
D. Williams	217.5	105	215	537.5
K. Trevath	217.5	105	215	537.5
C. Orr	182.5	95	202.5	480
M. Titkash	215	160	272.5	647.5
B. Beasley	222.5	115	245	582.5
S. Whitner	210	145	215	570
M. Smith	192.5	125	217.5	535
M. Sirell	255	165	255	675
230 lbs.	322.5	137.5	265	630
G. Bradshaw	227.5	147.5	265	640
R. Allen	220	132.5	210	562.5
R. Brien	192.5	92.5	217.5	502.5
J. Moore	240	137.5	205	582.5
242 lbs.	237	122.5	262.5	622.5
C. Labowmy	182.5	125	217.5	527.5
270 lbs.	330	182.5	262.5	675
G. Smith	252.5	122.5	262.5	637.5
300 lbs.	350	200	300	850
R. Deard	155	122.5	192.5	470
148 lbs.	187.5	115	192.5	495
S. Carpenter	195	105	240	540
165 lbs.	217.5	140	242.5	600
R. Robinson	155	92.5	185	437.5
181 lbs.	252.5	145	220	617.5
T. Kregar	215	142.5	237	594.5
D. Williams	215	142.5	237	594.5
T. Doores	180	137.5	200	517.5
198 lbs.	262.5	147.5	272.5	682.5
E. Hall	262.5	147.5	272.5	682.5
K. O'Rourke	230	140	260	630
G. Thomas	215	140	272.5	627.5
B. Beasley	230	140	272.5	642.5
R. Stephens	230	140	272.5	642.5
B. Gibson	192.5	127.5	210	530
220 lbs.	255	165	255	675
J. Merritt	227.5	137.5	245	610
C. Bradshaw	200	137.5	245	582.5
R. Brien	220	137.5	245	582.5
242 lbs.	295	175	275	745
C. Robinson	187.5	155	230	567.5
S. Stenson	330	197.5	310	837.5
SHW	252.5	122.5	262.5	637.5
Open	117.5	82.5	162.5	362.5
A. Moore	202.5	117.5	200	520
M. Usher	155	122.5	192.5	470
B. Denard	162.5	120	210	492.5
148 lbs.	162.5	120	210	492.5
S. Carpenter	182.5	115	192.5	490
165 lbs.	190	80	247.5	617.5
T. Whitten	235	145	245	625
181 lbs.	215	142.5	237	594.5
B. Beasley	265	132.5	265	672.5
E. Hall	247.5	170	245	662.5
H. Strober	255	165	255	675
K. Wassong	207.5	142.5	245	597.5
174 lbs.	210	117.5	210	537.5
L. Merritt	285	175	275	735
B. Yates	325	175	275	735
242 lbs.	342.5	195	290	827.5
C. Robinson	167.5	120	210	497.5
S. Crocker	187.5	115	192.5	495
SHW	185	125	217.5	527.5

#### APF National Bench Championships

1 Feb 87 - Denton, TX

Open	SQ	BP	DL	Total
114 lbs.	185	100	375	865
J. Ayers	390	190	375	955
J. Garway	310	242	330	882
148 lbs.	345	275	330	950
P. McCoy	345	275	330	950
L. McCoy	345	275	330	950
165 lbs.	345	275	330	950
C. Cleidennig	345	275	330	950
M. Dabab	345	275	330	950
181 lbs.	345	275	330	950
J. Matlock	345	275	330	950
K. Hittchcock	345	275	330	950
K. Hittchcock	345	275	330	950
H. Perez	345	275	330	950

The meet was highlighted by Paul McCoy of Wonder, Texas, shattering the 148 lb. Masters record twice during the meet with lifts of 345, 275 and 330. McCoy was the meet MVP. McCoy was also the MVP of the 165 lb. lift; it was so easy he looked capable of a 600 lb. lift. McCoy was the MVP of the 181 lb. lift; it was so easy he looked capable of a 600 lb. lift. McCoy was the MVP of the 181 lb. lift; it was so easy he looked capable of a 600 lb. lift.



**GAMMA Patches**  
Red, white, blue, with gold trim.  
**\$3.50** (add .25 postage)



TONY ATLAS

# Outstanding APF Benchers... Tony Atlas (left) and Paul McCoy (right)

...were the best lifters at the APF National Bench Championships. Photo and information by Paul McCoy.

#### APF National Bench Championships

1 Feb 87 - Denton, TX

Open	SQ	BP	DL	Total
114 lbs.	185	100	375	865
J. Ayers	390	190	375	955
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148 lbs.	345	275	330	950
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165 lbs.	345	275	330	950
C. Cleidennig	345	275	330	950
M. Dabab	345	275	330	950
181 lbs.	345	275	330	950
J. Matlock	345	275	330	950
K. Hittchcock	345	275	330	950
K. Hittchcock	345	275	330	950
H. Perez	345	275	330	950

### ADPFA Chittenden County Open

17 Jan 87 - Essex Jct., VT

114 lbs.	SQ	BP	DL	Total
L. Chapin	410	225	380	1015
123 lbs.	390	190	375	955
J. Magoon	225	165	210	600
132 lbs.	370	205	350	925
R. Vezina	370	205	350	925
F. Pitter	370	205	350	925
L. Scott	370	205	350	925
M. Grier	490	300	530	1320
M. Grier	455	270	525	1250
J. Fortino	435	280	485	1195
C. T. O'Neil	425	275	475	1175
T. C. O'Neil	425	275	475	1175
J. Kallous	440	310	475	1125
S. Roberts	380	240	450	1070
B. Niko	380	240	450	1070
R. S. Shilligals	380	240	450	1070
P. Reynolds	300	240	375	915
181 lbs.	500	290	555	1345
C. Robare	525	250	535	1315
G. Robare	525	250	535	1315
T. Taylor	410	280	500	1190
T. Hogan	410	280	500	1190
R. S. Shilligals	345	275	410	1030
S. Shilligals	345	275	410	1030
R. Jarrook	250	165	315	730
A. Roberts	560	325	600	1485

The meet was highlighted by Paul McCoy of Wonder, Texas, shattering the 148 lb. Masters record twice during the meet with lifts of 345, 275 and 330. McCoy was the meet MVP. McCoy was also the MVP of the 165 lb. lift; it was so easy he looked capable of a 600 lb. lift. McCoy was the MVP of the 181 lb. lift; it was so easy he looked capable of a 600 lb. lift.

ADPFA Chittenden County Open  
17 Jan 87 - Essex Jct., VT







# INZER

## ADVANCE DESIGNS

We Make Power Gear A Science

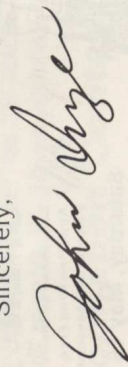
Dear Powerlifter,

Performance and safety are our first priorities when designing equipment. The fact that the Inzer Blast Shirt is over twice as effective as any shirt existing is why the world's greatest benchers wear it and not the attempted copycat versions. The material we use will not rip. Since we introduced Blast Shirts into the lifting world, there have been at least as many shoulders protected from injury and relieved of pain as knees protected by wraps. As one famous meet director stated this year: "Since the introduction of the Inzer Shirt, I've noticed a lot less shoulder injuries in my contests." We have documented cases of master lifters who have come out of retirement and been able to bench press again with the shirt's help.

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

### Cars Vs. MITCM

	SQ	BP	DL	Total
R. Johnson	320	240	390	950
J. Lopez	285	135	275	615
148 lbs.				
165 lbs.	350	325	475	1150
S. Littleton	525	280	570	1375
R. Webb	200	145	515	1260
K. Emmendorfer	200	180	325	715
181 lbs.				
F. Townsend	475	300	550	1325
190 lbs.				
J. Ward	325	225	440	990
J. Moser	340	225	375	940
S. Eisenburg	245	255	400	900
D. Hyman	425	370	550	1345
B. Benzen	405	265	450	1120
J. Babcock	325	250	400	975
A. Sprague	250	175	350	775
220 lbs.				
S. Frenche	565	315	650	1530
Hawthorne	315	285	425	1025
W. Johnson	360	250	450	1060
D. Long	355	280	420	1055
D. Best	114	165	340	619

### Montgomery Bay Championships

	SQ	BP	DL	Total
B. Bouddet	172.50	80	175	427.50
B. Sorenson	137.5	85	155	377.5
D. Albert	130	75	145	350
D. Dumpl	97.5	55	140	292.5
T. Fong	92.5	52.5	127.5	272.5
S. Madonado	92.5	55	110	247.5
Open				
60 kg	107.5	107.5	195	490
67.5 kg	140	92.5	165	397.5
75 kg	195	142.5	210	547.5
G. Wilshire	130	125	222.5	545
V. Smith	155	115	187.5	457.5
M. Sanaogin	137.5	137.5	172.5	452.5
K. Consiglio	152.5	107.5	147.5	407.5
S. Johnson	217.5	140	265	622.5
J. Yaver	187.5	147.5	227.5	562.5
F. Siebert	197.5	162.5	242.5	582.5
C. Wilson	220	127.5	227.5	575
M. Codig	220	132.5	217.5	570
D. Rocha	195	162.5	222.5	580
R. Crighlano	165	65	277.50	407.5
90 kg				
D. Hawk	202.5	152.5	280	635
D. DeLoach	212.5	145	222.5	580
J. Halsey	202.5	137.5	225	565
F. Scott	190	140	222.5	552.5
J. Currie	200.5	140	227.5	568
L. Atkins	192.5	145	192.5	530
100 kg				
350.00	165	50	265.00	702.50
K. Keene	227.5	152.5	272.5	652.5
J. Clifford	200.0	147.5	272.5	620.0
B. Glasgow	225	162.5	225	612.5
M. Johnson	200	130	222.5	552.5
S. Hutzler	190	140	205	535
B. Skelton	82.5	95	190	367.5
110 kg				
S. Warner	205	165	222.5	592.5
125 kg				
R. Morris	320m	187.5	295	802.5
J. Tyler	260	187.5	235	682.5

14, 15 Feb 87 - Freedom, CA (kilos)  
 10 Jan 87 - Helena, MT  
 129 lbs. R. C. Brown 215 165 285 665  
 T. Cowell 340 215 325 880  
 W. Johnson 265 195 290 750  
 132 lbs. G. Johnson 275 145 350 770  
 G. Schneider 435 275 500 1210  
 D. Mattson 340 180 425 945  
 J. Seuss 300 220 350 870  
 C. Marchion 425 335 600 1360  
 S. Ito 400 410 455 1265  
 G. Ceter 360 325 500 1185  
 B. Schneider 425 275 450 1150  
 181 lbs. B. Schneider 560 390 525 1475  
 D. McCarthy 485 345 520 1350  
 K. Rabenold 450 340 425 1215  
 R. Grandwoth 445 255 485 1185  
 M. Shirilla 425 265 480 1170  
 K. Palagon 370 270 380 1020  
 198 lbs. B. Bentley 600 415 645 1660  
 S. Sheehan 490 325 500 1315  
 J. Robertson 460 260 570 1330  
 A. Neuman 450 260 455 1165  
 G. Walters 625 385 625 1635  
 S. Gustafson 650 370 590 1610  
 S. Blitt 550 415 605 1570  
 D. Hope 530 460 525 1515  
 M. Mikese 515 260 650 1425  
 242 lbs. J. Petricka 730 460 715 1905  
 C. Brunson 530 330 600 1460  
 T. Strainer 480 380 570 1430  
 W. Byrnes 775 515 775 2065  
 G. Struzel 780 560 710 2070  
 275 lbs. R. Bonus 730 380 650 1750  
 S. Jensen 425 260 500 1235  
 Masters 335 225 435 995  
 V. Stakel 475 315 490 1280  
 T. Downey 365 215 455 1035  
 R. Lawson 435 230 470 1135  
 1st Session: Best Lifter: Steve Hoyer  
 2nd Session: Best Lifter: Steve Hoyer  
 3rd Session: Best Lifter: Steve Hoyer  
 4th Session: Best Lifter: Steve Hoyer  
 5th Session: Best Lifter: Steve Hoyer  
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 97th Session: Best Lifter: Steve Hoyer  
 98th Session: Best Lifter: Steve Hoyer  
 99th Session: Best Lifter: Steve Hoyer  
 100th Session: Best Lifter: Steve Hoyer

### Fort Irwin Invitational

	SQ	BP	DL	Total
Women				
114 lbs.				
F. Garcia	90	70	155	315
M. Caldwell	260	120	300	680
K. Edmonson	125	70	180	375
M. Foster	205	135	225	565
70 lbs.				
D. Franklin	55	50	115	220
114 lbs.				
R. Kelly	120	75	185	380
148 lbs.				
R. Kelly	215	165	285	665
181 lbs.				
W. Johnson	400	240	625	1065
S. Kies	270	235	335	840
W. Wisegarver	215	225	360	800
K. Snyder	220	185	350	755
M. McColl	405	320	505	1140
S. Wakashima	325	190	410	925
B. Hutchison	250	245	400	895
M. Hill	210	150	365	725
T. Goe	510	385	565	1460
B. Albanese	380	270	450	1100
M. Johnson	325	225	400	950
S. Kation	275	175	300	750
198 lbs.				
D. Olorio	480	350	535	1365
R. Smith	435	310	515	1260
A. Home	600	405	625	1630
D. Ferro	405	315	460	1170
220 lbs.				
D. Franklin	605	390	700	1695
430	300	475	1205	
D. Caldwell	730	435	730	1915
A. Corral	430	290	525	1245
A. Andzjowski	510	390	505	1405

### U.S. Air Force Record

This was Fort Irwin's first powerlifting invitational. The Air Force and Army. Many new and upcoming lifters demonstrated their determination to the best lifters.

## American Drug Free Powerlifting Association



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In  
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Fl. Harrison Bench Press

Table with columns: Name, Weight, and other details for the Fl. Harrison Bench Press event.



Fort Harrison Bench Meet. 1st place team at the Fort Harrison Bench Meet...

ADFFA Mid America Extravaganza

Table with columns: Name, Weight, and other details for the ADFFA Mid America Extravaganza event.

5th Steel Valley Open

Table with columns: Name, Weight, and other details for the 5th Steel Valley Open event.

7.8 Feb 87 - Weirton, WV (kilos)

Table with columns: Name, Weight, and other details for the 7.8 Feb 87 - Weirton, WV event.

Oklahoma State (USPF)

Table with columns: Name, Weight, and other details for the Oklahoma State (USPF) event.

New England States Open Bench

Table with columns: Name, Weight, and other details for the New England States Open Bench event.

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Table with columns: Name, Weight, and other details for the Norfolk Winter Meet event.

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Fourier a team member who arranged to have Franks Barbell Club bring in some up and coming...

MUSCLE MIX advertisement featuring a large image of a muscular man and text describing the product's benefits for strength and muscle gain.

























Watch Me Take Your Record...which is what Larry Danaher (behind and to the right) had to sit and do as Julian Lee was powering up a 567 bench at 198. Larry is a fireplug of a lifter, but so is Julian, with gigantic masses of muscle bulging out from his bench shirt. (Photograph by Ed Douglas.)

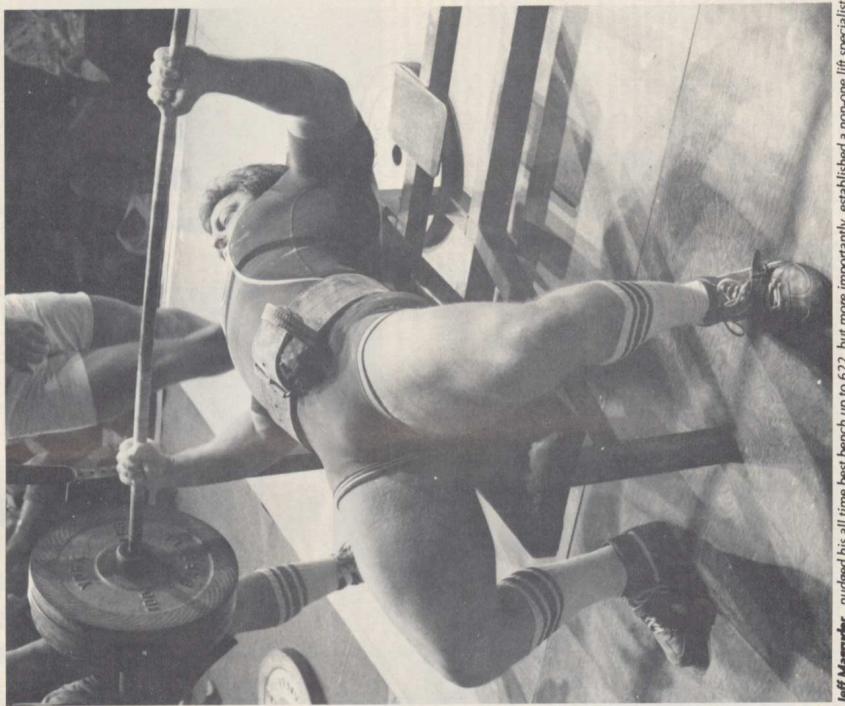
(continued from page 9)

865 was another comfortably band-ed lift. George's former bulk made his portive mass. George has to contort a bit to get the depth he needs, but his basic, raw strength is so great now, that being more than 100 pounds off bodyweight isn't only out his top lift, it's AMAZING! In the bench press, the story was even more incredible. He opened light at 490, and then made five big solid jumps, ending with a 586. A powerlifter that could easily handle a 1000 pound the heaviest bodyweight day of his life. George carried his heavier bodyweight in an overall fashion, and at 242 does not look unrecogniz- able. He's very trim waistied and athletic looking now, but wears body, like forearms, arms, and shoulders that validate his earlier status as a Superheavyweight by their own, still massive scale. His open- ing deadlift put him at 2210, virgin territory for 242 pounders, and an easy move to 826 pushed the all time standard up another notch. Pulling with what looked like a packet of tissue clenched in his teeth, George finally missed a lift at 848. So what. That just leaves a little something to go for next time, along with crashing the 2300 barrier. They used to say "Let George Do It", and he did it, and this is what he did. He chopped off about 113 of his own bodyweight, recommitted for a little over a year, and then came back hitting a squat only about 100 pounds less, almost the same bench a little bit more in the deadlift. Spielberg, save an episode of Amaz- ing Stories for this guy! Another remarkable thing about George is that he put out effort of equal intensity in supporting, coaching, and encouraging other lifters at the meet. He was in their ear and in their face if they were up against it and had to get an attempt in. Along with great lifting, there is great brotherhood in Powerlifting, aside from all the association disputes, etc.

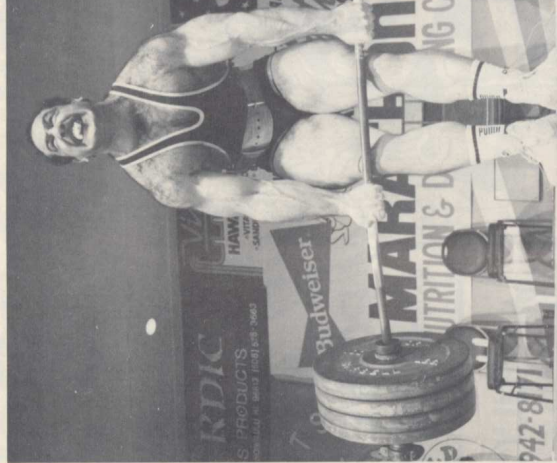
much more explosive than ever before, and in the benches he was a crowd pleaser, butting heads with his handler after an episode of verbal counter, and spirit-pounding the plat- form to get psyched up. In this one of those "I'm not kidding" lifts, it was Mike MacDonald, who has been hit- ting big benches over a long time span with very few injuries. His thick structure not only looks impressive, it protects him from injuries, and in this regard, bodybuilding and powerlifting combine well. It is great to see lifters do so well, and get such recognition from the crowd. Local Harold Nakagawa had a fine day of his own, hitting a big 804 squat, and managing all he tried, but for that last deadlift poundage. In the 275s, Fred Hatfield return- ed to the meet he regards so highly, for a go-round with the newest challenger to ultimate squat dominance, Matt Dime!, Matt's 1010 strode over the epic 1008 that Dr. Squat had managed last year at this meet, and set up the confrontation. Fred weighed 258, while Dime! was

in at 336. The Good Doctor Hatfield looked more solid at this weight, and with the suspense of making 1000 in competition gone, he seemed more confident and capable with the bar. His 947 opening was handled as his new personal best, and he was not Dime! chose to come out at 1019, negating Fred's next attempt at 1014. If Matt were successful, he was not it was a weight that seemed beyond him, at least on this specific day, he had all three tries. Admittedly, he had trouble setting up, and never ap- peared as well prepped with the bar prior to the signal to squat as he did in winning the APF Seniors in Day- ton. It's a long trip to Hawaii from Ohio and a lot of weight to handle. More than anyone else has ever done. To his notable credit, he didn't sink away after bombing out, but stayed and put his heart into helping his brother competitors get the personal bests of their lifting day.

Fred's 1014 was a great lift, easier looking than the 1008 last year. He has a short squat 'stroke', and does his squats quickly. Boom - Boom.



Jeff Magruder, judged his all time best bench up to 622, but more importantly, established a non-one lift specialist reputation with a 2105 total at 242, which had announcer and close friend Mike Scott almost stunned at the mike.



The Unexpected...at the scene of many of John Kuc's greatest lifts, George Hechter followed Kuc's lead from the early Seventies and dropped back to the 242s, surpassing John's long-standing 2204 total at 242 in the process. Well liked by lifters and fans alike. Unfortunately, he was still plagued with the problem that he suffered with at the YMCA Nationals; troubles with a weight that he later demonstrates is no problem at all. His first 600 bench try wavered and went back in to the racks on him, as did his next one. On his 3rd try, he punched the poundage overhead, it was easy! For some technical reason it was turned down, but they let him try 644 anyway, and though it was too much for him, he handled it quite well. When the day is right, Kutchka will get some of those really big numbers. After the demise of Dime!, Doyle Kenady was without head-up com- petition. Last year, he etched a per- manent record on the memories of this crowd and lifters everywhere with his 903 deadlift and dam-near try with 920, weights that sprang up off the platform. Though he had done an 880 in training, relatively early, this year that intensity wasn't there.

The meet went quickly, starting around 5 and ending around 10PM, and it was fantastic, an eruption of record breaking and the life-force of some of the most dedicated and determined athletes on Mother Earth. In the depths of pre-meet preparation, Gus always considers whether this meet will be the last one he puts on. Each year his spirit is renewed by the great lifters he brings to Hawaii, but this year was extra special. The meet was dedicated to his daughter, who had made a remarkable recovery from cancer only months before. Let's hope that only good things lie ahead for Gus, his daughter, these great competitors, and Powerlifters everywhere. We're lucky to be here and have a sport like Powerlifting to involve ourselves with.

By the way, Gus said that Fred had tripled 1000 in training prior to the same weight himself. Obviously, they're both in a different league than the majority of lifters. Scott Warman started off the meet very impressively, with 3 explosive squats that showed he's got more than 876 in him. Scott is a tall man to be so effective as a lifter, and once again his bodyweight was not the



Meeting the Challenge...Fred Hatfield regained the all-time competition squat best over Matt Dime!'s 1010.

Down and Up. Last year he managed to quiver up with 1052, but it was high. This year, he settled for a shot at 1041, but it seemed too much, and he had to dump it backwards. Luckily, the dump move didn't injure Fred or anyone else, and he was able to surge through 3 great benches and entertain thoughts of 2300 in the total. His tennis-like grip problem rose up to flaw his two tries at 766, one of which was just about there.

Detractors of Fred's lift last year said, accurately, that the just lifted the weights off the racks and then had the spotters pull the racks forward, rather than walking back with the weight. That's what he did this year as well, except he had the racks carried as well, so they opened under the recent U.S.P.F. rule revisions, though not in the I.P.F. After the A.P.F. limited lifters to the bench on behalf of the U.S.P.F., the U.S.P.F. responded with changes: if its own, best of which designed to make sense for the lifter, and it was reasoned that the event is a squatting back bar up and down walking back with heavy weight on your back. Hopefully, this explains the situation. Fred has also, reportedly, developed a new type of lifting suit. A Swedish lifter wanted to be produced in Sri Lanka?



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