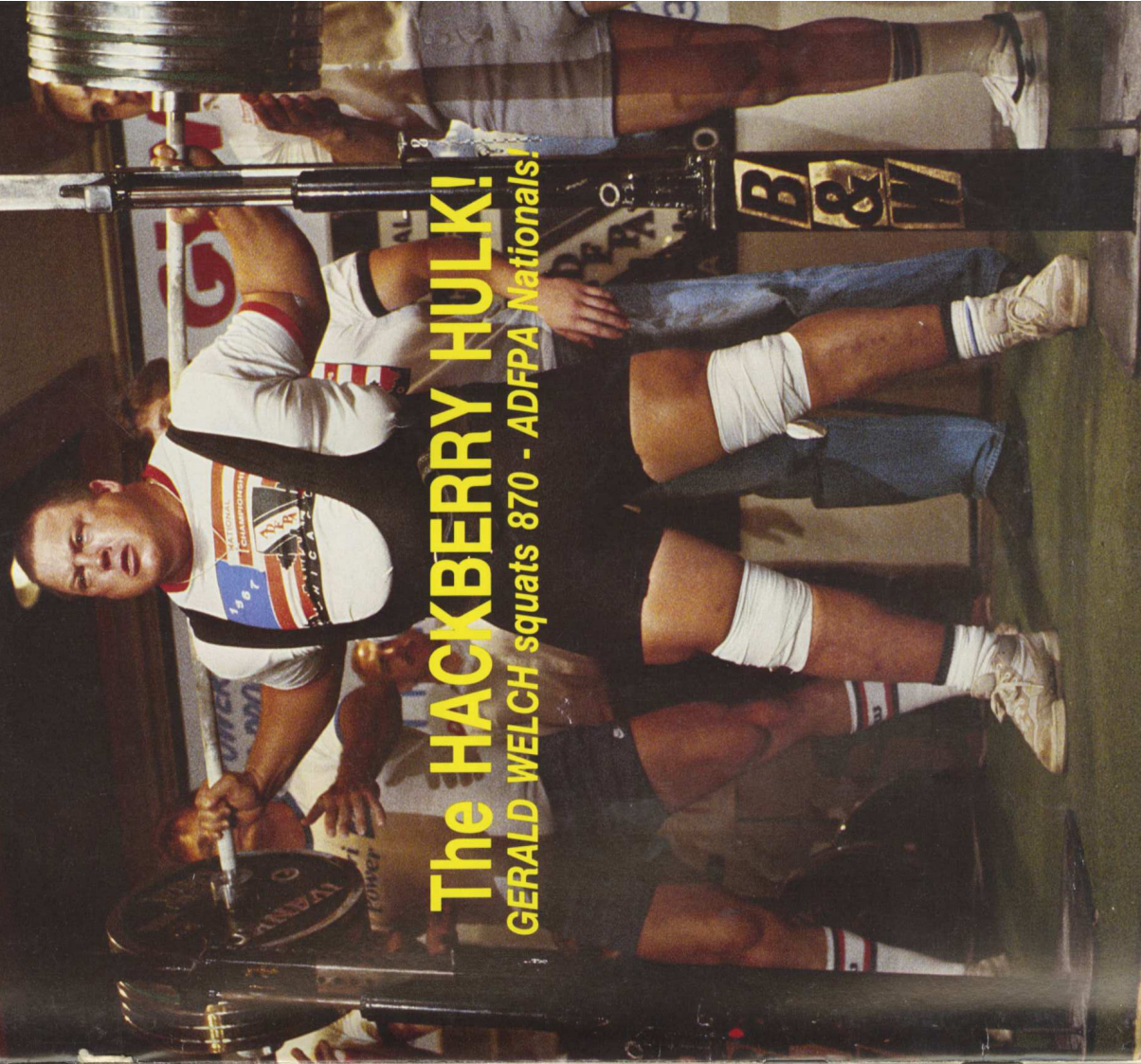


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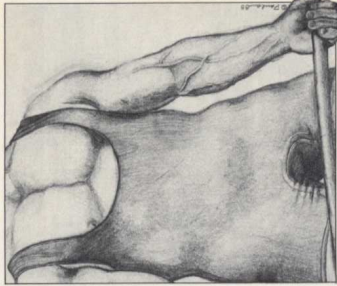
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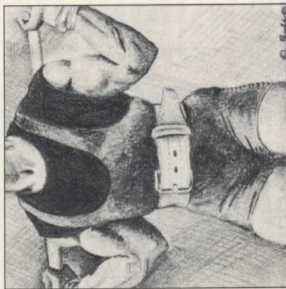
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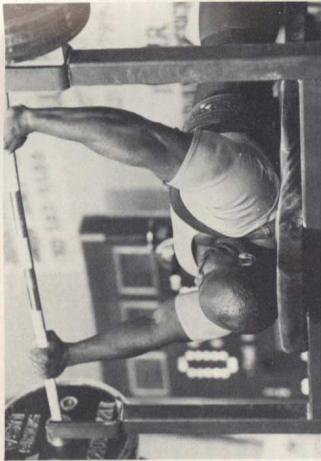
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"BULL" Stewart was cooking at 242

Star of the meet was Gerald Welch of Hackberry, Louisiana. He toyed with his weights, left some squat and deadlift in reserve, and grinningly declared that you have to eat a lot of "poo-day" if you want to be strong like him. Dempsey did some nice lifting of his own in 2nd, and Ray Foreman might have been a factor had he not ripped his suits out.

At Super, McCain was the Man, but Barry Groves had a perfect day in 2nd place, and Ernie Surell almost did. (Ernie has an 18 handicap in golf and had a hole in one last year.)

Best Squat went to Gerald Welch, Best Bench to Freddie Higgins, Best Deadlift to Roger Thompson, and Best Lifter to Gerald Welch, followed by Martin Beavers, and Andrew Stewart. I teamwise, I finished up Sampson's, then B&W Gym, and then Northwest Powerlifters.

and a couple were not allowed to compete since their polygraph results were "inconclusive". Elections were also held and the new A.D.F.P.A. officers include President Dennis



Gary Henton...of Port Arthur, Texas took the ADFPA 198 title in his 1st try.

With the favorites occupied, Henton jumped on the opportunity with a meet record squat, and wouldn't let anyone else head him off.

Shawn Cain had a great day in the 220s, but was doggedly pursued by Glenn Wilkins even to the last deadlift. Scott Antczak acted bullish about his future in the sport with some powerful lifting moves. Dennis Brady declared Greg Durdan, a farmer who trains in his barn, to be his favorite lifter of the meet.



Shawn Cain...champion at 220 lbs. Brady, Vice President Pat Malone, and Secretary John Petroff. A major change in ADFPA requirements will be a phase-in to 3 years clean by 1990, starting with 18 months clean in 1988. Next year's Nationals will be in St. Louis, hosted by John Petroff. Hope to see you there!



The Big One...397 lb Dan McCain

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Ask the Doctor

This column will answer questions about drugs used by athletes and the available 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. If you wish a personal response to your question send \$15.00 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. 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 spirit of the original question.)

DEAR MAURO: I have heard that the East Germans and Russians have been using anabolic steroids up to the date of contests but are not getting caught on the doping tests. I suspect that there must be something to these runners since the East German and Russian athletes just keep getting stronger with no end in sight. I'm willing to accept that some of their strength increases are due to hard training, coaching and diet, but they must be using something which is helping them get stronger.

If they are using some kind of anabolic steroid, why aren't they getting caught? Are they using something to mask the fact that they are using drugs or are they using some anabolic steroid that can't be detected? **Ron L.**

DEAR RON: There is no doubt that some advanced world class lifters are using anabolic steroids and getting away with it. The testosterone/epitestosterone test for the use of testosterone (for example testosterone cypionate and enanthate) allows some cheating since the levels are set high - some testosterone can be taken up to the time of the contest without having a positive urine test. This form of cheating, however, is dangerous since you just might put yourself over the allowable ratio. As well it really isn't too much help. Many athletes have found a safer and more effective way to keep from getting caught - by using one of several "invisible" anabolic steroids available today. One of these invisible anabolic steroids is readily available while the others are being custom made for a small number of athletes. Unfortunately if I told you much more I would be scooping much of my fourth update to my book, *Drug Use and Detection in Amateur Sports*. This update will be out in October of this year and will be available for \$10.00 US funds plus \$1.00 P&H. (I'll reserve a copy for you. **M.G.D.**)

DEAR MAURO: I have been powerlifting for 5 years, specializing in the bench press. About a year and a half ago I strained my triceps tendons while benching on the Bench. I went to a sports specialist who diagnosed it as bursitis and injected the bursa with Cortisone. That seemed to help for about 4 weeks until I went heavy. While pushing 450 lbs. I felt them strain again. This time I went to a sports clinic and had X-rays done. They showed calcification in the tendon area. The only thing they said that could be done was to strengthen the tendon area. I was given exercises to do similar to seated tricep extensions with dumbbells behind the head, except I only did the eccentric movement using a quick drop movement to help stretch the tendon. I have been doing this exercise for about one year with no improvement.

I've tried DMSO and even had another shot of Cortisone in the bursa. Any time I Bench Press, even light, the tendons around my elbow are sore for a couple of weeks. Incline benches with dumbbells don't seem to put as much strain on them as the flat bench, but tricep pushdowns are definitely out. I am desperate and willing to try anything that will help out. I can't keep lifting with the pain, but don't want to give up. I'm only 32 and not ready to retire yet. I would appreciate any suggestions that you might have. **Dan M.**

DEAR DAN: In an athlete, calcification in a tendon or ligament is usually a result of chronic inflammation. It's likely that in your years of benching your weakest link was your triceps tendons. They took the overworking for several years until they couldn't keep up anymore. What you're dealing with is muscle burnout - and the cure is not to work them harder (hell, they're already overworked) but to give your triceps a chance to rest and heal. Don't strain them when working out, but do everything you can to protect them. Change your bench press style - experiment with hand spacing, incline the bench, use your chest, lats, and delts more to give your triceps a break. Take your time. Start light and work your way up slowly. Bench only once or twice a week (in whatever style doesn't cause pain in your triceps). If the exercise hurts the triceps then don't do it.

In really stubborn cases I've resorted to using local injections of testosterone (or Deca - but watch it if you intend on competing since Deca is detectable for several months). I usually use 2cc's of testosterone enanthate along with 1cc of Aristocort or Depo Medrol (potent corticosteroids) with 1cc of Xylocaine. Inject this cocktail right into the sorest part of the tendon (in your case both tendons). I then put the lifter on a program which won't aggravate the injury (as explained above). Unfortunately there is no literature on this subject as I've developed this technique myself.

I don't agree with the present treatment for so called "overuse injuries" and

Update Four

To "Drug Use and Detection in Amateur Sports"

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

This update concentrates on the controversies surrounding drug testing. Included is an in depth discussion and analysis of the deficiencies of the present anabolic hormone testing protocols.

Other topics covered are growth hormone (clinical trials using the new synthetic growth hormone), growth hormone stimulators, a critique on the arsenal of drugs used by modern bodybuilders and powerlifters, and medical advances in the treatment of male baldness and female hirsutism (facial and body hair).

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I don't believe that eccentric movements are of any use for your type of problem. Enclosed is a copy of an article about overuse injuries. As you can see there's not really much known about the cause, diagnosis and treatment of such injuries. In any case in my view it's a mistake to generalize about the treatment of overuse injuries. All my best in your training. Let me know how you get along and don't hesitate to write if I can be of further help. **M.G.D.**

IPF MEDICAL COMMITTEE CHAIRMAN'S REPORT

I have enjoyed the twelve years I have served on the IPF Medical Committee, eight of those years as its chairman. In that time we have introduced doping controls in our sport - a move which I hope will bring us closer to IOC acceptance of powerlifting. As well, the first steps have been taken to recognize and treat powerlifting injuries.

Unfortunately it is my criticism of the IOC doping protocols and theory which, if I remained as chairman of the IPF Medical Committee, might jeopardize that very IOC acceptance. I, therefore, have decided not to run for another term as chairman of the IPF Medical Committee. I will, however, be more than happy to offer whatever help I can to the new IPF Medical Committee Chairman.

Mauro also heard that there is some criticism of my column in Powerlifting U.S.A. It appears that some people have misinterpreted my efforts to answer lifters drug related problems. I believe that the misinterpretation regarding lifters drug use in powerlifting came from the editorial for my Update Three and in the August issue of Powerlifting USA column. I do not condone the use of drugs in our sport, and therefore will not give lifters information that can be used to their detriment. However, I will continue to offer any help I can to lifters who have run into drug use related problems, whether the drugs are banned or not. Offering medical help is far different from condoning the use of banned drugs.

Sincerely, Mauro G. Di Pasquale, M.D., Chairman, IPF Medical Committee

Corrections...Mike Freeman should have been credited with a 475 bench press on the TOP 20 American Drug Free Powerlifting Association Superheavyweight list published in the August edition of PL USA. Also in the August issue, we misidentified Lynne Beiden as "Ms. White" in the caption for the photo illustrating teenage participation in the ADFFA Women's Nationals. Jeff Copland should have received credit for his lifts of 589 336 556 1482 1504 at 242 in the New York State Sub-Masters category (35-39).

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Gary Strydom

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More From Ken Leistner

Our office is busy, and treats the problems of many powerlifters and other athletes. Lifters dissatisfied with the results of their training, most often point to their inability to train hard enough to make gains as the primary reason for failure. Others do not train hard consistently, either by choice, a psychological inability to do so, or due to constant injury. Some make a legitimate effort to train at a relatively high level of intensity on a regular basis, but overtrain. They do too much each workout, lift too many times per week, go "heavy" too often, and/or cannot maximize their recuperative ability to allow consistently productive training.

Many lifters, even with a few years of experience, do not know how to perform the three competitive lifts. Some lifters do not have the slightest notion how to utilize proper technique so as to take advantage of their own structural advantages. Many lifters use a particular technique only because it was the first shown to them. Others use the techniques that are most popular with the better lifters at the gym where they train. Others copy a lifter they like or respect, while some alter their form every few months, waiting for the proper "feel" to let them know they have finally found the correct technique. Performing limit lifts is dangerous and skilled business, and must be treated as such. In an ancient PL USA column, I suggest that any alteration in form, even a movement in foot stance the width of an inch, should be done with very light weights, and a number of weeks (and to move up to the heavier weights handled prior to the technique switch. Many injuries later, lifters have stopped laughing at that piece of advice. Any change in form must be done only because it presents some advantage to the lifter. The fact that it is an "in" thing to do, is done by the lifters, or is supported by the called scapular community means little if it does not alter the individual lifter some advantage over previous style.

Equipment should be chosen for the same reason. It matters little if a particular star uses a certain suit or shirt. Use it only if it benefits your lifting, and if you are not sure, experiment for a reasonable period of time. I recall when I lent my name to Titan Suits, and appeared in a full page ad in POWERLIFTING USA. Lifters would ask me if they should wear a Titan Suit. I allowed my name to be used in conjunction with Titan's advertising because I believed that Pete Alaniz produced the best lifting suit on the market. However, if a lifter told me that he or she was perfectly happy with another brand of suit, I asked them why they wanted to make a change. They often did not know, other than to say that the advertising copy had been effective.

If a particular suit or wrap or belt has served you well, and you feel that any limitations in your lifting have not come from equipment related problems, why switch? One should certainly experiment to find what is ultimately best, but if your suit and belt have been reliable, comfortable, and effective, don't be so quick to change. The equipment will not determine your ultimate limits; this will come from hard and consistent training.

Many lifters are confused when they see one top lifter approach the bar one way, while another, just as good, lifts differently. If one is not confident enough to use a trial and error method, in conjunction with common sense, to find what is best for them, coaching is in order. However, many pitfalls present themselves when giving oneself to a coach. First and foremost is the realization that one is going to be directed. It may be a mutual effort, but a certain amount of autonomy must be sacrificed in order to be "coachable". The coach must have the complete respect and confidence of the lifter. Having a coach that is as unsure of your direction as you have been is worse than being alone and adrift. Some coaches jump on bandwagons of popular dogma, ignore obvious solutions, and insist that their ego be assuaged, leading to decisions that better serve the coach than the lifter.

Several tools can be used to assist one in choosing the technique and equipment to use. One is *Powerlifting USA Magazine*. My approach to lifting and training is very different from Fred Hatfield's. His is quite different from Roger Step's. Roger's differs from others. Everyone has an opinion, and everyone's ideas will work for some individuals, and not for others. Be open minded and understand that each man and woman speaks from their own experience. There is no one, correct way to approach the sport of Powerlifting. Each lifter performs the lifts somewhat differently from others in the same or different weight class. Ask questions, be receptive to different approaches, especially if your progress has been minimal or nonexistent.

PL USA contains information each month that can help or confuse the lifter. It is the lifter's responsibility to sort through the available information and come up with ideas that are viable. Mike Lambert published an excellent powerlifting ad a number of years ago, that is hardly utilized as it should be. The book *Power Technique*, a pictorial compilation of many excellent lifters performing lifts in sequence photos, should be must reading. It clearly demonstrates differences in form, and offers the lifter a means to explore other avenues of performing the lifts. This is a book that we have our lifters refer to often, as a reminder of what is possible.

Powerlifting is an intriguing sport, if only because of its diversity. Utilizing the information available can either lead to chaos or progress. Choose wisely.

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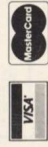
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POWER PROFILE

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

D.D. NICHOLS Powerlifting Prodigy as told by Steve Baldwin

If Powerlifting recognized a Rookie of the Year, 23 year old D.D. Nichols would have to be considered as a top contender for 1987. D.D.'s Powerlifting History is as follows:
November 1986 - Big River Classic, Blytheville, Arkansas: 275 lb. class, SQ - 710, BP - 551, DL - 699 Total - 1962.
February 1987 - Alabama State Meet, Cullman, Alabama: 275 lb. class, SQ - 740, BP - 562, DL - 700, Total - 2000.

June 1987 - USPF Jr. National Championships, Kansas City, MO: 2nd place - 275 lb. class, SQ - 766, BP - 573, DL - 716, Total - 2055.
Obviously D.D. has phenomenal potential for powerlifting. At a height of 5'11" and a bodyweight of 278 lbs., he has been estimated to have a 7 1/2% bodyfat. His appearance is found that a maximum squat effort

Nichols is Physically Awesome...with mass and definition for a man his size that is almost unbelievable. In particular, his shoulder width rivals the astonishing dimensions of Ted Arcidi. In fact, with his rugged looks and bright red hair, maybe D.D. could also do well in professional wrestling



D.D. was most impressive in taking 2nd at the U.S.P.F. Juniors this year, handling his attempts with control far beyond his limited experience.

D.D.'s Thursday workout consists of: Olympic squats (Light), Leg curls, Bench Press (Heavy), Close Grips (Heavy), Crunches.
One month before a meet D.D. switches to 3 workouts per week and drops all assistance work. One workout per week is devoted to each lift during this period: Monday: Power Squats; Thursday: Benches; Friday: Sumo Deadlifts.

D.D. refrains from using suits, shirts, and belts until the final month before the meet. He recently bench- ed 500 lbs. for 5 perfect reps without a tight shirt.
His Monday workout goes as follows: Olympic Squats (Heavy), Deadlifts off a 100 lb. plate (Heavy), Bench Press (Light), Bent over rowing, Crunches

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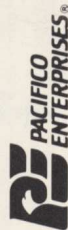
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It began for me about twelve years ago. I still remember it as a scene of triumph and a place of wounded pride. Strangely enough it was a place where, despite being an avid fitness buff, I had not been in the past. Thus, I found myself studying and surveying, as if struck by mild surprise, its appeal of its inviting layout amidst small rolling hills and stands of trees.

I also felt a gripping determination grow inside me. I would, I believed, run one mile, with no problem. So what if it happened to be a muggy mid-summer afternoon in early August. So what if the air hung heavy and motionless, as if suspended in time. I decided I wouldn't let these factors discourage me. As I stretched and loosened, I remembered how my father and I used to watch track and field on Saturday afternoon television. I recalled remarking on how the milers ran with obvious speed, but only for a mile, which I didn't consider a long distance.

So, I had a goodly amount of confidence and youthful exuberance, you might say, but, to my astonishment, when I failed to even complete a mile on that sunny day some dozen years ago, a great deal of disappointment and frustration as well.

It was, since high school, my first serious attempt at running. I was young, just 22 at the time, and in generally good shape at a bodyweight of slightly under 150 pounds. I had stayed trim and fit through weight training and neither smoked or drank. Drugs had no place in my life, in fact, despite their growing popularity at the time. I was turned off by them.

I loved the pursuit of my own passions and ambitions. To be in high school, I set some sort of endurance record by doing first one thousand and then thirty hundred consecutive sit-ups. The second time, as a 16 year old sophomore, the only reason I stopped was literally because the kid holding my ankles got tired of counting and wanted to go to lunch. Six years later, I certainly was in no hurry to admit to being out of shape.

The passing of that summer, and the beginning of fall and winter, did not diminish the hurt to my self-esteem. I carried with me the weight of that August day's failure like a wounded animal, burdened by a hunter's bullets. The pain prodded me, a dull but persistent ache, which felt like emptiness growing inside.

The following spring I set about dressing that empty feeling. I started slowly, of course, working on basic conditioning and the establishment of a set schedule. My aim was to develop running power sufficient enough to assist my strength training with weights. My head leaned towards running; my heart still loved the sensations of power and strength that accompany lifting heavy weights. I settled on running three times a

Strength is a Greedy and Seductive Mistress

Lifting Insight by Kevin Iskierski



Kevin Iskierski pulling a 512 deadlift in Plymouth, Massachusetts. (Jim Micic photo) For lifters on our list, they train; for many they compete. For many of us, there are common threads, but each story is unique and worthy of thought.

week. This, I reasoned, would build stamina without detracting too much from strength. I determined it best that I attempt two miles and seek to reduce my time.

My first complete two mile jaunt clocked out at a hardly respectable 14 minutes. But, as Spring wore on, and its wonderful and welcome warmth brought forth the usual hopeful surge of enthusiasm. I found myself actually looking forward to heading out to that high school track. Every Tuesday and Thursday morning, I'd be there, rain or shine.

For three months, I maintained this routine. Eventually I established a groove and I was subtracting a full ten seconds from the preceding week's best time. This went on for twelve consecutive weeks and culminated one sweltering July morning, appropriately enough, in a best ever time of 11 minutes and 57 seconds. I wonder how much better I might have become, had I pursued running. However, as I indicated, running was not so much a substitute as a supplement, a sideline. It gave me stamina, to be sure, but unlike my father, who once was runner-up in the state cross country high school cham-

tonal involvement. Eventually, my commitment and involvement took me into competition itself. The sport of powerlifting beckoned then, in 1978, was starting to expand, and getting in on the ground floor was easy enough. It was time to challenge my private exertions and efforts.

At first, I just wanted to lift a total of seven times my own weight, which never exceeded 149 pounds in competition, but, as one often notes in the sport's ranks, strength is a greedy and seductive mistress; she frequently finds ways of grabbing hold and urging you on.

Gradually, I pushed and pulled myself a little higher. First I achieved a total of 1050, then, 1100, 1150, and finally, 1200 pounds. This last result, done in May, 1981, represents personal record lifts of 418 squat, 270 bench press, and 512 deadlift.

The latter lifts, as well as all those before and since, were done through my natural strength, nothing else. The sticking point of some professional and amateur sports, steroids and other tissue building drugs, never got to me. They never seriously tempted me, in fact.

One reason, I suppose, relates to my apparent inability to quell personal and private fears. I could never comfortably juxtapose my health concerns with the fears that steroid use inspired. The thought of dripping needles and glistening vials of "juice" always seemed to leave me with a bitter taste. I'd inevitably find myself recalling the wise words of an anonymous trainer: "Health is a stage through which the serious athlete passes on the way to excellence."

Another reason I spurned steroids is because I recognized early on the tension conflicts and contradictions inherent in sports competition. To be a bodybuilder, you must court a path of ego and glory, about meeting or exceeding future demands. This tendency to seek achievement at all costs, the exaltation of excellence, I found too costly. To me, winning at all costs tends to reduce a moment's immediacy; it too often exchanges basic enjoyment for efficiency and the attainment of effects. It's a process by which people become prone to ignore or overlook the simple and sheer joys and satisfactions of physical movement and athletic activity.

I personally resolved not to be over-taken by this process. I imagined myself holding steady, like an acrobat on a tightrope. Above I sensed the wholeness and equilibrium. Below rested the powerful twin divisive forces of ego drives and competition's demands.

The trick was, and is, to balance this precarious perch successfully. And success, for me, comes by simply maintaining a feeling of command and control over the weights I lift.

Kevin Iskierski lives in North Smithfield, Rhode Island.

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In one of the first to agree that a well put together routine is the best way to move your bench up. However, there are other factors that are critical to getting the biggest bench possible. Many times little, if any, attention is given to factors like grip spacing, elbow angle, arching, and bar path. Neglecting any of them could stop your bench from being what it could be.

Let's start with grip spacing. We are limited by the rules to 81 centimeters measured between the forefingers. I notice many novice benchers using a more narrow grip than the rules allow. For most, that means a lower bench. Using a wider grip shortens the distance the bar must travel. Using a wide grip will involve more of the pectoral muscles in the move, rather than an emphasis on the triceps when incorporating a more narrow grip. By virtue of size, the pecs are potentially much stronger than the triceps. I say potentially because if a lifter has used a narrow grip for a considerable amount of time, his pectorals will not have been stimulated enough to perform at the level they could have if a wider grip had been used during training. That is why you switch to a wider grip—you may temporarily suffer a decrease in pounds because of the heavier demand on the pecs. Soon, if trained sufficiently, the pecs will increase in strength and your bench will surpass previous levels. Thus, some top benchers use a more narrow grip, but sometimes they are suffering from an injury which makes a wide grip painful or impossible. Also, varying your grip which could training will develop the muscles used in a different angle. What I mean by this is the angle your arms are at in relation to the body during the press. This angle determines which muscle groups are being stressed at times during the bench. For example, starting the bench with your elbows at right angles to the body will emphasize the shoulders and triceps. A lifter could, then, take advantage of strengths by controlling his elbow position during the lift. However, it is not always desirable to keep the elbows locked at that angle during the entire lift. By flaring the elbows out to near right angles during the press you can add muscle groups to help. If you start with elbows near or at right angles you can not flare much, if at all, during the lift. For that reason, you should find an angle somewhere

in between both extremes and practice the timing of your elbow flare. Arching is legal as long as the buttocks are in contact with the bench. Arching and lifting your chest higher, lowers the distance the bar must travel. With a wide grip, you can lower this distance considerably. Experience arching can expose the spine to stress on, so don't try it unless you are quite limber. Some bigger lifters can't get a good arch, but they should try to get a little chest elevation. Also, hit the chest with the bar at its highest point. This is probably around nipple level. Many newer lifters hit the chest higher, towards the shoulders. Practice hitting the chest at the right point and it will be automatic at a meet.

To save your back, during off season, train the bench with your back flat or your feet off the floor. This will also help to isolate the chest muscles. A contradiction to my previous mention of decreasing the distance the bar must travel is bar path. Many novice lifters press the bar straight up from the chest to lockout. After all, the shortest distance between two points is a straight line. However, in bench pressing the ideal bar path to lockout does not just go straight up, but finishes above the lifter's face. Hence, the bar must go up at an angle. There are scientific explanations for this, concerning shoulder torque, etc. The best source to consult is *IFL USA Research Editor*, Dr. Tom McLaughlin's *Bench Press: More Now!*. Watch a top benchers lift from the side. It will not look too directly over where he touched the chest. Start the bar with the bar on the top of your head, you guys who bench with your head between the racks will have to move down the bench or else you'll hit the rack with the bar on the top of your head. Most lifters lift the bar when they start a set. Instead, they should use a hand-off from a partner. This will save energy, especially when the weights used increase. Practice these techniques with light weights before trying this in competition.

As you can see, a bench routine is not all there is to getting a big bench press. Proper technique and practice also have an effect on the end result. Using even leverage advantage you can find will provide you with these extra pounds that can make a difference in your total and placing in competition. Hit those weights hard, but don't overlook other factors involved in a lift.

STARTIN' OUT

A special section dedicated to the beginning lifter

Bench Press Tidbits as told by Doug Daniels

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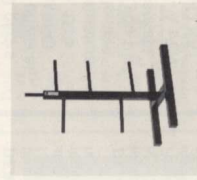


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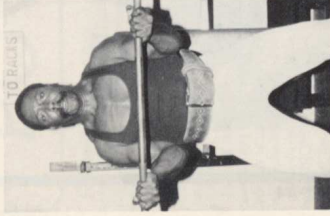
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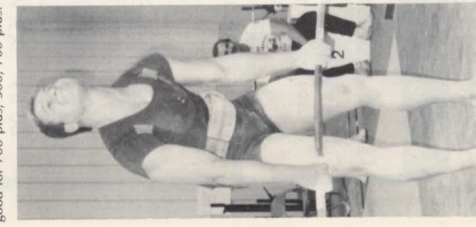
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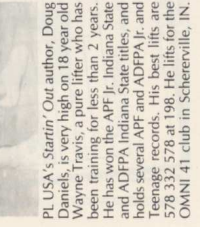
After 2 years of training, Jason Wisner (14) became the 1987 APF Mississippi State SHW Champion, lifting 1375 to win the Open division. A month later, his total was lifted to 1500. He is a pure, drug-free lifter, seen above doing reps with 500.



A unique lifter, Charlie Brown, has been discovered by Dom Castellano in Orlando, Florida. Charlie, 38, has worked out since his twenties and has incredible, natural, strength in lifts like the curl and overhead press. Charlie heads a Christian ministry that performs at Christen. He can do 10 reps in the standing overhead press, and is seen in this photo cutting 225 for 6 reps. He lifted 640-440-510 in 1990 and won Best Lifter in his first meet. Charlie has won 10 APF titles, and plans to compete in the 1988 ADPA Nationals. Dom (thanks for the photo!) feels he could be ultimately good for 700 plus, 500, 700 plus.



Dr. Thomas Hyde is the coordinator for the U.S.P.F. at the U.S.P.F. Sports Medicine Committee. He has been Team Physician-Chiropractor at 3 World Powerlifting Championships, and numerous other national and regional meets, and is on the postgraduate faculty of Logan College of Chiropractic. Married, with one child, he practices at the North Miami Chiropractic Center, 695 N.E. 126th St., North Miami, FL 33161.



PLUSA's Starlin, Our author, Doug Daniels, is very high on 18 year old Wayne Travis, a pure lifter who has been training for less than 2 years. He has won the APF Jr. Indiana State and ADPWA Indiana State titles, and holds several APF and ADPFA Jr. Teenage records. His best lifts are 578-332-578 at 198. He lifts for the OMNI 41 club in Schererville, IN.

Question & Answer

Your training questions are answered by **Roger Estep**, 1979 Senior National Powerlifting Champion, *World Record Breaker* as a Midweight, and winner of 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 been lifting weights for six years. I am 38 years old. I stand 6'4" and weigh 195 pounds with a rather small bone structure. I enjoy lifting heavy weights as opposed to pumping iron, therefore my routines are along the lines of Powerlifting. I have competed in two novice contests always placing in the middle. My question is this, is it possible to gain more muscle mass using a powerlifting routine composed mostly of heavy singles? I do heavy singles now, but use a lot of down sets with higher repetitions to try and build more muscle mass. Most books and articles I have read claim that you cannot gain size with the singles, but I find as I become older that I can not recover from workouts using a lot of sets of multiple repetitions. I feel that if I could gain more size that I could increase my lifting output because of better tissue leverage. If possible, could you lay out a routine using the powerlifts, that could increase my size as well as my strength. My present training singles are 350 lbs. in the squat, 260 lbs. in the bench press and 380 lbs. in the deadlift. My best lifts have been 430, 310, 520 in the 3 lifts. I would appreciate any help you may be able to give me. **Leo**

DEAR LEO: You are right about the added muscle tissue giving you increased leverages in your lifts, but the question is, how does one develop this increase in tissue? I have always used a combination of bodybuilding and powerlifting in my training and have had good success. The program you are using now sounds very close to what I do. Instead of bench, squat, and deadlift twice a week, once heavy (low reps) or six or eight and once 300 lbs. An example of a bench press program would be: 100 - 2, 265 - 1, 285 - 1, 305 - 1, 320 - 1, 335 - 1, 350 - 1, 365 - 1, 380 - 1, 400 - 1, 415 - 1, 430 - 1, 445 - 1, 460 - 1, 475 - 1, 490 - 1, 505 - 1, 520 - 1, 535 - 1, 550 - 1, 565 - 1, 580 - 1, 595 - 1, 610 - 1, 625 - 1, 640 - 1, 655 - 1, 670 - 1, 685 - 1, 700 - 1, 715 - 1, 730 - 1, 745 - 1, 760 - 1, 775 - 1, 790 - 1, 805 - 1, 820 - 1, 835 - 1, 850 - 1, 865 - 1, 880 - 1, 895 - 1, 910 - 1, 925 - 1, 940 - 1, 955 - 1, 970 - 1, 985 - 1, 1000 - 1, 1015 - 1, 1030 - 1, 1045 - 1, 1060 - 1, 1075 - 1, 1090 - 1, 1105 - 1, 1120 - 1, 1135 - 1, 1150 - 1, 1165 - 1, 1180 - 1, 1195 - 1, 1210 - 1, 1225 - 1, 1240 - 1, 1255 - 1, 1270 - 1, 1285 - 1, 1300 - 1, 1315 - 1, 1330 - 1, 1345 - 1, 1360 - 1, 1375 - 1, 1390 - 1, 1405 - 1, 1420 - 1, 1435 - 1, 1450 - 1, 1465 - 1, 1480 - 1, 1495 - 1, 1510 - 1, 1525 - 1, 1540 - 1, 1555 - 1, 1570 - 1, 1585 - 1, 1600 - 1, 1615 - 1, 1630 - 1, 1645 - 1, 1660 - 1, 1675 - 1, 1690 - 1, 1705 - 1, 1720 - 1, 1735 - 1, 1750 - 1, 1765 - 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DEAR MR. ESTEP: In the December 1984 issue of *PL USA*, you mentioned that you were writing a year round conditioning program for football. I would like to know if it has been written, and if so how I could find it? I started Powerlifting 2 years ago and have gained over 70 lbs. and increased my lifts tremendously. I wish I would have followed Powerlifting earlier to have seen you lift in a meet. Thank you. Sincerely, **J.J.**

DEAR J.J.: It's nice to know that someone would want to come and watch me lift. I have not retired completely from competitions, so you'll be seeing me in a few meets from time to time, although I don't put all my efforts into Powerlifting, as I did when I was on the U.S. Team. My major goal is winning bodybuilding contests with the same success I had in Powerlifting. Thanks again for the kind words. You sound like you have made great progress in powerlifting, so keep up the hard work. My year round football program is near publication and it is designed for athletes who want to specialize on football and not for powerlifting competition, although I'm sure they'll be able to compete with the strength they obtain. Best Wishes, **Roger Estep**.

HI ROGER: I'm looking for an answer on forced reps. If I'm on a 6 rep set, say after a weight jump, and only get 4 safe reps and only half of the 5th, is it to my advantage to use forced reps to get all the reps in a set? I used them before, but I was using bodybuilder's moves and power workout and reps I get nowhere at all. I'm on a John Kuc 16 week workout and it's doing just fine, but on the 3rd set of six I get stuck. I'm not crazy about them now, but if they will work I will use them again. Your help here is much needed. Thank you, **James**

DEAR JIM: First set your goal for reps to be done on a given exercise. If you can't make the desired number of reps then go for a forced rep. If you are two short of your goal, you may be risking not only overtraining but an injury to try to force out two reps. It takes an enormous amount of mental energy to force out two or three forced reps, also they are extremely strenuous on the joints. The theory of forced reps is used by every one who trains with weights, but you should be careful when using this technique because of the above mentioned reason. Best Wishes, **Roger Estep**

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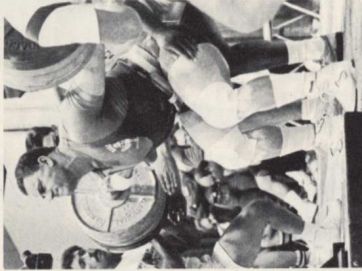
	Elite	Master	Class 1	Class 2	Class 3	Class 4
114	953	881	793	699	600	529
Pure	1020	959	860	744	639	562
1 Yr.	1041	953	854	749	655	573
Pure	1113	1020	920	805	705	611
1 Yr.	1118	1030	920	810	705	617
Pure	1202	1102	1003	871	744	645
1 Yr.	1251	1146	1036	903	793	694
Pure	1328	1202	1086	965	854	739
1 Yr.	165	1372	1256	1129	986	865
Pure	147	1417	1301	1213	1080	899
1 Yr.	181	1477	1350	1212	1069	931
Pure	1554	1417	1240	1124	1003	871
1 Yr.	1554	1417	1240	1124	1003	871
Pure	1554	1417	1240	1124	1003	871
1 Yr.	1643	1505	1356	1213	1064	900
220	1636	1504	1350	1190	1041	898
Pure	1786	1587	1439	1279	1113	970
242	1697	1559	1394	1229	1074	942
Pure	1802	1648	1488	1323	1152	1014
1 Yr.	1747	1603	1438	1267	1102	964
Pure	1897	1687	1570	1345	1163	1031
1 Yr.	1829	1669	1499	1322	1146	1003
Pure	1934	1758	1582	1406	1213	1075
1 Yr.						



Richard notes that a great number of lifters have not renewed their U.S.P.F. membership over the past few years, and attributes this to increased use of steroids, not enough meets in their areas, lack of care by meet directors for the 'average' lifter (who pays most of the bills), and awards of thrustful client quality. Richard says that we should treat the drug free lifters like we used to treat the world champions. We must place these men and women on our website teams, as they are exceptionally good. It is the U.S.P.F. in Chicago at its National Committee Meeting, given to the Pure lifter, Richard concludes: "Through this program I hope that we can truly show the Natural lifters of America how important they are to this sport."



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The Magic of Music

by Dr. Judd Biassiotto and Army Ferrando
(World Class Enterprises)

For some reason a glimpse of a typical weight lifter pushing out heavy metal during an arduous workout brings to mind the old rock group Black Sabbath's eerie intro to one of their classic songs. With guitars twanging in the background, a IRONMAN voice boldly proclaims "I am

Perhaps it is because that in the case of most weight lifters, this is indeed an inner desire. Or it may be the fact that every time I talk into our loud gym Black Sabbath's IRONMAN is blasting a bar short of the human pain threshold.

What is this preoccupation with heavy metal? (No pun intended). "It's not the lyrics," explains one national caliber lifter. "It's the magic of music. Music will give you strength when nothing else will. It's powerful; it's

A review of musical folklore certainly indicates that the sound of music can significantly enhance and/or repress human performance. In her book *Music Theory*, Janet Alvin pointed out that music was an integral part of primitive medicine. She also cites several legends in which normal men are transformed into supermen through the power of music.

Let us not forget the impact that music had upon the mythical Lylases and his men in Homer's *The Odyssey*. Or the legend of the Pied Piper, who used the beautiful music of a flute to entrance the entire child population of a town and led them off never to be seen again. Indeed, music folklore strongly suggests that music is both magical and powerful.

Of course the widespread use of music in athletics (*Black Sabbath* not

all, it's a psychological axiom that when you feel good - you do good. Remember too, that next to silence, music is the most perfect way to express the unexpressible.

Points to Ponder:

1. Although tradition and folklore consistently suggest that music can enhance human performance, scientific research does not support that contention.
2. There is some evidence to indicate that the discrepancies in this research area reflect methodological problems.
3. Experimental studies have shown music to have a mild effect on on e physiological reactions.
4. An individual's environment, personal experience, and even his genetic make-up may be responsible for how he reacts to a particular type of music.
5. More research is needed before any definite conclusions can be drawn concerning the efficiency of music as an ergogenic aid.

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See Page 74



PACIFIC ENTERPRISES

withstanding) is a strong indication of the commonly held belief that music can enhance human performance. Is such a belief founded? Is music a true ergogenic aid or is it the myth and literary creations of man that give music its magic?

In recent years there has been a prolific amount of research conducted to determine the effects that music has upon athletic performance and human behavior. Unfortunately, the results of these studies have not been conclusive. Although there are a number of research studies which suggest that music can improve athletic performance, the preponderance of evidence indicates that music is not a true ergogenic aid. One possible explanation for the discrepancy in findings is the difficulty in doing well-controlled research on music and it's effects upon performance. For example, music's effect seems to be specific to each individual. An individual's environment,

personal experience, and even his genetic make-up may be responsible for how he reacts to a particular type of music. Consequently, the possibility exists that music which would enhance performance in one individual may be ineffective or even detrimental to another individual's performance.

In fact, there is considerable research which has revealed that there is no general trait of reactivity

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Gate to Olympus Barred Forever?

By Ron Fernando, President, Sports Conditioning Services



Will Powerlifters Ever See the Day...when they will share an Olympic medal ceremony with men like Nicu Vlad, 1984 Olympic Champion in the 90 kg.

There is an unfair amount of resentment from this community against powerlifters that has seriously impaired our chances for Olympic recognition. The Soviets would welcome another chance to beat us in a weight sport they won't, but they are sure as hell will try! This negative attitude is a result of the press coupled with a lot of the negative press given weight sports in general by the recent steroid busts have driven some deep nails into our coffin.

There are some rumors circulating the powerlifting community that the IOC will consider a PROPOSAL whereby the weightlifting portion would consist not of the Snatch and C&J, but of the Squat, Deadlift and C&J. Imagine the titanic confrontations between our champions such as Coan and Hatfield who can both squat between 900-1000 and deadlift between 750-875 versus the likes of Nicu Vlad of Romania (534 C&J), Pisarenko (newly installed back on the Soviet Team), and Suleimanov?

I often approach a pre-Olympic year with a mixture of apprehension, elation, and sadness. I envision that year, Olympiad after Olympiad, filled with the excitement of powerlifting that has been carried over and over again. This is while some of the more, shall we say, "unusual" sports such as windsurfing and roller, team handball, white water rafting, or become either wintering and others become either demonstration events or officially accepted Olympic sports like track & field.

We, the powerlifting community, have been so embroiled in petty feuds between the various organizations that we have largely ignored the one all-important event that would forever bestow upon us and future powerlifters the stamp of legitimacy.

We can point fingers at each other, but there has been more than a casual attempt to sabotage our entrance into the Olympics. Most people would rush to the conclusion that our lifing foes, the Soviets, are the culprits: "Why, if the Russians would join the IFF, so would the Bulgarians, East Germans, etc., and then we would be in the Olympics."

Why does everyone seem to think that the Soviets are afraid of the USA in powerlifting. Let's be realistic, people. True, such one-of-a-kind lifters such as Hatfield, Coan, Bridges, Alexander, and Gant, wouldn't be beaten by a Russian, East German, or a Martian. But...I believe that once the Soviets and Bulgarians learn to squat properly and bench press, the sky is the limit. There have been many theoretical debates regarding the relative strength levels between PL and OL athletes. I submit that the cream of OL, such as Antonio Krastev of Bulgaria (WR total, and 473 snatch at SHW) would have an easy chore with a supportive squatting suit and wraps of lifting with 1000-1100 lbs. Same with the deadlift. Don't forget that these guys do chest high Snatch and Clean Pulls with 600-700 lbs. for reps! "Dr. Squat", Fred Hatfield had the distinction of being one of the first Americans to be invited to the Soviet Union for some in-depth training. He beat the Soviet Superheavyweight Vladimir Marichuk, who simply amazed him by hoisting 804 in the High Bar (8.8 inches deep) squat with no supportive gear at all. Marichuk's first lift was a 660 lb. Clean Pull. I might add one of a huge stable of Soviet Superheavies. What about some of the stellar lighter lifters such as Naim Suleimanov of Turkey (by way of Bulgaria). Naim can at a 132 bodyweight C&J 409 ! He is built perfectly for the powerlifts and feel that he would crack Mighty Joe Bradley's Squat record in the 32s if given the chance. The purpose of all this, simply stated, is that the Warsaw Pact nations would excel in powerlifting and it would be a great boon to the sport. By the way, I also feel that we would be spared on to even greater heights of glory.

While American Powerlifting has soared to almost unbelievable heights, American OL has stagnated to almost ridiculous lows. I feel that

win as Bradley gamely did 622 and valiantly attempted a bone crushing 661 lbs. for the win, which slipped out of his hands at the last moment. In the 220s the Romanian Dragon, Nicu Vlad was gunned down by baby faced Eddie Coan of the USA for the Gold. Vlad opened his squats with an easy 749 and went to 782 before failing with 804. Coan opened with a new Olympic record of 854 which he simply vaporized before going on to 914, and finally the big one - a 964 lb. squat which had the entire audience virtually hoarse with delicious joy. Perhaps the most exciting battle was between Dr. Squat, Fred Hatfield, and a bulked up Yuri Zakharovich of the USSR. "Zak" easily squatted 804 and 832 before missing with 864. Hatfield made mincemeat out of 964, 1052 and wobbled up with the heaviest weight in recorded lifting history - 1102 lbs. . . .

Can this happen? The answer does not lie with us, the rank and file powerlifter, or even our OL brethren, but with the "little ole men" who control these and all sports. The argument is that the Games has one weight sport does not cut the mustard. What about three different meat sports (Sombu, Freestyle, and Greco-Roman Wrestling), two kinds of hockey (field and ice), two kinds of skiing (Nordic and Alpine), etc., etc. The alternate argument offered by the sports is equally as specious, as newer and, yes, stranger sports become official every day. Hey, one woman's meat is another man's (or woman's) mess, but for one cannot see the logic of having a sport such as yachting in the Olympics and not have our sport a sport we sweat for, bleed for, and even cry for, let out like some misbegotten superdroid. It's an insult to our intelligence and the proud heritage we represent and the top of our heads.

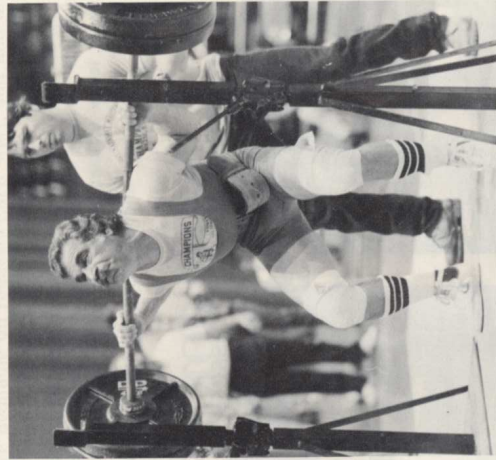
What can we do about this? Short of kidnapping the members of the IOC on mass and making them to a Soccer Bowl Super World Record Breakers meet, we have to somehow acquire the political and monetary clout to call on some very high level politicians and sports personnel to plead our cause. We should also forget about all of this self-defeating drug testing, and we have to deal with issue, but one we all have to meet squarely head-on. If we are ever EVER, to be considered for the Olympic Games, damn it all, we have to so concerned about so-called rights to take steroids when the rest of the Sports World is passing us by, and laughing, mind you. I wish I had a buck for every time I had to explain to "Joe Average" that no, powerlifting is not YET an Olympic Sport and yes, we hope someday it will be, and NO we do not do the Military Press...!

When? The frustration was by product of my frustration...frustration which I am sure is echoed in the rest of us. I can only hope that the IOC comes to its senses and gives us what we have been deservng for years...a CHANCE.

POWER-RESEARCH

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Osteoarthritis & PL as told by Frederick C. Hatfield, Ph.D.



weight-bearing and use. It should be noted too that the reason for this pumping action is necessary is that cartilage has such a poor blood supply. With inactivity, the metabolism of cartilage cells drop precipitously, up to a 50% slowdown. Atrophy, cartilage pad thinning, lessening the cartilage's ability to bear loads. When you consider that even normal walking causes pressure inside the knee joint to levels of 3 1/2 times bodyweight, these degenerative processes stemming from disuse can be rather devastating over time. So, now that we all agree that weight training, the iron pumpers' lifestyle, can prevent osteoarthritis, what about all the unfortunate souls out there who already suffer from the affliction? Can exercise cure osteoarthritis or can't it?

While most researchers are unwilling to jump on any such bandwagon, it's certainly clear that exercise can, if prescribed carefully and on an individual basis, stem the tide. It's just as clear to us who reside in the trenches that at least temporary relief from stiffness, pain and discomfort in the joints is forthcoming more from a good bout of exercise than through any drug on the market.

Is PL the Secret...that protects veteran Masters lifters from osteoarthritis?

the cartilage and more protective fluid is released to further reduce friction. A special substance called hyaluronate actually changes its viscosity as stress is applied. When stress is over, hyaluronate becomes thinner to allow greater lubrication.

As with all body cells, the chondrocytes live and die, and are replaced with new cells. Chondrocytes live roughly 5 times longer than any other cells in the body. It's when things get out of sync that osteoarthritis sets in. Inactivity causes the tearing down process to take place at a faster rate than the rebuilding, and small fissures begin to appear on the surface of cartilage, further exacerbating the degenerative process. In a healthy, stress-free session from adaptive stresses, wastes are pumped out and into the joint fluid. The cartilage expands back to its normal size and takes in nutrients from the joint fluid (That's why you're an inch or so taller in the morning. The intervertebral discs compress during the day's training, and expand during sleep.)

This expansion/compression process is actually pump-like in its effect, notes Bland, who emphasizes that "the mechanism of synthesis of the collagen and proteoglycan (two building blocks for cartilage) depends on the pumping action caused by

exercise and bone. Brandt's guinea pigs developed heel spurs from the running. Maybe someone has overlooked the most obvious combatant of osteoarthritis: prevention! Maybe the intrepid sleuths of Academe ought to take a step backwards and view the problem from the same perspective that we of Irondom see it. Weight training, specifically, weight-bearing on the joints, may be the ultimate answer.

The Effects of Weight Training on Cartilage

If NASA could develop Titan rocket jets as smooth as the urethra, they'd make a job of it. In fact, they've done it. The point is that joints are too smooth, even to wear out. So, how come they do?

Let's look inside a typical joint and find out. First of all, each joint is wrapped in a special membrane containing a special lubricant. Further, each chondrocyte, the cells forming the joint's cartilage pads, is surrounded by a fibrous gel comprised primarily of water. This encasement can withstand enormous compressive force. Indeed, to remain healthy it must have stress applied. Stress upon the cartilage (from weight training and other forms of weight-bearing exercise) compresses

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FANTASTIC BREAKTHROUGH ALTERNATIVE TO STEROIDS

See Page 74



PACIFIC ENTERPRISES

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The Dark Side of LIGHT

by Dr. Judd Biassiotto and Army Ferrando
(WORLD CLASS ENTERPRISES)

We never realized that there was a dark side to light; that is, until we met John Ott at the Kansas City Royals Baseball Academy. The Academy was an institution of the future that was functioning in the present. It was an Orwellian adventure into sports research that was easily five decades ahead of any sports complex in the world.

The Academy was the brainchild of Ewing Kauffman, the owner of the Kansas City Royals Baseball Team. Kauffman believed that athletes who had raw physical talent could be turned into major league prospects by scientific means. Thus, athletes were procured for the Academy not on the basis of their baseball experience or talent, but rather the basics of their physical and psychological prowess. In fact, many of the athletes who were drafted by the Academy had never played a day of baseball in their lives. The Academy, unlike other professional baseball organizations, went after the world's biggest, strongest, and fastest athletes regardless of what sport they participated in. In short, they were looking for the best bodies in the world, not the best baseball players. Once they had the best bodies, they attempted to turn them into the best baseball players in the world. No expense was spared by Kauffman to make his dream a reality.

A fifteen million dollar complex was built in Seaside, Florida. The complex consisted of five major league baseball fields, an Olympic size swimming pool, tennis courts, handball courts, two lakes, living quarters for 125 athletes that were fit for a king, a large cafeteria, ten classrooms, a huge clubhouse, and a scientific sports laboratory that was equaled by none in the Western world. The laboratory had every piece of scientific equipment imaginable related to sports. It was a researcher's paradise. The Academy was staffed by the best baseball people money could buy. The Academy also took pride in procuring the best sports researchers in the world. John Ott, a photobiologist and a former Disney World employee, was one of these researchers. Photobiology is the science of how light interacts with life. It was Ott who convinced the Academy people that light (including artificial light) had a profound effect upon the health of their baseball players, as well as their performance. Ott pointed out that researchers in West Germany discovered that intensive artificial lighting caused biochemical changes in the human body that were similar to physiological reactions caused by stress. In other words, some types of artificial light, such as high-pressure sodium vapor light, can cause physical stress which, photobiologists refer to as

spectrum "cool, white" fluorescent bulbs and installed broad spectrum fluorescent lamps. Supposedly, these lamps not only minimize the hazard of lighting, but they are believed to have a significant effect on human performance. Not only that, but the broad spectrum fluorescent lamps do not distort colors the way other lights do. In other words, blue and red walls looked blue and red under their light. Consequently, their athletes responded appropriately to these colors. On an even brighter note, researchers have found that certain types of light can enhance health or even prevent disease. Dr. Lowell Ponte in an article published in the February, 1981, issue of the *Reader's Digest*, points to that very concept. "Light can enhance health, prevent disease and even heal" says Lowell. "Blue light can help cure one kind of jaundice in premature babies. Herpes can be treated with low-intensity white fluorescent light. And psoriasis can be remedied by giving a patient a drug that increases his sensitivity to light and then exposing the skin to special ultraviolet radiation."

That's only the tip of the iceberg. Photobiologists in the United States and Russia are investigating the effects of lighting on the physical and psychological aspects of human performance. Their research has revealed, although not conclusively, that lighting can influence an individual's moods, feelings and vitality. Of course more research is necessary before the true measure of light can be ascertained. Although we are only beginning to understand how light affects our health and performance, it won't be long before there is light where there was darkness.

common fluorescent light. The Academy is especially interested in this finding because they had spent a lot of money to research the effects that various colors had on human performance. In fact, the Academy people were so convinced that colors could significantly affect the performance of their ballplayers, that they had the entire complex repainted. For instance, the Academy found that if an athlete focuses on the color pink for as little as fifteen seconds, he will experience a measurable weakening of muscles that can last as long as thirty minutes. Fortunately, there is an antidote for the color pink. Fifteen seconds exposure to the color blue can restore the power drained. In addition, red can alter the normal electrical patterns in the brain in the manner in which electricity travels through the muscles of the body. Although it has not been proven beyond a shadow of doubt, there is strong evidence to indicate that the color red can actually enhance physiological strength.

As you probably guessed, when the Academy became aware of the significant effects light had on colors, it immediately changed the lighting system. They removed the narrow

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

It is well said that an ounce of prevention is worth a pound of cure. On the national level the USPF has engaged lawyers to revise our By-laws in order to eliminate provisions which might encourage conduct violative of some law. As is the case with money spent for fire prevention, it is not possible to cost the benefits of this exercise. If, however, it results in preventing even a single lawsuit, the savings will be considerable.

Several of our conscientious state chairmen are presiding at annual meetings where the clubs and members within the state attempt to hammer out state policy on such matters as terms of office, date of election and the disposition and accounting of funds. A person who is familiar with the USPF By-laws and Robert's Rules of Order should be present at such meetings. A good parliamentarian will not simply serve as a brake on a chairman who may be inclined to abuse his powers, he will at times instruct the chair on how to accomplish things the chair is helpless to accomplish without counsel. A parliamentarian will also protect the chair from those who seek to exert their will by illegal means, for example, from the suggestion that the group suspend the By-laws. This year and last year the USPF hired members of Rosemont Police Department to provide police protection at the National Committee meeting and at the Senior Nationals itself. As with specific fire prevention measures, we have difficulty costing their effectiveness. Nonetheless, if their presence discouraged even one outbreak of violence, with its possible subsequent legal entanglements, who can begrudge the expenditure?

In this same vein, as we pursue corporate sponsorship and television contracts and undertake to register service marks, the need for counsel should be apparent to all.

That it is not apparent to all reflects, perhaps, our rough and tumble beginnings. Not so many years ago there was no I.P.F. with its ever-expanding body of structures, uniform technical rules, compulsory doping control, the ban against meets with South Africa, etc. Although our By-laws were adopted at Madison, Wisconsin in 1980, the USPF remained unincorporated until November, 1981. In the last half-decade, we have been all but overwhelmed with change, some such as the compulsory use of the metric system, quite traumatic. It was not so much that change was suddenly imposed, but that the grace period for complying with I.P.F. rules expired during this period. For many, who remember fondly the good old days when I.P.F. rules were largely unadopted or unenforced, when world records could be set on pound sets without drug testing, the trauma was too great. For them lifting ceased to be fun. Some fell away and others lashed out at us, frequently with threats of legal action.

During this same half-decade, the USPF instituted a full disclosure system of financial reporting, an independent audit with its quarterly and annual review statements and a published budget. For the first time, the general lifting public could see that the USPF was not penniless. It was this volatile combination, unwhappiness with new rule making and the enforcement of old rules, together with a new knowledge of our assets, that began to provoke lawsuits and threats of lawsuits.

These lawsuits or the threat thereof have been for one of three reasons. First, some seek monetary relief for alleged USPF misconduct that has either embarrassed or inconvenienced the plaintiffs. Second, some seek to blackmail the USPF into either adopting, or refraining from enforcing, a policy. A third use is what one Federal Trade Commissioner calls "non-price predation," which attempts to destroy an organization by bringing a legal action, the defense against which is prohibitively expensive.

The policy of the USPF has been, and continues to be, strict adherence to the law, the use of instruments, such as the "Release from Liability, Covenant Not to Sue, and Assumption of Risks," which are designed to discourage lawsuits, and where claims have been filed, an indefatigable determination to defend the case with every resource at the USPF's command, until the plaintiffs recognize that, first, the USPF has acted lawfully and second, that although we may be temporarily burdened by legal fees, the law provides for the recovery of those legal fees and costs from those who file against us frivolously.

**Dr. Conrad Cotter, President,
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SQUAT	BENCH	DEADLIFT	TOTAL
1 837 Wright, G., 211987	557 Lee, J., 321987	766 Bell, G., 211987	3132 Bell, G., 211987
2 800 Dillon, S., 111686	556 Danaher, L., 104386	750 Payne, M., 1211386	2000 Duke, G., 111686
3 821 Bell, G., 211987	545 Wells, G., 211987	750 Duke, G., 111686	2000 Wright, D., 221987
4 827 Parson, M., 1212386	525 Olyphit, B., 1212386	744 Anderson, S., 1212386	1956 Payne, M., 1211386
5 770 Chapman, J., 111686	518 Wright, D., 221987	744 Anderson, S., 1212386	1956 Payne, M., 1211386
6 800 Dillon, S., 111686	517 Wilson, R., 111686	739 Sewell, D., 111686	1956 Payne, M., 1211386
7 770 Chapman, J., 111686	515 Saccarotte, A., 31897	739 Sewell, D., 111686	1956 Payne, M., 1211386
8 800 Dillon, S., 111686	507 Patton, R., 211987	725 Chapman, J., 111686	1956 Payne, M., 1211386
9 770 Chapman, J., 111686	507 Patton, R., 211987	725 Chapman, J., 111686	1956 Payne, M., 1211386
10 755 Commins, J., 101886	505 Stammer, W., 211987	719 Hambley, D., 321987	1896 Sewell, B., 212987
11 755 Commins, J., 101886	505 Stammer, W., 211987	719 Hambley, D., 321987	1896 Sewell, B., 212987
12 755 Commins, J., 101886	500 Graham, L., 131186	710 Frenche, S., 101586	1860 Mordvedt, E., 111286
13 755 Commins, J., 101886	495 Davis, D., 112386	705 Leslie, C., 121386	1851 Leslie, C., 121386
14 745 Mordvedt, E., 112386	495 Davis, D., 112386	705 Leslie, C., 121386	1851 Leslie, C., 121386
15 740 Walden, J., 212987	495 Davis, D., 112386	705 Leslie, C., 121386	1851 Leslie, C., 121386
16 733 Hanlon, M., 102686	485 Verbel, B., 67187	708 Duddell, J., 327387	1850 Warner, R., 22897
17 730 Warner, R., 22897	480 Desard, A., 32286	708 Kilz, B., 67187	1850 Warner, R., 22897
18 730 Warner, R., 22897	480 Desard, A., 32286	708 Kilz, B., 67187	1850 Warner, R., 22897
19 727 Sewell, B., 211987	479 Baker, M., 221187	700 McCee, M., 91686	1840 Ford, V., 31087
20 727 Sewell, B., 211987	479 Baker, M., 221187	700 McCee, M., 91686	1840 Ford, V., 31087
21 725 Mosley, E., 111686	475 Roone, J., 81286	700 Bracey, B., 127886	1835 Baker, M., 221187
22 725 Mosley, E., 111686	475 Roone, J., 81286	700 Bracey, B., 127886	1835 Baker, M., 221187
23 716 Hamilton, R., 212987	475 Yearby, A., 121686	700 Colgett, R., 127886	1835 Baker, M., 221187
24 716 Hamilton, R., 212987	475 Yearby, A., 121686	700 Colgett, R., 127886	1835 Baker, M., 221187
25 710 Washington, W., 111686	475 Padgett, D., 42587	700 Warner, R., 212987	1818 Johnson, R., 21287
26 710 King, L., 271987	475 Padgett, D., 42587	699 Sewell, B., 212987	1818 Johnson, R., 21287
27 710 King, L., 271987	475 Padgett, D., 42587	699 Sewell, B., 212987	1818 Johnson, R., 21287
28 710 King, L., 271987	475 Padgett, D., 42587	699 Sewell, B., 212987	1818 Johnson, R., 21287
29 705 Phelps, S., 101186	470 Wilson, R., 81086	684 Woods, R., 121886	1802 Hanlon, M., 21887
30 705 Phelps, S., 101186	470 Wilson, R., 81086	684 Woods, R., 121886	1802 Hanlon, M., 21887
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41 700 McElroy, G., 67187	470 Ballard, D., 211487	688 Person, P., 121386	1790 Sewell, B., 211987
42 700 McElroy, G., 67187	470 Ballard, D., 211487	688 Person, P., 121386	1790 Sewell, B., 211987
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70 688 Leslie, C., 121386	470 Ballard, D., 211487	688 Person, P., 121386	1790 Sewell, B., 211987
71 672 Meyer, L., 327987	465 Bailett, S., 41987	672 Johnson, M., 101886	1775 Blanton, M., 111686
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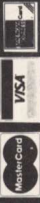


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Don't bog down protein digestion with enormous amounts of fat. Your body will do a much better, more efficient job without the hassle of fats or fried foods. Let's move on to carbs. I like the idea of both simple and complex carbs at the after workout meal. You need some energy to do the building and rebuilding, and both short-term energy (simple carbs) and longer-term energy (complex carbs) are the best place to get this needed energy. Let's look at the short term carbs and where to get them.

Most of us have the traditional meat (protein), potatoes or rice (complex starch) and vegetables (simple and short-term carbs) pattern of eating. Any type of vegetable at the table will do nicely. Just remember, don't use any butter or margarine or salt when you're cooking them or eating them. They'll add things which you don't want or need. You can take care of the simple carb requirements with a table. Now let's take a look at the complex carbs, the longer lasting carbohydrate energy source.

Complex carbs will give energy anywhere from 2-4 hours as compared to only about 1-2 hours for the vegetables (simple carbs). This means a more slow release of energy, what you want. You can get these complex carbs from baked potatoes, steamed rice, boiled lentils, whole wheat bread, fresh or frozen corn, beans or peas (the lentils). About one or two servings should do, but again, no butter or margarine or oil should be used in cooking or on the plate.

A fresh piece of fruit would just be the thing to top off the meal. It would add a few more simple carbs and usually aid in digestion, a gentle "push" through the digestive tract where your protein enzymes can attach and collect all the amino acids you need.

What should you drink? It's up to you. Any type of beverage with caffeine, coffee, tea, coke, would keep me awake. How about you? You could drink milk or fruit juice. Water flavored with a Kool-Aide type drink mix containing a sugar substitute is fine, or one of the very low calorie soft drinks. Just be aware that there are calories in some of these, more in some, less to zero in others.

Some warm milk. This will definitely help you relax, due to the combo of calcium and an amino acid called tryptophan. It's an old wives tale, yet true; warm milk will get you to sleep. Even if you've got a good routine going, and your workouts are intense; you've got to consider your nutrition. Think about all that work and nothing or very little to rebuild with if you don't maintain good nutrition. Try what I've told you. Fill your tank. Bring those PHs around quicker. Have any questions or comments? Just jot them down and send them in to me. I'd love to hear from you.

Nutritionally yours,
Jack Diganig, R.D., M.S.
116 Dopsion Place
West Monroe, LA 71291

NUTRITION CORNER

by Jack Diganig

After the Workout

up doing more harm than good. You need about 1 gram of protein per pound of bodyweight. Knowing your bodyweight to be, say, 180 pounds, you can figure that you need 180 grams of protein. That's for a whole day, and we're only considering one meal here, so take your bodyweight, and divide by 3. 60 or so grams of protein is what you need at that meal. Figure that any meat, fish, or poultry contains 7 grams of protein for every one ounce of edible meat, cooked. For eggs, figure about 6 grams of protein per oz. Any type of cheese contains about 10 grams per one ounce. Skim milk has about 1 gram per 1 ounce. As examples, 3 pieces of chicken (baked please), a leg (2 ounces of meat), a thigh (3 ounces of meat) and a breast (about 4 ounces of meat) would bring you to 50-60 grams of protein. A glass of milk, 10 ounces or so, yields about 10 grams of protein. A can of tuna has about 45 grams of protein, and if you add an ounce of cheese, that's 10 grams more, maybe 15 grams. A hard-boiled egg, brings in 6 grams, and from that you'll have a nice meal of 60-70 grams of protein. If you top it off with a big glass of skim milk, add another 10 to 15 grams of protein. Even a protein drink of 16 ounces of milk (16 grams), some protein of eggs, (12 grams), some protein powder (15 or so grams) will give you 60 or so grams of high-quality complete protein.

Meeting your protein requirements is one thing, it's looking at where you're getting this protein. Why? Because you could get enough protein, but you could also get a lot of other things you don't want. What is it? I'm getting at? Calories. Calories from fried foods, fats, oils and greasy foods. Stuff you don't need and stuff that will hinder protein digestion. Take chicken for example. Go down to the local chicken place and pick up a couple pieces of chicken and you will get a good amount of protein, all you need. You'd be a lot better off (and have more money in your pocket, too) to pick up a 1/2 chicken oven (325 degrees F would do nicely) for about 45 minutes. In this time, you could relax, shower, sip your water and be ready to eat when the chicken is fully baked. Think about it. Let's take the tuna. Compare a can of tuna with oil, and another can of tuna with water. Both have the same amount of protein, but one has a lot more calories. I think you see my point. With any type of meat, get the leanest cut that you can buy.

Furthermore, I always believe the only type of milk to drink is skim milk.

Althh... finished. A good workout and you're through. Now it's time for a shower, and then home to eat. Although, you've put the weights down for the day, it's your body's turn to begin "working out" to rebuild those muscles to a point beyond what they were one workout ago. What food or drink you consume will determine to what extent those muscles will recover. If you send down a couple of beers and a burger, with 75%-80% of your workout time and energy was wasted. In this month's NUTRITION CORNER we will look at Nutrition After the Workout.

TIME: In general, it's hard to say when is the best time to eat following your workout. That depends on your personal circumstances. For example, if your workouts are in the evenings after work or school, then by the time you finish your workout, pack-up, shower-up and whatever, it's close to 7:00 p.m., or even 8:00. My suggestion is to eat as soon as you get home. The longer you wait, the longer it'll be before you get to bed. Also, it is not the best thing to eat a meal and then go right to bed. Your stomach is going to have to work 3-4 hours longer depending on how much fat you eat, digesting, metabolizing and assimilating. Generally, a full meal will disrupt a good sound sleep.

If your workouts are in the early afternoon and you get back home around 4-6:00 p.m., then I would strongly suggest that you relax for an hour. You've got the time, so let your body's processes readjust from the initial physical stress to a more normal state. A short time before you were pushing your body to its physical limits and many of its processes were in high gear; respiration, circulation, etc., but mostly likely digestion was stopped. Your body needs an hour or so to settle back into a normal state before it can begin the complex series of events known as digestion. If you eat too soon after the workout, digestion does not get its full share of attention, and as a result, some vital proteins get being digested right through your tunnel. If you are a morning person and finish up your workouts then wait an hour or two, go to bed, and wait an hour after your workout before eating.

Your physical state is pretty easy to understand, but the emotional state is sometimes overlooked, and when it is, it can cause problems. If you're emotionally upset, stress, good or bad, is to send out adrenalin in preparation for flight/fright situations. When adrenalin is pumped in to the bloodstream, a lot of things happen: your heart rate increases, your blood pressure increases, you start breathing increases, you start sweating, and you may even begin to tremble. Another thing that happens is that digestion stops. The body says "why waste precious energy on digestion now?" Going through a workout, also brings about this type of reaction. Start to psyche for a PR, and you've heightened the effect. If you come into the workout munching on

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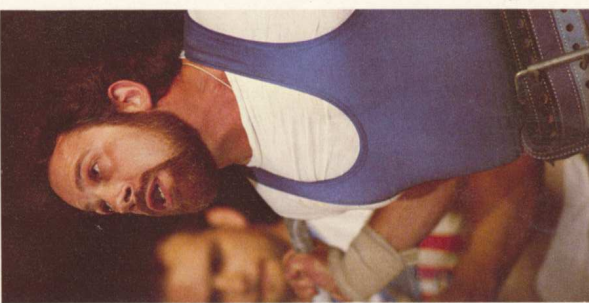


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the latest POWER HOTLINE that some famous lifters got busted, guys I remember, and that soon it will be illegal for doctors to give steroids to otherwise healthy individuals. Doesn't that mean the new association is promoting an illegal activity?" "Not necessarily," I remember 10 years ago: if I heard it once, I heard it a dozen times: a top lifter would say "I only use steroids because everyone else does. I wish they would test, but all the champions would still be champions, even if they did." Now they have a chance to put their money where their mouths are. So why don't they?" "I don't know. Maybe you should ask one of them. I guess some people want to lift the heaviest weights possible, regardless of the means or cost: the Icarion syndrome. I think it's called." "Even if it costs them a true world championship or official records." "Yes, some will sacrifice everything. But you see, the second gripe on the new association's bill of rights, was the unfair judging which they felt was a symbol of the autocratic structure of the mainstream group. "I didn't think the judging was so bad: They were looking for perfection in the squat, which some of us have a hard time providing, but that's their prerogative at a National meet. I thought the signals on the bench were great. In the past, it was like the rule read until snail hell freezes over, whichever times, or two 10-9's becomes more until hell freezes over, whichever comes last." There was none of that today. I don't really think they've got anything to complain about there. New York in '84 had lifted at 900 lbs. I lifted at 900 lbs. by a real organization which you promoted. The judging there turned the competition at strict and sped on down the road to unfair Thank goodness it was just a bad dream. But the judging today was pretty much the way I remember it."

"I see Mike Lampburn over there. I have to go talk to him. Is he still the editor of the National magazine?" "Yes, and it couldn't be in better hands. He touches all the bases; tries to keep most everybody happy. He's got writers to say what he sometimes wants to, like Ken Licose; say when he does something nominated, you know he's put some thought into it, like when he suggested testing world records be eliminated." "He doesn't look a day older, if he'd been the only person I'd seen today. I never would've known. 10 years prior to his venture in this year's U.S.P.F. Seniors. Reminded of the Rip Van Winkle fable, he came up with this bit of whimsical fantasy He leaned back in bed



Jon Smoker, hadn't lifted in a Sr. Nationals for 10 years prior to his venture in this year's U.S.P.F. Seniors. Reminded of the Rip Van Winkle fable, he came up with this bit of whimsical fantasy

Ten Years After

"Rip Wakes Up and Finds an Unbrave, New World" by Jon Smoker

...some real demons to do some of the elite lifting that he did. I'm glad to see him at peace and well. He still cares about the sport: did you see how intently he watched some of the lifting? He has his own equipment business, but he didn't have a booth set up. And honest too: he told me "This is the pits. I feel sorry for the lifters. The platform's sinking in 2 to 3 inches. They deserve better." Doesn't he know how hard I had to work? The guys that have to be stroked..." "Yeah, but the last thing I remember was a Sr. Nationals in the auditorium where the Academy Awards were held, and rumors of television coverage. NEWSWEEK did a spread on the meet. I know you worked hard on this meet, but it is disappointing to see the sport sort of regress in presentation and press coverage." "Well, another guy's gonna get a chance at promoting the Seniors, Rich Neaver-peters. It will be in Vegas." "Maybe he can bring back some of the glamour."

"The main thing hurting powerlifting now is the existence of 3 organizations and a proliferation of National meets: it all gets watered down, like martial arts; every other guy is a National champion of something." "Wait a minute. Back the last year the AAU sanctioned the Seniors. Powerlifting then became an autonomous organization, and that was a good idea because the AAU treated us like second class Olympic lifters, but then the "olds" really started getting out of hand, so a new organization was formed which had testing." "But this meet has testing. Well, they advocate the polygraph. It seems like a superficial difference. What are test catches, the other might let slip through. After all, some of the athletes are tough enough to beat the lie detector." "Schhh... an epidemic however. Rich Neaver-peters is now putting on some meets using the polygraph, which kind of takes the wind out of their sails, but it was a real grass-roots movement, lead by a priest, so there are some loathlies, some people don't want to betray. In their defense, usually it's pretty obvious when someone's taking steroids." "Those are the ones they tend to pick on and from some have tested positive too. But then some guys probably are just a whole lot stronger than everyone else and they pass the test. In which case your dead fish becomes a red herring."

"The testing must be working here too. Nobody really looked 'roided out except for one guy who was strutting around, but he didn't finish first or second, so he probably didn't get tested. Now let me guess, the third group must be pro-steroid advocates." "Hold on a minute. They just don't want any testing; that's all. There's a difference." "But I recall

never seen before about the guy he'd but notice him: the short, thick thighs, the massive gut: "obviously a squatter." The compact, thick upper body indicated that he must be a bench cher too. So, he asked the meet director, "Who is that guy?" "That's Mike Friddle. His name was going to be Mike Friddle. His entire meteoric career on the National and international scene has come and gone since you've been away." "Ralph recalled some tremendous poundages and Rip responded: "Those are lifts that would have been competitive in the heavier classes today. They seem unreal." "Yeah, everybody thought so when he made them, and as the years go by, they seem even more so." "He seemed so at peace with himself."

"He's retired. He probably had to bat-

Powerbelts: The State of the Art

by Frederick C. Hatfield, Ph.D. World Champion

Powerlifters are very aware (often painfully so) that their backs are most susceptible to injuries of a career ending nature. Almost every powerlifter dreads enough to move truly heavy iron has been sidelined with back problems for more than brief periods.

What's our option? The Powerbelt. That's it. Nothing more. It didn't taken the pioneers of powerlifting very long to recognize the inadequacy of the old weightlifting belts in preventing back injuries. Weightlifters persist in their erroneous assumption that in order to prevent back injuries, the back has to be supported. Thus their belts are 4 inches wide in the rear, but only 2 inches wide in the front. Nothing could be more stupid. Powerlifters realize that by having their belts 4 inches wide in the front they're more able to press their viscera -- their gut -- against the front of their spinal column, thereby giving infinitely more support than what their weightlifting brothers derive from their archaic belts.

Soon the powerlifter's belt grew in thickness to the full 13mm allowable by IPF rules. The practice of manufacturing powerbelts with this largely unnecessary thickness resulted in having to solicit the assistance of training partners to get them on tight enough to lend their intended support. And getting them off after a max lift proved nearly equally laborious.

So, what am I driving at? Simply this: the powerbelts now in use across the world look great, are built well, but -- alas -- fail to offer truly maximum support to the spine because they cannot be put on tight enough to do so. Consider that once you have your partners pull the belt tight enough to slip the prongs into the holes the belt loosens nearly 1 full inch when they release the tension and the prongs seat themselves in the belt's holes. In point of fact, you're not getting the support you need to truly minimize the incidence of low back injuries in most cases, and to make matters intolerable getting these belts on and off requires excessive energy expenditure and discomfort to the lifter about to make -- or finished making -- a max lift.

What does all this add up to? The belts you're using fellow lifters are down right dangerous. I have the solution to your problem. I presented the lever-action belt buckles to the powerlifting world several years ago. But because of the restrictive IPF and USPF rules at that time, the belts, while extremely popular, were never successfully marketed. Lifters couldn't use them in competition.

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Drugs & PL

and 18th, 1987 editions of The Oregonian newspaper have noted that Doyle Kennedy was assigned his position as a supervisor for the State Capitol Building where he has served his 1977 after his supervisor began an investigation into news reports that Doyle had sold counterfeit steroids to undercover FBI agents from his Capitol office in Salem. Kennedy was indicted in April on a misdemeanor charge of illegally distributing human growth hormone to an FBI agent on January 28th in Portland. He pled guilty to that charge in federal court on July 6th, and will be sentenced on August 24th. Affidavits were filed by FBI Special Agent Matthew A. Coberty indicating that in addition to the sale of \$1950 worth of Protropin, a human growth hormone, two other sales of steroids were documented, however, Kennedy was not charged in connection with them because analysis showed that the materials involved in the transactions actually contained no drugs at all. The total value of all three transactions was reported to be \$4320. The article indicates that Doyle emphasized that he sold the materials for the same price he paid for them, and he thought he was doing the buyer a favor. He also stated that this included was the only time he distributed steroids from his Capitol office. He is quoted saying "I was not operating a business out of there." He is also described as stating he did not know that the materials sold to the undercover agent were not steroids, and he could not knowingly distribute counterfeit steroids because he and his training partners use the same substances. Kennedy told The Oregonian that he resigned because he felt that continuing to work at the Capitol would lead to more negative media coverage.

Powerlifting USA BACK ISSUES

SOME PREVIOUS EDITIONS OF POWERLIFTING USA ARE STILL AVAILABLE. SEND \$3 FOR EACH ONE AND SPECIFY ALTERNATE CHOICES IN CASE WE RUN OUT BEFORE RECEIPT OF YOUR ORDER.

Dec/1981...World's and World Masters reports, Clyde Wright, TOP 100 148s
Jan/1983...Women's Worlds, Anello deadlift routine, Dan Austin, Cycling, All Time 800 sqt list, Bill West - Pioneer of Power, TOP 100 Super.
Jul/1983...Juniors, Women's Natural Nationals, Overtraining, Making Weight, Chip McCain Squat Routine, 550 Bench Club, TOP 100 114s.
Apr/1984...Women's Nationals and Lat, Mental Profile, Chip McCain Deadlift Workout, Developing Chest and Lat, Coan Rehearsal, TOP 100 242s
May/1984...Lytle Alzayed Profile, Ban the Squat, World's Greatest Bench Press, Jim Cash Squat Routine, Rick West Profile, John Kue on Deadlift, Assistant, Bench Forum, Consumer Guide for Exercises, TOP 100 275s.

May/1986...World's Greatest Squatter, ADFFPA National Collegiates, Judy Getney Deadlift Routine, Dan Austin Interview, Power Pressure Study, Making Weight, Better Coaching, ADFFPA TOP 20 198s, TOP 100 114s
July/1986...USPF National Masters, APF Nationals, Bev Francis Bench Routine, Home Gym, Russian Peak, ADFFPA TOP 20 242s, TOP 100 132s
August/1986...USPF Juniors, Women's Worlds, Fred Hatfield Profile, Body Rhythms, Warning Up, TOP 100 Lightweights, ADFFPA TOP 20 275s.
September/1987...THE DOUBLE SENIORS ISSUE - APF & USPF, J.D. Carr Deadlift Workout, Fatigue, Building the "Wedge", Sleep & Athletics, Deadlift Tidbits, POMS & PL, TOP 100 Lightweights, TOP 20 ADFFPA 114s

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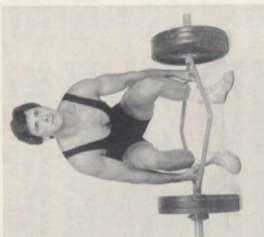
Correction...lightweight lifter Craig Terry pulled a fine 635 deadlift at the June 27th ADFFPA Muscles & Fitness meet, which was not given credit on the TOP 100 list for the 181 lb. class. We apologize for that one and encourage all lifters to let us know when we've missed your accomplishments.

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USPF Teen Nationals 14-15	600	700	750	850	875	925	950	975	1000	1050	1100
USPF Teen Nationals 16-17	650	750	850	950	975	1025	1050	1075	1100	1150	1200
USPF Teen Nationals 18-19	700	800	950	1050	1075	1125	1150	1175	1200	1250	1300
ADFFPA Teen Nationals 14-16	620	720	785	875	925	975	1000	1045	1070	1095	1120
ADFFPA Teen Nationals 17-19	695	790	900	1045	1095	1165	1240	1290	1315	1330	1350
USPF Collegiates	755	821	1003	1135	1256	1350	1416	1427	1438	1455	1466
YMCA Nationals	1064	1157	1246	1394	1527	1642	1731	1824	1890	1946	2033
Women's Contests	97	105	114	123	132	148	165	181	198	198	+
YMCA Nationals	639	683	733	782	827	909	981	1053	1130	1190	
USPF Collegiates	402	435	468	496	523	578	622	672	716	755	
USPF Nationals* (revised)	518	562	601	639	672	744	760	778	826	870	
* USPF women's state champions are also qualified											
ADFFPA Women's Contests	97	104	111	116	122	129	139	154	176	176	+
Women's Nationals	518	557	584	639	661	694	739	766	843	942	
Women's Teenage 14-16	402	430	457	468	491	513	546	595	656	733	
Women's Teenage 17-19	463	496	518	540	562	584	623	678	750	838	
Women's Collegiate	463	496	518	540	562	584	623	678	750	838	

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14 Jun 87 - Chicago Hgts., IL

R. Norman-F	110	470
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G. Meckly	190 lbs.	470
T. Wood	180	415
F. Belcastro	235	350
B. Baldridge	275	475
R. Rossi	265	410
P. Blais	225	400
K. Kress-F	190	470
M. Dantine	435	600
J. Freley	400	430
R. Fruchum	350	420
K. Kesler	420	480



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B. Parker	446	292	468	1207
D. Auns	501	319	501	1322
D. Perry	429	276	362	1267
J. SHW	479	303	451	1234
B. White	242	176	281	700
Natural	352	203	363	925
D. Campbell	435	308	429	1173
F. Styles	440	270	440	1151
P. Murricha	380	237	435	1052
M. Lenter	380	187	369	937
D. Wilson	407	220	435	1063
L. H. Smith	400	324	529	1304
P. Poor	512	341	512	1366
182 lbs.	639	402	551	1592
F. Coker	529	319	477	1322
J. Caranico	501	270	501	1273
M. Adams	589	363	573	1526
T. Magle	584	369	534	1488
D. Rhudy	611	347	666	1625
T. Ayo	650	341	600	1592
198 lbs.	589	363	573	1526
J. Z. Babin	551	309	611	1515
D. Crawford	688	429	694	1813
L. Ventress	611	347	666	1625
Z. Brabner	650	341	600	1592
J. Sabonis	589	363	573	1526
C. Wallon	551	358	540	1449
B. Batrosh	628	446	628	1703
M. Adkinson	611	347	666	1625
M. M. Whitt	716	429	655	1802
242 lbs.	650	341	600	1592
M. Hammond	606	402	650	1692
Open	611	347	666	1625
St. White	677	507	674	1879
479	303	451	1234	

'No Boys Allowed Meet'
14 Jun 87 - Clearfield, PA (kilos)

Womans State Championship	SQ	BP	DL	Total
M. Genaro	80	52.5	97.5	230
L. Caputo	80	45	102.5	227.5
J. Guffley	80	42.5	102.5	225
G. Fredrick	112.5	60	142.5	315
E. Brian	165	92.5	182.5	440
S. Huey	142.5	75	145	362.5
Heavyweight	170	77.5	167.5	415
R. Andra	80	45	102.5	227.5
Light	80	45	102.5	227.5
J. Guffley	80	42.5	102.5	225
E. Martin	52.5	32.5	87.5	172.5
L. Wysocki	75	45	112.5	232.5
E. Brian	165	92.5	182.5	440
T. Uchal	125	72.5	132.5	330
R. Andra	137.5	50	125	262.5
K. Andra	170	77.5	167.5	415

Summer Nationals
28 Jun 87 - Dallas, TX

Age Group	SQ	BP	DL	Total
114 lbs.	242	176	281	700
123 lbs.	352	209	363	925
148 lbs.	364	154	275	694
172 lbs.	440	215	342	897
198 lbs.	512	242	479	1233
220 lbs.	573	275	540	1449
242 lbs.	650	341	600	1592
265 lbs.	716	429	655	1802
287 lbs.	774	466	700	1940
312 lbs.	841	507	750	2098
336 lbs.	900	549	800	2249
360 lbs.	960	591	850	2391
384 lbs.	1020	633	900	2553
408 lbs.	1080	675	950	2705
432 lbs.	1140	717	1000	2857
456 lbs.	1200	759	1050	2991
480 lbs.	1260	801	1100	3121
504 lbs.	1320	843	1150	3253
528 lbs.	1380	885	1200	3383
552 lbs.	1440	927	1250	3513
576 lbs.	1500	969	1300	3643
600 lbs.	1560	1011	1350	3773
624 lbs.	1620	1053	1400	3903
648 lbs.	1680	1095	1450	4033
672 lbs.	1740	1137	1500	4163
696 lbs.	1800	1179	1550	4293
720 lbs.	1860	1221	1600	4423
744 lbs.	1920	1263	1650	4553
768 lbs.	1980	1305	1700	4683
792 lbs.	2040	1347	1750	4813
816 lbs.	2100	1389	1800	4943
840 lbs.	2160	1431	1850	5073
864 lbs.	2220	1473	1900	5203
888 lbs.	2280	1515	1950	5333
912 lbs.	2340	1557	2000	5463
936 lbs.	2400	1599	2050	5593
960 lbs.	2460	1641	2100	5723
984 lbs.	2520	1683	2150	5853
1008 lbs.	2580	1725	2200	5983

'No Boys Allowed Meet'
14 Jun 87 - Clearfield, PA (kilos)

Womans State Championship	SQ	BP	DL	Total
M. Genaro	80	52.5	97.5	230
L. Caputo	80	45	102.5	227.5
J. Guffley	80	42.5	102.5	225
G. Fredrick	112.5	60	142.5	315
E. Brian	165	92.5	182.5	440
S. Huey	142.5	75	145	362.5
Heavyweight	170	77.5	167.5	415
R. Andra	80	45	102.5	227.5
Light	80	45	102.5	227.5
J. Guffley	80	42.5	102.5	225
E. Martin	52.5	32.5	87.5	172.5
L. Wysocki	75	45	112.5	232.5
E. Brian	165	92.5	182.5	440
T. Uchal	125	72.5	132.5	330
R. Andra	137.5	50	125	262.5
K. Andra	170	77.5	167.5	415

at it and remember the good times and the bad times that was known at this meet by all of the lifters.
We must give special thanks to the only BOYS who were invited to participate in this meet, and that was the boys from Dallas, Texas, and their coaches, Don Dabab and Eric Brewer who spent the entire day doing a great job as our spotters/loaders. We could not have had our meet without them and they did some excellent work on the lifts. We also thank the referees, 4th Annual No Boys Allowed Meet is scheduled for June 9, 1988...see you then. (Thanks to Al Siegel for results).

Summer Nationals
28 Jun 87 - Dallas, TX

Age Group	SQ	BP	DL	Total
114 lbs.	242	176	281	700
123 lbs.	352	209	363	925
148 lbs.	364	154	275	694
172 lbs.	440	215	342	897
198 lbs.	512	242	479	1233
220 lbs.	573	275	540	1449
242 lbs.	650	341	600	1592
265 lbs.	716	429	655	1802
287 lbs.	774	466	700	1940
312 lbs.	841	507	750	2098
336 lbs.	900	549	800	2249
360 lbs.	960	591	850	2391
384 lbs.	1020	633	900	2553
408 lbs.	1080	675	950	2705
432 lbs.	1140	717	1000	2857
456 lbs.	1200	759	1050	2991
480 lbs.	1260	801	1100	3121
504 lbs.	1320	843	1150	3253
528 lbs.	1380	885	1200	3383
552 lbs.	1440	927	1250	3513
576 lbs.	1500	969	1300	3643
600 lbs.	1560	1011	1350	3773
624 lbs.	1620	1053	1400	3903
648 lbs.	1680	1095	1450	4033
672 lbs.	1740	1137	1500	4163
696 lbs.	1800	1179	1550	4293
720 lbs.	1860	1221	1600	4423
744 lbs.	1920	1263	1650	4553
768 lbs.	1980	1305	1700	4683
792 lbs.	2040	1347	1750	4813
816 lbs.	2100	1389	1800	4943
840 lbs.	2160	1431	1850	5073
864 lbs.	2220	1473	1900	5203
888 lbs.	2280	1515	1950	5333
912 lbs.	2340	1557	2000	5463
936 lbs.	2400	1599	2050	5593
960 lbs.	2460	1641	2100	5723
984 lbs.	2520	1683	2150	5853
1008 lbs.	2580	1725	2200	5983

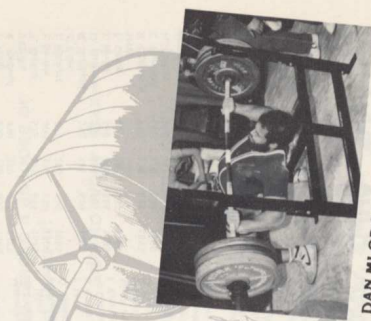
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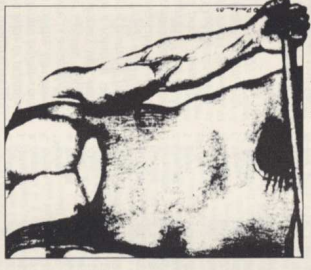
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1987 AZ ADFFA Teenage State Meet

14-16 age group

	SQ	BP	DL	Total
C. Webster	3134	168	308	7894
M. O'Connell	218	113	318	649
R. Martinez	388	223	368	979
J. Booth	358	243	343	944
R. Heath	368	188	353	909
C. Stearns	388	213	353	954
J. Gomez	308	188	353	849
D. Smith	303	198	408	909
R. Fernandez	323	208	408	929
C. Hyenga	303	218	408	929
M. O'Connell	178	88	233	499
H. Faria	208	178	258	644
B. Anton	218	113	268	599
S. Sherwood	273	168	323	764

To win the 132 lb. class, Shane McGowan dominated his class and the 14-16 age group with his 408 lb. squat record on his 408 lb. opener for the 148 lb. class. Chuck Adams, little brother of Glen Adams, followed Shane in his first meet. Glen Adams followed Shane in his first meet. Glen Adams followed Shane in his first meet. Glen Adams followed Shane in his first meet.

Ohio Inmate Olympics

8 Jul 87 - London, OH

	SQ	BP	DL	Total
Blair	415	265	305	1185
Wolf	340	225	380	945
Flanagan	445	315	325	1285
Highower	345	295	595	1535
Sterburner	490	340	510	1340
Torner	300	280	400	980
Hanks	500	330	570	1400
Rowe	560	405	630	1595
Maddox	600	360	620	1580
Corrone	650	465	580	1695
Evan	650	400	600	1650
Robinson	450	300	450	1200

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to win the 132 lb. class, Shane McGowan dominated his class and the 14-16 age group with his 408 lb. squat record on his 408 lb. opener for the 148 lb. class. Chuck Adams, little brother of Glen Adams, followed Shane in his first meet. Glen Adams followed Shane in his first meet. Glen Adams followed Shane in his first meet. Glen Adams followed Shane in his first meet.

Amesbury Days Cash Bench Press

Jun 87 - Amesbury, MA

	SQ	BP	DL	Total
A. Paly	370	228	358	956
J. Coughlin	355	218	343	916
R. Porro	320	218	343	881
C. Sackler	240	158	258	656
J. Niagro	160	100	190	450
R. Brocary	430	270	420	1120
R. Coughlin	430	270	420	1120
R. Briggs	370	240	360	970
A. Freeman	365	240	360	965
J. Asteague	340	210	330	880
C. Willey	350	220	340	910
D. Broadhurst	340	220	340	900

to win the 132 lb. class, Shane McGowan dominated his class and the 14-16 age group with his 408 lb. squat record on his 408 lb. opener for the 148 lb. class. Chuck Adams, little brother of Glen Adams, followed Shane in his first meet. Glen Adams followed Shane in his first meet. Glen Adams followed Shane in his first meet. Glen Adams followed Shane in his first meet.

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In the 148 lb. division, David Lewis of Stone's Gym emerged with lifts of 500 squat, 685 bench and a 500 deadlift to total 1330. John Capace from Pump-Up sustained a back injury during the 220 lb. class. In the 181 lb. class, there were a 460 deadlift to total 1420 and capture second place by 20 lbs. over Horace Quincy of the Rhode Island BCC. In the 220 lb. class, Mike Smith of the Rhode Island BCC, captured first place, followed by lifting by the 114-181 lb. Outstanding lifter award winner Chris Contessore from Rhode Island. In the 220 lb. class, Mike Smith of the Rhode Island BCC, captured first place, followed by lifting by the 114-181 lb. Outstanding lifter award winner Chris Contessore from Rhode Island. In the 220 lb. class, Mike Smith of the Rhode Island BCC, captured first place, followed by lifting by the 114-181 lb. Outstanding lifter award winner Chris Contessore from Rhode Island.

Atlantic States Open 22-23 Nov. 86 - Whitman, MA

Women's Division	SQ	BP	DL	Total
J. Estey	325	150	375	850
J. Shear	240	115	300	655
M. Dargie	200	135	255	590
M. Marm	125	65	165	355
Sub-Masters				
J. Kendall	415	285	500	1200
F. Phillips	400	265	480	1145
M. Brown	415	265	440	1120
M. D'Amico	445	285	480	1210
M. Smith	350	240	430	1020
F. Sengon	340	235	415	990
H. Clark	275	145	315	735
D. Kraker	245	115	275	635
114 lbs.				
M. Chapin	385	200	365	950
D. Raposa	460	220	440	1120
J. Macy	270	175	285	730
132 lbs.				
T. McCoy	400	255	410	1065
T. McCarty	350	275	440	1065
R. D'Angolino	315	220	400	935
148 lbs.				
J. Capace	500	320	500	1320
J. Gaudy	440	260	490	1200
H. Gaudy	430	245	450	1125
F. Sengon	350	245	415	1010
M. Little	430	250	460	1140
181 lbs.				
C. Conesore	515	315	605	1435
M. Albrecht	535	315	615	1465
C. Conesore	500	355	545	1400
198 lbs.				
D. Davies	585	495	590	1670
M. Marj	500	315	630	1445
220 lbs.				
M. Mari	625	465	650	1740
D. Bergerson	670	570	570	1810
H. Nunes	570	355	500	1425
M. Mari	670	570	570	1810
H. Nunes	570	355	500	1425
242 lbs.				
F. Liotone	710	425	660	1795
J. Johnson	580	405	535	1520
S. Ward	500	420	535	1455
M. Mari	625	465	650	1740
M. Mari	670	570	570	1810
H. Nunes	570	355	500	1425
H. Nunes	570	355	500	1425
H. Nunes	570	355	500	1425
H. Nunes	570	355	500	1425

Pacific Coast Open 8 Aug 87 - San Jose, CA (kilos)

Women's Division	SQ	BP	DL	Total
C. Pong	97.5	52.5	122.5	272.5
S. Emerson	107.5	57.5	140	305
M. Wadell	155	87.5	167.5	410
M. Wadell	117.5	67.5	155	360
D. McClintic	137.5	72.5	147.5	357.5
114 lbs.				
K. King	82.5	47.5	131.5	262.5
132 lbs.				
D. Whittange	92.5	60	125	277.5
P. Croly	72.5	55	107.5	235
148 lbs.				
M. Caldwell	165.5	124.5	217.5	507.5
F. Fontanilla	117.5	92.5	137.5	347.5
181 lbs.				
D. Thurman	222.5	187.5	227.5	637.5
J. Yauer	167.5	115	205	487.5
181 lbs.				
B. Newton	222.5	177.5	205	547.5
J. Steinhil	182.5	145	197.5	525
M. Caldwell	165.5	124.5	217.5	507.5
K. Brown	170	115	187.5	472.5
198 lbs.				
K. Bush-BL	295	167.5	320	782.5
R. Glass	247.5	172.5	265	685
J. Griffin	210	157.5	210	607.5
D. Eisenbrum	210	157.5	210	607.5
S. Frost-BL	297.5	180	295	772.5
C. Ferguson	242.5	157.5	260	660
T. Alipho	140	145	192.5	477.5
242 lbs.				
D. Caldwell	305	190	275	770
C. Howe	320	145	312.5	777.5
M. Wright	187.5	150	225.5	563
275 lbs.				
S. Hawk	330	210	302.5	942.5
S. Millard	250	175	275	700
Bl-th Lifter	T-107.5	B-75	American Teenage	207.5
120 lbs.				
Y. Yamada, Rich Tsunoda, Jim Hamamoto, Amiri, Rick Draper, Spotters: S. Leaders: Leon Rogers, Kevin Brady, Bernie Yamada, Rick Tsunoda, Rick Draper, Amiri, Rick Draper, Spotters: S. Leaders: Leon Rogers & Maria Fazio Laskovskij, Ramona Frank, Stephen Plattman (Thanks to Dixie Armstrong)				

Southern California Bench Press 7 Jun 87 - Granada Hills, CA

Women	SQ	BP	DL	Total
Sandra Johnson	105	50	100	255
Melody Kroed	105	50	100	255
181 lbs.				
Pat Guillies	240	115	240	595
M. Williams	240	115	240	595
220 lbs.				
Pat Guillies	240	115	240	595
M. Williams	240	115	240	595
242 lbs.				
Pat Guillies	240	115	240	595
M. Williams	240	115	240	595
275 lbs.				
Pat Guillies	240	115	240	595
M. Williams	240	115	240	595
300 lbs.				
Pat Guillies	240	115	240	595
M. Williams	240	115	240	595
330 lbs.				
Pat Guillies	240	115	240	595
M. Williams	240	115	240	595
360 lbs.				
Pat Guillies	240	115	240	595
M. Williams	240	115	240	595
390 lbs.				
Pat Guillies	240	115	240	595
M. Williams	240	115	240	595
420 lbs.				
Pat Guillies	240	115	240	595
M. Williams	240	115	240	595

Illinois Police Olympics 25 Jul 87 - Naperville, IL

Women	SQ	BP	DL	Total
Maxley	250	170	265	685
165 lbs.				
Maxley	250	170	265	685
181 lbs.				
Maxley	250	170	265	685
200 lbs.				
Maxley	250	170	265	685
220 lbs.				
Maxley	250	170	265	685
242 lbs.				
Maxley	250	170	265	685
275 lbs.				
Maxley	250	170	265	685
300 lbs.				
Maxley	250	170	265	685
330 lbs.				
Maxley	250	170	265	685
360 lbs.				
Maxley	250	170	265	685
390 lbs.				
Maxley	250	170	265	685
420 lbs.				
Maxley	250	170	265	685

Florida Police Olympics 13 Jun 87 - Tampa, FL

Women's Division	SQ	BP	DL	Total
Open				
148 lbs.	345	190	345	880
S. Frons	195	130	280	595
C. Shingodecker	185	100	210	495
Men's Division				
148 lbs.	400	270	455	1125
W. McVay-BL	470	310	480	1260
M. Lowe	435	280	455	1170
N. Firo	400	275	375	1050
198 lbs.				
O. Chaves	530	460	625	1615
L. Overstreet	450	290	480	1220
220 lbs.				
M. Francis	575	300	575	1450
M. White	595	300	525	1420
M. White	595	300	525	1420
242 lbs.				
D. Imman-BL	705	440	640	1785
R. Edinfield	410	260	480	1150
M. Smith	360	230	355	945
M. Axtion	375	325	300	1000
275 lbs.				
B. Page	800	470	575	1845
300 lbs.				
M. Alexander	500	300	500	1300
L. Yone	400	290	405	1095
330 lbs.				
Seniors				
P. Smith-BL	550	400	525	1475
W. Higgins	500	335	460	1335
W. Higgins	500	335	460	1335
K. Pipping	500	335	460	1335
T. Hank	500	335	460	1335
C. Adams	525	385	475	1385
148-181 lbs.				
148-181 lbs.	325	260	440	1025
O. Spicer	420	260	420	1100
198-220 lbs.				
W. Higgins	500	335	460	1335
B. Sprague	365	270	350	985
242-SHW				
K. Phoenix	710	435	650	1795
Masters Division				
148-181 lbs.	560	325	500	1385
R. Parler	350	240	310	900
W. Woodring	210	170	300	680
C. Woodring	120	75	165	360
P. Smith	530	400	525	1455
S. Friedman	300	195	405	900

Overall, the competition was great - the competition was tough, the lifts were solid, and the atmosphere was excellent. The winners were well-deserved. Thanks to all participants and spectators for making this event a success. We hope to see you again next year.

Overall, the competition was great - the competition was tough, the lifts were solid, and the atmosphere was excellent. The winners were well-deserved. Thanks to all participants and spectators for making this event a success. We hope to see you again next year.

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Overall, the competition was great - the competition was tough, the lifts were solid, and the atmosphere was excellent. The winners were well-deserved. Thanks to all participants and spectators for making this event a success. We hope to see you again next year.

Overall, the competition was great - the competition was tough, the lifts were solid, and the atmosphere was excellent. The winners were well-deserved. Thanks to all participants and spectators for making this event a success. We hope to see you again next year.

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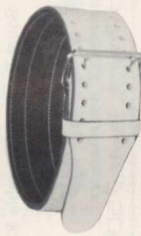
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Waialua Health Club Meet 18 Jul 87 - Waialua, HI

Women's Division	SQ	BP	DL	Total
132 lbs.	185*	123*	225*	533*
Men's Division				
C. Lundford	225	135	300	660
R. Cabico	490*	295*	470*	1255*
R. Prado	265	265	370	900
165 lbs.	440	330	460	1230
181 lbs.	315	265	380	960
V. Raskovsky	625	385	605	1615
198 lbs.	500	315	475	1290
220 lbs.	405	275*	405	1085
B. Biron	405	275*	405	1085
242 lbs.	500	315	475	1290
R. Biron	405	275*	405	1085
265 lbs.	500	315	475	1290
R. Biron	405	275*	405	1085
285 lbs.	500	315	475	1290
R. Biron	405	275*	405	1085

Great Lakes Open Class II & Below 14 Jun 87 - Sturtevant, WI

Women's Division	SQ	BP	DL	Total
132 lbs.	370	200	380	950
148 lbs.	250	190	250	690
165 lbs.	440	315	500	1255
C. Mastari	200	165	200	565
181 lbs.	550	290	575	1440
R. Bednar	545	285	425	1255
198 lbs.	485	345	485	1315
D. Reilly	485	345	485	1315
220 lbs.	500	315	475	1290
R. DePaquale	300	210	300	810
242 lbs.	500	315	475	1290
M. Sanchez	525	315	525	1365
E. Contreras	350	290	425	1065
C. Sturm	635	400	640	1675
265 lbs.	500	315	475	1290
R. Tupper	500	330	540	1370
285 lbs.	745	395	760	1900
C. Tokarski	745	395	760	1900
300 lbs.	745	395	760	1900
C. Tokarski	745	395	760	1900

Bench Press - Deadlift Meet 19 Jul 87 - Honesdale, PA

Women's Division	SQ	BP	DL	Total
132 lbs.	155	315	470	940
B. Grillo	135	300	435	870

Men's Division	SQ	BP	DL	Total
132 lbs.	230	425	655	1310
J. Miller	305	470	775	1550
B. Sitarack	315	405	720	1440
D. Sweetly	260	445	705	1410
148 lbs.	310	565	875	1750
B. Brout	270	530	800	1600
165 lbs.	350	620	970	1940
R. Eber	335	510	845	1690
E. Geiger	340	505	845	1690
P. Felix	380	600	980	1960
E. Duppel	420	555	975	1950
D. West	400	570	970	1940
K. Cole	390	600	990	1980
P. Knopp	380	520	825	1725
M. Siller	380	570	1050	1900
275 lbs.	490	550	1040	2080
R. Virgilio	490	550	1040	2080
T. Kanayo	390	540	930	1860
Masters Light	175	295	470	940
W. Starling	175	295	470	940
Masters Heavy	400	570	970	1940
R. Cole	310	500	810	1620
L. Kananow	310	500	810	1620
I. Kananow	310	500	810	1620

Best Lifter was Ray Eber with a total of 970 in the 198 lb. class. (Thanks to Tina Hehn, Program Director, Wayne County YMCA, for results.)

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N.C. ADEFA Championships 13 Jun 87 - St. Pauls, NC

Open	SQ	BP	DL	Total
114 lbs.	180	110	180	470
J. Blackman	250	105*	315	770
132 lbs.	405	255	405	1065
C. Loria	265	315	425	1005
R. Griest	265	315	425	1005
K. Westbrook	450	245	425	1120
148 lbs.	500	325	515	1340
R. McLean	405	300	430	1135
T. Taylor	400	255	360	1015
F. Miller	345	235	360	940
165 lbs.	385	—	—	—
D. Kiefer	575	340	475	1390
J. Bennett	450	330	550	1330
R. Howell	450	330	550	1330
J. Howell	425	230	375	1030
S. Johnson	325	280	400	1005
B. Ridenhour	320	195	375	890
S. Presley	320	195	375	890
S. Presley	320	195	375	890
C. Drake	400	285	530	1315
181 lbs.	560	405	550	1515
E. Swanson	530	345	500	1375
S. Smith	525	335	540	1400
D. Abbott	475	340	505	1320
198 lbs.	620	390	585	1595
J. Gray	620	325	500	1445
C. Hampton	560	385	520	1405
R. Steamboat	525	360	520	1405
J. Twiford	520	400	480	1400
J. Ray	460	300	460	1220
E. Thayer	500	335	530	1365
T. Amstead	430	280	500	1210
P. Steed	440	290	455	1185


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Jann Prince was justifiably miffed when we did not indicate in our report on the ADFFA Women's Nationals that she had won the Master's title in the 129 lb. class. Jann has generated substantial publicity for the sport in the local Fort Wayne, Indiana, area, the largest city in the state, and her lifting at the ADFFA Nationals brought recognition in VEGETARIAN TIMES Magazine. Jann herself says "I love the sport with all my heart. Although I am not a world class lifter right now, I am striving to achieve my personal potential with great determination. I am also spreading the word to others and helping them to compete in drug-free lifting."

Bulletin Board...this is the place to look for organizational news and notes * an in-depth study on **Upper Body Injuries** is being conducted by Richard T. Herrick MD. If you are a Class II lifter or above, you can participate in the survey, by obtaining a copy of the survey questionnaire from the address below. After completion of the data from the survey, the results will be published in **POWERLIFTING USA**. * Registration applications for **Clubs** in the U.S.P.F. are available from the address below. * Members of the **1988 Jr. Worlds Team** will be selected from those qualifying for and participating in the U.S.P.F. National Nationals program. * The following is a directory of the **A.P.F. State Chairmen**: Arizona - Rich Sandlin, P.O. Box 6133, Tuscaloosa, AL 35405; 800-367-9599; Alabama - Tom Isaac, 2833 W. Glendale, Phoenix, AZ 85051; 602-878-7789 (home) 602-242-2246; California - Roger Estep, 1403 S. 10th St., Anaheim, CA 92802; 714-776-7385; Connecticut - Joe Steele, 54 Chamberlain St., New Haven, CT 06513; 203-467-5212; Florida - Bob Chrominski, 6004 Town & Country Blvd., Tampa, FL 33615; 813-886-7453; Kentucky - James C. Hart, 4818-A Rose Terrace, Fort Knox, KY 40121; 502-942-2470; Illinois - Jim Swanson, 1003 Westminster Lane, Oakley Park, IL 61851; 815-873-2875; Indiana - Jay Wisniewski, RR 75, Warsaw, IN 46992; 219-567-8765; Maryland - Scott Bliker, P.O. Box 30, P.O. Box 2, Baltimore, MD 21202; 410-771-1641; Massachusetts - Joe Stella, P.O. Box 1182, 617-677-1641; Michigan - Wally Stamps, 362925, Harps Co. 26, Mt. Clemens, MI 48043; Minnesota - Jerry Jones, 8115 3rd Ave. S., Minneapolis, MN 55420; 612-884-8460; Mississippi - Dan Lott, Rt. 4, Box 547, Slatersburg, MS 39482; 601-758-5592; New Jersey - David Ahrens, 89 D St., Belleisle, NJ 07109; 201-751-8516; New York - Jeff Copland, 107 Glen Road, Yorkers, NY 10704; 914-776-1858; North Carolina - Willis T. Stone, 310 Cross St., Sanford, NC 27330; 919-864-8387; Ohio - Todd Monroe, 7836 St. Rt. 44, Barclay Avenue, Pittsburgh, PA 15221; 412-351-1124; Washington-Oregon - Jeff Magruder, 32507 3rd Place S., Federal Way, WA 98003; 206-885-2600; Wisconsin - Dawn & Greg Reshal, 3441 N. 98th St., Milwaukee, WI 53222; 414-466-8294; Victoria BC - Rolf Schetterer, Fitness World, 1011 Johnson St., Canada, V8V 3N6; 604-381-3813; Virginia - John Shifflet, P.O. Box 303, Quince, VA 23965; 804-985-3932; Vermont - John Hampshire - Scott Taylor, 269 Brook Rd. Box K, Springfield, VT 05156; 802-885-8061; Montana - Al Roy, P.O. Box 5253, Helena, MT 59604. * Where indicated, information noted in **Bulletin Board** can be obtained by sending a stamped, self-addressed envelope to "Bulletin Board", P.O. Box 467, Camarillo, California 93011.

South Alabama Championships		11 July 87 - Daleville, AL	
	SQ	BP	DL
Marc Cancel	390	275	415
Ed Kreebler	350	235	440
J. Wilkerson	295	215	370
Hank Strothers	585	290	575
Carl Beam	505	335	540
Sean McFarlane	405	250	525
Great Delgado	450	350	500
S. Strength	450	350	500
SHW			
Charlie Oates			
Strength, USPF Sanction No. 1794-87 Best lifter awards: Novice: E. Abraham, 485; M. Picher, 485; Open: E. Abraham, 485; M. Picher, 485. Strength, USPF Sanction No. 1794-87 Best lifter awards: Novice: E. Abraham, 485; M. Picher, 485; Open: E. Abraham, 485; M. Picher, 485. We hope everyone had a great time at the South Alabama Championships. Call for the beautiful trophies and also for being our MC. We hope everyone will continue to better themselves in the sport. Look forward to seeing you again at the next meet. Thanks, Mike Duke, Fitness Co and Store Strength for results!			

1st Coast Championships

25 Jul 87 - Jacksonville, FL

	SQ	BP	DL	Total
Women (Malone)	345*	170	370	885*
K. Besuden	300	175	325	800
K. Knight	300	175	325	800
J. Smith	300	175	325	800
B. Brown	140	105	155	400
Mastere (Schwartz)				
40-45				
E. Diamond	825*	515*	735*	2075*
L. Graham	620	425	665	1710
J. Graham	500	305	535	1340
L. Graham	350	240	435	1025
H. Hutchison	470	290	485	1245
T. Trevorah	500*	300*	490	1290*
J. Stienold	510	265	490	1265
A. Johns	455*	245	465*	1165*
OPEN				
148 lbs.	500	330	500	1330
165 lbs.	535	390	575	1500
K. Dial				

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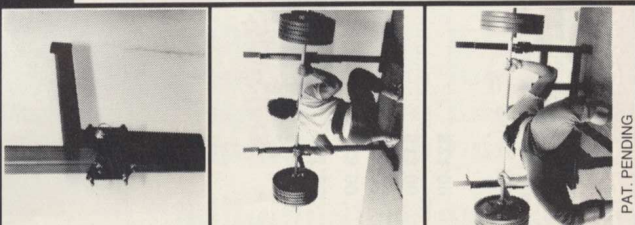
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Arizona State Invitational 11 Jul 87 - Tempe, AZ

Women's Bench (Maxine)		Total		
SQ	BP	DL	Total	
114 lbs	300	185	360	845
D. Suzuki	315	275	455	1245
148 lbs	500	350	650	1500
181 lbs	550	400	550	1500
R. Wenner	140	370	140	650
210 lbs				
(Thanks to meet director Tim McClellan for results.)				

4th of July Spectacular 4 July 87 - Wichita, KS (kilos)

Men's Division		Total		
SQ	BP	DL	Total	
80**	57.5	110	247.5	
A. Boyer-F				
165 lbs				
W. Murphy	145	105	102.5	307.5
198 lbs				
J. Curtis	215	162.5*	227.5	605
242 lbs Jr.				
L. DeWitt	232.5	142.5	200	575
278 lbs				
I. Wessendowick	190	120	232.5	547.5
297 lbs Division				
K. Abhon	75	30	82.5	187.5
A. Adams	80	57.5	110	247.5
123 lbs				
C. Carter	85	55	95	235
D. Mitchell	102.5	62.5	122.5	287.5
T. Martin				
148 lbs				
S. Wendland	105	67.5	132.5	305

Anthony Clark, the first teenager to bench 600, now has competitive bests of a 617 bench and 903 squat, and has his eyes on 1000 squat and 650 bench at the Hudson Memorial meet in Houston this November. He has also done a reverse grip bench of 605. Now 20, he expects a 1020 squat and 700 bench before he is 21. His motto is "Power Comes From God".

Weight	Best	Other
100	60	132.5
118 lbs		
C. Ziger	181	177.5
181 lbs		
S. Meybaw	260	177.5
225	205	205
G. Turner	222.5	145
198 lbs		
D. Wendling	227.5	153.5
198 lbs		
B. Boyles	235*	155*
B. Collins	252.5	140
215	140	242.5
K. Le	212.5	137.5
R. Adams	202.5	125
202.5	205	307.5
W. Murphy	200	102.5

Drug Test FAILURES. We hear there is one definite of the tests given at the USSF's. Others are evaluating the "B" sample. The "A" sample was positive. This will alter the team originally selected to represent us in Norway.

From Rick Weil: "In my haste to put together the article on the APF Juniors, I forgot to thank and give credit to a dear friend and all of his employees at the Maximo Fitness Center. Ron Petch and his staff donated their time to make the meet site cleaned up in such a record time. Maximo was also the biggest supporter of the contest financially as Ron paid for the awards. I also missed Tracey Jo Beard who trains at Maximo. She competed in my meet as a favor to me. She broke a world record in the bench press and I stipulated in the article that she could not afford to go to the Women's Nationals. What I meant to say was that she saved money by competing in my meet right in her own backyard. Sorry, Tracey. And then I really screwed up. I somehow forgot to mention the fine lifting attempts of 242 lb. lifter Steve Glende, who posted a 685-390-765-1840. Isn't it amazing that I can break world records and still make mistakes like other humans? Again to Maximo, Ron, Steve and Tracey, thank you and I am sorry. Please forgive me."

Women's Bench (Maxine)		Total		
SQ	BP	DL	Total	
500	315	540	1355	
S. Fleming	440	275	490	1205
K. Iskierski	530*	325	555	1410*
198 lbs				
E. Mattson	470	295	570	1335
198 lbs				
D. Waldrop	565	435*	630*	1530*
198 lbs				
W. Alsteen	520	400*	550	1500
198 lbs				
R. Cannon	540	320	500	1360
220 lbs				
D. Isabella	628*	470	678*	1656*
242 lbs				
D. W. Moore	600	430	590	1620
P. Caciuci	435	325	465	1225
165 lbs				
I. Reeves	665*	485*	796*	1950*
242 lbs				
C. Sedjan	480	285	460	1225
275 lbs				
J. Pender	325	225	450	1000

Alamo Open Bench Press 23 May 87 - San Antonio, TX (kilos)

Weight	Best	Other
117.5		
J. Flores	117.5	57.5
123 lbs		
K. Anderson	132	95
132 lbs		
M. Lester	132	95
148 lbs		
D. Salinas Sr.	132	95
181 lbs		
T. Hallett	147.5	87.5
R. Hernandez	132.5	100

Rhode Island Championships 21, 22 Mar 87 - Whitman, MA

Weight	Best	Other
100	165	360
148 lbs		
M. Hitchcock	255	125
181 lbs		
D. Waldrop	210	155
132 lbs		
M. Brooks	290	145
181 lbs		
G. Decrescenzo	400	225
148 lbs		
B. Jerry Jr.	460	260
165 lbs		
M. Little	465*	275
165 lbs		
G. Vitello	520*	315

Women's Division
100 165 360 835
M. Hitchcock 255 125 300 680
D. Waldrop 210 155 255 620
Master's Division
290 145 340 775
G. Decrescenzo 400 225 370 995
148 lbs
B. Jerry Jr. 460 260 515* 1235*
M. Little 465* 275 495 1235
165 lbs

Antigo Fitness Center Meet 11 Jul 87 - Antigo, WI

Women's Bench (Malone)		Total		
SQ	BP	DL	Total	
190				
Cara Thrun	190			
D. Waldrop	190			
W. Alsteen	190			
Power Meet				
114 lbs				
I. Ramsey	350	185	300	835
198 lbs				
B. Smith	275	200	315	790
242 lbs				
C. Sedjan	480	285	460	1225
275 lbs				
J. Pender	325	225	450	1000

Men's Division

Weight	Best	Other		
235	145	260	640	
165 lbs				
D. Schuh	285	205	370	860
200	255	460	1215	
D. Anderson	325	240	435	1000
242 lbs				
B. Westerman	360	310	425	1095
220 lbs				
R. Waddelges	420	250	560	1230
M. Diercks	400	290	480	1170
220 lbs				
T. Hade	450	385	500	1335

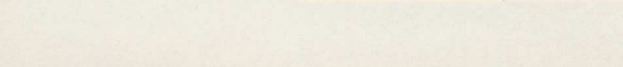
Women's Division

Weight	Best	Other
148 lbs		
F. Flores	155	117.5
181 lbs		
M. Brooks	172.5	115
181 lbs		
B. Brooks	187.5	120.5
181 lbs		
L. Archer	195	115
181 lbs		
L. Archer	167.5	100
198 lbs		
F. Alvarez	235	177.5

Men's Division

Weight	Best	Other		
100	165	360	835	
148 lbs				
M. Hitchcock	255	125	300	680
181 lbs				
D. Waldrop	210	155	255	620
132 lbs				
M. Brooks	290	145	340	775
181 lbs				
G. Decrescenzo	400	225	370	995
148 lbs				
B. Jerry Jr.	460	260	515*	1235*
165 lbs				
M. Little	465*	275	495	1235
165 lbs				
G. Vitello	520*	315	545*	1380*

Women's Division
100 165 360 835
M. Hitchcock 255 125 300 680
D. Waldrop 210 155 255 620
Master's Division
290 145 340 775
G. Decrescenzo 400 225 370 995
148 lbs
B. Jerry Jr. 460 260 515* 1235*
M. Little 465* 275 495 1235
165 lbs
G. Vitello 520* 315 545* 1380*



A woman in a dark tank top and shorts is performing a bench press on a gym bench. She is holding a barbell above her chest with her arms extended. The background is slightly blurred, focusing on the athlete.

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1982 — squats only — DIVAYNE FELY'S 98.96 lb. World Record, KAZMAIER'S 989 and miss at 987 lbs...

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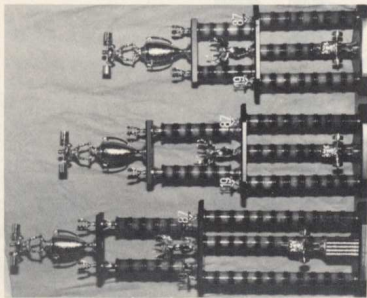
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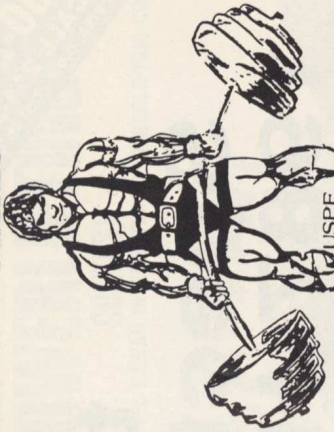
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Swanson's Midwest Open Powerlifting Championships will be held in Rockford, IL, November 8, 1987 at the Knights Community Complex. The A.P.F. rules will apply, utilizing the round system.

We will also have two platforms. There will be two divisions: Men (114 123 132 148 165 181 198 220 242 275 SHW) trophies will be awarded to 1st, 2nd, 3rd with 2 Best Lifters; Women (132 and under, 132 and over) trophies to 1st, 2nd, & 3rd with 2 Best Lifters. We will also award 1st and 2nd place Team Trophies. First place trophies will be 42 inches with 2nd place 37 inches and 3rd place as tall as 32 inches. There will be food and drinks for the lifters after the meet. For more information call Meet Director Jim Swanson (815) 877 2875 or write him at 1003 Wissmach Ln., Machesney Park, IL 61111.

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FOR MORE INFORMATION CONTACT

GARRY BENFORD
Director of Physical Fitness
Columbus Central YMCA
40 West Long Street
Columbus, Ohio 43215
(614) 224-1131

NOTE: Qualifying totals are USPF Elite for both men and women.

20.21 MAY, USPF Maryland State Championships (women, open, masters, teen, high school), Sporo Tournaments, Bulls School, Potomac, MD 20854, 301-299-8507.

21 MAY, B.S.S. Beach & Dwellitt: David L. Moore, Alton, MI 48801, 517-463-8620.

21 MAY, Alamo Open (San Antonio), Richard Peters, Box 1753, Norman, OK 73070.

22 MAY, 3rd Annual Stockton Open ADFFA Grand Canal Blvd., Suite 34, Stockton, CA 95207, 209-476-1300 or 333-1702.

23 MAY, Little Rock Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

24-25 SEP, East Valley Open (Men), Gary Benford, 3552 East Valley Blvd., Grand Rapids, MI 49505, 616-363-8955.

4 JUN, New England States Novice (men, women, sub-masters, masters), Greg Foster, Box 1753, Norman, OK 73070 (include s.a.s.e.)

4 JUN, USPF National Open Powerlifting Meeting at University Club of Michigan State University, Maro Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.

4-5 JUN, USPF Junior Nationals, MAC (Men, Women, Teen, Masters), Rich Peters, Box 1753, Norman, OK 73070.

8 JUN, Upper Lake Teenage, Junior, Open, Sub-masters, Masters, Power Pro, Box 1246, S. Glens Falls, NY 12803, 518-798-3740.

11 JUN, Pennsylvania Police Olympics, Detroit, MI 48226, 313-555-8130.

11 JUN, Metro Detroit Open Power Meet, Fabian Warmbogens, 969 S. Clermont, Dearborn, MI 48124.

11 JUN, Metcalf Beach, Open (Colombian), Rich Peters, Box 1753, Norman, OK 73070.

18-19 JUN, ADFFA Men's Teenage Nationals, Sporo Tournaments, Bulls School, Potomac, MD 20854, 301-299-8539.

19-20 JUN, ADFFA United States Bench Press Championships, open, masters (2 age groups 40-49 and over 50), teenage (2 age groups 14-16 and 17-19), Girl or Boy Gynmer, 19 Sunrise 717-474-6111.

19 JUN, 7th NO BOYS ALLOWED Power Meet, for women of all ages and Men's Masters only, Sigal Engstrom, 109 East Market St., Detroit, MI 48226, 313-555-8130.

25 JUN, Michigan Men's Open, U.S. Open, Boothtown, 2854 Avon, Wyoming, MI 49509.

25 JUN, Iretahaw Michigan Men & Women Sub-Masters and Masters Championships, Metro Tournaments, 1517-332-5130.

25 JUN, Summer Nationals (Dallas), Richard Peters, Box 1753, Norman, OK 73070.

1987

USPF Natural Nationals Powerlifting Championships

★ Regional Qualifiers ★

- 10-3-87 Atlanta, GA 11-7-87 Kansas City, MO
- 10-10-87 Richmond, VA 11-14-87 Denver, CO
- 10-31-87 Las Vegas, NV 11-21-87 Dallas, TX
- 12 OCT, Mid. States, OK 73070 (include s.a.s.e.)
- 12 OCT, National, OK 73070 (include s.a.s.e.)
- 2 OCT, 3rd Annual Doggett-Bench in Ohio, Mike Benford, 214 Locust No. 1, Belle, OH 45714
- 15 OCT, National, OK 73070 (include s.a.s.e.)
- 15-16 OCT, East National Regional (Richmond, VA), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
- 15-16 OCT, West National Regional (Las Vegas, NV), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
- 26 NOV, So. Central National Regional (Dallas), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
- 26 NOV, Midwest National Regional (Men's), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
- 26 NOV, Midwest National Regional (Women's), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
- 12 NOV, Central National Regional (Kansas City), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
- 12 NOV, National Regional (Stamens), CA, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

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20 AUG, B.S.S. Dwellitt Meet, David Burke, 3130 W. Monroe, Alton, MI 48801, 517-463-8620.

20 AUG, San Antonio Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

3 SEP, Iowa Open (Des Moines), Richard Peters, Box 1753, Norman, OK 73070.

4 SEP, Short Leo Open (MN), Richard Peters, Box 1753, Norman, OK 73070.

10 SEP, 12th Annual Oklahoma Grand (Oklahoma City), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

16 SEP, Master Class I and Below Open Bench Press, 12th Annual Oklahoma Grand, Plaza, Oklahoma City, OH 44278, 216-633-2000.

17 SEP, Fall Trier (TX) Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

24 SEP, Fall Nationals (Dallas), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

2 OCT, Mid. States, OK 73070 (include s.a.s.e.)

2 OCT, 3rd Annual Doggett-Bench in Ohio, Mike Benford, 214 Locust No. 1, Belle, OH 45714

15 OCT, National, OK 73070 (include s.a.s.e.)

15-16 OCT, East National Regional (Richmond, VA), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)

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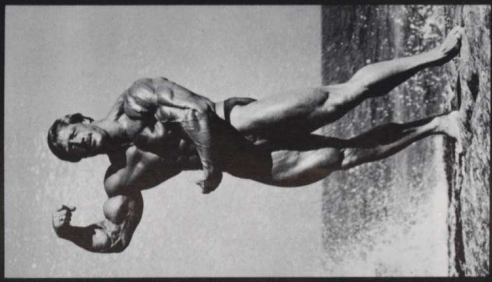
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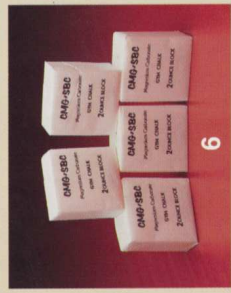
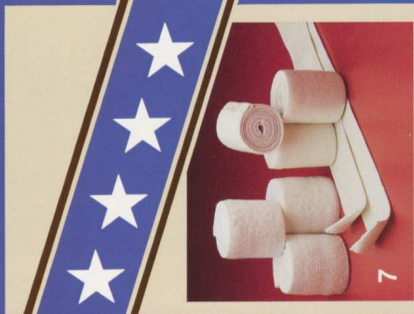
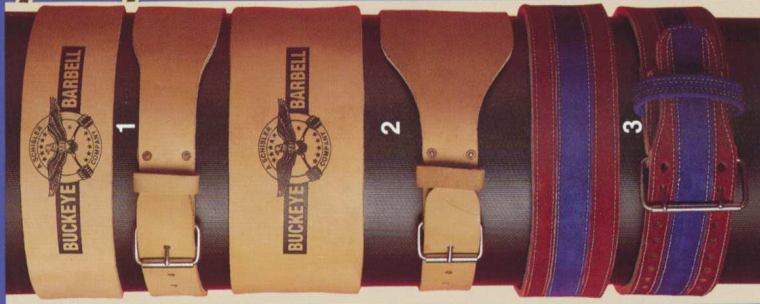
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BUCKEYE BARBELL INC.
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INZER ADVANCE DESIGNS

We Make Power Gear A Science

Dear Powerlifter,

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

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

We enjoy helping you with the sport of powerlifting.

Sincerely,

John Inzer
Owner

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