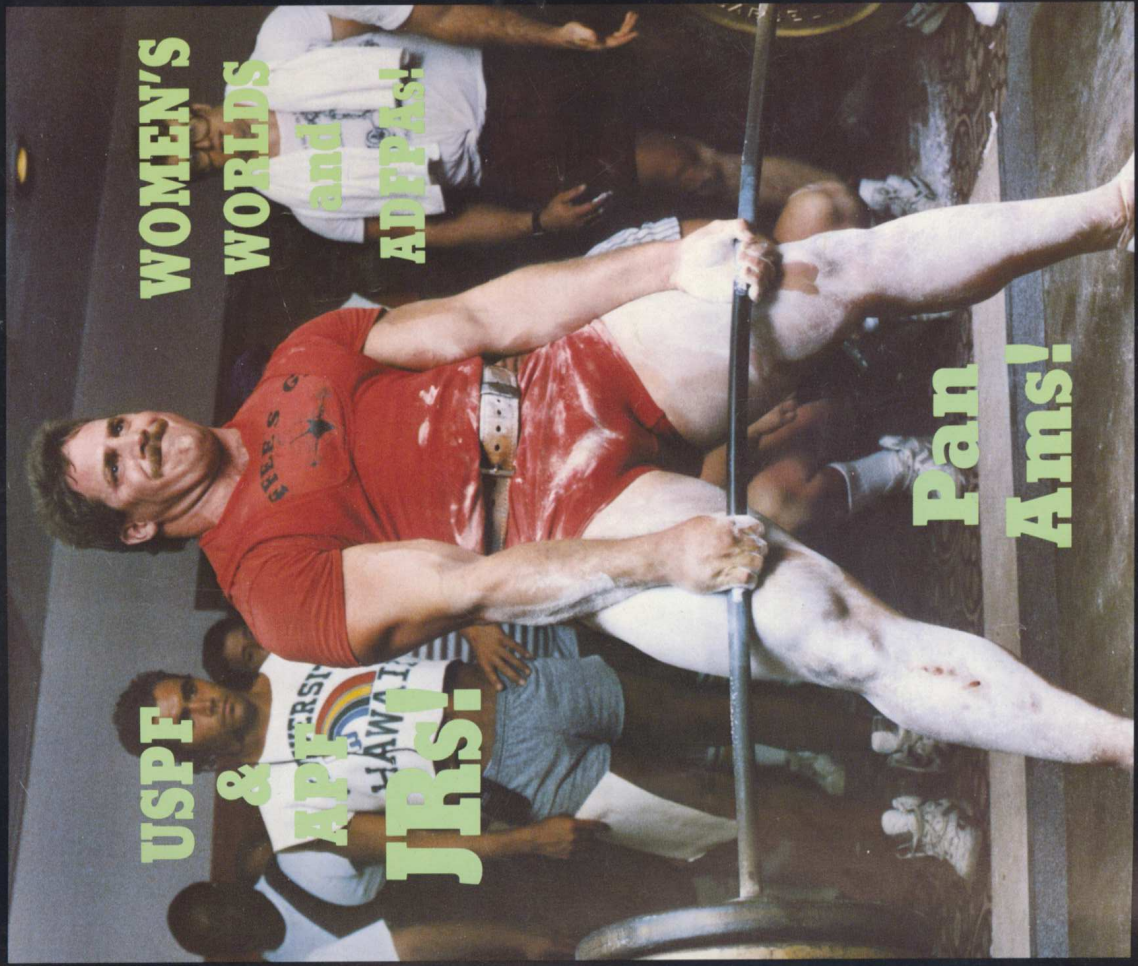


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ON THE COVER...Dave Pasanella winning the 275s with a 2240 total at the APF Juniors. (Sunchaser Photography)

NEXT MONTH...the DOUBLE SENIORS issue, covering both the APF meet in Minnesota and the USPF in Chicago

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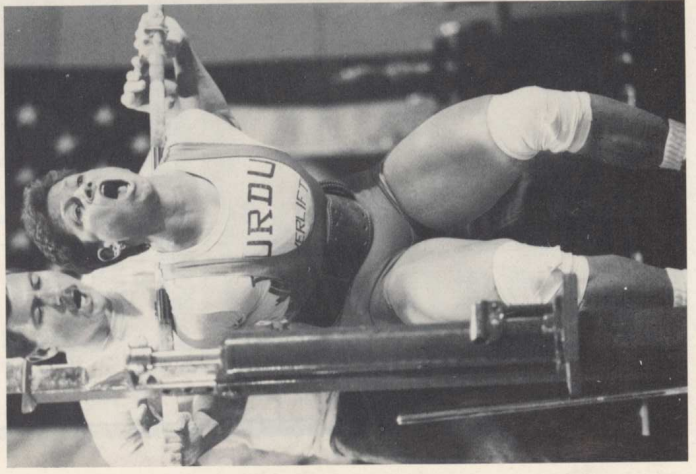
1987 Women's A.D.F.P.A. National Championships

Tom Petrolo, a long time supporter of women's powerlifting, put his heart into a national championship meet for the A.D.F.P.A. Ladies, booking the very nice Mission Palms Sheraton in Tempe, right next to the campus of Rose Bowl Champ Arizona State.



Power Wink... Debbie Candelaria-Mack strains up a deadlift to finish off a great performance in the 129 pound class. Photographs by this meet by POWERLIFTING USA.

Above... the triumphant Pauline Gerard, winner of the 122 pound class after a successful squat. **Above Left:** the Best Lifter of the meet, on Malone Formulla, was 116 pound champ, Melanie Getz. The award was apparently presented to Debbie Candelaria-Mack in error but the numbers come out in Melanie's favor. **Below...** what may have been the lift of the meet, Cheryl Balmer, 154 pound class winner with a fourth attempt squat at 396 pounds. She made her 3 squat attempts strongly, and took a fair size jump to get Theresa Ryskoski's record. The bar stalled, and she could have quit with honor, but wouldn't. Somehow, she got the bar moving again and up!



The hotel, newly acquired by Sheraton featured fine rooms, at a good discount for costalovers, and the ballroom with an excellent view for the computer scoring system, his own computer scoring system, and plenty of help for the meet.

A.D.F.P.A. Women's National Championships

Mission Palms Sheraton Hotel
30-31 May 1987

	SQ	BP	DL	Total		
97	148.0	75.0	165.0	388.0	Beauden	172.5
	122.5	85.0	165.0	372.5	Sorwell	157.5
	132.5	62.5	130.0	325.0	Collins	132.5
	123.5	62.5	142.5	328.5	Collins	132.5
	140.0	57.5	140.0	337.5	Golding	177.5
	122.5	60.0	152.5	335.0	Plato	140.0
	132.5	65.0	137.5	335.0	Konst	147.5
	122.5	72.5	137.5	332.5	Stevens	147.5
	117.5	67.5	145.0	330.0	White	140.0
	127.5	65.0	125.0	317.5	Williams	140.0
	120.0	47.5	132.5	300.0	Wingler-Craig	140.0
	105.0	47.5	127.5	280.0	Judson(14-16)	140.0
	110.0	47.5	110.0	267.5	Prince	110.0
	102.5	50.0	112.5	265.0	Scully(17-19)	112.5
	172.5	80.0	157.5	410.0	Bilowsky	172.5
	132.5	77.5	172.5	402.5	Walters	132.5
	155.0	70.0	177.5	402.5	Johnson	155.0
	140.0	67.5	190.0	397.5	Owens	140.0
	147.5	72.5	167.5	387.5	Draper	147.5
	127.5	92.5	152.5	372.5	Potter(O+17-19)	127.5
	137.5	80.0	165.0	382.5	Balogh	137.5
	127.5	92.5	152.5	372.5	Charles	127.5
	137.5	80.0	142.5	360.0	Campbell	137.5
	137.5	80.0	142.5	360.0	Kustigebacher	137.5
	122.5	57.5	137.5	317.5	Balden(17-19)	122.5
	125.0	60.0	127.5	312.5	Aldrich	125.0
	115.0	57.5	125.0	297.5	Cross	115.0
	92.5	42.5	115.0	250.0	Boyer(14-16)	92.5
	102.5	42.5	97.5	242.5	Riedman	102.5
	117.5	37.5	117.5	272.5	Shoutkoffs	117.5
	172.5	97.5	165.0	435.0	Ballner	172.5
	155.0	90.0	170.0	415.0	Belisio	155.0
	142.5	80.0	162.5	385.0	White(O+A)	142.5
	142.5	75.0	160.0	377.5	Wedding	142.5
	142.5	72.5	140.0	355.0	McClims	142.5
	110.0	62.5	137.5	310.0	McClims	110.0
	102.5	50.0	115.0	267.5	Gill	102.5
	182.5	97.5	182.5	462.5	SkibyakWomyetye	182.5
	160.0	85.0	160.0	405.0	Acacia	160.0
	145.0	75.0	172.5	392.5	Wiener	145.0
	153.0	82.5	152.5	390.0	Sorenson(O+A)	153.0
	175.0	107.5	200.0	482.5	SHW	175.0
	187.5	125.0	147.5	460.0	Resgar(O+A)	187.5
	165.0	105.0	160.0	430.0	Day	165.0
	170.0	90.0	170.0	430.0	Candelaria-Mack	170.0
	140.0	75.0	167.5	382.5	Shepper	140.0

10 Years of POWERLIFTING USA... have recently been completed. The first issue was sixteen pages that were 2/3 the size of the current magazine, printed on a Xerox machine. There were no four color photos, no slick paper, not even a Table of Contents. That issue covered 11 contests. In the last issue of the first PL USA decade (the July 1987 edition), 84 meets were covered (almost 4600 individual lifting performances in ONE issue of the magazine), 161 upcoming meets were announced (up to 12 months in advance), and the magazine had 94 pages, an increase of almost 600%. During those ten years the price for a subscription to POWERLIFTING USA increased by \$11.00, from \$10.00 to \$21.00 for one year. We still have our first subscriber, Gene Kunit. He was one of the 28 who took a chance on us in the first month after seeing that initial issue. Now circulation is over 13,000 and overall readership approaches 50,000. Thank you for your support. Expect the Best in Powerlifting from POWERLIFTING USA in the decades to come.

Mike Lambert, Publisher

As for the lifting, most of the winners were clearly ahead the end, but there were lots of good-natured jockeying for the following places. Judy Geaney added her unimpaired national title over a quietly strong DeJoy Falk at 97. In the 104s, Naomi Prince, the wife of Pat Malone, won each of the individual lifts and the overall title with plenty to spare. She was pregnant not too long before, so this is especially great lifting. It was a lift for my life and I to chat with Steve and Cheryl when she wasn't lifting her own judging later.

In the 111s, Linda H. Baugher was in control most of the way, but Dee Ellison met her own big deadlift ton at the end in an attempt to catch her. Linda has a background in gymnastics and was 1984 Arizona Diving Champion. Bill Wong coaches her and indicates that her next move will be to the 104s, where she hopes to make the same lifts as at 111.

Melanie Getz was the Best Lifter of the meet, and certainly the Best Cheerleader for the tough squad from Purdue, under Pat Malone's direction. Great lifting for her at 116, as well as teammate Pauline Gerard at 122, who has a good battle with local favorite Billie Scott. Sarah Brady, a 325 deadlift. She and Dennis will be putting on the ADFFA Men's meet in Anaheim.

Cheryl Balmer was extremely impressive at 154, finishing on the competition of Linda Jo Belisio, who's working for Dr. Ken Lester now. Sue Charles had a great bench, best in the class if you consider bodyweight, and it exceeds the California State ADFFA record. She and husband George are fine Power People.

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This was an excellent meet, topped off by trophies that were phenomenal, big multi-posed jobs some of them taller than the girls who carried them off, and there were even nice awards for the teen and masters competitors. Nice job, Tom Petrolo and all those who helped you put on the meet.

NBC News (not Sports!) had a crew on site, taping for a piece they are doing on Human Growth Hormone, probably a month or so away from broadcast. One of their correspondents, Robert Lipsitz, sat next to the platform while the competition was ongoing, and described, for the cameraman, the meet as one of the "few sanctuaries in a drug dirty sport".

SMILAX IS HERE

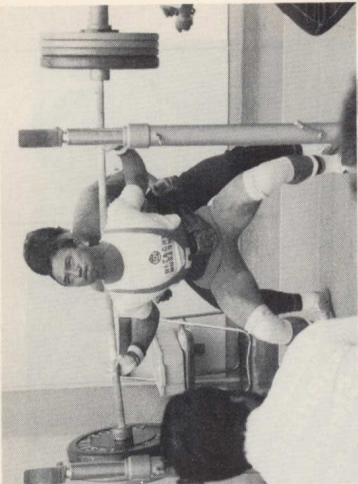
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See Page 75



PACIFIC ENTERPRISES

Betsy Skibyak-Womyetye... had one of those days - openers and that's it. Husband, Mike Womyetye knows well where you, usually end up when you go on an opener, and he says you'll be glad to be in his class despite the difficulties.





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Psychological Profiles of U.S.P.F. Powerlifters
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 (Biasiotto, Ritter, and Ferrando)

psychological profiles established by the E.P.I. for powerlifters are much better than those recorded for the normal male population. This finding is consistent with a profile of positive mental health.

TABLE:
 Mean Scores on the EPI For Male Powerlifters (N = 125)

Lifting Classification	Age	Wt.	Ext	Ner	Lie
ELITE (N = 25)	28.25	147.25	14.87	7.75	3.39
MASTER (N = 25)	28.50	160.70	14.48	8.40	3.90
FIRST CLASS (N = 25)	23.25	159.66	13.60	10.11	3.66
SECOND CLASS (N = 25)	22.22	164.77	13.40	9.41	4.12
THIRD CLASS (N = 25)	22.09	167.72	13.72	10.09	4.54
Total Population (N = 125)	24.66	160.86			

The purpose of this study was to determine the personality traits of male powerlifters using the Eysenck Personality Inventory (EPI).
 The Eysenck Personality Inventory measures personality in terms of two pervasive, independent dimensions; extroversion - introversion (E) and neuroticism - stability (N). Briefly, extroversion is the opposite of introversion, refers to the outgoing, uninhibited, impulsive and sociable inclinations of a person. Neuroticism refers to the general emotional responsiveness, and liability to neurotic breakdown under stress. Each of the aforementioned traits are measured by means of 24 questions to which the subject answers "Yes" or "No." A lie scale is included in order to detect attempts to falsify responses.
 The subjects used in the study were the same that were used in the above mentioned investigation. The EPI was administered by a research assistant. The mean scores for the selected classification groups are presented in the table.
 A review of the table reveals that Elite and Master lifters scored significantly better on the E.P.I. than First, Second, and Third Class lifters. Still, all of the lifting groups in the study scored low in the trait measure of neuroticism and high in extroversion. In fact, when the lifters' scores were compared to those recorded for the normal male population, the lifters' profiles were clearly better. Thus, the population of powerlifters in the study scored significantly higher in extroversion. In short, the

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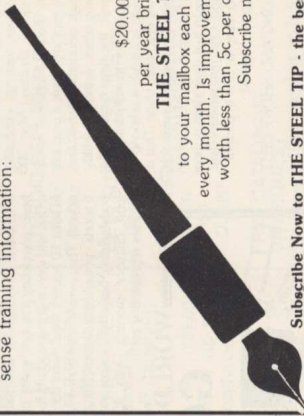
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More From Ken Leistner

All competitive powerlifters have a burning desire to increase their maximum singles in the three lifts. However, most do not know how to maintain improvement year to year, or meet to meet. They train very hard, but do not sustain the level of intensity needed to continue progress beyond 6-8 weeks. Overtraining and injury can result from a number of related factors: training too heavy, too often; training with the same exercises too long; training in a high foreload intensity manner too much.

Doing the squat in a style which mimics the competitive lift requires heavy weight. You will be doing the same lift if the weights are not close to that used in competition. One must practice the skills of the competitive squat by doing "heavy" squats for one or two repetitions in the same gear that one will wear when lifting on the meet platform, but this is to say that one's training should be based solely around these low rep sets.

Certain "strengthening work" can be accomplished with higher reps, as long as one works "hard" and carries those sets to a point of momentary muscular failure, or to a point where the squat is not longer being performed safely. Most lifters insist on squatting "heavy" much too often, because they are afraid they will not retain the ability, both physical and psychological, to squat heavily. Of course, much of their identification with the sport comes from their ability to lift a particular weight, and even a temporary inability to do so can lead them to unsafe training practices.

It is obvious to me that one need not squat for low reps all of the time to make the best gains. It should be obvious to you, but for reasons similar to those that keep one locked into a "single, double, triple" mode in training it isn't that it is possible to build or maintain great strength in the hips and thighs without doing a single barbell squat. Most lifters should realize that all of us, at one time or another, play follow the leader(s). If we respect someone's opinion, are awed by one of their lifts, etc., we listen to their training advice and follow it, even if it isn't sensible for an individual, or for anyone.

Many lifters do nothing but squats all year round. Others use a modified style for part of the training year, a style that admittedly will give excellent work to the hips and thighs, but which is different from the competitive lift. For the lifters who use a relatively wide stance, low bar position, and lots of back action, the olympic style or high bar squat is the "off season" movement often chosen to improve the lift. This is fine. However, it is ALSO possible to give stimulation to the muscular structures involved in the squat if one uses a Nautilus Leverage Leg Press property, or a Safe Squat Apparatus, or dumbbell squats, or a number of other movements.

The Leverage Leg Press, unlike similar pieces, can place a lot of emphasis on the hips with minimal danger to the patella tendon and/or the lumbar spine region. The proviso is that the lifter move the seat as far forward as possible while keeping the toes to the top of the board. It is a very difficult movement, but very productive. The Safe Squat Apparatus is a piece of equipment that has recently gained attention, although it has been in use for years. It requires the lifter to wear a special belt, attached to a lever bar, which in turn supports resistance in the form of barbell plates. Because the bar is not carried on the shoulders or back, the compressive force usually associated with barbell squats is missing. Poor body leverages, which may make squatting dangerous, are circumvented. If someone cannot squat safely due to poor body mechanics, it is imperative that they not be exposed to that risk, but willingly so.

Naturally, there will be a certain percentage of squats that will have to be "heavy," and done in a competitive manner while training, in order to maximize one's ability to squat competitively. However, it is only intelligent for lifters in this position to seek alternatives to the squat as a means to stimulate the squatting muscles. The Safe Squat addresses many problems. Some may be uncomfortable while wearing the belt due to previous lumbar spine damage, because of the angle of its pull, but for the vast majority of lifters, this will not be a problem. Also, the leverage factors make it difficult to use "very heavy" weights, thus reducing the forces that can make the exercise dangerous. We have one non-competitive lifter who can squat with close to 800 pounds, having done a triple with 775. His first exposure to the Safe Squat Apparatus found him working to the limit, for fifteen reps, with less than 300 pounds. This device is available from Russ Gibson, 7504 Winesap Way, Louisville, KY 40228, and should be investigated as an excellent training tool for the powerlifter.

Dumbbell squats, one legged squats, walking up and down steps with heavy dumbbells, and other recommendations that I have made in previous PL USA columns, can all be used to add strength and muscular size to the hips and thighs. If one then uses this strength for the squat, by educating these strengthened muscles to squat in a competitive manner, good gains can be realized while reducing the opportunity of training injury.

STEEL TIP Preview - the July issue covers How to Choose Apparatus Exercises, Free Weights versus Machines, A 13 week Deadlift Program, and the Safe Squat Apparatus. Use the order form at right to subscribe!

STARTIN' OUT

A special section dedicated to the beginning lifter

The Bench Press Shirt as told by Doug Daniels

They are definitely the hottest thing in powerlifting since the tight suit. Many bench records have been set in the last few years with them and many of the top lifters can be seen using as well as endorsing them. Several manufacturers have entered the market with their own version of the bench shirt. This leaves the competitive lifter with more choices as well as better prices. However, as with most new products, we must determine the best one to buy as well as the best way to train and compete with this new equipment.

Since there are several different types of bench shirts on the market now they may take some experimentation to find the one that does the most for you. One popular brand supplies most of the support to the upper chest and shoulders while another has more support lower on the chest. Depending on your strengths and weaknesses one might work better than the other. For example, if you have good strength in the upper pec region, the shirt with more support for the lower chest may provide a balancing effect. Your strengths and weaknesses may change from time to time and the brand that was successful for you once may not be the optimum choice at the moment.

The next consideration is sizing. You must give accurate measurements. I've seen lifters wearing shirts 2 or 3 sizes too big, saying that the shirt has no benefit. It should fit like a good t-shirt suit, i.e., uncompressible. Comfort comes as a result of a good fit. A shirt that is too loose will compress your chest and shoulders just as a squat suit may leave them on your hips and thighs. Don't give larger measurements just to make yourself feel "bigger".

Putting one in to rest. Most people acquire help from someone to pull it over the head and down all the way. The important place to make sure it fits properly is in the armpits. Have someone grab part of the shirt and pull it out then down, that is important. This will yield the best fit, especially in the armpit area. This will also help to prevent tearing the shirt. The shirt usually comes with directions and some suggest wearing it for a while to let your body heat help adjust the fit. The best position to assume while wearing one is with arms crossed at the chest or hand behind your head.

Next concern would be training in a bench shirt. Since they are similar in effect to tight squat suits, tailor your training with them in a like way. Be aware that use of the shirt will cause it to lose its benefits, so have one for training and one for competition. The shirt used for training could also be used as back up for a meet. Some lifters use a looser or less expensive shirt for training, saving their good one for the contest and the last few training singles. I suggest using a shirt in training for singles and doubles only. Using one for higher rep sets defeats the purpose as you would be using the shirt to lift some of the weight and not the muscles that need to be strengthened. While training with one try hitting the chest at different positions. Some lifters I know get better results from wearing a shirt when they hit their chest a bit lower than without one. It may change your position of best leverage so experiment. When you find the optimal point on the chest practice hitting that spot in training. It will become second nature for the meet.

Last thing would be the competition itself. Make sure you have a back up shirt with you. Your practice prior to the meet will give you an indication of what you are capable of with the shirt. Put the shirt on for your last two warmups. After your last warm up cross your arms at the chest or place your hands behind your head as mentioned and wait for your turn. Keep it on between attempts and have your helper pull it down under the armpits again.

There are a few more things to think about when using a bench shirt. First, most shirts supply explosive power off the chest, but after the bar is several inches off the chest, this support disappears. The user must always be aware of this. If not, he will not "catch up with the bar" and the bar will stall. Bar must be pressed explosively throughout the entire movement to help avoid this stalling phenomenon. Second, the benefits gained by a lifter from this shirt will vary. Most will gain 5-10 pounds, while a lifter I know gains over 30 pounds! It depends on leverages as well as particular weaknesses in some bench presses. If a lifter has a weak start, the shirt will compensate for some of its use. Even if the lifter's strength is his chest, he stands to benefit from its use. The additional drive off the chest could provide enough momentum to drive the bar past a sticking point later in the lift if he pushes hard early. Third, a lifter with an injury could benefit from the shirt's support.

All and all, the bench shirt has become an integral part of powerlifting and will only increase in popularity in time. If you have not yet tried one, give it a try. If you have and have not gotten the results you expected then try some of my suggestions for its selection and use. However, don't depend on a shirt to make up for poor training.



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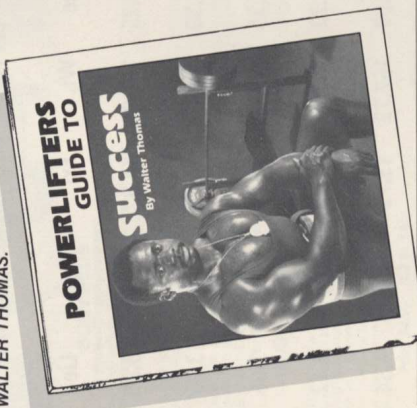


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Contemporary research has consistently revealed that sleep is an essential ingredient for a healthy and productive life, necessary for our bodies to recover from a day's activity, and there is also a "strong link" between revitalizing/productive sleep and dreaming. In fact, dreaming may be the most important part of sleep.

The sleep cycle has several distinct stages. When you first lie down your brain is probably emitting beta rhythms, still engaged in active thought. As you start to drift off into light sleep your body temperature drops and muscles relax, breathing will slow down and become irregular, and at last, your brain will slip into a peaceful, "alpha state". Here the brain's electrical output has slowed to 10 to 12 times per second. After 10 to 15 minutes you enter the first stage of sleep. After 30 to 60 minutes you arrive at deep sleep, but you may still be aware of your surroundings. The REM sleep stage is the most important for "Rapid Eye Movement". During REM sleep, REM only lasts a few minutes (8-15) and even though your eyes are closed your face, mouth, and the rest of the body is essentially paralyzed. The cycle of stages takes about 90 minutes and is usually repeated about 5 times in a normal 8 hours of sleep.

Though the need for sleep isn't officially clear, it's obvious that the lack of sleep has profound effects on our mental and physical performance. As a matter of fact, sleep deprivation has been a basic tool for "brain-washing" Most of us can go up to 40 hours without sleep before we begin to show ill effects. Typical symptoms of sleep deprivation might include irritability, impulsiveness, lethargy, confusion, and irrational behavior. After 100 sleepless hours things get much worse. Symptoms name a psychotic breakdown: delusions of persecution, and, many times, extreme hostility. Afterwards, the sleep cycle will not simply resume its normal pattern. Instead there is usually a rebound effect for the deep sleep stage. That is, you will usually experience more deep sleep at the expense of REM, (which might mean that deep sleep is more important). One thing remains clear, whatever sleep is, it is important - especially for athletes!

THE LONG AND SHORT OF IT
Now that you are familiar with the sleep cycle, it's time to learn that we don't all have the same pattern. According to researchers Frederick Backland and Ernest Hartmann, the average person sleeps approximately 7.5 hours per day. Approximately 5 percent of the population sleeps less than 6 hours a day and another 5 percent sleeps more than 9 hours a day if given the chance. Backland and Hartmann have identified these individuals as "short sleepers" and "long sleepers", respectively.
From a physical standpoint, the researchers found that short sleepers sleep an average of 330 minutes per night, while long sleepers get about 527 minutes of sleep per night. Both groups averaged approximately 75

minutes of deep sleep per night, but long sleepers averaged almost twice as much REM sleep as short sleepers. Why long sleepers need more REM sleep than short sleepers is unknown. Backland and Hartmann believe that personality differences between the two groups may be responsible for the different patterns. For instance, they found that short sleepers were generally more ambitious, active, energetic, and cheerful. They were conformists in their thinking and were very sure of their career plans. Long sleepers were found to be shy, anxious, introverted, inhibited, passive, mildly depressed, and unsure of themselves.

Interestingly, most of the athletes that we came in contact with had sleeping habits that approximated long sleepers, but their personalities seemed to be more characteristic of "short sleepers". That made us wonder if the sleeping habits of athletes were different from that of the normal population. We decided to find out. Along with two friends we devised an experimental design to determine the sleeping patterns of athletes. We are the first to admit that the design was not the most elegant, but we will say that it was sufficient to give us the information we wanted. We selected 240 athletes from a group of 743 volunteers. Only athletes who had been competing for two years or more and were training regularly for at least 10 hours a week were considered. They were selected from only 6 sports - powerlifting, Olympic lifting, bodybuilding, basketball, soccer and long distance running, with 40 athletes representing each.

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Sleep and Athletes

by Dr. Judd Biasiotto, Army Ferrando, and Tom Foote

After the athletes were selected, they were instructed to follow a strict sleeping regimen. They were required to go to bed every night at the same time. They were instructed to immediately record their "sack time" in the morning. Once they awoke they were not allowed to go back to sleep, nor were they allowed to take "cat naps" during the day.

Using this procedure, the athletes recorded their daily sleep for a period of six weeks. Only the information obtained during the last four weeks was used for the experiment. The first two weeks of the investigation were used to help the athletes adjust to their new sleeping regimen.

The results of the experiment were extremely interesting. As a group, the athletes slept an average of 501 minutes per night. That's approximately an hour more sleep than what Backland and Hartmann found for the average person. In addition, approximately 80% of the athletes in the study slept more than 9 hours a day and only 2% of the subjects slept less than 6 hours a day. Both percentages are significantly different from the average population. From the experiment, it seemed quite obvious that the sleeping pattern of athletes was considerably different than the sleeping patterns of the average person. Of further interest was the fact that when the athletes were administered psychological tests, the characteristic profiles were more characteristic of short sleepers than long sleepers. In general, the athletes appeared to be confident, ambitious, energetic, happy, active and extroverted. They also experienced very little depression.

anxiety, tension, fear or fatigue. Obviously, athletes, at least from the sleeping standpoint, are quite different from the average population. Why this might be so may come from the physical and personality differences that are found between the two groups. It might be that athletes experience more stress than normal people and require more sleep.

After our initial sleep study, a second, more encompassing, experiment was conducted. From the subjects that were used in the initial study, five individuals were randomly selected from each of the sports groups. Thus, a total of 30 subjects were selected for the second study. These subjects' sleeping patterns were then studied under laboratory conditions using an Electroencephalograph machine (EEG). Every night for a period of seven days, the subjects were brought to the laboratory, attached to the EEG machine, and then allowed to sleep. Only data collected during the last 4 days of the experiment were analyzed. The first 3 nights the subjects spent in the laboratory were used to help them adapt to sleeping in that setting.

Once again, the results were extremely interesting. Although the athletes averaged just slightly more sleep per night than what Backland and Hartmann found for the average person, REM sleep per night is a little more REM sleep per night for the average population. Since REM sleep is the stage that is most strongly connected to dreaming, athletes need more dream time than non-athletes. Why this is the case is only speculation at this time. Since everyone dreams nightly, it can be assumed that dreaming serves some necessary function. It has been hypothesized that individuals who are under a lot of stress or who are exposed to new and challenging situations, tend to need more dream time. Perhaps athletes experience more stress than average individuals. Of course, this is only speculation. But physical training is a source of stress.

(Next Month, Part II)

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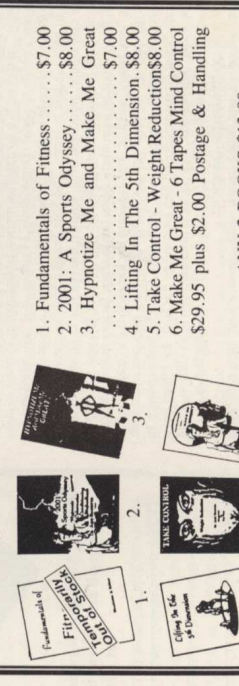
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Ask the Doctor

This column will answer questions about drugs used by athletes and the available detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. I welcome any questions in which the reader might be of help. Please send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the integrity and spirit of the original question.)

DEAR MAURO: For the past few months I've found that whenever I strain- lifting a weight I could feel my heart race or skip beats. Because this bothered me I went to see my family doctor. He checked me over pretty thoroughly and could find nothing wrong. All the tests he ordered were normal including an electrocardiogram. After hearing about the death of marathon runner, Jeff Drenth I pressed my doctor to give me some medication. The drug he put me on is called *inferal*. I haven't had trouble with the palpitations since but I've also had no get up and go and my sex life has suffered. My wife thinks that my problems might be due to stress since I do worry about my heart not being right. Could the medication be causing my problems? Also, what was wrong with Drenth? Apparently he was perfectly healthy when he died. Is there anything I can do to ease my worrying? I've been told that I should see a cardiologist and have a stress test done. Will this show if there is any problem with my heart? **NORMAN R.**

DEAR NORMAN: Jeff Drenth, a 24 year old world class marathon runner, died suddenly a few hours after finishing a marathon. His autopsy showed no abnormalities and therefore no reason for his death. It is generally felt that his death was due to a conduction abnormality in his heart. His heart simply did not carry out the message that it should be beating, likely due to a temporary, and in his case fatal, defect in his heart's electrical conduction system. When you strain and at the same time hold your breath you blood pressure rises. This may result in a problem with the normal conduction of the heart and may cause the heart to speed up or skip beats. *Inferal* is a drug which is often used to treat high blood pressure, angina and other heart problems such as irregular heartbeats. Unfortunately, it can have the side-effects you are experiencing. There are, however, other drugs without these side-effects, which can be used in treating problems such as yours. Rather than us switching medication, I would suggest that you see a cardiologist and have your heart problem investigated further if only to give you some peace of mind. A stress electrocardiogram done under conditions which bring out the palpitations may help in diagnosing your problem. The cardiologist may want to have a 24 or 48 hour continuous tracing of your heart and may hook you up to a Holler monitor - an electrocardiogram machine that you wear while you carry on your usual daily activities. Recent studies have shown that in cases such as yours, electrophysiologic studies may be even more effective than Holler monitoring for detecting treatable heart abnormalities - but you can discuss this with your cardiologist when you see him. Your condition should be treatable and you should be able to return to a strenuous exercise program with few limitations. **M.G.D.**

Why All The Fuss?

In my third update to my book "Drug Use and Detection in Amateur Sports" I lamented the fact that the book and first two updates had stirred up so much controversy. In the introduction to the third update I stated "I have been both praised and damned for the same reason - trying to demystify drug use and detection in amateur sports."
The learned recently that I am also being criticized by those same people for my column in "Powerlifting USA". It seems that these people object to the way I am handling the column and to the type of information I am giving to the lifters who write to me.
My purpose in writing the book, updates and column was stated in the introduction to my book - "Regardless of the venue field, it is essential that the present situation concerning drug use and testing be fully understood by everyone involved with amateur sport."
Knowledge of the objective and this column is to disseminate knowledge of the lifters who write to me (in general letters to the best of my ability, free of charge, although I will not give out information on how to use drugs, dosages, or anabolic steroid routines) have legitimate problems and are looking for reasonable answers. Many of these problems are of a question on the appropriate use of medications (including anabolic steroids) and I do not add a dash of moralistic outrage when a lifter writes because he has run into a medical problem secondary to anabolic steroid use. I feel I

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have an obligation to answer that lifter fairly and objectively. On the other hand I will not champion an athlete's right to use drugs nor provide a cookbook for drug use and for escaping detection.

I do not condone the use or abuse of performance enhancing drugs by athletes. I do feel, however, that athletes have a right to all the information that is presently available on drug use and doping controls - regardless of the consequences.

If, for example, the testing protocol and analytical techniques are faulty or questionable, then this information should be widely disseminated and eventually proved or disproved - the onus is on the scientific and medical community to dispel any doubts or to modify or discard the test in question. Those officials and scientists who believe I am providing the wrong kind of information to athletes - information which could be used to beat the drug tests - information that might even encourage the use of drugs - are being naive and narrow-minded.

I would like to point out to my colleagues and to others, that athletes (and the rest of society) do not need my exhortations to use and abuse drugs - they're doing quite nicely on their own. As well, if there are ways to beat the drug tests, then the athlete will surely find them without my help. In fact, much of the information in my books and updates about drug detection methods and ways of possibly beating the drug tests have come from athletes who have confided in me.

These athletes, thinking independently, are coming to their own conclusions about drug testing. They are not accepting the doping control package being offered them by the IOC. It is obvious to them that the persistent and redundant claims made for the efficacy and infallibility of some of the doping tests are inconsistent with the what is presently known about the metabolism of the compounds involved.

Methods of beating the drug tests are being used today - these methods are not a theoretical possibility, but a reality.

In light of all this, accurate information on drug use and testing can only serve to dispel the mistrust between athlete and administrator and to quell their joint concerns and frustrations.

As a physician, an athlete and an administrator I feel that dispensing knowledge is the only effective means of solving the problems of drug use and abuse by athletes.

Mauro G. Di Pasquale, M.D. May 18, 1987

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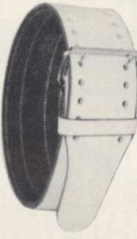
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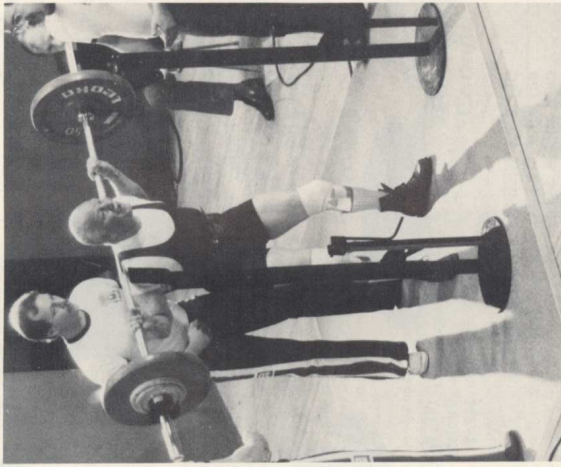
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Power Profile

DICK BURKE as told by World Champ Walter Thomas



Have you heard the expression "Behind every successful husband is an encouraging wife?" Here is another expression you might consider: "Behind most every successful athlete is a great coach." I believe in giving credit where credit is due. All too often (because of our selfish human nature) we as successful athletes tend to forget to show our appreciation to the coaches who help us achieve our goals and glorious recognition.

I am dedicating this article to one of powerlifting's great pioneers, a great athlete, a great administrator, and the greatest coach in powerlifting, as far as I am concerned. The person I am referring to is Dick Burke. He first met Dick Burke in 1970 at the Oklahoma City YMCA Gym. At that time I was age 25. Dick had been watching me lift. He came up to me one day and asked if I would like to coach you in the sport of powerlifting. I think you have the potential to become a national champion in 5 years." As do all good observant coaches. Dick saw potential in me that I myself didn't know was there. After I accepted his offer to be my coach, he immediately had me training the three powerlifts. A few weeks later, with careful thought and consideration, he put together a routine for training. In the beginning stages of my powerlifting career, Dick was always there making on the spot corrections as I trained each lift. From Day One I never developed any bad habits because Dick was always there to show me the right form.

The first time I saw Dick train with weights I was very impressed. I mean, there was a man 59 years old lifting 1000 lb. partial squats and deadlifts in the power rack. He even had other gentlemen, his age and older, performing weight lifts that not even average young person would not even entertain the thought of undertaking. I thought to myself, surely if a 59 year old man can be this strong, my chances for becoming strong looked pretty good at age 25.

Dick has a strength feat named after him called the "Burke Push-up." He is the only man (young or old) that I have ever seen perform this exercise with 220 pounds on his back. In Coventry, England in 1974 Dick put on an exhibition that left the English audience gasping with awe. He completed 1 set of 10 repetitions with 200 pounds on his back. Can you imagine doing extended push-ups with this amount of weight? That's not all, folks, he came back for an encore and did ten more reps with the same weight, and the crowd went wild. One of the things I learned from Dick is that if you can't say something positive about another person then it is best not to say anything at all. I am finding out more each day how true this statement is. I am trying to use this concept in my life even though I fail at times. Dick uses this same form of reasoning when he writes his newsletter entitled "POP News" (Power-Olympic-Physique). I have seen him promote powerlifting in Oklahoma and internationally through his free newsletter. I never

know him to degrade, talk negative, or use this newsletter in any way to belittle anyone. Dick and his beautiful wife Polly are good Christian friends who have come to my rescue on numerous occasions. Dick is extraordinary in every sense of the word. He had a 4-year battle with cancer in 1979. He won the World Championship Team title that won the world title in London, Ontario, Canada. Recently, he had another attack of cancer in his prostate gland, but with God's help he has defeated it. He has also been talking about competing in the USDF Masters Nationals. We had for a 75 year old, who doesn't look a day over 60. Dick attributes all his success to good clean Christian living, a consistent diet, and love for his fellow man aside from coaching. He teaches people about the Bible at his home or for many people he has been responsible for. One day out of each week Dick visits El Reno Federal Prison to encourage the Christian inmates there. He also spends his money and free time relieving powerlifting competition whether it be local, national, or international.

Dick is also a consistent lifter for the 13 years I

competed.

There are many good things that I could say about Dick Burke, but for the sake of time and space here is a list of his credentials that are written in his newsletter that says it all:

1. Vice-President of the Oklahoma Association of the AAU over Weightlifting, Gymnastics, Trampoline, & Tumbling.
2. Age 73 - retired from working for the other lifter.
3. Begon lifting weights at age 50.
4. Learned the secret of strength in three weeks. Entered regular AAU open competition and won 15 trophies.
5. International Referee for Powerlifting.
6. Re-entered Powerlifting competition at age 70 and broke all existing American and World Records in the 181 lb. class for over 70 lifts.
7. Former Chairman of National Powerlifting Coaching Techniques Committee.
8. Doctor of Naturopathy and Nutritionist.
9. 1983 National Masters Powerlifting Champion in over 70 competitions in Syracuse, New York.
10. Coach of U.S. Powerlift Team to England in 1974.
11. Chosen Coach of U.S. Powerlift Team to Pan American Championships in Bolivia in 1978.
12. Chief Referee in National and International competitions.
13. Coach of Oklahoma Walter Thomas, World Champion in Middleweight Class in 1975; Lightweight World Champion in 1978; Middleweight World Champion in 1981 and 1982. First lifter in world to total 10 times bodyweight in three weight classes.
14. Editor of POP News and speaker at State and National Coach's Clinics.
15. Taught weight training one night a week to hundreds of men and women at the Downtown YMCA over a 12 year period.
16. Member of 1983 U.S. Masters World Championship team of 1983 that won the world title over 75 other countries in London, Ontario, Canada.
17. Have Mail Order Company - Royal House. You may purchase weights and equipment from this company at discount prices. Have been in business for 20 years with sales to every state in the U.S.; including Hawaii and Alaska and in 17 foreign countries.
18. Powerlifting is my hobby. I am vitally interested in teaching men and women of all ages to be healthy and strong.
19. Hooper of World Record in the 181 lb. class.
20. Member of all I am a follower of Jesus Christ in His church and I live to please Him.

As you can see from his credentials Dick is a great asset to our sport, and will be for many more years. He still lifts weights in his home gym. Hats off to a great coach and my friend, Dick Burke.

Question & Answer

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

DEAR ROGER: I have a problem perhaps you can help me with. I have a shoulder that's been bothering me for a couple of weeks. I have read Jeff Everson's two part article on shoulder injuries and I believe I have a muscular imbalance in my deltoid and rotator area. When I lift I'm careful to warm up and do some exercises to strengthen them. I was wondering if you could suggest some exercises to strengthen them. I was lifting Bench, Incline Dumbbell Press, Behind the Neck Press, Upright Rows, Weighted Dips, Close Grip Bench, and Press Downs. When I get home I take a hot shower and massage the area with ICY HOT. I have a slight curvature of the spine, and I was wondering if that could affect it. My other shoulder never bothers me and I have been making good progress on the deadlift. In fact, I set a record on the deadlift two weeks ago. I have been only lifting for a year, and I would like to go on for a long, long time. Could you please give me some suggestions on stretching the area so I can improve it. I weigh 155 and my max is currently 260. My goal in regard to the bench is to hit 300. Also, I took about 10 days off to rest it, stretching it, using heat, and just doing pushups every other day. Thanks to for your time and effort. Sincerely, **Jeff**

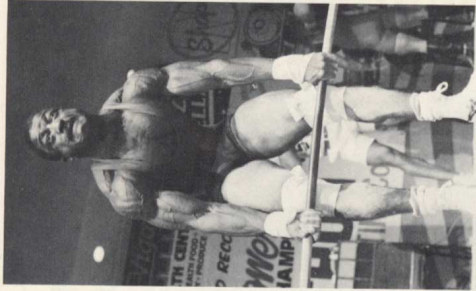
DEAR JEFF: It sounds to me like you're doing almost every shoulder exercise in the book. Which is not good! The theory that more is better does not apply to Powerlifting, especially when you are doing a minimum of 21 sets for such a small muscle group as the shoulder. The shoulder is the most flexible joint in the body, thus making it very susceptible to strain, inflammation, and injury. I would guess that your shoulders are overtrained and probably inflamed due to the excess stress you have been putting on them. You should continue to stretch and warm the shoulder area up before training, but cut the number of exercises down to the bench press and no more than two other exercises for 3 sets with medium weight and 6-8 reps. By keeping the reps down you can continue to keep muscle mass and not irritate the joint. Afterwards you should apply ice to the joint for a minimum of 20 minutes. Try this for a few weeks and, if it doesn't work, consult a sports medicine physician. Sincerely yours, **Roger Estep.**

DEAR MR. ESTEP: I am presently a sophomore at Northern Michigan University. I am a subscriber to Powerlifting USA and in the past 6 months I have become very interested in the sport of powerlifting, but there is only one problem and that is that I can't train like a powerlifter, because I only play football and we are on different lifting programs at different times of the year. For example, during the season we are hardly in the weight room because we are always watching film or on the practice field. Right now, we are on a high intensity workout and during spring ball we are in the weight room only one a week, so that leaves the off-season, only 3 months, to really train hard and my bench went from 250 to 320 in just a month, but now back at school we have to follow the program they have set up for us and I don't know where my bench is at. If you could give me as much information as possible on how to proceed with powerlifting in the off-season and possibly during the season I would really appreciate it. Can a football player train like a powerlifter and what exercises are needed to become a great powerlifter. Thank you for your cooperation. **Tony**

DEAR TONY: It seems that your football schedule keeps you pretty busy. I have had the good fortune to be around the Pittsburgh Steelers and Los Angeles Raiders football teams and to witness their training. Basically during the off season the players use a heavy lifting routine, and during training camp they try to get to the weights 10 or 20 times a week to try to maintain the strength that they acquired during the off season. What I would recommend for you is to train heavy on the powerlifts during the off season. The reps should be kept from 1 to 5 for 4 sets. Strive for as much progress in strength as possible. Then, just before your fall practice you'll have to start increasing your running so you'll have the endurance to get into the season. During the season, do what the pros do and try to get a couple of good workouts in although not with the same intensity as the off season. If you try to train as hard as during the off season you're just asking for injury. During spring football you should be able to train at almost full intensity. To summarize, I think in spring you should be able to train at near full intensity. During the off season you must make the most of your time and train like a powerlifter. When the season starts you should only try to maintain your strength. Best wishes to you and your team. **Roger Estep**

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POWERLIFTING SUITS - The Current State of the Art

by Frederick C. Hatfield, World Champion

It's an unspoken truth that the real reason for wearing a powerlifting suit is for the support it gives you, and not necessarily for whatever protection from injury it may afford. That this is so resulted from rampant ambiguity in the then-existing rules of powerlifting. Today, of course, the supportive powerlifting suit is part and parcel of the fabric of our sport (pun intended). And, about the only force on Earth that has the clout to change that fact is the International Olympic Committee.

The IOC rules, you see, prohibit such supportive devices in international competition. Why, we may even see the day come that knee wraps will be outlawed - that is, if we want to become an Olympic sport. I, for one, will fight with fangs bared to be welcomed under the Olympic umbrella, despite some of the restrictive rules that they may choose to impose upon us. It will be a very small price to pay.

Be that situation as it may (and you're sure to hear more on this subject over the next couple of years), let's examine the state of the art of suit-making. I think you will be a bit surprised at some of my conclusions. Surprised or not, though, you're sure to empathize.

All of us have witnessed guys and gals walk onstage for a squat attempt as if we were just liberated from a tomb after centuries of immobility. What with the tightness and restrictiveness of the suit, wraps and belt, it's surprising that anyone can even get under the weight, let alone fail to stand back up again!

For years we suffered the indignation and expense of having our suits blow out while in the hole. This situation no longer poses the same inevitability as it once did - most suitmakers have learned the secret of proper stitching, fabric selection and fabric bias alignment to eliminate this threat to obscene exposure and failure in the lift.

No so easy to eliminate, however has been the severe restrictiveness of the suits now on the market. All of them are so unyielding while in a neutral standing position that they're downright disconcerting and tend all too often to distract the wearer. And, who wants to be distracted with a lift coming up in a few seconds? It seems that current suitmakers have not learned how to make a comfortable suit, yet capable of lending the desired support in the lower position.

The reason for this is that the fabrics being used are far too heavy gauge and far too stiff in their stretchability. The assumption has always been that if you use a fabric that stretches, you won't get the support in the hole. This, as you will learn, is not true.

And, let's hear it for the valiant coaches and training buddies who invariably skin their knuckles raw trying to help a friend in one of those unyielding suits! Many a time I have had to lift with bloody fingers after cram their lifting friend into one of those unyielding suits! Many a time I have had to lift with bloody fingers after helping a friend in one of the lighter weight division get into his suit.

More lifters than not find that their suits afford them less than a desired amount of support down in the hole. Many factors come into play in such a situation, not the least of which is a design flaw in most suits which tend to make it difficult (if not impossible) to pull the crotch of the suit all the way up into the lifter's crotch where it belongs. If there's any slack in the crotch whatsoever, the suit slides up when you go down, and precious support is lost. That slack acts as a buffer - or force absorber - preventing maximum supportive lift.

Have you noticed too that all of the current suits on the market have backs that are exactly like the fronts? If it weren't for the placement of the leg, you'd never know which side was the front or back. This, in itself, may not seem critical until you realize that the back would be comprised of as much fabric in contact with your skin as possible. The more fabric that is against your back, the more support you'll get because the forces generated will be dispersed through more fabric as you descend into the hole. As a beneficial side effect, you'll also be less apt to blow a suit out or cause it to run like a old pair of silk stockings.

A lot of suits are designed with too small an opening in the top, preventing adequate lung expansion. The result, of course, is your inability to get sufficient air into your lungs for stability during the lift, and also restricted breathing during the actual lift.

The type of dye used can often change the nature of the fabric enough to cause some suits to be less supportive than others. It seems that the dark blue suits are the only ones which retain their original supportive qualities, while the others do not. A simple change to a less reactive dye would seem to be in order. To date, I have noticed no one doing this.

And, perhaps most perplexing is the loss in support almost everyone suffers as the contest progresses. As you sweat, the fabric in most suits tends to stretch far more than desirable, resulting in a lack of precious support during the final - and most critical - squat. Many times I've had to change suits before my last lift, and that's a real pain to have to put up with.

And, last but certainly not least, why haven't the suit manufacturers begun taking advantage of the new IPF and USPF rules allowing multicolored suits? New, flashy designs are now legal. Multicolored rainbows, USA logos, USPF logos, sponsors' logos, tie-dye designs, stripes, polka-dots, lightning bolts - or whatever you have in mind short of anything obscene - all are legal, and the lifters I've talked with are anxious to see the day come when they can exert their individuality on the competition platform instead of looking like the Foreign Legion in full dress uniform.

No, the state of the art in suit making hasn't progressed very far, I'm afraid. There is much more to suit making than simply wrapping a lifter in supportive garb. Careful, scientific thought seems to have eluded most, and baffled the rest.

It's time someone did something about it. I have carefully considered all of the problems spoken about above, and have developed a powerlifting suit which - quite simply - revolutionizes the state of the art. One last complaint about the state of the art that begs to be voiced is the cost of the suits available today. I have found that the prices being charged are totally out of line. The suit I've made solves all of the problems I've noted - ALL of them. It'll be available to all within a couple of months.

(Advertisement)

"C'mon, Peter! It's your turn!"

"Wait a minute, while I wrap." Sound familiar? It would if you've ever spent any time in an ironhead gym where heavy iron is hoisted.

There is a rather strange, almost ritualistic practice indigenous to such gyms, that defies - no, thumps its nose at - logic. It is the practice of donning the "armor" of the powerlifter: wraps, belts, tight suits - even tight shirts - for the purpose of 1) avoiding possible injury and 2) gaining added support so more weight can be lifted.

These practices are filtering down through the rank-and-file athletes and fitness enthusiasts, and it's alarming. I've been asked about the practice so often that my answer has become almost reflex-like.

Let's start with wraps for the knees. Of course, when you ask a medical doctor about squats, they'll tell you to stay away from them because they're bad for the knees. They say that out of ignorance. People with healthy knees don't go to the doctor for advice about their knees, so all the doctors ever see are people with bum knees. Further, these doctors don't typically spend much time in the gym and are ignorant to facts of training science. You shouldn't go to a medical doctor for training advice any more than you should go to your lawyer for financial advice. But that's another story.

Wrapping wraps for your knees is a bad practice because they do rob your tissues of much-needed stress. Without stress your ligaments, tendons, muscle tissue and connective tissues cannot adapt by becoming stronger, thicker or more dense. The stress is absorbed by the fabric of the wraps rather than your tissues.

"But there's still muscle in the contracture and therefore increased muscle strength," you may counter. True, but over time your contracture strength will improve to a point beyond what the other supportive or protective tissues have, and can actually result in your stronger muscle literally tearing you apart.

You must allow supportive and protective tissues (such as ligaments, tendons and connective tissues) strength to improve along with your muscular strength. This will not happen while you are wearing heavily supportive wraps around your knees.

Tight knee wraps have also been known to cause damage to tissues because of the "crimping" or pinching effect during a deep squat movement. I have witnessed several cases of torn nerve tissue causing atrophy (loss of muscle

TRAINING

by Frederick C. Hatfield Ph.D.



TWO I.P.F. WORLD RECORDS! ...above is Lars Noren's drug tested world record deadlift of 854 in the 275 lb. class at the European Championships in Birmingham, England. Photo courtesy of Jari Tahminen. Below is Lars' epochal Superheavyweight drug tested world record of 889 actual weight in kilos was 403.5 achieved at his Swedish National Championships. Photo by Anders Karlheden. Lars may be coming to guest lift at the U.S.P.F. Seniors.



mass) in the calf muscle among habitual wrap wearers. I have also seen quite a few cases of patellar chondromalacia - a roughening of the back side of the knee cap - from the pressure exerted by the wraps against the knees during a squat movement.

Wearing thick, four-inch-wide belts is also a common practice in most gyms. Of course, the rationale for doing so is to protect your spine from trauma during heavy lifting. Lifting belts were originally designed for competitive Olympic weightlifters who, while performing the military press, had to bend radically backwards during the lift. First of all, the press is no longer a contested lift in Olympian

the spine comes not from the wide back part of the belt, but rather from inside - in front of the spine. When you cinch a power belt tightly, abdominal pressure forces your inwards against the lumbar spine thereby giving it far greater support and stability than is afforded by a belt.

The belt you wear for spinal support should be wide in the front as well as in the back, but it should only be used when you are lifting weights overhead that are so heavy that you're forced to bend backward (and you should never do that), or during an extremely heavy attempt at the squat. Squatting with heavy weights will cause your lumbar spine to round forward, not backward, and the same kind of intra-abdominal pressure is needed to assist in stabilizing.

Of course, you should only rarely attempt to squat with weights that are above 85 percent of your maximum ability. Such heavy attempts are better left to competing powerlifters, and certainly not athletes or fitness freaks. Therefore, you should rarely find a need to wear a belt while squatting either. The reasons for not wearing a supportive belt are the same as they were for not wearing knee wraps. Your midsection musculature will then be obliged to bear the stresses of training, and will grow. And, that's good, because the stronger your midsection muscles become, the less the chances of injuring your spine. Of course, a muscular midsection looks better than one that isn't, as well.

Powerlifting rules permit the use of a girdle, like suit and a very restrictive shirt. Their function is said to be that of offering safety, but aficionados of the sport know better: they're for the advantage gained from being able to lift heavier-than-normal weights.

But rules are rules, and for now such ridiculousness is tolerated. Such supportive devices should never have a part in your training. The whole reason for training is to allow your muscles and other tissues to get stronger. Why on Earth would you want to use supportive garb to hold the weight for you?

For most weight trainees, particularly non-competing ones, the following rule-of-thumb should be applied: If you can't handle the weight as natural, you are probably trying to train with a weight that's too heavy to be maximally productive. Use a lighter weight. Restrict the use of supportive garb to pre-contest preparation and the contest itself. Train for strength and power.

Is Pro Wrestling For You?

as told by Bill Reagan, "Street Warrior"



I've been wrestling for about 6 years, over most of the country, and I get questions from powerlifters about wrestling all the time. There are certain facts to keep in mind. Wrestling is a job, and once the initial role falls off, that's what it becomes. To wrestle full time, you need to love the life. You are always on the road, and may be in the ring days a week. There's no insurance if you work in a case arm, etc. you work with it. You are always living out of a suitcase. You are always living out of a suitcase. In a different town every night, and you have no diet as best you can. 12-14 hour car rides. From one day to another, are not uncommon, and some days there is simply no way to get anything in except pushups and McDonalds. There is no absolute definition of what makes a good wrestler. Having a solid background in physical fitness is helpful, but you need to be able to make people love you or hate you. If you don't have a certain charisma, you'll never make it. Being a wild and crazy guy helps. You also need certain physical abilities. I've seen guys with championship physiques and record smashing lifting strength who could not cut it in the ring. They looked great, and were strong, but could not move or take a bump. I've also seen fat slob and even skinny guys, who have great skills working the ring, incite crowds to riot.

The money is good, even on the independent circuits, plus it's a thrill to go completely "nuts". I've always worked "hard" (hard guy) and I've been in a number of riots. I've had people in wheel chairs try to trip me up, old women come into the ring, etc. I love to hear the chorus of boos and see terms come flying into the ring. I get to stream, yell, spit, drool, pick up chairs, beat my chest, and do unspeakable things to my opponents. You name it, I've done it.

For those interested in a career as a wrestler,

Bill Reagan was 1970 Teenage National Powerlifting Champion, and won dozens of contests in the Midwest throughout the 1970s. He also served in various powerlifting administration roles, and is a member of the Iowa Powerlifting Hall of Fame. At 5'11" and 275 pounds, he has bench pressed 545. As a pro wrestler, he was co-holder of the United States Tag Team Championship from 1983 to 1985. Photo courtesy Bill Reagan.

609-261-2348; Nick DeCarlo, 167 1/2 King Street, East Hamilton, Ontario, Canada, 416-528-7767; Johnny Hunter, Eastern Wrestling Alliance, P.O. Box 1293, Lexington, NC 27293 704-243-1671; Tri-State Pro Wrestling School, 5241 W. 24th St., Cicero, IL 60650, 312-652-1073; Pro Wrestling International, 1105 West Lawrence St., Chicago, IL 60640; World Wrestling Association, 151 W. Jefferson St., Ste 514, Detroit, MI 48226, 313-537-9796. (Editors Note: Hart Brothers Pro Wrestling Camp, P.O. Box 274, Minapora, Alberta, Canada T0L 1J0, 403-247-6274 also caters to American wrestlers.) Most schools require a significant financial investment, and there is no guarantee of success.

There are, of course, detractors to the sport, and my answer to them is always: "to those who enjoy wrestling, no explanation is needed, and to those who do not like wrestling, no explanation will do."

I'll always have a special place in my heart for powerlifting and powerlifters, but one comment I would like to make is this: I have read statements numerous times in the magazines saying that the champion lifters on steroids would still be the champion lifters if there were no steroids. This is a big lie, and it's perpetuated by drug users. There is no doubt in my mind that many of these so-called champions have only one real claim to fame and that's the drugs they use. I don't believe they have the guts, integrity, internal discipline, the iron will, etc. If they did, I made some very good friends in powerlifting over the years; big, strong, REAL powerlifters like Bill Swift, Mike Kennedy, Terry Smith, Dennis Thatcher, Ron White, John Lloyd, Bill Clark, and too many others to list here. These were REAL powerlifters; they did it without drugs, and so can anyone else willing to pay the dues.



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Super II Wrist Wraps - 1 pr/\$5, 2/\$9, 3/\$12

Mineral Ice 6 oz./\$10.00, 16 oz./\$15.00

SUPER SPECIAL

Pure Gamma-Oryzanol
200 mg./200 tabs - **\$18.00**

Monster Jack Racks - \$300/pr. Olympic EZ Kurl Bar, w/collars, chromed & knurled, \$55. Spin Lock Collars - \$45/pr. Weights/equipment sent freight collect

New MONSTER Knee Wraps 1/3, 3/\$30. The best to come along in a while. Will go on tighter and stretch 10% further than any wrap on the market.

NEW - NEW - NEW POWER BAR
Redesigned SUPER 1000 LB. SQUAT BAR. Deeper knurling than any other bar made, wider between the collars to allow Big Men to squat in comfort. Regular price \$270, **INTRODUCTORY OFFER - \$225.**

Olympic Plates.....50 cents per lb.

PRESS RELEASE

Office of the United States Attorney Southern District of California

San Diego, California May 21, 1987

The indictment alleges that defendants Juan Javier Macklis produced and distributed counterfeit steroids at LABORATORIOS MILANO DE MEXICO, his drug manufacturing firm located at Calle 1, Pasantico No. 114 CD IND., Tijuana, Mexico. In addition to the sale of Mexican drugs, LABORATORIOS MILANO manufactures vast amounts of the counterfeit steroids for sale in the United States and other foreign countries. Although LABORATORIOS MILANO is not registered with the FDA on February 4, 1986, it has never received permission to export anabolic steroids or any other drugs, into the United States.

Defendants Macklis and Jenkins are utilized UNITED PHARMACEUTICALS, a drug distributing firm located in San Diego, California, America, Tijuana, Mexico, to further their sales. For this purpose, the location they selected business sold counterfeit drugs produced by LABORATORIOS MILANO, and arranged for them to be illegally smuggled into the United States. Jenkins confirmed reports that the joint program instituted by his office, Customs, and the FDA to stop steroids at the border has resulted in the arrest of several employees of LABORATORIOS MILANO who were smuggling steroids. Two of these individuals, Rafael Lopez-Duenas and Samuel Martinez-Moreno, were among the 34 individuals indicted by the federal grand jury. Moreover, he pointed out that as recently as two days ago, approximately \$500,000 worth of counterfeit steroids were seized at the San Ysidro Port of Entry.

The indictment reveals that in addition to a complex production and smuggling system, Jenkins and Macklis set up a formalized distribution network. After they received payments for the smuggled steroids, often amounting to hundreds of thousands of dollars, they would direct a number of their large-scale distributors, including defendants James M. Insko, Jr., David Griggs, Jeffrey Golini, and Tóvol Mansen, to a location where the drugs were stashed. These individuals would, in turn, ship the steroids throughout the country to local area distributors. The indictment also noted a disturbing trend in this multi-million dollar business. As a method of concealing the source of the steroids, various conspirators threatened to use physical violence and did use physical violence conducting their business. In one instance, the indictment details how defendants JAMES M. INSKO, JR., ROBERT WANTZ, JR., AND LEONARD T. SWIRDA extorted money from a steroid buyer who failed to pay by torturing and beating him.

The indictment also indicates that during the last 18 months, the following types of counterfeit drugs and products have been found in the United States: (1) anabolic steroids that when properly manufactured are approved by the FDA for use by persons with a valid prescription to vit: nandrolone decanoate injection (trade name Deca-Durabolin), Oxandrolone (trade name Anavar), Oxymetholone (trade name Anadrol), and stanozolol (trade names Stroma and Winstrol); (2) those anabolic steroids from foreign manufacturers that are not approved by the FDA for any use; vit: acetate de metenolone (trade name Primobolan), acetate de trenbolone (trade name Finaject), trenbolone (trade name Parabolin), methandrostenediolone (trade name Dianabol), dihydrotestosterone, Oxandrolone (trade name Oxandrolone SPA); (3) those androgenic hormones that when properly manufactured are approved by the FDA for use under a prescription; vit: testosterone cypionate injection, and testosterone enanthate injection; (4) those steroids that when properly manufactured are approved by the FDA for prescription use in animals, but never humans, to vit: boldenone undecylenate (trade name Equipoise injectable); (5) those steroid-type drugs that are not approved by the FDA for any use; vit: androgenicum prolongatum (trade name Sustanon 250); and (6) other prescription drugs that when properly manufactured are approved by the FDA for use by persons with a valid prescription, to vit: Norkadex and Cytomed. Nunez explained that because these drugs are, in most cases, not approved for use by the American public and, in all cases, imported and brought into the United States. Therefore, they must be smuggled into this country if they are to be distributed on the steroid black market. Because of the lack of any regulation by the Federal Government, these steroids, according to the FDA, present a major health risk to the American public.

Nunez praised the efforts of the San Diego Field Office of the United States Customs Service and the Food and Drug Administration for their handling of this complex international investigation. Without their great dedication, he states that the investigation could not have been completed. Nunez also thanked Assistant Attorney General Richard K. Willard who jointly coordinated this prosecution with the United States Attorney's Office for the Southern District of California.

- David Jenkins Age: 35
7101 Main Street
Cockehead, California
Bond amount: \$100,000
Tijuana, Mexico
- Juan Javier Macklis Age: 48
Thomas Altas 1310
Tijuana, Mexico
Bond amount: No bond
- Williams P. Dillon Age: 28
4092 Riviera Drive #4
San Diego, California
Bond amount: \$200,000 C/S
- James M. Insko, Jr. Age: 31
2121 Ocean Avenue #22
Santa Monica, California
Bond amount: No bond
- Leonard T. Swirda Age: 25
1375 Kelton Place #309
Los Angeles, California
Bond amount: No bond
- Robert Wantz, Jr.
3501 Strutz
Las Vegas, Nevada
Bond amount: No bond
- David Griggs Age: 30
818 S. Westwood #217
Mesa, Arizona
Bond amount: \$500,000
- Gil R. Thompson
2517 Mulberry
Pasadena, Texas
Bond amount: \$100,000
- Daniel Duchaine Age: 34
197 E. B Street
Benicia, California
Bond amount: \$250,000
- John Skeonich Age: 29
737 Locust Avenue
Long Beach, California
Bond amount: \$100,000
- Tóvol Mansen
9041 S.W. 15th Street, Apt. B 3
Miami, Florida
Bond amount: \$250,000
- Rafael Lopez-Duenas
Lomas Altas 1310
Tijuana, Mexico
Bond amount: \$100,000
- Samuel Martinez-Moreno
Lomas Altas 1310
Tijuana, Mexico
Bond amount: \$100,000

- Mark Depew Age: 24
1303 Hill Street
New Smyrna, Florida
Bond amount: \$100,000
- Michael MacDonald Age: 39
316 W. Central Entrance
Duluth, Minnesota
Bond amount: \$100,000
- Lon Zeigler Age: 24
3255 S. Parker Road #1
Aurora, Colorado
Bond amount: \$100,000
- Michael Marzella Age: 24
14024 Marquesas
Marina Del Rey, California
Bond amount: \$100,000
- Steven Hemeberry Age: 24
3766 Southview Drive, #201
San Diego, California
Bond amount: \$100,000
- Patrick Jacobs Age: 31
5830 S. Red Road, #230
Miami, Florida
Bond amount: \$100,000
- Jeffrey S. Harrison Age: 27
168 Camino De Vida, Apt. E
Santa Barbara, California
Bond amount: \$100,000
- Thomas Binns Age: 24
5925 Rampart Drive, #19
Carmichael, California
Bond amount: \$100,000
- Gerald Jones Age: 29
8730 Nicollet Avenue
South Bloomington, Minnesota
Bond amount: \$100,000
- Norman Berglund Age: 28
145 Dorendahl
Placentia, California
Bond amount: \$100,000
- Jose Zapata Age: 45
Tijuana, Mexico
Bond amount: No bond
- Marco Macklis
Lomas Altas 1310
Tijuana, Mexico
Bond amount: No bond
- Jeffrey Golini Age: 27
3380 Vinton Ave
Los Angeles, California
Bond amount: \$100,000
- John Dewey Age: 26
11314 Reef Cove Lane
San Diego, California
Bond amount: \$100,000
- Vito Ekladane Age: 29
1429 32nd Street
Venice, California
Bond amount: \$100,000
- Garry de Paque Age: 29
1429 32nd Street
Rock Island, Illinois
Bond amount: \$100,000
- Steven Marx Age: 25
10480 National Boulevard #120
Los Angeles, California
Bond amount: \$100,000

- Steve Depew Age: 26
12356-G Horizon Village Drive
St. Louis, Missouri
Bond amount: \$100,000
 - Dennis J. Motte Age: 34
3754 Sawiell
Los Angeles, California
Bond amount: No bond
 - Culberto Lopez
Uno Pontente #114
Tijuana, Mexico
Bond amount: No bond
 - Fito Alvarez Age: 27
Fiesta Americana Hotel #408
Tijuana, Mexico
Bond amount: No bond
 - United Pharmaceuticals of
Baja California
Fiesta Americana Hotel #408
Tijuana, Mexico
 - Laboratorios Milano
Uno Pontente #114
Tijuana, Mexico
- Summary of Charges
Indictment No. 87-0491-KLJ
No. of Defendants: 36
No. of Counts: 110
- Violations & Maximum Penalties:
Count 1:
Conspiracy To Defraud The United States 5 years and/or \$250,000 fine
Count 2:
Conspiracy to Collect Credit by Extortionate Means 20 years and/or \$250,000 fine
Count 3:
Extortion 20 years and/or \$250,000 fine
Counts 4-20, 79-84:
Introducing Misbranded Steroids In Interstate Commerce-3 years and/or \$250,000 fine
Counts 21-36:
Holding Counterfeit Steroids For Sale In Interstate Commerce 3 years and/or \$250,000 fine
Counts 37-78:
Introducing Steroids In Interstate Commerce Without A Prescription 3 years and/or \$250,000 fine
Counts 85-108:
Receiving Illegally Imported Anabolic Steroids-5 years and/or \$250,000 fine
Count 109-110:
Illegally Importing Anabolic Steroids 5 years and/or \$250,000 fine
- Agencies:
Food and Drug Administration, United States Customs Service, Internal Revenue Service

Larry Pacifico to Plead Guilty to 2 felony counts of smuggling and distribution of steroids on June 19th. The distribution charge stems from several well known lifters along with Larry pooling their money to buy steroids. The smuggling charge involves receipt of a package from a friend in Holland. Larry's lawyer indicates that he may have a hefty fine to pay, however, that of Larry's agreement is to set up an 800 hotline for those who want to call about their steroid use. Larry will also be involved in a speaker's bureau to talk to high schools about the effects of steroids, and he will be sending posters to high schools in his area about the dangers of using steroids. There is much more to tell, but Larry indicates that he can't say any more at this point. According to Larry, "Rather than fight it, I'm pleading. My guilty, but not a criminal. I'm a lifter who got in the middle of the steroid era. I hurt no one by myself. I made no profits, and I feel certain that I discouraged many from making the mistakes I made leading to my health problems." Some editions of USA TODAY mentioned his plea.

Olympic Lifting to adopt IWF? Andy Kerr reports that there is a proposal out of Europe for the International Weightlifting Federation (IWF), which presently administers the snatch and clean & jerk type of lifting, to introduce a form of Powerlifting, which would consist of the squat and deadlift. The IWF Constitution recognizes only two lifts, therefore any such idea would have to be presented to their Congress at the World Championships. The IWF Constitution allows, however, that they may change the technical rules when they consider it necessary or desirable without having to wait until the next Olympic Congress. Their annual Congress is held in conjunction with their World Championships, in September this year, and proposals must be submitted to the IWF General Secretary two months prior. According to Andy, "there is plenty of time for the IWF to get into powerlifting this year. However, it is not that cut and dried. As I understand it, the whole idea may be reconsidered by the 'Big Wheels' and could simply be shelved. Further, if the proposal were to be put to the IWF Congress there is no guarantee it would be passed. Each nation actually present has one vote and although a simple majority suffices it may be that most nations would feel it neither advisable or fair to try to cut in on the IWF. As a watcher of the IWF I would like the IWF to take over, crowd out or 'keep small' the 'Eastern Bloc' while the IWF to take over a number of leading western officials. Powerlifting. This opinion is shared by a number of leading western officials although often the grass roots of their own federations are in general open minded or well disposed to Powerlifting."

In some areas, particularly the Western nations, Powerlifting is on the upswing, whereas Olympic lifting is a faint shadow of what it once was. Success in Olympic lifting is, nowadays, almost exclusively an Eastern Bloc domain. Economics are at work as well. Many national federations receive governmental support for their Olympic sports teams, which is one reason why Powerlifting is seeking Olympic recognition. Adding Powerlifting to the Olympics might mean additional competition for funds between Olympic lifting and PL, and if Olympic lifting were dropped, it might mean financial insolvency for them altogether. Another viewpoint reflected by Andy is "It must be said that it would be far easier for the IWF to introduce powerlifting into the Olympic Games as a 'new event' in the 'same' sport, than it will be for the IWF to get into the Olympic Programme as a 'new sport'. Fundamentally, however, Andy believes that Powerlifting should be controlled nationally and internationally by Powerlifters. "If you believe otherwise, try this analogy. Can imagine an automobile company (shall we say for the sake of example, Ford) deciding that a competitor (e.g., General Motors) would do a better job of promoting the sale of Ford cars than Ford themselves?"

P.S. Dr. Conrad Cotter, President, United States Powerlifting Federation mentioned this development to Arnold Bostrom, Secretary of the IWF, who responded that the Bulgarians are interested in adding the bench press!?

Sri Chinmoy's Followers - namely Lincoln Polissar Ph.D. and Dr. Agraha Levine, object to the article on Sri Chinmoy that appeared in IRON MAN by Dr. Terry Todd. Indicating that Sri Chinmoy is "in the vanguard of the inner strength movement", and quoting numerous sources regarding the nature of the feats that he has performed in the last year and a half. Dr. Polissar has written a rebuttal to Todd's article. "Those athletes interested in the inner growth of weightlifting will recognize in Todd's attack on Sri Chinmoy the classic confrontation between the new, the expansive, the compelling inner search versus the limited and doubt-ridden mind." Several of the points made by Todd in his article are countered by Dr. Polissar. It is also mentioned that "Many of the lifts were performed publicly. Others, particularly the massive one-arm lifts, were performed in sacred silence in Sri Chinmoy's private gym and were documented by still camera and video to share with weightlifters and the press." Additionally, the credentials of Dr. Todd as a strength scientist are discussed. For further information on the rebuttal, contact Lincoln Polissar Ph.D., 1827 23rd Avenue East, Seattle, Washington 98112, 206-329-3421.

U.S.P.F. Insurance Change - effective immediately the charge for "Additional Insured" will be \$129 for one day, and \$233 for two days.
New York Teenage Records in the 18-19 age group, 165 class, are now held by David Gauthier (578 squat, possibly total as well) and Keith Holter in the bench rather than Howard Krueger (Jun/87 PL USA), reports Keith.

The United States Attorney, Peter K. Nunez, announced today the unsealing of a 110-count indictment returned by a federal grand jury sitting in the Southern District of California, charging 34 individuals and two corporations with a variety of charges relating to a complex conspiracy designed to manufacture, smuggle, and distribute millions of dollars in counterfeit anabolic steroids. Nunez announced this on February 1986. David Jenkins, a British Olympic medalist residing in Oceanside, California, asked Juan Javier Macklis to illegally import anabolic steroids into the United States. Macklis, a Mexican citizen who owns a pharmaceutical lab in Tijuana, subsequently started producing a wide variety of steroids using fake labels that represented the drugs as being produced by either legitimate or fictitious drug companies.

According to the indictment, anabolic steroids are chemical derivatives of testosterone, the male sex hormone. Developed in the 1930's, their primary medical use is to help the body build tissue and prevent the breakdown of tissue that occurs in debilitating disease. This use resulted in steroids gaining wide recognition following World War II when medical doctors prescribed them to rebuild the body weight of people who survived German concentration camps. In the early 1960's an array of different anabolic steroids were introduced into this country for a wide variety of ill-defined and general uses. However, when the Food and Drug Administration (FDA) began scrutinizing the efficacy of these drugs, they began to be withdrawn from the marketplace because there was insufficient evidence of their effectiveness for these vanted and vague uses.

Nunez added that today, there are only a few approved anabolic steroids on the market. For example, nandrolone phenpropionate is available for the treatment of certain types of breast cancer; nandrolone decanoate for anemia caused by renal failure; and oxymetholone for aplastic anemia. The FDA has limited steroids to these types of serious illnesses due to the documented adverse side-effects, which include: cancer of the liver, jaundice, testicular atrophy, increase risk of coronary heart disease, stroke, sterility, birth defects, prostate cancer, increase masculinity in women.

The indictment also outlines that while the FDA has been narrowing the approved types of anabolic steroids that may be legally marketed, a market has arisen in its place. This black market arose because the use of anabolic steroids to enhance athletic performance and appearance has reached epidemic proportions among this nation's amateur and professional athletes. This epidemic, in fact, has resulted in black marketers finding it increasingly difficult to obtain legally manufactured steroids. In the face of this increasing demand, the individuals illegally supplying these drugs have had to create new

NUTRITION CORNER

Multiplying Your Nutrition

Advanced Concepts in Nutrition by George Zangas



George Zangas (at right) with POWERLIFTING USA's first subscriber, Gene Kuntz, with their awards at the 1983 National Masters Championships.

Over the years, individuals looking to supplement their diet with extra vitamins and minerals have been besieged with a marketing concept known as the multiple vitamin/mineral tablet. When we turn on the television, listen to the radio, or read a piece of advertising from a local drug store, we hear extolled the virtues of one-a-day-type supplementation. Of course, there is nothing inherently wrong with the concept of a "multiple" and the virtue of having a wide spectrum of supplemental nutrients in one convenient tablet is obvious. The problem is the advertising claims made for most of these multiple tablets. We hear such terms as "complete multi-vitamin and mineral formula", "high potency", and "money saving" banded about - claims that are ambiguous at best, and misleading and downright deceptive at worst. One of the best examples of this is (major brand name product). The first thing you notice when looking at the label is the incompleteness in the B-complex area. There are far fewer than the known 11 B vitamins and the 8-10 minerals that are generally regarded as standard even to a multiple tablet. The manufacturer's rationalization for this is simply that recommended daily allowances exist for only a few of the B vitamins, and that the general public has only recently been educated as to the need for calcium, magnesium, iron, and zinc. With most well known complete B-complex and a minimum amount of essential minerals - in other words, just enough to qualify legally, but not nutritionally, as a "complete" formula. Another example of selling the sizzle and not the steak, is in the claim of "high potency", which is virtually meaningless when used to describe the potencies of the ingredients in most of these multiple preparations. Most have no more than a low potency (10mg or less) of most of the B vitamins. Of course, the manufacturer might claim the right to say "high potency" because an objective definition of the word doesn't exist. That may be technically right, but in my opinion it is critically wrong. Given the pace at which nutrition, particularly athletic nutrition, is advancing, today's high potencies will be tomorrow's lower potencies. After all, when the 50mg. B-complex was first introduced some 15 years ago, it was considered a very high potency. By today's standard, however, it's considered a low to medium potency due to the established high B-complex range of 100 mg and higher range. As it is to the claim of "money saving", it applies more to the manufacturer than to the consumer. The manufacturer is saving money not only by keeping the completeness and potencies of the multiple formulas to a minimum, but also by inserting dyes, preservatives, and waxes into the preparations.

These substances are not only unnecessary and without nutritional value, they may have long term deleterious effects to the user. So, what should a good multi-vitamin/mineral tablet formula con-

tain? Let's get into both the selection and use of the multiple. A multiple, in the true sense of the word (as used in the nutrition industry) is a vehicle for all of the basic ingredients required in a basic nutritional program. The problem with the multiple is not, therefore, its ability to be complete, but because of the physical limitations of a single tablet, it is its ability to hold the high potencies of key nutrients, (including Vitamin E, C, Calcium, and Magnesium, and certain B vitamins that combat the effects of stress on the body) that are required for active people and athletes to remember that, powerlifting, even though it is self-induced stress, is every bit or more stressful on the body than other sports.

The potency of your multiple, whether it's high, medium, or low will always be determined by the potency of the B-complex. Even in the cases of high potency B-complexes, however, within the B-complex, "balance" within the B-complex, of need for your athletic endeavors. Of the 11 B vitamins, there are five in particular that will help your recovery and athletic performance: B12, Pantothenic Acid, Nicotinamide, Choline, and Inositol. The potencies of these five should be considerably

higher than the other six (B1, B2, B6, Folic Acid, Biotin, PABA). Keep in mind that the word "balanced" does not refer to equal, across the board numerical potencies. It usually means a certain proportion of potency with various nutrients to balance the formula for a specific nutritional task. A balanced formula for stress, for example, would mean higher dosages of pantothenic acid and nicotinamide in relation to the other B vitamins.

Even with the correct balances and potencies of B vitamins, however, we still face with the problem of adequate potencies of Vitamin E, Calcium, and Magnesium, due to the fact that we're limited to a single tablet. The largest tablet you'll find in the multiple form is approximately 2 1/2 grams. To achieve proper potencies of the aforementioned nutrients, plus all of the B-complexes and ancillary nutrients you need, you would have to swallow a tablet the size of a golf ball! You simply can't pour a gallon of water into a pint glass.

Unfortunately, taking several of the standard multiples per day instead of one won't solve the problem. What you must do is either supplement your multiples with E, Calcium, and Magnesium, or take a single

and Magnesium, or more conveniently, find a supplement that already contains a stress balance of Vitamin C, E, Calcium, Magnesium, and Phosphorus. This would give you a proper balance between minerals and vitamins, no matter what the B-complex is. This would allow you to simply increase the number of tablets relative to your activity level, to successfully tailor it to your individual needs.

An example of the potencies of key nutrients you should get in your multiple tablet (based on two tablets) is:

- B-12.....500 mcg.
- Choline.....500 mg.
- Inositol.....500 mg.
- Niacinamide.....200 mg.
- Pantothenic Acid.....200 mg.
- Calcium.....500 mg. +
- Phosphorus.....250 mg.
- Magnesium.....200 mg.
- Vitamin C.....500 mg.
- Vitamin E.....200 IU

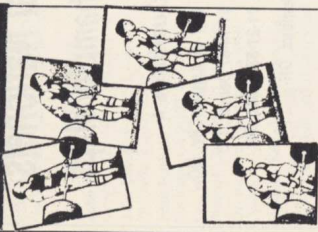
With this type of complete, high potency, balanced multiple, you can increase your nutritional intake as your training needs increase. You can take 2 tablets per day for maintenance/conditioning training, or double your intake (4 tablets per day) for heavy training, or triple your intake (6 tablets per day) to provide for your special nutritional needs during hard and peak training periods.

Again, the key to multiple vitamin/mineral tablet supplementation is to use a tablet formula that contains high potencies of Calcium, Magnesium, and Phosphorus in relation to the B and C vitamins so that when you take several you will be getting not only high potencies of Vitamins B, C, and E, but also proportionally higher dosages of Calcium, Magnesium, and Phosphorus.

With a quality multiple-type supplement you'll have the complete nutrition you need, the potencies and proportions to keep you from suffering any nutritional imbalances, the flexibility to tailor your nutrition to your training requirements, all while you enjoy the convenience of taking just a few single tablets. Certainly, there are other good ways to obtain proper nutrition supplementation, but if you want the convenience of a multiple, remember to select one that has the proper balance of minerals to vitamins. With the proper balance, you'll be assured of getting the nutritional edge you need at every dosage level.

George Zangas is the founder and owner of Marathon Distributing Company, which specializes in high quality nutritional supplements and apparel for the powerlifting community. George was formerly Western Regional Sales Manager 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). George is also a member of the Executive Committee of the United States Powerlifting Federation.

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WORKOUT

of the Month

This program is intended for a lifter capable of a 500 lb. bench press. It is a 2 month program. The expected increase for this training cycle is 35 lbs. The trainee should start with one bench workout every 5th day. Only one exercise may be performed on any given day. No assistance work, other than cheat curls, will be performed because they only detract from this unique program. The only equipment needed is a bench and bar with weights.

I have been lifting according to this program for 2 years, and my bench has gone from 575 to 652. I now bench once a week, squat once every 7-9 days and I do cheat curls once every 7-9 days. These are the only exercises I use.

Small weights and light workouts are bothersome and extremely useless. We will use very heavy weights in my program. In order to lift heavy singles in competition you must lift heavy singles in the gym, all the time! The repetitions, except warmups, will all be singles. Even if you feel you can do the weight more than once, do not do it. Doubles and triples and higher repetitions will not help at all.

With my workout you will not leave the gym all pumped up and sore, but we are not after soreness; we are after strength. The trainee will find a tremendous urge to return to the gym. He will return healed, hungry, intense, and stronger.

I recommend long rests (10-20 min.) between all sets, even the warmups. Remember these important things:

A new concept in weight training instruction. A workout by workout, set by set, step workout plan, with exact training poundages specified over the entire length of the training cycle, laid out for you by a top Powerlifting authority. Even though a different lift is analyzed, for those a different strength levels than the standard program. Simply increase or decrease the training weights in the program specified. For example, if your lift is 400, and a starting lift for the press is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

JEFF MADDY'S RAD BENCH PRESS PROGRAM

Advanced courses available in Bench for \$7.00; Squat for \$7.00; Cheat Curl for \$7.50; all 3 for \$19.00. Also available for seminar and demonstration. Contact:

Jeff (The King) Maddy
2100 West 39th St.
Casper, WY 82604

1st Workout (Sunday): 285 for 1 set of 3reps, 350x1x3, 425x1x1, 470x3x1. * Max out.

2nd Workout (Friday): Same as first workout, 470x3x1. * Max out.

3rd Workout (Wednesday): Same as first workout, 470x3x1. * Max out.

4th Workout (Monday): 285x1x3, 350x1x3, 425x1x1. * Max out, 480x3x1.

5th Workout (Saturday): Same as first workout, 480x3x1. * Max out.

6th Workout (Thursday): Same as first workout, 480x3x1. * Max out.

7th Workout (Tuesday): 285x1x3, 350x1x3, 425x1x1. * Max out, 490x3x1.

8th Workout (Sunday): Same as first workout, 490x3x1. * Max out.

9th Workout (Friday): Same as first workout, 490x3x1. * Max out.

10th Workout (Wednesday): 285x1x3, 350x1x3, 425x1x1, * Max out, 500x3x1.

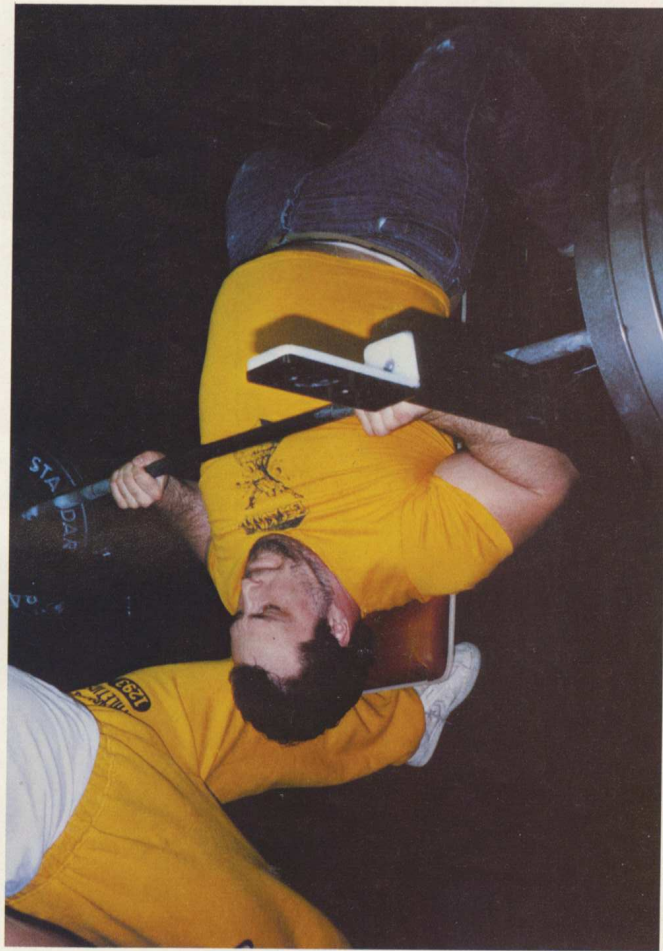
11th Workout (Monday): Same as first workout, 500x3x1. * Max out.

12th Workout (Saturday): 500x3x1, no max today.

13th Workout (Saturday) - Contest Day: 285x1x3, 350x1x3, 425x1x1. 1st attempt - 490, 2nd attempt - 520, 3rd attempt - 550.

* Max Out - means go for a P.R., do not do a negative, but try to make the lift. The max will be done for 1 set of 1 rep.

Below: SHAW left "The King" Maddy has quietly worked his way up the bench press ranks (Number 4 on All Time) from his remote home base in Wyoming. His "radical" routine reminds one of Jim Williams, who broke tradition by benching several times a week. Jeff states he is a drug free lifter, and he competed in one of Rich Peters' Drug Free Regionals. Photograph courtesy Jeff.



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- Chlorophylls 2 gr.
- Fat 0.035 gr.

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Key Personnel at the New Jersey Police Bench meet, included (left to right) Bob Calhoun - Best Lifter, Lightweights; Meet Director, Harvey W. Smith, and the Strongest Cop in New Jersey, Larry Melillo. Photo courtesy of John.

N.J. Police Press 9 May 87 - Tuckerton, NJ

148 lbs.	165 lbs.	181 lbs.	207 lbs.	223 lbs.	249 lbs.	265 lbs.	281 lbs.	297 lbs.	313 lbs.	329 lbs.	345 lbs.	361 lbs.	377 lbs.	393 lbs.	409 lbs.	425 lbs.	441 lbs.	457 lbs.	473 lbs.	489 lbs.	505 lbs.
F. White	K. Berger	S. Stivers	S. Moore	S. Stivers	S. Moore	S. Stivers	S. Moore	S. Stivers	S. Moore	S. Stivers	S. Moore	S. Stivers	S. Moore	S. Stivers	S. Moore	S. Stivers	S. Moore	S. Stivers	S. Moore	S. Stivers	S. Moore
300	315	330	345	360	375	390	405	420	435	450	465	480	495	510	525	540	555	570	585	600	615

181 lbs.	197 lbs.	213 lbs.	229 lbs.	245 lbs.	261 lbs.	277 lbs.	293 lbs.	309 lbs.	325 lbs.	341 lbs.	357 lbs.	373 lbs.	389 lbs.	405 lbs.	421 lbs.	437 lbs.	453 lbs.	469 lbs.	485 lbs.	501 lbs.	517 lbs.	
J. James	J. Neiman	J. McGinnis	R. Frey	K. Landis	J. Sullivan	Z. Korman	H. G. G. G.	J. Potter	SHW	M. Betz	M. Edden	D. Hutchins	J. Spies	R. Fraga	G. L. L.	G. L. L.	J. Calliano	B. Snyder	Washington	Masters II	T. Simon	
520	315	495	1320	485	325	515	1325	360	525	1330	490	305	525	1320	490	300	400	400	400	400	400	400

Missouri Open Natural Bench Press 6 June 87 - St. Joseph, MO

Women's Division

Sharon Crowley	198 lbs.	100
J. Stein	181 lbs.	75
J. MacArthur	220 lbs.	200
B. Whit	310	385
K. MacArthur	310	385
C. Lar	265	350
G. Maloney	245	315
M. Puche	285	315
J. Rodriguez	245	315
181 lbs.	290	350
Best Lifter Lightweight - Bryan Whit Best Lifter Heavyweight - Ken Ufford		

Contest was held in St. Joseph, Missouri. Thanks to Jon Carr and the Missouri Open Natural Bench Press Committee. Results from the Missouri Open Natural Bench Press Contest. Thanks to Fred and Shirley Glass for results.

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Graterford Powerhouse Open 6 June 87 - Graterford, PA

114 lbs.	129 lbs.	144 lbs.	159 lbs.	174 lbs.	189 lbs.	204 lbs.	219 lbs.	234 lbs.	249 lbs.	264 lbs.	279 lbs.	294 lbs.	309 lbs.	324 lbs.	339 lbs.	354 lbs.	369 lbs.	384 lbs.	399 lbs.	414 lbs.	429 lbs.	444 lbs.	459 lbs.	
M. Pickering	R. Picot	L. Stevens	S. Porter	P. Adams	C. Remington	K. Remington	J. LaCombe	C. Butler	N. Nattale	D. Jones	C. King	T. Hodges	A. Delgado	R. Bey	W. Phareson	H. Morales	L. Kemp							
265	105	265	635	335	280	170	280	730	475	295	480	1250	135	135	135	405	400	390	470	1350	330	230	425	985

13 June 87 - Belfast, Maine

Bay Area Open

114 lbs. M. Pickering 265
129 lbs. R. Picot 105
144 lbs. L. Stevens 265
159 lbs. S. Porter 635
174 lbs. P. Adams 335
189 lbs. C. Remington 280
204 lbs. K. Remington 170
219 lbs. J. LaCombe 280
234 lbs. C. Butler 730
249 lbs. N. Nattale 475
264 lbs. D. Jones 480
279 lbs. C. King 1250
294 lbs. T. Hodges 135
309 lbs. A. Delgado 135
324 lbs. R. Bey 405
339 lbs. W. Phareson 400
354 lbs. H. Morales 390
369 lbs. L. Kemp 470
384 lbs. 510
399 lbs. 1310
414 lbs. 500
429 lbs. 205
444 lbs. 440
459 lbs. 1170

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Clearfield Powerday 25 Apr 87 - Clearfield, PA

Table of lifters and weights for Clearfield Powerday. Columns include lifter name, weight class, and lift results.

Charles Schaefer of Lower Burrell, PA. This was his second time to win this honor, doing it previously in 1985. Highlights of the deadlift from Philip Hite, a 20 year old college student with his 440 lb. lift at a bodyweight of only 106 lbs. Phil hopes to be named to the later this year.

ADPFA California State Bench 2 May 87 - Watsonville (kilos)

Table of lifters and weights for ADPFA California State Bench. Columns include lifter name, weight class, and lift results.

Jeffrey (keep it up ladies!) by Malone Formula. Jeffrey set four new records, totaling \$95.2. Andy Hama added five pounds to his bench record (now 310 lbs.) and broke the 100 lb. record.

USPF Vermont State Meet 18 Apr 87 - St. Johnsbury, VT

Table of lifters and weights for USPF Vermont State Meet. Columns include lifter name, weight class, and lift results.

USPF Vermont State Meet Powerlifting Championships were held on Saturday, April 18th, in St. Johnsbury, Vermont. State champions and directors Steve Dolgin took over sixty lifters competed in another extremely successful meet.

warmly welcomed to the powerlifting circles. Special thanks to our crew who ran a flawless meet. Thanks to our announcers, Laura Dolgin, Gerry Deblee, Jacklyn Nadeau, Deb Monaldi (when she was not competing), Karen Gull, our staff, and Sylvia Judges were Walli Nadous, Joe Mitchell, Dana Jones, Chris Villante, Gerry Springer, Lowell Landry, Randy Pacheco and Bruce Boyce. The spotters were Steve Dolgin, Steve Dolgin, Charles Quilliet and Rob Landry with special thanks to Dan Harvey and Casey Rodd. Also thanks to Dan Harvey, Walt Nadeau and Wayne Courcy for lending their equipment (thanks to Steve Dolgin, State Chairman, USPF, for results).

Muscle World LIBRARY advertisement featuring various fitness and nutrition books for sale. Includes titles like 'Strength Training and Fitness', 'Nutrition / Sports Medicine', and 'MISCELLANEOUS'.

DR. SQUATS LIBRARY OF POWER advertisement featuring books by Fredrick C. Hatfield, Ph.D. Includes titles like 'The Natural Squat / Deadlift', 'The Complete Guide to Power Training', and 'Anabolic Steroids Which Ones? How Many?'.

Table of lifters and weights for Northeastern PA Bench Press 26 Apr 87 - Duncurry, PA. Columns include lifter name, weight class, and lift results.

Announcer: Gary Skelton, Judges: Alan Kishner, Gary Hunicart, Bill Handen, and Bill Grobner. Spotters: Anne Spence, George Wilshire, and Bill Grobner. The meet was held in a press contest had 70 lifters who competed in open, novice, teenage, masters and women's division. Cindy Rhodes took first place in the women's lift of the day and took first place with 479 lbs. in the 242 lb. class. (Thanks to Tom Morris for results).

Upcoming National Meet Qualifying Totals

Table with columns for Men's Contests, USPF Teen Nationals, USPF Teen Nationals, ADPPA Nationals, USPF Open Nationals, YMCA Nationals, Women's Contests, and USPF Women's Nationals. Lists qualifying totals for various weight classes.

above all, a new Teenage American MW Bench Presser... In the 181 class, Paul Sulphur lifted...

with ladies, first... In the 105 lb. class, it was Sara Jeffrey winning...

Overall, there were 113 women, 42 masters, 39 junior division competitors, and 22 senior division competitors...

Princeton put together some nice lifts to win the 198 lb. junior division title... After everyone had forgotten about Dehaven...

Overall, there were 113 women, 42 masters, 39 junior division competitors, and 22 senior division competitors...

Overall, there were 113 women, 42 masters, 39 junior division competitors, and 22 senior division competitors...

Overall, there were 113 women, 42 masters, 39 junior division competitors, and 22 senior division competitors...

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W. Virginia Championships

Table with columns for Women's, Men's, and Total. Lists results for various weight classes in West Virginia.

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U.S.P.F. National High School Team Champs... the guys from Lake Highlands in Dallas, Texas include: (front row) B. Hood, M. Lisco, A. Floyd, D. Adams...

Alaska Championships

Table with columns for Women's, Men's, and Total. Lists results for various weight classes in Alaska.

Table with columns for Women's, Men's, and Total. Lists results for various weight classes in Alaska.

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Table with columns for Women's, Men's, and Total. Lists results for various weight classes in Alaska.

Centralia Correctional Meet

Table with columns for Women's, Men's, and Total. Lists results for various weight classes at the Centralia Correctional Meet.

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California Class III & Below

Table with columns for Women's, Men's, and Total. Lists results for various weight classes in California Class III & Below.

Table with columns for Women's, Men's, and Total. Lists results for various weight classes in California Class III & Below.

Table with columns for Women's, Men's, and Total. Lists results for various weight classes in California Class III & Below.

Table with columns for Women's, Men's, and Total. Lists results for various weight classes in California Class III & Below.

European Championships

Table with columns for Women's, Men's, and Total. Lists results for various weight classes in the European Championships.

Table with columns for Women's, Men's, and Total. Lists results for various weight classes in the European Championships.

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Virtanen's New World Record



7:28 deadlift in the Middleweight class at the St. European Championships... Photo by Arnulf Wahlstrom.

7:28 deadlift in the Middleweight class at the St. European Championships... Photo by Arnulf Wahlstrom.

7:28 deadlift in the Middleweight class at the St. European Championships... Photo by Arnulf Wahlstrom.

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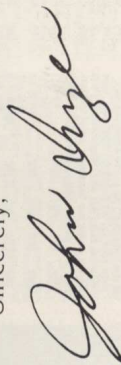
Dear Powerlifter,

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 shouldered 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

North Carolina Championships 25,26 April 87 - Charlotte, NC

Weight Class	SQ	BP	DL	Total
Teenage Light	330	215	425	970
E. Frahm (TBL)	500	280	460	1240
N. Hodge	500	280	460	1240
R. Mott	500	280	460	1240
B. McCall	240	265	35	540
J. Rosario	300	140	345	785
J. Lineberry	230	185	305	720
T. Fuller	150	80	260	490
J. Raynor	470	350	500	1320
J. Wilson	455	325	500	1280
K. Cox	440	310	430	1280
D. Ginn	320	250	350	920
D. Ginn	325	250	350	925
B. Griggs	315	290	300	905
Women				
C. Griskey	235*	95	290*	620*
114 lbs.	235	145*	345*	720*
S. Burns	215	100	210	525
123 lbs.	245	140	300	685
L. Schneider	265	120	275	660
J. Farabee	265	120	275	660
132 lbs.	210	135	255	600
T. Bralley	260	110	250	620
148 lbs. (WBL)	460*	335*	455	1250*
181 lbs.	225	105	240	570
J. Lentz	200	175*	250	625
198 lbs.	265	120	275	660
V. Farnon, Masters	215	100	210	525
M. Bisher	225	105	240	570
B. Wood	225	105	240	570
40-44 Yrs.				
M. Lewis	630	425	655	1710
C. Presley	525	250	550	1325
M. Stewart	540	255	575	1370
45-49 Yrs.				
D. Cooke	475	380	475	1330
J. Neabitt	355	205	400	1050
50-54 Yrs.				
J. Michael	405	245	450	1100
T. Coble	575	345	600	1520
L. Lyckzkowski	555	335	535	1425
L. Tate	425	315	425	1165
R. Haland	385	230	410	1025
50-54 Yrs.				
R. Murphy	365	275	485	1125
H. Wilson	330	215	365	910
J. Robbins	330	215	365	910
55-59 Yrs.				
R. Murphy (MBL)	275	200	375	850
J. Jennings	275	200	375	850
Junior Division				
I. Fuller	150	80	260	490
123 lbs.	275	165	360	735
A. Falk	345	225	360	930
B. Jett	260	265	315	840
J. Sturling	250	160	330	740
D. Abner	420	270	485	1175
V. Brown	500	280	460	1240
B. McGee	400	230	475	1105
165 lbs.	365	270	385	1020
C. Wilson	555	230	555	1340
J. Bennett	440	330	545	1315
N. Crozy	485	300	500	1285
J. Rich	480	275	490	1250
N. Hodge	500	280	460	1240
S. Erickson	460	275	425	1160
S. Erickson	460	275	425	1160
T. Wood	450	285	450	1185
Y. Boger	440	300	430	1170
181 lbs.	575	305	620	1500
S. Webb	540	345	590	1475
M. White	490	390	550	1430
D. Muney	570	325	525	1420
D. Muney	570	325	525	1420
M. Jackson	440	300	555	1315
J. C. Adams	435	285	525	1245
J. C. Adams	460	340	425	1225
198 lbs.	425	260	525	1210
P. Jefferson	620	390	575	1585
B. Moore	385	340	605	1330
S. Hill	495	405	535	1435
B. Hill	500	390	540	1430
M. Byrd	500	290	560	1350
J. Raynor	470	350	500	1320
220 lbs.	325	385	650	1660
J. Ginn	415	315	465	1205
R. Weisoff	445	320	465	1235
K. Gibson	415	320	385	1120
242 lbs.	620	340	600	1525



Powerlifting in Iran... Mr. Ghazamfar Taremy was winner of the 100 kilo class at a club meet held with the cooperation of the weightlifting committee. They held competition in 100, 125, and 150 kilo classes. AC-100, AC-125, and AC-150 were studied in Iran, which is where in Iran.

in popularity. This year's winner was Iqbal Farabee of Asheville, NC. Women Division: Though comprised of only 11 participants they were responsible for 11 state records. Records were set by: 114 lbs. - J. Raynor (500), 123 lbs. - L. Schneider (265), 132 lbs. - J. Farabee (265), 148 lbs. - J. Neabitt (355), 181 lbs. - J. Lentz (200), 198 lbs. - J. Robbins (330), 220 lbs. - J. Ginn (415). Men Division: Though comprised of only 11 participants they were responsible for 11 state records. Records were set by: 114 lbs. - J. Raynor (500), 123 lbs. - L. Schneider (265), 132 lbs. - J. Farabee (265), 148 lbs. - J. Neabitt (355), 181 lbs. - J. Lentz (200), 198 lbs. - J. Robbins (330), 220 lbs. - J. Ginn (415). Men Division: Though comprised of only 11 participants they were responsible for 11 state records. Records were set by: 114 lbs. - J. Raynor (500), 123 lbs. - L. Schneider (265), 132 lbs. - J. Farabee (265), 148 lbs. - J. Neabitt (355), 181 lbs. - J. Lentz (200), 198 lbs. - J. Robbins (330), 220 lbs. - J. Ginn (415).

Montana Barbell Club Meet 29 May 87 - Deer Lodge, MT

Weight Class	SQ	BP	DL	Total
132 lbs.	175	165	265	605
K. DuBois	130	100	240	470
148 lbs.	200	225	325	750
E. Berggren	170	155	275	600
D. Robblet	175	155	325	655
165 lbs.	260	260	330	850
K. Krause	275	275	360	910
D. Nicholson	235	185	330	750
181 lbs.	325	365	475	1165
J. Griffin	480	240	425	1145
M. Matthews	285	270	475	1030
198 lbs.	345	300	570	1215
W. Williams	370	275	475	1120
L. F. Laws	370	275	475	1120
S. Mattison	290	230	355	875
S. McKendry	275	215	365	855
S. Brub	275	215	365	855
M. Hammond	290	230	355	875
D. Ginn	315	215	360	890
212 lbs.	450	285	475	1210
C. Thody	100	260	400	760
C. Hale	100	260	400	760

Best Overall Lift: squat-don-Schim 475; bench-press-Don-Schim 1275. Special thanks to the Warden Forum members, Terry Robbins, Lee Penegras, and Pat Mann for approving the meet. Thanks to LL McCarthy for coming on his day off to run the meet and to certify the results. Also thanks to all of those who helped and Frank Laws, not to mention those who helped spotting the bars. A word of thanks is also due Brad Hutter for assisting with the judging and the Warden Forum members. Thanks to LL McCarthy for making the record books for the meet. And last, but not least, thanks to all of the men who participated. It was a great meet and most of the participants did a great job of powerlifting and encouraged each other to do their best. We're looking forward to the next one! (Thanks to Monte Hinson for results).

ADPPA KY Qualifier 11 Apr 87 - Lexington, KY (kilos)

Weight Class	SQ	BP	DL	Total
Women	140	65	160	365
P. Collins (127*)	50	65	160	365
Men (127*)	170	85	182.5	437.5
R. Crane	170	85	182.5	437.5
C. Campbell	170	85	182.5	437.5
C. Edwards	170	85	182.5	437.5
C. Edwards	170	85	182.5	437.5

Results submitted by: Carol A. Waters.

California State Deadlift

2 May 87 - Watsonville (kilos)

- Open 114 lbs. C. Fong 205
L. Green 275
R. Todd 185
B. Chow 205
J. Carr 275
M. Urvosa 205
J. Lee 282.5
T. Singletary 175
R. Carpenter 270
J. Pedro 182.5
D. Hawley 245.5
181 lbs. 227.5
D. FitzCarrald 227.5
C. Sorenson 167.5
198 lbs. 295
B. Rigano 318
P. Ray 257.5
R. Ellis 257.5
C. Sorenson 187.5
115 lbs. 250
Y. Owen 117.5
J. D'Aligo
Team trophies: Best Lifter - J.D. Carr and Sue Lem. Announcer - Gary Skelton, Sport-ers - Ron Morris, Steve Johnson, and Bob...

Community Hospital, the auditor of Watsonville Community... day was a 600 pound deadlift at a bodyweight...

Kansas High School Championships

4 Apr 87 - Topeka, KS

- Women 200 lbs. S. Myrick 270
140 lbs. K. Alton
114 lbs. C. Gearh
170 lbs. W. Brandon
265 lbs. 190
320 lbs. 775
485 lbs. 200
400 lbs. 250
500 lbs. 390
200 lbs. 220
315 lbs. 210
440 lbs. 965
M. Beckman 305
330 lbs. 205
335 lbs. 890
L. McCoy 285
D. Guffy 205
360 lbs. 860
B. Boyer (GL) 630
495 lbs. 505
1280* 198 lbs.
470 lbs. 245
460 lbs. 1175
330 lbs. 280
330 lbs. 940
M. Peterson

Omni Summer Bench Press

30 May 87 - Schererville, IN

- 114 lbs. D. Navarro 160
132 lbs. D. Stone 254
R. Delgado 243
M. B. 314
S. Nash 281
165 lbs. 336
D. Tarras 281
T. Harris 231
J. Vrabel (BU) 463
G. Hess 303
B. Brannard 303
198 lbs. G. McHenry 446
C. Bommer 441
I. Desimone 419
R. Kessler 402
P. Calcagno 419
R. Kessler 402
J. Vrabel (BU) 463
G. Hess 303
B. Brannard 303
I. Yarosh 419
C. Shaw 265
C. McHenry 446
G. Bommer 441
I. Desimone 419
R. Kessler 402

Gold's Gym ADFPA Invitational

21 Apr 87 - Raleigh, NC

- 161 lbs. B. Schmidt-O 550
300 lbs. K. Kroby-G 405
250 lbs. A. Lewis-G 405
250 lbs. S. H. 425
242 lbs. L. Lyczkowski MO 535
325 lbs. L. National Qualifying Total: 1NC State Masters
Lifter: A very small meet but with a lot of heart

A.D.F.P.A.

TOP 20

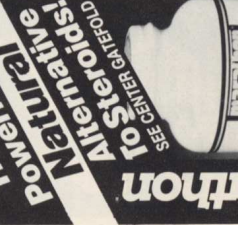
125 + kg. SHW

- SQUAT 1. 903 M. Hall 8/10/86
2. 748 D. McCain 8/10/86
3. 706 V. Kennedy 11/2/86
4. 512 E. Washington 6/24/86
5. 740 B. Volland 12/7/86
6. 720 B. Groves 8/10/86
7. 715 W. Andrews 10/11/86
8. 700 R. Kessler 3/14/87
9. 661 C. Dobson 3/14/87
10. 660 D. Wochnick 2/28/87
11. 660 D. Wochnick 2/28/87
12. 655 S. Safe 8/10/86
13. 650 E. Washington 6/24/86
14. 640 B. Carvin 4/11/87
15. 640 B. Carvin 4/11/87
16. 635 G. Garay 2/24/86
17. 635 G. Garay 2/24/86
18. 634 B. Bierschbach 3/8/87
19. 630 D. Coleman 3/14/87
20. 630 D. Coleman 3/14/87

- DEADLIFT 715 B. Groves 2/28/87
710 M. Hall 8/10/86
707 D. McCain 8/10/86
1901 B. Groves 8/10/86
1819 B. Hart 11/30/86
675 M. Dobson 3/14/87
1764 E. Washington 6/24/86
665 V. Eldridge 2/28/87
665 D. Coleman 3/14/87
640 D. Wochnick 2/28/87
640 R. Hall 12/1/86
640 R. Hall 12/1/86
638 S. Safe 8/10/86
623 B. Bierschbach 3/8/87
620 V. Eldridge 5/10/86
610 R. Kessler 3/14/87
610 S. Safe 8/10/86
605 N. Sligh 2/21/87
605 N. Sligh 2/21/87
601 S. Millard 4/12/87
600 T. Furano 6/21/86
600 T. Furano 6/21/86

- TOTAL 2332 M. Hall 8/10/86
2077 D. McCain 8/10/86
1901 B. Groves 8/10/86
1819 B. Hart 11/30/86
1764 E. Washington 6/24/86
665 V. Eldridge 2/28/87
665 D. Coleman 3/14/87
640 D. Wochnick 2/28/87
640 R. Hall 12/1/86
640 R. Hall 12/1/86
638 S. Safe 8/10/86
623 B. Bierschbach 3/8/87
620 V. Eldridge 5/10/86
610 R. Kessler 3/14/87
610 S. Safe 8/10/86
605 N. Sligh 2/21/87
605 N. Sligh 2/21/87
601 S. Millard 4/12/87
600 T. Furano 6/21/86
600 T. Furano 6/21/86

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and lifting. Only five gave it all they got. All lifts would like on the back of my hand. At this time everyone at the Gold's Gym for their support in having the meet. Bill Schmidt's total qualified him as Nationals. Stan Harte was our 'Noovice lifter. He works. Our guest lifter was Matt Kruger. He is an experienced lifter. Our guest lifter was Matt Kruger. He is an experienced lifter. Our guest lifter was Matt Kruger. He is an experienced lifter.

Table with columns: G.U.H.S.D. Championships, 9 May 87 - Phoenix, AZ, 114 lbs., 123 lbs., 148 lbs., 170 lbs., 185 lbs., 210 lbs., 225 lbs., 245 lbs., 250 lbs., 255 lbs., 260 lbs., 265 lbs., 270 lbs., 275 lbs., 280 lbs., 285 lbs., 290 lbs., 295 lbs., 300 lbs., 305 lbs., 310 lbs., 315 lbs., 320 lbs., 325 lbs., 330 lbs., 335 lbs., 340 lbs., 345 lbs., 350 lbs., 355 lbs., 360 lbs., 365 lbs., 370 lbs., 375 lbs., 380 lbs., 385 lbs., 390 lbs., 395 lbs., 400 lbs., 405 lbs., 410 lbs., 415 lbs., 420 lbs., 425 lbs., 430 lbs., 435 lbs., 440 lbs., 445 lbs., 450 lbs.

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Table with columns: DESIGN, STYLE, COLOR, AMOUNT, SIZE, QUANTITY, UNIT, AMOUNT. Includes items like Men's Tank, Women's Tank, T-Shirt, and various shorts.

198 lbs. 420
205 lbs. 415
210 lbs. 415
215 lbs. 415
220 lbs. 415
225 lbs. 415
230 lbs. 415
235 lbs. 415
240 lbs. 415
245 lbs. 415
250 lbs. 415
255 lbs. 415
260 lbs. 415
265 lbs. 415
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300 lbs. 415
305 lbs. 415
310 lbs. 415
315 lbs. 415
320 lbs. 415
325 lbs. 415
330 lbs. 415
335 lbs. 415
340 lbs. 415
345 lbs. 415
350 lbs. 415
355 lbs. 415
360 lbs. 415
365 lbs. 415
370 lbs. 415
375 lbs. 415
380 lbs. 415
385 lbs. 415
390 lbs. 415
395 lbs. 415
400 lbs. 415
405 lbs. 415
410 lbs. 415
415 lbs. 415
420 lbs. 415
425 lbs. 415
430 lbs. 415
435 lbs. 415
440 lbs. 415
445 lbs. 415
450 lbs. 415

APPLICATION FOR REGISTRATION IN THE UNITED STATES POWERLIFTING FEDERATION PLEASE PRINT CLEARLY. LAST NAME, FIRST NAME, STREET ADDRESS, CITY, STATE, ZIP CODE.

198 lbs. 420
205 lbs. 415
210 lbs. 415
215 lbs. 415
220 lbs. 415
225 lbs. 415
230 lbs. 415
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420 lbs. 415
425 lbs. 415
430 lbs. 415
435 lbs. 415
440 lbs. 415
445 lbs. 415
450 lbs. 415

Imitation is the Highest Form of Flattery



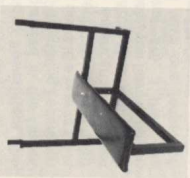
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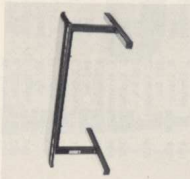
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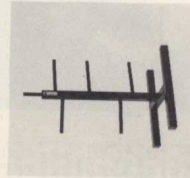


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MAGNUM II - Nighttime Formula - Each capsule contains: L-Aspartic Acid, L-Arginine, L-Asparagine, L-Glutamine, Branched Chain Amino Acids, (L-Leucine, L-Isoleucine, L-Valine), L-Alanine, L-Phenylalanine, Ketoglutaric Acid, and Citric Acid. Plus Vitamin B6, Vitamin C, Magnesium, and Lyxine.

ULTRABOLIC - Each 900 mg capsule contains a precise blend of Inosine, Gamma Oryzanol, Creatine and Dimethylglycine.

INOSINE - Pure Capsules - 500 mg each. 90 capsules \$13.50. 180 capsules \$25.00. 270 capsules \$36.00.

L-CARNITINE - Pure Capsules - 500 mg each. L-Carnitine - 30 capsules \$13.00. 60 capsules \$24.00. 90 capsules \$34.50.

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CANTHAXANTHIN - Purest, darkest, highest quality available. 90 capsules \$39.95. Each bottle contains 80 capsules.

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Ohio State Teenage

Table with columns: Sq, BP, DL, Total. Lists names and scores for various events like 14-15 yrs, 16-17 yrs, 18-19 yrs.

Atlantic Coast All-Natural

Table with columns: Sq, BP, DL, Total. Lists names and scores for various events like 12-13 yrs, 14-15 yrs, 16-17 yrs, 18-19 yrs.

Bob Raff's Open Bench Contest

Table with columns: Weight, Name, Score. Lists names and scores for various bench press events.

SMN 'Drug Free' Meet

Table with columns: Weight, Name, Score. Lists names and scores for various powerlifting events.

New Jersey ADPA Bench Press

Table with columns: Weight, Name, Score. Lists names and scores for various bench press events.

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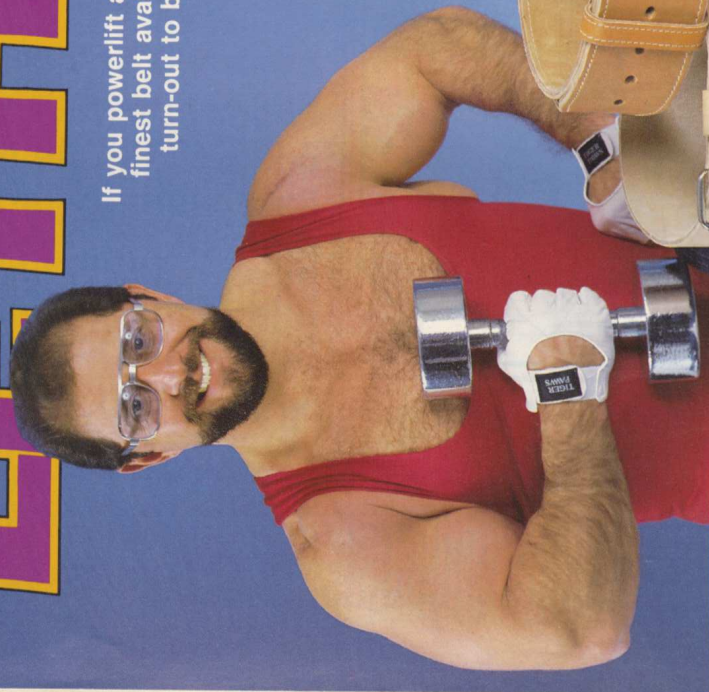
Muscle World advertisement. Features images of Texas Power Bar, Spin-Lok Olympic Collars, and other gym equipment. Includes contact information and a toll-free number.

T-Shirts advertisement. Displays various t-shirt designs with logos and slogans. Price is \$8.99. Includes size information and copyright notice.

Large advertisement for Muscle World gym equipment. Includes detailed descriptions and prices for items like Texas Power Bar (\$189.00), Texas Squat Bar (\$240.00), Spin-Lok Olympic Collars (\$28.00), and various dumbbells and racks.

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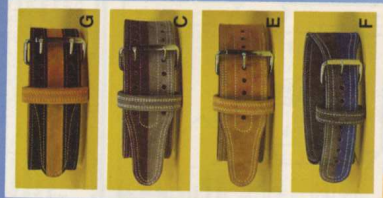
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Ohio State Championships 15 Feb 87 - Kent, OH (kilos)

JUNIOR RESULTS	SB	DL	Total
114. Paul Pollock	85	42.5	117.5
123. Paul Fogg	190	112.5	182.5
130. Tim Hughes	120	85	137.5
136. Mark Lucette	170	97.5	210
140. Mike Digangi	170	100	205
147. Larry Miller	66.5	160	67.5
151. Adrian Pascale	212.5	142.5	327.5
152. Pat Manfredi	215	152.5	225
153. Tony Midkiff	175	140	220
154. D. Grandonico	212.5	142.5	187.5
155. Shawn Taylor	172.5	115	187.5
156. Jim Edwards	170	135	182.5
157. Brian Billman	282.5	185	272.5
158. Scott Bowles	257.5	162.5	240
159. Lloyd Smith	227.5	152.5	275
160. Eric Tyson	230	172.5	237.5
161. Scott Zamski	212.5	145	242.5
162. Gary Cosmo	200	140	240
163. Scott Biggin	210	127.5	217.5
164. F. Bongiovanni	167.5	85	202.5
165. Mike Raloni	167.5	85	202.5
166. Brad Callor			

167. Adam Becher	287.5	182.5	280
168. Paul Yupa	272.5	162.5	272.5
169. Walt Sword	282.5	170	250
170. N. Wickendall	240	182.5	245
171. K. Roberts	245	155	250
172. Duke Rannytz	240	137.5	272.5
173. Jim Kish	245	150	222.5
174. Don Karas	205	157.5	255
175. Richard Kamp	182.5	177.5	227.5
176. J. McEwen	232.5	125	215
177. Jerry Kusar	287.5	175	280
178. Dennis Muratori	285	175	277.5
179. Carlos Medina	255	185	277.5
180. Eric Gibson	290	147.5	282.5
181. Kirk Bardos	237.5	175	280
182. Gini Samatot	280	137.5	282.5
183. David Bowers	290	182.5	285
184. Frank Cervelli	242.5	147.5	245
185. Jim McNight	215	122.5	227.5
186. T. Ziegler	205	185	322.5
187. Rick Wadde	305	185	322.5
188. Pat Cunningham	295	167.5	292.5
189. Jim Rummell	312.5	172.5	290
190. Gerald Clayton	287.5	200	247.5

SENIOR RESULTS	SB	DL	Total
191. Brent James	230	160	247.5
192. Benn Conzappelli	230		
193. Casey Seobon	317.5	210	300
194. David Bowers	290	182.5	285
195. Don Case	260	212.5	272.5
196. Les Cheney	280	187.5	250
197. Pat Mueller	250	215	227.5
198. SENIOR RESULTS			
199. Paul Fogg	190	112.5	182.5
200. Paul Fogg			

WOMEN - ADFPA - TOP100



Women (check out the 1986 Top 20 rankings on page 12&13, March/87 PL USA), ADFPA (check out the ADFPA TOP 20 ranking lists in this and previous issues of PL USA), TOP 100 (check out the TOP 100 ranking lists in this and previous issues of PL USA). YOU MAY QUALIFY for a Beautiful, signed POWERLIFTING USA Achievement Plaque. See page 42 for How to Order details, and watch upcoming ranking lists!



Best Master over 50 at the Ohio State Championships was James Rummell. Photograph by J.J. Prekop Jr., 1190 Oakland Ave., Akron, OH 44310.

120. Tim Hughes	120	85	137.5
121. Jim Finch	272.5	152.5	272.5
122. Mark Lucette	210	97.5	210
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Frank Sfranco(59) 205 152.5 202.5 560
Don Frank(57) 210 132.5 190 532.5
Dan Adams(52) 202.5 42.5 212.5 557.5
Over 60
Chas Lee(66) 142.5 127.5 202.5 472.5
Bern Yoder(66) 92.5 15 125 272
Ohio PL Championships
another fine success for the Kent State W Club
as meet sponsors. This was the biggest turnout
of the 5 yrs we have had the meet with 96 com-
petitors and 1000 people throughout the day to provide
encouragement for the lifters. With the help of
Larry Pacifico's hydraulic racks we ran the lifters
smoothly. We try to offer awards that are different from
the usual trophy. This year the engraved plates
we provided received many comments from the
lifters. We also had a special award for a squat
suit for each of the 4 outstanding lifters.
Congratulations to Jim Finch and John Black
for being named outstanding lifters in the Sr Div
and to Brian Billman and Adam Becher for being
outstanding lifters in the Jr Div. Adam was also the outstanding
teenage lifter with lifts of 633-402-617-1653.4
which are very impressive lifts for all the people who
helped make this meet a success.
(Thanks to Todd Monroe for results)

Ohio State Women's Championship 6 June 87 - Tallmadge, OH

97 lbs. Sheri Burt	260	145	325
105 lbs. V. Shane	210	105	285
S. Simone	200	110	275
114 lbs. R. Miller	195	105	260
S. Bowles	300	140	295
S. Bowles	260	135	290
M. Garner	300	145	325
S. Castello	225	135	260
132 lbs. M. Stevens	320	185	400
148 lbs. M. Stevens	370	155	390
L. Jackson	360	140	385
D. Vanko	300	150	345

Thanks to Les Cheney for results.

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See Page 75

**PACIFICO
ENTERPRISES**



Maggie Sandoval, strong finish in the 115 lb. lift, all photographs of the meet were taken by several of the U.S. team members.

(Continued from page 9)

their seats and kneeling on the floor to observe her depth. She opened with an extremely easy 167.5 kg, a squat, going to 182.5 kg for a second attempt, but it was ruled high. She went on to a conservative 185 kg, and sat on it. Her benches were easy with a good 95 kg, second attempt and a third attempt of 102.5 kg, called for foot movement. A protest was brought by the coaches since the spotter had lifted the bar with the crook of his arm and followed her down bringing his face down close enough to give Vicki a kiss. The jury of one ruled that the spotter did not interfere with the equipment. This was the only occurrence of such an incident. Vicki

kept her deadlifts conservative and made all her attempts easily, finishing with 207.5 kg, and totaling 487.5 kg. Alice Kargl of West Germany, with a National record of 170 kg, set her third attempt squat, scored a good 92.5 kg, bench, and settled for a 210 kg, deadlift after failing a 215 kg. Her total of 472.5 was also a new record. Third placer Kerry Boyce of Australia did not fare so well ending with a 45 kg, deficit and a 427.5 kg, total.

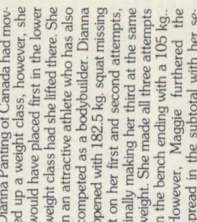
Deborah Patton of the USA, who had first place in the 75 kg class last year, moved down a class and improved her total by 27.5 kg. Deborah's biggest improvement came in her bench. She made all her attempts, second ending with a 185 kg, total. Second place Liz Odendaal of the Netherlands made a 180 kg, squat on her second attempt. Third place Heidi Wittesch of Australia made the same as Liz on the second attempt squat, both failing with their third. All three girls succeeded with an opening bench of 100 kg. Heidi jumped to 105 kg, and failed. Liz went to 108 kg, missing it altogether. Deborah made her 107.5 kg, bench but was red lighted with a call of hip raising. Once again, the referees were out of their seats for Deborah. Heidi repeated her 105 kg, struggle, eventually succeeding. Debbie went on to a new World record of 107.5 kg, which she made easily only to have Liz come from behind with a 108 kg, bench and a re-established record. Deborah was not satisfied and called for a fourth attempt of 110 kg. However, Liz also took a fourth attempt and re-established herself once again as the bench record holder with 110.5 kg. The local evening news showed a clip of Liz's fourth attempt and it seemed her hips came off a bench during the lift. Where is the justice when some lifters are scrutinized while others sail along? Going in to the deadlift Deborah opened with 185 kg, and lifting it as though it were

bodyweight, thus placing fourth.

82.5 kg, class Maggie Sandoval of the USA won her first World Championship with a bang. Opening with a super easy 190 kg, squat she called for 197.5 kg, for a second attempt, which was misloaded to 192.5 kg. Maggie squatted the weight easily only to have the mistake be discovered by the officials. She then had to follow herself in the squat taking the weight originally requested for the second attempt and easily squatted it. She finished up with an easy 205 kg. Second place Diana Panting of Canada had moved up to a weight class, however, she would have placed first in the lower weight class had she lifted there. She is an attractive athlete who has also competed as a bodybuilder. Diana opened with 182.5 kg, squat missing it on her first and second attempts, finally making her third at 205 kg. She made all three attempts the bench ending with a 105 kg. However, Maggie furthered the spread in the subtotal with her second attempt 112.5 kg, bench and 117.5 kg. In the deadlift Maggie stroked her opener of 181.5 kg, going to 205 kg, her easy second attempt of 205 kg, which secured first place for her. Maggie called for a final attempt in her deadlift, an attempt that would have broken the long standing World record of 227.5 kg, set by Yvonne Williams in 1981. She attempted a 228 kg, pull but could only get the weight up to her knees. The record remains unscathed. Maggie finished with a 522.5 kg, total. Diana made a third attempt of 200 kg, in the deadlift going to 205 kg, total with Nancy Turner, also of Canada, taking third with a 422.5 kg, total. Eighteen year old Tracy Sprizzo of Australia, who placed second in the 75 kg class last year, moved up to the 82.5 kg class making the same total as last year, 412.5 kg.

90 Kg. class Jackie Pepper of Great Britain moved up from a second place finish last year to the first place position. She made a third attempt of 177.5 kg, on the squat, setting a new National record. Caroline Bonner, also of Great Britain, placed second with a 152.5 kg, squat. Jackie widened the gap with her third attempt of 92.5 kg, in the bench whereas Caroline had

90 Kg. class Jackie Pepper, 90 kg World Champ.



Jackie Pepper, 90 kg World Champ.

to settle for a second attempt, bench of 72.5 kg. Jackie continued her route to victory with a new National record, totaling 462.5 kg. Caroline finished with a 395, kg, total.

Lorraine Costanzo, of the USA, reigned as the first place winner in this class. She was the apex of the meet, moving up a weight class from the 90 kg, class to take all records in the Superheaves, and establishing herself as the greatest women lifter in history. She ended with four World records in this class. Her competitors did not have a prayer and could only settle for competing amongst themselves for second through fourth place. Lorraine very easily completed a 227.5 kg, or 501 lbs., squat for her first attempt. She then moved on to a new World record of 242.5 kg, 534.5 lbs., for a second attempt. She broke the World record two times with a 257.5 kg, 567.5 lbs., squat, breaking both the American and World records and establishing the greatest squat ever by a woman. Boosted by the tremendous crowd display of encouragement, she called for a fourth attempt of 262.5 kg, or 578.5 lbs.. The crowd quieted and the air grew tense with anticipation as Lorraine gathered her inner strength before the lift. Placing herself under the bar she hoisted the tremendous weight into the squat position. The referee called for her to "squat" and Lorraine took in a gasp of air, and began her descent. With the help of superior genetics and a crowd of 100% behind her, Lorraine squatted an unquestionably deep squat, raising her total with a slight strain just

World record in this lift. She pressed above the parallel mark. The unbelieving spotters were almost ready to snatch the weight from her, but to everyone's amazement she continued on the way to the new World record. Lorraine is only 21.5 lbs. from breaking the magic 600 lbs. barrier. After her victorious squat record, Lorraine moved on to the benches where she made all three attempts on her way to setting a new World record in this lift. She pressed

ed 127.5 kg, and moved on to set a new World record with a fourth attempt of 130.5 kg, or 287.5 lbs. Lorraine opened with a 197.5 kg, deadlift on the way to a 222.5 kg, and another World record with a third attempt of 237.5 kg, or 523.5 lbs.. The icing on the cake was her new World record total of 622.5 kg, or 1372 lbs.. Had her fourth attempt on the squat and bench been her third attempts her total would have been an incredible 127.5 kg, and moved on to set a new World record with a fourth attempt of 130.5 kg, or 287.5 lbs. Lorraine opened with a 197.5 kg, deadlift on the way to a 222.5 kg, and another World record with a third attempt of 237.5 kg, or 523.5 lbs.. The icing on the cake was her new World record total of 622.5 kg, or 1372 lbs.. Had her fourth attempt on the squat and bench been her third attempts her total would have been an incredible

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Errors. Glen Stearns should have been credited with a 679 bench in the 1987 National Masters in the July 1987 PL USA. The results of the ADFPA Winter Class in Lexington, KY did not indicate that in the Women's Open Section Hart was in the 104 lb class. Hack and Robinson in the 129; Collins and Grosvenor in the 130; Dr. Dickson and Crane in the 154s; Brice in the 176s, and Carol Waters in the 176 plus. In the Women's State division, Hart and Robinson were in the Light division, Hack and Collins in the Mid division, and Dickson, Crane and Brice in the Heavy division. Thanks to Carol Waters for this information.

Women's Division	SQ	BP	Total
B. Noland	250	135	385
B. Label	240	128	368
M. Wellson	198	115	313
S. Olson	188	108	296
A. Johnson	188	108	296
A. Hardy	188	108	296
J. Neal	188	108	296
M. Romero	188	108	296
N. Jodis	188	108	296
M. Brennan	188	108	296
B. O'Marra	188	108	296
K. Davilo	188	108	296
R. Kozel	188	108	296
F. Archambault	188	108	296
R. Kozel	188	108	296
M. Benedis	188	108	296
D. Peterson	188	108	296
J. Barrios	188	108	296
S. Manco	188	108	296
Total	2430	1230	3660

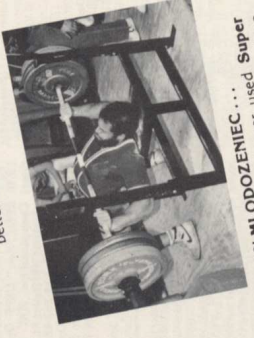
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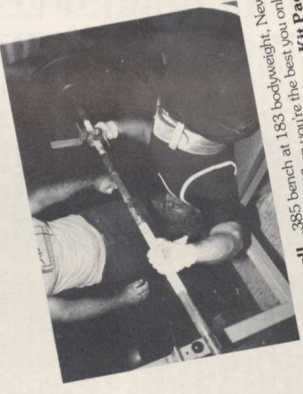
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