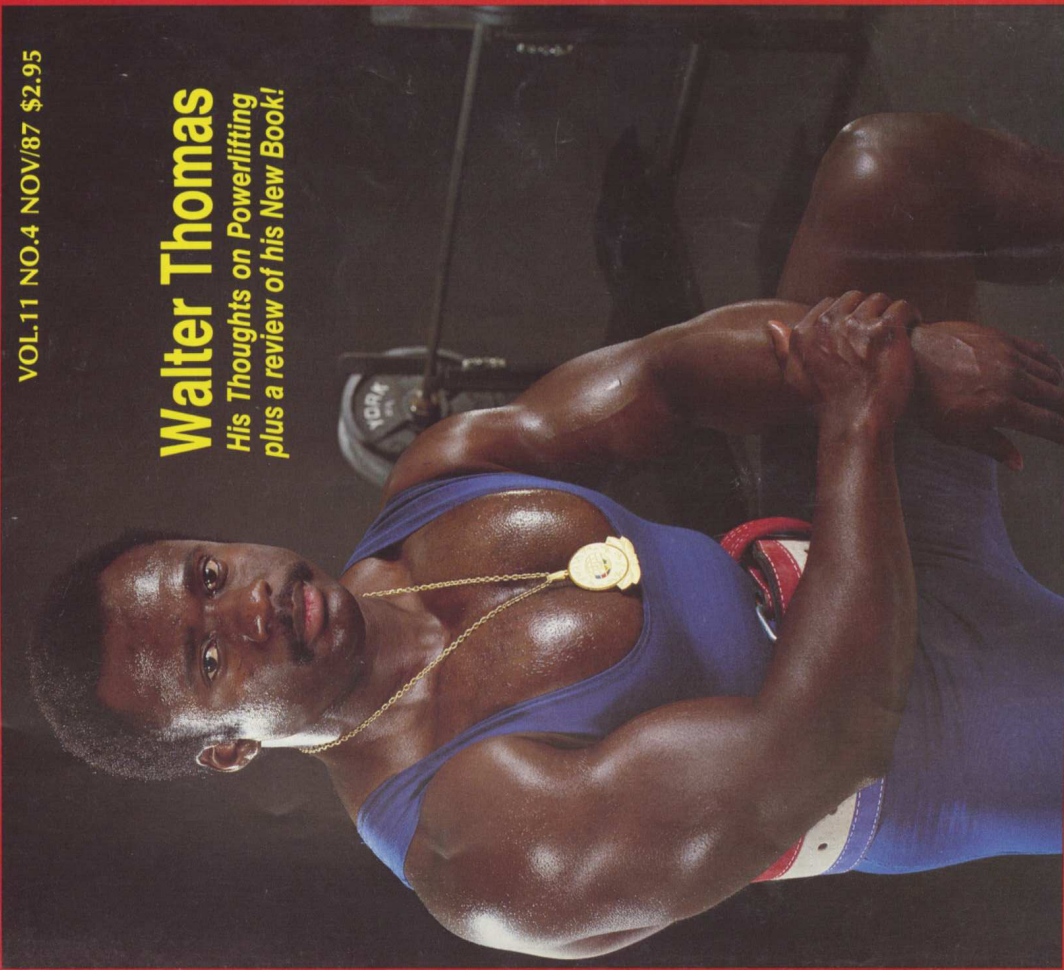


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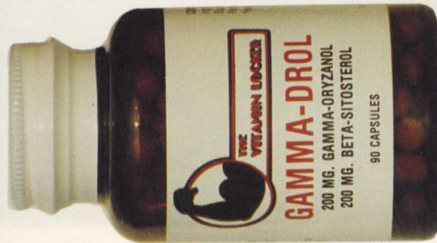


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Editor-in-Chief Mike Lambert
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Research Editor Dr. Tom McLaughlin
Sports Medicine Editor William Taylor MD
Subscription Services Jean Lambert
Graphics/Layout In-Joo Lambert
Statistician Hero Glasbrenner
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ON THE COVER...Walter Thomas, author of "POWERLIFTERS GUIDE TO SUCCESS". (photo courtesy of Walter)

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INTERVIEW

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

Walter Thomas One of the most accomplished and respected athletes in the history of the sport reflects on his new book, POWERLIFTERS GUIDE TO SUCCESS, the sport itself, and his life with World Champ wife Juli since stepping off the contest platform.

PL USA: What have you been doing with yourself the last couple of years? Are you still training?

Thomas: Juli and I have been very busy the past 3 years. I have been very active in the U.S. Army Reserves, working a lot of extra duty and overtime to accumulate enough to pay for Juli's college tuition, the printing costs on my book, and many other things. I was recently promoted to the rank of Major in the U.S. Army Reserves, a milestone I have been working on for 3 years. Juli has been doing excellently in her school activities; she is majoring in civil engineering with a 4.0 point grade point average. Juli received an academic scholarship from Oklahoma University because of her high GPA. I still train about two days a week, only moderately due to an old back injury. Juli has not been able to train consistently, because of the long hours she invests in completing her homework.

PL USA: How long have you been working on your new book and how do you feel about how it turned out?

Thomas: I have been working on my new book ever since 1982. This project has been on and off the back burner numerous times, mainly due to a shortage of financing. I had to work many extra days and overtime to pay for the expenses involved. I am very satisfied with the book and I know it will help many powerlifters and save them a lot of time in their training achievements.

PL USA: You've had some terrific contests with another Oklahoman, Dennis Wright. What are some of the great moments you can recall from your competitions with him?

Thomas: Dennis Wright is the

greatest World Champion that I have ever competed against. Dennis and his family are very dear friends of mine and I will always respect him to the highest degree on and off the platform. When Dennis and I competed the question was not who won the meet, because I feel that we both were winners and deserved first place. Dennis and I tied in the total on the majority of all of our confrontations. When I competed against him it took me 3 to 4 weeks to recuperate from such an exhausting battle. He made me feel like I had been in a 15 round bout with the heavyweight champion of the world. I never could out-squat or out-bench Dennis Wright. All I can say is thank God for the deadline and that it is the last event of the 3 events in competition. I believe if the deadline was first and the squat was last, the outcomes would have been different.

PL USA: As one of the few husbands and wife World Champions in the history of the sport, it might be interesting to know if Juli had an interest in the sport before you met her, and how did you help her during her championship years?

Thomas: Yes, Juli had been exposed to the sport before we met. Juli already had the desire and assets to

spectators at the competition site were very supportive and responsive to every lifter that approached the platform regardless of which country the lifter represented. (6) The opening ceremonies were excellent and colorful. (7) Juli and I did quite a bit of shopping and gifting, we enjoyed that. Juli bought several Indian outfits. We even purchased our first set of wedding rings there. Germany was an interesting trip, the highlight being that I won my 4th world title.

PL USA: Have you retired completely from competitive lifting, and what role have injuries played in that decision?

Thomas: Old powerlifters never completely retire, they just fade away (smile). I experienced a chronic back injury during the last 3 years in my lower lumbar region. I still go to the gym and train according to how I feel on a given day. I will not say that I have retired completely, because I have retired many times in the past and ended up lifting again. I may lift in some bench press contests since my bench is the only thing presentable right now. Maybe, one day, a national meet. Who knows?

PL USA: How did your Christian beliefs help you in your powerlifting career?

Thomas: The foundation of my success and achievements in the sport of powerlifting is based on my Lord and Saviour, Jesus Christ as well as other aspects of my life. My first introduction to powerlifting came about after I submitted myself to Jesus and became his servant. I give all the credit to God the Father and His Son Jesus Christ. I don't claim to be perfect or "holier than thou" because I have faltered along the way, but I intend to make my relationship with Jesus an everlasting one. I thank God for all of His blessings.

PL USA: What does the future hold for Walter and Juli Thomas and their involvement in Powerlifting?

Thomas: I intend to promote the sport of powerlifting by directing lifting meets, establishing a mail order business, maybe opening a health spa, and officiating at power meets. Juli's immediate goal at this point is to get her degree in civil engineering at the University of Oklahoma. I believe once she gets this milestone behind her, she will compete again, and be very successful at it.

PL USA: If you had to change any aspect of your lifting career, what would it be?

Thomas: I competed for about 15 consecutive years. I wish I would have taken about four sabbatical years in that time frame. I probably would not have injured my back.

PL USA: Did you possess an abundance of natural strength before you started powerlifting? Were you a good athlete in other sports?

Thomas: I inherited most of my strength and physique from my mother and father. My mother and seven brothers and sisters have muscular physiques and do not even lift weights. When I was 12-15 years old I used to be good at running 100 yard sprints, and Little League baseball. I did not play high school or college sports. I began powerlifting when I was 26 years old.

PL USA: Your physique has long been admired from both a powerlifting and bodybuilding point of view, have you ever measured any of your bodyparts? If so, what are they?

Thomas: Chest - 48", Arms - 18", Thighs - 26", Calves - ?

PL USA: How do you see the present separation of the sport into 3 rival organizations resolving itself?

Thomas: I think the only ways our sport will ever be under one organization again are: (1) the de-stigmatization of steroids off of the face

of the earth, (2) political leaders concerned for the welfare of the athlete. Otherwise I think the sport will continue to have separate organizations.

I think athletes as well as political leaders have become judgmental and there is finger pointing in all 3 organizations. I don't believe in judging any man or woman. I leave that task up to God. I believe if we put any person under the close scrutiny of the magnifying glass we will find sin in that individual's life, whether it be drug usage, adultery, fornication, pre-judice, lying, stealing, etc. just to name a few. For the most part, people know what's right and what's wrong. Personally, I believe that weightlifting athletes will be a lot healthier, and live a longer life if they don't use drugs.

PL USA: Name the best thing a lifter can do in his training...and the worst.

Thomas: Best Thing: Is to ascertain the best training methods that will cause you to advance. Worst Thing: Do not overtrain, take time off to give the body a sufficient amount of time to recuperate.



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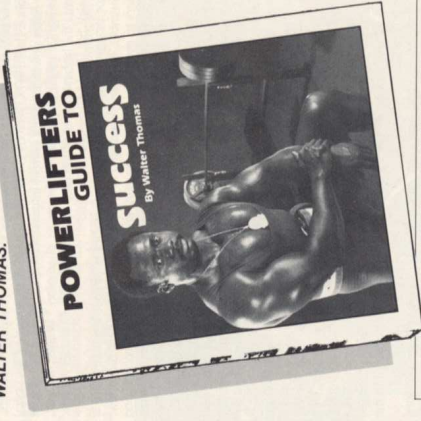
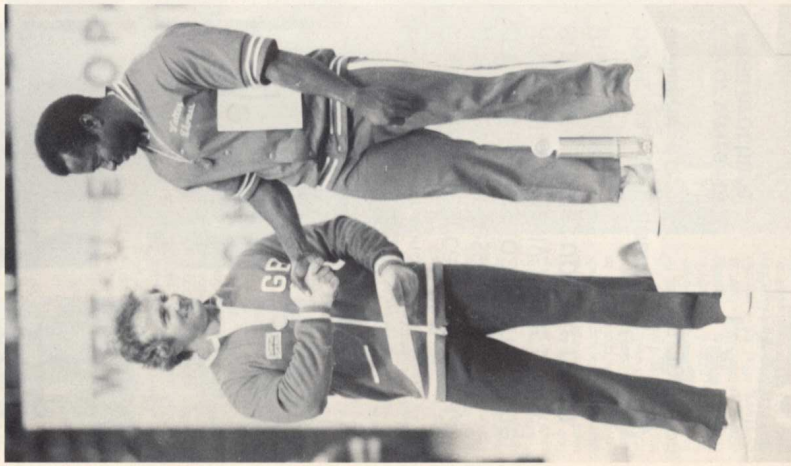


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He Respects...and Is Respected...Walter with Bill West (left) at the '82 Worlds



Three of the Greatest World Champions and Friends...Walter Thomas, Dennis Wright, Juli Thomas. Fernando photo

FOR REVIEW

If there were an award to be made for the most sincere gentleman among our world champion powerlifters, I would nominate Walter Thomas for the honor. His lifting accomplishments are broader in scope than most people imagine. Many know that he was a World Champion in 1975, 1978, 1981 and 1982, but he was also the first powerlifter in the United States to total ten times bodyweight. He was also the first powerlifter to total ten times bodyweight in three different weight classes, and he was also World Champion in three different weight classes. He was the Oklahoma AAU Sullivan award winner in 1974, 1975, and 1978, and is a member of both the National and International Powerlifting Hall of Fame. He has also been a National Champion in the ADFPA, in 1984.

In terms of sincerity, the examples are numerous, but none so telling in my mind as the time I shared a meal with him, and a young lifter came up, introduced himself, and asked for some advice. I've seen some lifters who brush off what might be considered an interruption with a perfunctory answer or less, but Walter gave the matter his fullest attention and explained at length his philosophy on the matter. Walter believes strongly in keeping no secrets. As he once stated in *POWERLIFTING USA* "I have always made it my policy to give other powerlifters the correct information about training techniques even though it might jeopardize my reign as champion." Walter, as well, represents the highest degree of sincerity in his beliefs as a Christian Athlete, along with his World Champion wife Juli.

As for being a gentleman, Walter's character is almost legendary. He is quiet, humble, and very reserved. He was quick to congratulate those few fine lifters to ever win a victory over him, and equally prompt in recognizing the accomplishments of those who challenged him on the platform, but were not able to defeat him. As I stated in a 1982 article on Walter, "I have never known him to raise his voice (except to cheer on his World Champion wife, Juli Thomas), which is normally a near-whisper, albeit a deep and husky one. I have never known him to utter an unkind word about any other lifter, and neither have I heard any of his competitors say anything disparaging about Walter... His reserved demeanor and outstanding ability have earned him the universal respect of lifters around the world."

After several years of planning around the world, Walter Thomas has produced a powerlifting training book, *POWERLIFTERS GUIDE TO SUCCESS*, which is in the same mold as the other aspects of his lifting life: open, helpful, comprehensive, yet uncomplicated. The book is written in a plain, down-to-earth, beautiful color cover, excellent paperback binding, and is all done with a beautiful exercise photo gallery. Although self-publishing books is not his special field of endeavor, Walter has put his heart into this project and made sure that the quality was of the highest level, from the book's content to the paper.

The book is divided into nine chapters, with Chapter One covering Warmups for the Big Three. Then each of the lifts are covered in terms of the equipment required, and then photographically to illustrate both the correct and incorrect ways of performing the squat, bench press, and deadlift throughout all of the many phases of each lift. This feature of the book could be the most valuable to the beginning lifter, because the photos are truly worth more than a thousand words each in this regard. One of the keys to the great success Walter has had in Powerlifting is power rack training, and he describes his philosophy in detail within Chapter Five. Tony Ditillo, author of many articles in *IRON MAN*, was just telling me the other day how neglected the rack has become in modern training programs. Perhaps Walter can induce a rebirth of interest in this key means of overloading the body beyond the standard competitive moves. In Chapter Six, Walter describes the assistance exercises he puts his faith in. They are simple and basic. You have to understand that there is no unnecessary complexity in what Walter recommends. He eliminates the window dressing and concentrates on what he knows, through his own extensive experience, will work for you.

Chapter Seven is another key section of the book. Here he describes the several routines that he has developed and used over the phases of his career in great detail: sets, reps, days to train, and much more. You can trust, as I do, that these routines are the genuine article. If you can add the hard work, they will produce the results.

Chapter Eight details Meet Preparation techniques, and Chapter Nine covers Walter's nutritional philosophy. There is also a Glossary, just the thing for the newcomer to learn many PL terms, widespread knowledge of which we almost all mistakenly take for granted.

The strong point of this book is the attention paid to the very basic elements of powerlifting training, the ones that you've got to have together to get anywhere, followed by another strong point, Walter's caring consideration for the concerns of the beginning lifter. Here's a world champ who hasn't forgotten the trouble it takes to get going in this sport. Anyone can learn from this book, but it's especially good for the lifter who seeks understanding guidance from a great lifter. *POWERLIFTERS GUIDE TO SUCCESS* can be ordered through the form on the preceding page. **Mike Lambert**

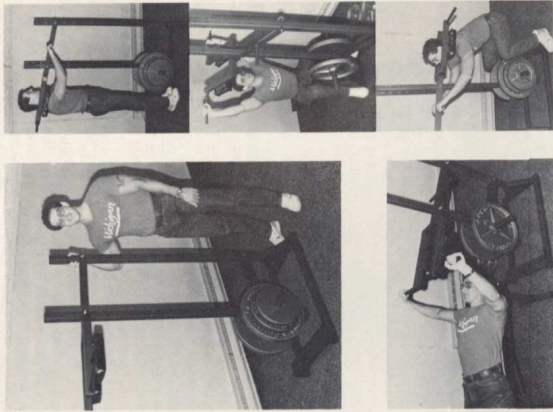
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CHRIS CONFESSORE Bench Press Routine as told by Doug Daniels

point he desires and pushes an empty bar and holds that contraction until exhaustion for three sets. He used to practice that technique at mid-point, but that was too much. He doesn't need much work for the bottom position because he feels he can get almost anything off his chest. He

practices that technique at mid-point

In just four short years, this 22 year old from Huntington, New York has made quite an impression on the powerlifting world, especially in the bench press. On May 2nd, Chris Confessore became the 4th person in the history of Powerlifting to bench press triple bodyweight in a sanctioned meet, with a 542 1/2, weighing 180 1/2 at the A.P.F. New York State Championships at Metroit Athletic Club in Pelham Manor, NY. One week later, on May 9th, Chris got another triple bodyweight bench, this time in national competition, a 545 at 181, and won Rick Wells' 1987 APF Junior Nationals in St. Petersburg, Florida with a 640 squat, 545 bench (close 4th attempt at 560), and a 610 deadlift. In the process he beat a strong field of lightweights, marking himself not only as a premier benching, but a top three lift competitor in the footsteps of Rick Well himself.

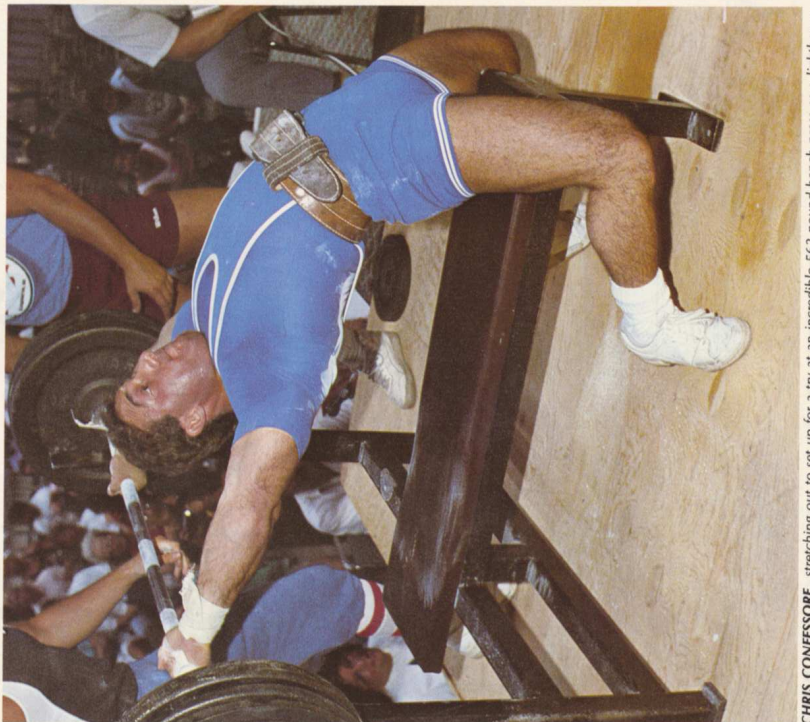
On Saturday, June 27, at the APF Seniors in Minnesota, Chris attempted again to break Rick Wells' amazing bench press record of 556. He made one extraordinarily close tries to hit 562 that stalled just short of lockout, but he promises himself to hit it at this year's YMCA National Championships in Columbus, OH.

Chris entered in the 148 lb. class and in his first attempt at 18 years of age, he set a new record on the bench and totaled 1250. One year later he hit 350 at the same weight. He soon outgrew the weight allowed him to bench 460 at 165 at the 1985 Y Nationals in Columbus, Ohio. He came to bench only, but that year he trained all three lifts, and totaled 1560 to qualify for the Y's.

In 1986, he moved up to 181 and entered the New York State Championships, and benched a massive 510. Up to that meet, he did not train his squat and deadlift, concentrating on his bench. Afterwards, Chris started training all three again and in November of 1986 at the Massachusetts Open he totaled 1710, with 610-515-585. 3 weeks later he hit the 1986 YMCAs and came in fifth with 562 523 606 1691, while suffering with the flu. His remarkable 523 bench at the meet, however, put him in the national spotlight.

Chris trains his bench only once a week as he feels recuperation is extremely important. He used to train more often, but his gains slowed. He trains his bench on a 12 week cycle leading to competition, decreasing reps about every 3 weeks and stopping all assistance work after the ninth week. In the past year, he has added an old form of training to his regime, isometrics. Isometrics consists of pushing against an immovable object at maximum effort for a specific amount of time. Chris feels this helps him in his weak position, just short of lockout. Chris sets

the pins in a power rack at the



CHRIS CONFESSORE...stretching out to set up for a try at an incredible 562 pound bench press as a lightweight.

(This article continued on Page 49)



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TRAINING TIPS

as told by Frederick C. Hatfield Ph.D.

- most certainly doesn't solve the problem.
- I keep hearing the Soviets do things right, and the Americans don't. That their athletes are superior to ours in so many arenas is, I hear, a matter of better training techniques. What's the story? Why are their training techniques so superior to ours? Are they? Why can't we do the same?"
- Of course, the exact methods you employ will vary with different sports, but the basic plan is applicable to most sports.
- Eating good food is essential, making sure that you spread your daily calorie intake over 4-5 meals per day instead of just one or two. Over the course of several months of supplementing your meals with essential vitamins and minerals, you'll find that your energy levels and restorative capabilities are measurably improved.
- Technique is as important as heavy training sessions in developing a strong, restorative and self-motivating physique. Mental techniques such as visualization and self-hypnosis are known to be exceptionally restorative in nature. The Soviets use a host of different techniques ranging from pressurized chambers (called Kravchenko chambers) to ultraviolet light, from music to ginseng, and from eulphoricoccus plants to ground reindeer antlers. We're just beginning to learn how their methods can pay dividends to athletes in heavy training.
- Western scientists too often pooch such methods as frivolous or worthless hype. Perhaps, but they're certainly worth exploring in-depth, rather than merely dismissing them, which has most often been the case.
- Of course, another technique that you should employ; common sense as it may seem; is to monitor your bodily signals for signs of overtraining. Increased pulse or blood pressure, loss of appetite, easy irritability, joint or muscle soreness (the last is too long to recount here) should tell you to back off a bit on training intensity.
- One substance receiving a lot of praise from athletes lately is inosine. As a restorative and a training aid for inosine is truly remarkable. One reader queries:

"Is there more than one kind of inosine on the market? I bought some several weeks ago, but never felt the same energy levels as I did with the first bottle that I used. I feel that

Well, Dick, while the Soviets do take a far more scientific approach to sports than we do, that doesn't mean that we're not trying. This magazine, for one, is dedicated to uncovering new, effective training methods. Maybe a few coaches and athletes out there will begin to learn the biggest secret to peak performance: it takes smart training, not harder training. Enter science.

Speaking of smart training, one particular sophisticated reader asked the following:

"It's a matter of simple arithmetic: if you can train harder more often, you'll benefit. I realize that's a big if. How can I do that without overtraining? Every time I try, joint soreness, weight loss, and performance decreases ensue; all signs of overtraining. Is there something I can take?"

J.W., Seattle

A multi-pronged approach to your training can enhance your ability to recuperate faster and more fully between training bouts. The approach entails 1) cycling your training frequency and intensity, 2) paying heed to your nutritional status at all times, 3) using restorative measures proven to be efficacious, and 4) using ergogenic supplements (nutritive or non-nutritive in nature) proven to be safe and effective (not drugs!).

First, cycle training means that over the off-season and pre-season, you follow a general plan that incorporates the following elements:

1. general fitness and strength improvement
2. gradually incorporating postiveness in your weight training

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When you think of the word "science," what pops into your mind? Frizzy haired geniuses mixing test tube contents, microscopic scrutiny, new frontiers, star wars, maybe Rambo's Soviet nemesis, Drago?

Well, it ain't like that in the real world. Science is, to coin a phrase, 99 percent perspiration and 10 percent inspiration. Countless hours of meticulous data collection and analysis, endless rival hypotheses creeping in to foul up your interpretations, and cranky colleagues demanding more rigorous controls.

So it is in sports science. Attempting to uncover the best ways of achieving peak athletic performance capabilities is as rigorous a science as uncovering a genetic code or developing a vaccine for AIDS. But there's one more obstacle too. That's money. You see, it's not very profitable finding new training techniques. Who's going to pay you for your scientific discoveries? There's no sports machine in this country that remotely resembles that of the Soviet bloc countries.

The letter below is one of literally dozens like it I've received over the past few months. I hope the above discourse answers your questions. It

perhaps the improvements I felt the first time around were merely a placebo effect." Chris Bellows, NY

Inosine comes in two forms. There is a cheap version hitting the streets this kind. It is actually inosinic acid, a nucleotide, derived from phosphate (called inosine monophosphate, or IMP), while apparently less expensive than the more biologically active Japanese inosine, is actually composed of at least 25% water, and is potentially toxic due to the high amount of ammonia and uric acid that is produced in the body from using it.

The Japanese inosine (called simply inosine, rather than inosinic acid) is chemically referred to as a bicyclic nucleoside of D-Ribose and hypoxanthine. It is not a nucleotide, does not carry the same high toxicity and is far more biologically active.

To be specific, Chris, inosine does work, and my belief is that the improved training energy you experienced all I felt was no placebo effect at all. It's just that your second purchase was for IMP, rather than inosine. Check it out.

Up-Lifting
by Sheri Goldstein
for John.

This body is a vault - built by melting man with iron, strength with dignity, a city unto himself in which to house a tender, steel-willed mind.

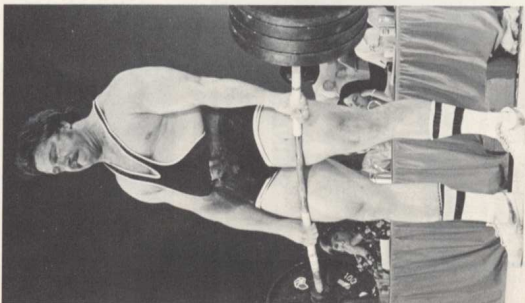
Be Stronger
Be Stronger
On his shoulders he carries the weight of his dreams, all the while pressing towards a goal he knows he will master.

Wishing he could go faster, he accepts the limits of the flesh and calmly waits until it is safe to open the vault and let desperation take its course.

Sweet is his blood; muscles made of courage; a mind of optimism and internal victory.

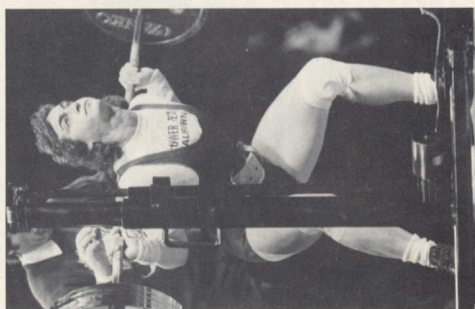
Be Stronger, Be Stronger, his heart pumps up with a brilliant, shining love for life.

(provided courtesy of Boulder - Murray)



Gus Rehnisch, appears in the new movie "HOUSE II" which opened across much of the country in late August, and has a major role in the new "RUNNING MAN" with Arnold Schwarzenegger, with a tentative opening date of November 20th. Between movie roles, Gus will once again be promoting his Budweiser Record-breakers Championships at the Sheraton Waikiki on March 8, 1988. Photo by Daluisio/HIPC.

In the August and September issues of *PL USA*, the psychological profiles of male powerlifters were presented. The lifters' profiles were ascertained by using the Psychometric Personality Inventory (E.P.P.I.) in the Profile of Mood States (P.O.M.S.). In summary, the psychological profiles of lifters with positive mental health, in terms of psychological status, the lifters were low in tension, depression, anger, fatigue and confusion, but high



What Are the Psychological Profiles of women athletes who compete in the sport of Powerlifting?

in vigor. There were also low in the trait measure of neuroticism and high in extroversion. The psychological profiles of Elite and Master lifters were clearly superior to the profiles of other lifters and the normal male population. These findings seem to support the notion that successful athletes have a distinctive psychological profile.

The question arises, can the information collected on male powerlifters be generalized to female powerlifters? It would seem that the results would be essentially the same. However, a review of the research literature does not support this contention. In addition, William Morgan conducted a study after a thorough search of the research literature. He compared the profiles of elite and different athletes, or he did not appear to be sport groups. The results of the study with females.

Additionally, Richard Cox in his book *Sports Psychology*, reports numerous studies which suggest the existence of specific personality types or profiles for different sports especially among females. In short, the only way to determine the psychological profile of female powerlifters is to test them. That's exactly what we did.

The subjects used in the study were 100 female powerlifters ranging

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

The Psychological Profiles of U.S.P.F. Female Powerlifters by Dr. Judd Bissiotto, Army Ferrando, (World Class Enterprises) and Dr. Ed Ritter

in age from 18 to 25. The aforementioned subjects were selected from 167 volunteers on the basis of their lifting classification. Twenty subjects were randomly selected from the volunteers for the following lifting classifications: Elite, Master, Class I, Class II and Class III.

The POMS was independently administered to each subject by a research assistant. To obtain a score for each mood factor, the sum of the responses was obtained for the adjectives defining the factor. All of the items defined in each factor are keyed in the same direction except for two items "Relaxed" in the tension-anxiety scale and "Efficient" in the Contusion scale. These items receive negative weights in calculating the factor scores.

The results of the study are presented in Table I. A review of Table I reveals that unlike their male counterparts there does not appear to be a distinctive set of scores relative to psychological states from one lifting classification to another. In fact, only the psychological profiles for the elite female lifters were distinctly different from the

higher. In short, the psychological profiles of elite female lifters were superior not only to the normal female populations, but also to the lower classification lifters. It might also be noted that although the elite female athletes' scores on the POMS were not as good as the elite male lifters' scores, they were comparable.

Points to Ponder

1. In terms of psychological states, Elite female lifters scored low in tension, depression, anger, fatigue, and confusion, but high in vigor.
2. The psychological profiles of Elite female lifters are superior to those found for lower classification female lifters and the normal female population.
3. The psychological profiles of Elite female lifters are comparable to their male counterparts.
4. The research indicates that successful female world class athletes are likely to enjoy positive mental health.

TABLE I

Mean Scores on the POMS for Female Powerlifters (N = 100)									
Lifting Class	AGE	WT	TEN	DEP	ANG	VIG	FAT	CONF	
ELITE (N=20)	23.33	129.00	11.23	12.12	9.00	20.30	9.40	9.34	
MASTER (N=20)	21.00	125.25	13.40	13.60	10.00	19.80	9.75	10.70	
CLASS I (N=20)	22.31	128.43	13.75	15.00	10.18	18.90	10.70	12.01	
CLASS II (N=20)	23.77	127.38	13.44	13.95	9.83	18.60	11.01	11.86	
CLASS III (N=20)	22.33	126.91	13.86	14.75	10.18	17.80	10.95	11.20	
TOTAL (N=100)	22.43	127.52							

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★ WHO'S WHO IN POWERLIFTING ★

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



Gary Shankman, is coordinator of Athletic Trainers for the U.S.P.F. Sports Medicine Committee. He is an NATA and AATA certified Athletic Trainer, and NSCA certified Strength & Conditioning Specialist and a licensed physical therapy assistant. He has served as an athletic trainer at numerous national and international powerlifting and Olympic lifting competitions, as well as the 1984 Olympic Games. He presently practices at the Georgia Sports Medicine Clinic in Marietta, GA.

Glen Stevens of Power Systems Unlimited after a truck cut his car off the road recently. Glen actually bent the steering column upward resisting the force of the impact, and he credits weight training with saving his life.



Phil Thompson had never done a squat until April of 1986, and now he can squat in the low 800s. He took 1st in the Southeastern Championships, the Alabama Championships, and the Summer Nationals in June where he went 760 460 640 1860. He is coached by his best friend, Donny Brewer, and they train out of Barrett's Gym in Birmingham.



How many Powerlifters have a park named after Rex Monahan, a masters competitor from Virginia, Colorado and along with a contribution of \$10,000 from the local Elks lodge for playground equipment. Monahan Park was dedicated on August 2nd by Sterling Mayor Earl Franklin.

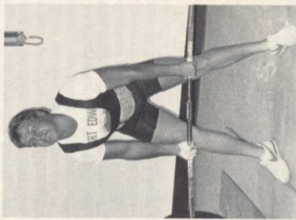


The license above belongs to Virginia Masters Champ and Official Larry Eggleston, and the one below is VA Masters Champ Ed Clough's.

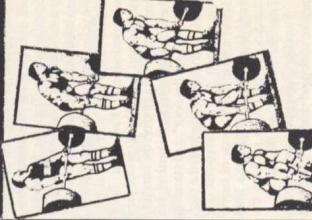
David, Tim, and Bill Caughier all set records at this past New York State Teenage Championships. Dave, 20, won this year's USPF Teenage Nationals at 165. Bill, 17, also lifts 165, and will be a Senior at Albany High in fall. Tim, 15, also won a USPF Teenage National title this year at 148.



Both Scott Rabine (above), 16 and 375 290 475 at 148, and Mark Stimpson (below), 16 and 445 305 500 at 196, are members of the Ft. Edward High School PL Club, and have trained for only 9 months.



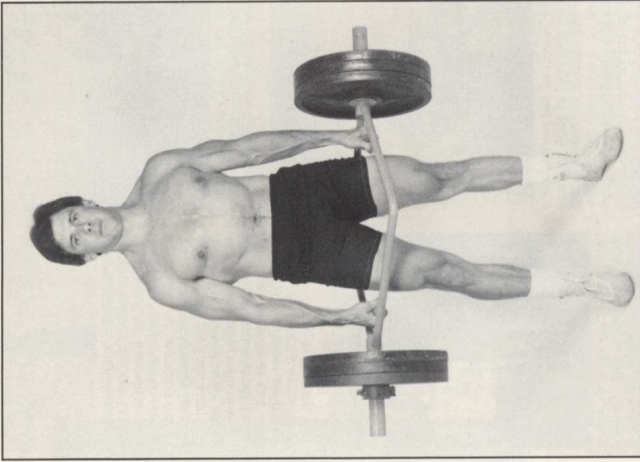
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THE DEADLIFT

The TRAP BAR Program by Al Gerard, developer of the TRAP BAR



Of all the exercises that utilize the strongest muscle groups to produce great strength, the deadlift is the one exercise that stimulates the most strength for the movement. The deadlift is a true test of over-all body strength. Granted, body structure does play a definite role in the development of the deadlift specialist, but with sound training practices, any strength athlete can obtain the benefits of being a good deadlifter. Choosing the right deadlift variations and assistance work add to the lifter reaching higher totals through specific muscle stimulation and hopefully, adaptation. Safely getting bigger, stronger and more powerful, either for individual competition or team sports, is the optimal goal of the strength athlete or the trainer.

The Trap Bar was designed to make deadlift exercises more comfortable and safer when handling heavier weights. Biomechanics dictate that by decreasing the distance the weight is from the lifter, the less force is required to overcome that resistance. The lifter becomes a more efficient lifting machine because this leverage advantage produces higher intensity work on the muscles that are stimulated and less stress on the supportive structures.

The Trap Bar program is a combination of applied routines and feedback from lifters, strength coaches, physical therapists and chiropractors. This routine uses the scientific foundations of off-season, pre-peaking and peaking phases. The off-season and pre-peaking cycles use the Trap Bar almost exclusively. The peaking cycle makes use of the individual's family peaking program.

Before going to the gym itself, let's clarify the deadlift variations and assistance used with the Trap Bar. The Trap Bar Deadlift is like the conventional deadlift except the Trap Bar will substitute for the straight bar. Stand inside the Trap Bar, feet slightly narrower than shoulder width. The ankles should line up slightly behind the yokes that hold the weight plates. "Squat" down with your hips as low as comfortable. Keep the back straight and tight. The lifter looks up and instead of pulling on the handles, the lifter concentrates on pushing his feet "through the floor" until standing erect. Each rep begins from the starting position and is completed one rep at a time. More range of movement is accomplished by the lifter standing on blocks to perform the Trap Bar Deadlift off blocks.

Trap Bar Stifflegs are performed as regular stifflegged deadlifts except the Trap Bar will substitute for the straight bar. With the knees slightly bent, the lifter bends over at the waist to reach the handles of the bar. With full concentration, the lifter pulls the weight up until standing erect. Each rep begins from the starting position. More range of movement is accomplished by the lifter standing on blocks. The Trap Bar Stifflegs on Blocks. Trap Bar Strugs begin as the deadlift is brought to the standing position. With arms straight, "strug" your

shoulders upward toward your ears. This should be a straight up and down movement, for there is no need to circum-rotate the shoulder- scapulae. By bending the elbows when pulling toward the ears, the intensity increases; this exercise is the Trap Bar Upright Row Variation.

Now that we know what deadlift variations we will use, let's get started on the Trap Bar program. The off-season or conditioning cycle is used during the period between the last competition and before the pre-peak cycle. The Trap Bar Deadlift is performed in place of regular deadlifts. Four sets of six reps are performed with 30% to 50% of your 1RM. These percentages never go over 50%, but after the second or third week, Trap Bar deadlifts are performed while standing on the three inch platform. Next, Trap Bar Strugs are done for four sets of twelve reps with 30% to 40% of your regular style deadlift 1RM.

The pre-peak phase is very similar to the conditioning phase. The intensity increases, but this cycle only lasts about four weeks. Trap Bar stifflegs on blocks are done on squat day after squats. The top set of eight reps will use 50% 1RM. Use good form and concentration! Do not bounce the weights! Following the stifflegs, the Trap Bar upright row variation uses the top set of eight reps with 35% 1RM. 1RM or three days later, Trap Bar deadlifts are performed on blocks

using the top set of six reps with 60% 1RM. Each rep begins as one, good deadlift form and no bouncing. Finish with Trap Bar Strugs, top set of twelve reps with 40% 1RM.

The peaking phase should begin with the lifter spending two weeks making the transition to the competitive lifts. The lifter must get familiar with the style that he uses during competition and of course, the straight bar. The last eight weeks should be used in accordance with the lifter's routine that has brought the most success. Now is the time to employ the use of wraps, suits and belts as done in previous peaking cycles. The peaking is magnified by the new strength that has been constructed through the weeks spent in conditioning and pre-peaking with the Trap Bar.

The heart of the Trap Bar program is the conditioning and pre-peaking phases. These cycles generally are more applicable to most strength athletes. Peaking is a more personal matter than conditioning, therefore, the program will prove more successful if the peaking cycle is determined by the individual who knows what has worked best in the past. Good luck, and if you need more information about the program, please send \$1.00 (to cover postage and handling for material) to:

Al Gerard
The Fitness Complex, Inc.
P.O. Box 1945
Wilmington, North Carolina
27789-1945

Credits: BS Degree East Carolina University, North Carolina ADPPA deadlift record holder (past 4 years), Engineering for Applied Sciences Professional

TRAP BAR DEADLIFT PROGRAM
Off-season or Conditioning Phase
(To be used during the period between the last competition and before the pre-peak cycle)
DAY 1: After squats, Trap Bar Stiff-legs (off blocks after 2 to 3 weeks) 4x8 20% to 40% 1RM of regular deadlift. Trap Bar Upright Rows 4x8 20% to 30% 1RM of regular deadlift.
DAY 2: After two to three days rest, Trap Bar Deadlifts (off blocks after 2 to 3 weeks) 4x6 30% to 50% 1RM of regular deadlift. Trap Bar Strugs 4x12 30% to 40% 1RM of regular deadlift.

Pre-Peak Phase
(Begins about 12 weeks before competition and lasts about 4 weeks)
DAY 1: After squats, trap set Stiff-legs (off blocks) 4x8 top set 50% 1RM of regular deadlift. Trap Bar Upright Rows 4x8 top set 35% 1RM of regular deadlift.
DAY 2: Trap Bar Deadlifts (off blocks) 4x6 top set 60% 1RM of regular deadlift. Trap Bar Strugs 4x12 top set 40% 1RM of regular deadlift.

Peaking Phase
This cycle is left up to the individual to use the most familiar and past successful means to bring the new-found strength to its climax. Peaking is personal and the individual knows best what works for him.

Ask the Doctor

This column will answer questions about drugs used by athletes and the available detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your questions 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 am writing in hopes of receiving some general information concerning a leg tendon injury. Being an inmate in a prison makes it extremely difficult to obtain accurate information on this type of injury. Last month I sustained an injury to my right arm while weight training. Upon examination at a local hospital, I was told that by an orthopaedic specialist that one of the upper tendons that attach the biceps muscle to the shoulder was completely detached. Furthermore, as a result of this, only 50% of the biceps is not functioning. My biceps is hanging lower on my arm and over to one side, but I am able to move the arm.

The examining specialist, who is not involved in sports medicine, said that surgery to reattach the tendon was not necessary because other muscle groups would assist the remaining 50% of the biceps in its function. Being a prisoner, I do not have access to a second opinion by a doctor involved in sports medicine. My right arm is now much weaker than my left. I doubt that I will ever get back my strength in my left arm unless I have the biceps repaired. Could you please give me your medical opinion in this matter? Will there be a difference in the size, shape and strength of my right arm as compared to my left, if the biceps is not reattached. **Joseph G.**

DEAR JOSEPH: My advice is to have the surgery done and soon. Once the muscle sets in position (scar tissue binding and obliterating the possible surgical lines) it's difficult to get a good job done. If the biceps is not reattached the arm will never look the same and will never be as strong. I tore the lower half of my biceps a few years ago. I let it go because I knew that the brachialis and the brachio-radialis muscles would take up the slack as far as strength went. However the arm looks funny and is slightly weaker - now I wish I had gone ahead with the surgery. I've known a few lifters who did have the surgery and regained almost full form and function. They think that the surgery was worth having. Let me know how you get along. Don't hesitate to write if you've got more questions or run into any snags. **M.G.D.**

DEAR MAURO: I like to work out on a regular basis and I usually can't be travelling. My problem is that I do travel a lot in my job. Because of jet lag, I find it hard to workout - or to put much motion into what I manage to drag myself to a gym. Is there any medication I can take to help me get over the effects of jet lag? I've tried using sleeping pills, like Somnux and Nyrol but all they do is leave me feeling doped. **Martin S.**

DEAR MARTIN: Adjusting to the effects of travel can be incapacitating for some people. Neither the business traveller nor vacationer can afford to be incapacitated for days while adjusting to the effects of travel. Jet lag is caused by a disruption in your internal sleep-wake cycle. Your sense of time and place is disrupted by the crossing of several time zones often leaving you ready to retire after breakfast or ready for the day after midnight. The most common manifestation of jet lag is fatigue out of proportion to the rigors of the flight itself, as well as loss of well-being, and a decrease in physical and mental performance. Several factors relating to jet lag cannot be controlled and has some effect on everyone. The greatest number of time zones crossed the severity of symptoms. Westbound flights, those that follow the path of the sun, are better tolerated than eastbound. Those who use drugs including alcohol, caffeine, nicotine and medications tend to have more problems with jet lag.

There are things you can do to minimize the effects of jet lag. Since there isn't enough space in this column to detail everything that can be done, I suggest you get hold of a copy of the book "Overcoming Jet Lag" by Dr. Charles F. Ehret and Lynne Waller Scanlon. This book outlines the steps that can be taken for every two hour change in time zones and suggests a jet lag program comprising of three stages, pre-flight, in-flight, and post-flight. Researchers at Surrey University in London, England are working on a pill for jet lag. It appears that melatonin, a hormone secreted by human pineal glands (a part of the brain), has something to do with synchronizing the sleep-wake cycle. If 5mg of melatonin is taken orally before a flight across time zones, it appears to speed up the resynchronization of the 24 hour body rhythms and eliminate the natural period of adjustment. Early results of using melatonin have been extremely promising. **M.G.D.**

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 steroid 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)

The price of Update Four is \$10.00 U.S. Funds, Plus \$1.00 Postage and handling.

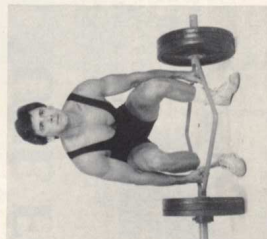
The cost of the book "Drug use and detection in Amateur Sports" plus all four updates is \$28.50 U.S. Funds plus \$3.00 postage and handling.

My book and updates are The source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection.

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pictured: Designer and NC ADPPA Deadlift record holder for the past 4 years: Al Gerard

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Question & Answer

Your training questions are answered by Roger Estep, 1979 Sr. National Champ, World Record Breaker at Midheavy, and 1985 MR. IRON MAN.

DEAR ROGER: I'd like to say that I read and like your articles every month. I'd like to tell everyone that asks you for a bench press routine to listen to what you've been saying for a long time and to experiment and see what works for them. You must receive hundreds of people asking for routines every month. I started out benching every other day all heavy, between 3 and 5 reps for 5 sets. My bench never did get stale until I started reading everyone's workout. All of them said to have one heavy and one light day. This really set me back. My bench was at 285 and fell to 240 since I went back to my old workout it's back to 285. I switched because I thought I was doing it wrong until I read your articles. I train alone at home with a power cage for safety reasons. This is my third year of benching and I love it. I just finished my first cycle of squating and deadlifts. I got 375 squat and 425 deadlift at 165. I've never been to a meet and I work out alone, because of my hours, at 4:30 in the morning. I do landscaping so it's too hard to work out in the evenings. I've gotten all my information through PL USA articles. My squats and deadlifts I do heavy every third day. 12 week cycle, 4 weeks of 8, 4 weeks of 5, 4 weeks of 3, then my max. I don't take anything, not even vitamins. Should I take certain things? One other question I have is when you squat how straight do you have to be when you finish? I feel I can't stand very upright. One more question, how long do you do assistance exercises before you go to bed? I like doing arms so also do them heavy when I bench 8 sets of 5 reps. I love powerlifting and I'm looking forward to my first meet somewhere down the line. Whenever I can find out any help would be great. Thank you and God Bless. **Mark.** P.S. I turn 30 tomorrow, how big (about) and you say, one can keep improving before it starts going the other way?

DEAR MARK: Thank you for your kind letter. Sounds like you are doing pretty well with your training. The best information I can give you on supplements is that recent research has shown that strength athletes need extra nutrition which is hard to get even with 3 square meals a day. Four or five meals might be needed for maximum performance. I would recommend that

you check your diet and make sure you are getting plenty of proteins and vitamins. It sounds like you are on a limited budget so start with a few supplements and see if you get any positive effect from them. Sometimes the psychological effects can be as important as the physiological effects. I have a friend who is a National Champion Olympic lifter who had bottles and bottles of proteins and vitamins all over his house. I asked him why he took so many supplements. He said, "I don't take them all, but just having them around the house makes me feel like an athlete." The APF rules state that the lifter must recover with the knees locked. If you feel that you are not upright due to a bend in your back then the referee will use his judgement as to whether or not you have and can control the bar at this position. It has been my experience that the APF referees will give the benefit of the doubt to the lifter more often than other federations. Assistance work can be done until 5 days before the meet at which time all your training should stop to give your body time to rest for the contest. Best wishes, **Roger Estep**

DEAR ROGER: My son, Jason, Wisner, is the 1987 APF SHW Champ of Mississippi. He posted a 590/275/510 to win the state meet. Jason is 6'1" and 291 lbs. The unique part of all this is that he is only 14 years old and pure drug free. This was also his first meet. Jason was able to accomplish these feats because powerlifters Dale Wisner and Mike Roy of Portsmouth, New Hampshire, gave us instruction and workout tips. Mike has lifted Elite in five different weight classes. They also advised that we subscribe to Powerlifting USA Magazine for further instruction. We never knew so much information could be crammed into each magazine. We study and use it religiously. I have a question about suits. Will a squat suit really add to your squat? If so, how much? Yours truly, **Jeff Wisner.**

DEAR MR. WISNER: Your son and his lifts are very impressive, especially at such a young age. I'm sure he'll make his mark in the Iron Game before long. As for your question about squat suits, I have always believed that a squat suit fits correctly and getting one that fits correctly is a real skill. I have a 30-50 lbs. suit for the average person. However, a perfect fit is worth 30-50 lbs. But please, try that perfect fit. It is a true science, combined with a lot of luck. The truth is that a suit will help you lift more weight with your own attempts. It's a tool of the trade, not like a fiberglass suit. It is to a walrus. But the right pole suit is different for each individual. A competition suit may not be what you want because it can throw you out of position. I would recommend experimentation with several fits. Best of Luck and I hope to meet you someday. **Roger Estep**

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STARTIN' OUT

A special section dedicated to the beginning lifter

Squat Tidbits as told by Doug Daniels

tightly as possible for your contest attempt. The wraps will not be on long enough to cause any problem with circulation, etc. Remove them immediately after you leave the platform following your attempt, not on the platform itself.

A good trick is to tie in the wraps on top of the knee. This will give the illusion of depth from the sides. It can't hurt. If your budget allows, get new wraps every so often. They will wear out after much use and lose some of their spring and support. When you wrap, most of the wrap should be from the knee up. Many lifters wrap more below the knee than above. It is the muscles above the knee that will be used. Of course, some of the wrap must be below the knee to make them effective. Probably go no further down than two inches below the knee and about four to six inches above.

A belt is very important for torso support, especially to the frontal area. Try wearing the belt a little higher than usual. You may find this beneficial. When fitting the belt and tightening it, be careful not to compress the rib cage as this has caused rib fractures and loss of breathing. Some lifters like chalk on their backs where the bar rests to prevent

that can save energy is getting the rack set to proper height. Most lifts have racks that adjust to almost any lifter, use this feature. Some lifters vary from doing a 'good morning' lift out of the rack to a 'tippy toe' over you lift the bar up only enough to back out without touching the rack. Leave yourself an inch or two extra for good margin. Before you lift, have a coach make sure the rack is set properly. Some meet directors take measurements of all competitors beforehand to facilitate setting the rack quickly and correctly. Get measured with these thoughts in mind.

After the bar is out of the rack, you must step back away from the rack to begin the lift. Conserve energy in this phase. Step back the minimum distance required to not hit the rack while squatting. Include room to allow for leaning during the lift. This is all you need. Some lifters take a long journey back, using up energy and not thinking that the bar will have to be taken back that same distance to the rack after the lift. Practice in training moving back from the rack. Try this with all your squats including warmups. A key thing to remember is if you don't do it in the gym, how can you expect to do it in competition?

I think that if you consider some of my suggestions, you will be a better student to get that new PR. The squat is a very difficult lift, but don't make it harder by not considering other factors outside of workout, form, and stance. Examine and practice my suggestions in training so they will be automatic at the meet. Good luck!

Doug Daniels
Strength Ink, Inc.
P.O. Box 148
Hammond, IN 46325



Of the three lifts, I think the squat has the most factors that can effect it either positively or negatively. In addition to having a good routine and form, in order to get the most pounds from this lift, we should look at a few extra factors. Let's begin before we even start the lift itself.

Before we take a squat attempt in a contest, we must prepare ourselves in the warmup and on deck areas. Using wraps can add noticeable pounds. I have seen many novice lifters making several common mistakes. The first is not sitting down when they wrap. Some lifters bend over and wrap their knees. Wrapping this way, you can not apply the wraps effectively. At the most areas, there are chairs at the on deck area, there are lifters who are due up to sit on. If the chairs are full because coaches and spectators are in them, ask them to find another seat, because you are entitled to a seat. If there is a problem, go to the meet director or other meet official and present them with the problem.

Another problem with wraps is some lifters bend their knees while they are wrapping and after they finish, if you wrap with knees bent, you will not get the spring out of your wraps you would get if you wrapped with your knees locked and kept that position until you get up to approach the platform. The knee wraps will give you additional assistance in straightening your knees out during the squat. If you wrap with bent knees, they will be loose in the locked position, hence, less spring. Also, have a coach or friend help you up when it's your turn. Again, we should conserve the spring of the wraps for the actual lift as much as possible.

There are a lot of opinions on the use of supportive equipment in this sport. Many of these ideas have their merit, but in competition, you should use everything you can, so wrap as

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Athletic Greatness by Dr. Judd Biasiotto and Amy Ferrando

In the early Sixties coaches at the York Barbell Club in York, Pennsylvania were systematically investigating a human phenomena named Paul Anderson. At the time, Anderson was considered the strongest man to ever walk the face of the earth. (Two decades later many strength experts claim an amazing power). To Anderson's awe some power. The York coaches were hoping to find a physiological structure or some intrinsic characteristic that was responsible for their strength.

They assumed that if there was a biological, anatomical or psychological center of strength, that surely it would be found in Anderson. Interestingly, the coaches at York found that Anderson was indeed different. They discovered that from a biomechanical standpoint, Anderson's body was near perfectly constructed. (Note that their investigation was purely empirical. Through today's scientific techniques, even more probably have been found between Anderson and the normal population.)

Bob Hoffman, the president of York Enterprises, said that if he was going to construct a lifting machine that was in the image and likeness of a human being, he would simply duplicate the biomechanical dimensions of Paul Anderson. Not surprisingly, Hoffman called Anderson the greatest strength athlete that God ever created.

Although Anderson's anatomical structure was superior to other strength athletes, this finding in itself is not sufficient to explain superior strength performance. You cannot make a valid inference from one person (case) to an entire group, nor can you make an inference from a group to a single person. Just because Anderson has superior biomechanical features and is a superior strength athlete, does not mean that all athletes with superior biomechanics will be great strength athletes. Nor does it mean that an athlete with normal or even poor biomechanical dimensions will not develop superior lifting abilities. In fact, Anderson's superior biomechanical structure may have been the result of strength training. (muscle and body mass has been shown to increase biomechanical efficiency) rather than good genetics. At the risk of oversimplifying the issue, strength performance may be nothing more than a product of strength training - a process that is available to every athlete.

Due however to the mystique and the many myths which have emerged concerning superior strength performance, most athletes believe that they are not capable of 'elite' perfor-

athletes have only an elementary understanding of "concepts" related to biomechanics and sports psychology. Consequently, not everybody that a world class athlete says and does should be viewed as the "Gospel".

Myth: World Class status can only be achieved by using strength inducing drugs. Not true. Although there is strong evidence to indicate that many world class athletes use strength inducing drugs, there is no evidence to indicate that all world class athletes use such drugs. In fact, research indicates that approximately 40% of elite athletes are drug free.

Myth: World Class athletes train the same way. Not true. A survey of 150 world class athletes revealed that although they apply the same principles of training (heavy resistance, few repetitions), few actually train the same way. In fact, there is a large variance in the exercises, number of sets, and repetitions used. Again, motivation and commitment seem to be the common bond between world class athletes - they all tend to train with high intensity and purpose.

Myth: World Class athletes are always respected and acknowledged. Not so. There is considerable research which indicates that the normal population perceives "elite" athletes as being egotistical, aggressive, and intellectually inferior. Also, there is considerable evidence to show that there is a linear relationship between performance and praise. In other words, praise is contingent upon performance - no performance - no praise. Many athletes in retirement find this very phenomena a hard pill to swallow.

To train 20 hours a week at a high level of intensity is, to say the least, difficult; yet as Luther mentioned, it is 20 hours of "quality" training, not just 20 hours of training that is required for elite performance. Consequently, motivation and commitment seem to be the variables in establishing world class status.

Myth: World Class athletes have esoteric information that affords them a greater opportunity for success. Not so. A survey of over 150 world class powerlifters (elite rating) revealed that they did not have access to any information that the general public would not have. However, it was found that world class athletes have a greater knowledge of the available information. They also use this information to benefit their performance in other words, world class athletes are more knowledgeable about their sport because they study more, not because they have access to esoteric information.

Myth: World Class athletes know everything there is about their sport. Partially true. Research has revealed that there is a linear relationship between knowledge and athletic success. Generally, the more you know about diet, biomechanics, psychology, motor development, etc., the more likely it is you will succeed. However, we believe it is safe to say that no one knows everything about everything. In fact, there are numerous studies which have revealed that world class athletes have access to esoteric information. According to Dr. Luther, 20 hours of "quality" training a week for eight years seems to be the amount required for attaining "elite" performance. Apparently, a period of time is needed for an athlete to learn the most efficient methods for enhancing performance (dropping weight, lifting form, etc.). Even a would-be elite athlete must study and learn the basics of his sport in order to build a firm foundation. The athlete's motivational level will affect his level of training or practice.

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What Is A Winner?

by World Bodybuilding and Powerlifting Champion, Bev Francis

People don't usually start lifting weights with the sole intention of being a world champion powerlifter. Most people join a gym, or start resistance training because: (1) They are thin and have underdeveloped muscles and therefore wish to gain weight and strength. (2) They are overweight and wish to exercise to help lose fat. (3) They wish to tone and shape the body. (4) They feel that weight training will help their performance in other activities. (5) They feel that by increasing their size and strength they will be better able to defend themselves and also perform day to day tasks with greater ease. Basically, one trains to gain self confidence and increase feelings of self worth, as well as to be attractive, both to yourself and to others. Many people are happy to keep training on a regular basis without feeling the need to "test" themselves. These are the people that enjoy the muscle tone and strength levels achieved through routine training. They may enjoy the active social aspects of their workouts - the chance to meet up with other "regulars," while doing something to enhance their health.

However, many trainees feel that after a time, they would like to test themselves in the controlled environment of a competition. A competition gives you the chance to compare yourself to others, but I think, more importantly, it gives you a chance to have legally performed lifts witnessed and approved by qualified and respected people who are referees. Performing a lift under competition conditions is more satisfying than doing the same lift in a training session. The competition environment provides a legitimacy to your marks. When you hear someone talking about training poundages you may wonder - is the person being truthful? Were the weights accurate? Was the lift performed correctly? A competition with its rules and regulations creates a standard environment for all to compare with others, and for the individual to compare his or her progress through successive competitions.

In all sports, your placing in a competition will depend on two things: (1) How well you personally perform, and (2) What standard is reached by your competitors. This can be a source of frustration in many sports, as you can feel that you have performed better than at your last competition, but because of the standard of your competitors, you may finish in a lower place. This is a fact of life when one competes, and while it is nice to win, if you only competed against one you knew you could beat, you would have little motivation, or reason, to train hard and to improve.

Powerlifting, however, is one of the sports where you measure your results, not only in your placing, but also in tangible, measured marks of achievement; the weights that you successfully lifted. By looking at your results in terms of what you lifted,

rather than what place you came in, you have a better basis to judge your progress. I have won competitions and yet felt dissatisfied with the result, because I had not lifted up to what I felt I was capable of. Winning or losing depends much on other people. What you actually lift depends on you alone.

Did you lift up to your expectations? Did you better your best lifts and keep calm, self-controlled and organized throughout the contest? Did you use the correct tactics to end up in the best placing that you were capable of? You can always a "winner" if you can improve yourself and give the best that is in you on a particular day.

Titles are nice to win, but they are only needed to impress others or support a sagging self image. True satisfaction can only be achieved when you come to terms with your own capacity. Very few people have all the qualities needed to be the very best: drive, talent, dedication, knowledge, physical attributes, and yes, the luck. Self fulfillment will come when you know that you have put your effort into your training and have held nothing back in preparation of the contest.

Bev Francis, a true "Winner" (photo at right by Jim Lewis)

Power Profile

Against All Odds

the inspiring story of Lori Ugolik



Lori...met and exceeded the challenge of her "limitation".

June of 1982 was a turning point for me. I discovered the sport of bodybuilding, a sport which has been a major influence in my life, and a sport in which I have been very grateful to be able to compete in.

As an infant, I was born with congenital hip dysplasia. I had a very shallow hip socket, and no head on my femur (thigh) bone. After eighteen months in a body cast with unsuccessful results, the chances of my being able to walk looked very slim. The doctors seemed negative. Their decision was to reconstruct my hip socket, which would result in asymmetrical leg lengths. After undergoing seven corrective operations, and eleven years of physical therapy, my legs were corrected to medical standards. However, the emotional scars were worse than the physical scars. My self-esteem was extremely low. I felt I had deviated from my peers. I wanted so much to be "normal." I could not run, skate or even walk without limping. Everyday I had surgery I had to learn how to walk again. Fortunately, I did not miss school because the doctors always scheduled my surgeries in the summer. As I approached adolescence I felt as if I were living out a nightmare. The scars did not heal and fade, even after consultations with a plastic surgeon, only fair results could be guaranteed due to blood vessel damage.

Because of my physical limitations my mother enrolled me in piano lessons and non-physical activities. My parents were over-protective, so I became introverted. Young children are also not very accepting, so I was either avoided or ridiculed. My parents encouraged me to accept my disabilities. However, I could not be satisfied with merely being accepted. I had to go beyond and overcome my body's limitations.

I went to a small school and we did not have a modified physical education class. I pleaded with the teacher to let me participate. I was able to convince her to let me play volleyball and field hockey. It was immensely rewarding to be able to participate, and feel accepted by my peers.

By high school I tried out for the swim team, and made varsity all four years. I also played for the varsity tennis team. Having overcome a major physical handicap increased my determination to win, more than it would for the average athlete. I felt hunger for the average athlete. I felt hunger.

In 1981 I entered Ohio University where I majored in public health. I had received a letter from the tennis coach to try out for the team. After failing to earn a position I was devastated. My desire to compete was strong, so I felt empty and unfulfilled without participating in a competitive sport. The students in the intramural programs were just down to the gymnasium, and joined the barbell club, which was all male at the time. I experienced a lot of sexism, but after being told I probably would not be able to walk in this goal, I was determined to pass a photo of my face on Bev's magazine. I decided I would compete in 1984, and to prove I could train as intensely as any male. Gender was irrelevant.

As a guide, I selected various exercises from different muscle magazines. I read everything I could about technique, nutrition, etc. In addition, since I was in a health curriculum, I studied anatomy, physiology, and kinesiology.

Training felt great, but I wanted more. I saw how all the women in the magazines looked so lean and muscular. This was still

the originating phase of female bodybuilding. I admired the look, yet I wanted to look more muscular and massive, but still feminine. I felt there were no role models for me to follow at that point, since I was as large as most of the national-caliber competitors. I had large thighs from years of physical therapy, and a wide back and thick shoulders from swimming. By this time two years had passed. In powerlifting said she knew the look I wanted to achieve. She brought in a picture of this muscular woman, a powerlifter - champion from Australia, Bev Francis. Although my symmetry and proportions were different, I knew that was the degree of visual that I wanted. In order to visualize this goal, I decided to paste a photo of my face on Bev's magazine. I decided I would compete in 1984, and to prove I could train as intensely as any male. Gender was irrelevant.

powerlifting.

After graduating from Ohio University, I moved to Georgia to start chiropractic school last year. The gym I currently train at, Coffey's Gym in Atlanta, had many national and world-class Olympic lifters, powerlifters, and bodybuilders. I trained for my first powerlifting contest last June. My total was only forty-five pounds away from qualifying for U.S.P.F. National Collegiate. I set the state record in the bench press in the 165 lb. class in my second powerlifting meet, and have also won the U.S. Bench Press Championships, the Eastern American Bench Press Championships, and the Southern States Bench Press Championships.

I decided to write to Bev after her debut in "Pumping Iron 2: The Women." I had told her how she had unknowingly served as my role model. I also explained what I wanted to achieve with bodybuilding and bench pressing. After requesting her help she worked with me in training, dieting, and contest preparation. I had always respected Bev as an athlete, but most of all as a person. I am happy to have trained with her and to have her as a friend. With her help, I came in at the shape of my life in the 1986 Coastal U.S.A. Championships. Currently, I am training to break into the top 10 for the U.S. in the bench press in the 132 lb. class, and to qualify for the N.P.C. Bodybuilding Championships.

My purpose in writing this article is not to explore training methods or to boast of achievements, but to inspire others who have any limitations, physiological or psychological, that you can achieve whatever you are willing to work for. You need to sort out criticism, and use only what advice can be construed as constructive. Ignore pessimism, it will only inhibit your motivation. Connect yourself with positive people that are success-oriented. With determination and perseverance you can succeed, even if it is against all odds.



In Bev's footsteps...Lori in power training. (photos courtesy Lori)

More From Ken Leistner

Most powerlifters like to read articles about nutrition. They find them interesting, thought provoking, but most commonly, a source of hope. The great bulk of research indicates that the majority of people, in fact, the majority of athletes, do not need excessive supplementation if they are eating the foods that provide minimal standard amounts of certain nutrients. The usual recommendation is that a well balanced diet will provide the need to supplement at all. Most lifters do not believe this, and do not wish to believe this. Thus, when they read articles that describe the potentially wonderful effects of newly developed nutritional supplements, they see themselves taking this new product, making progress because of the new product, and standing atop the victor's platform as a direct result of the product. The myth that "hard training athletes need a lot more nutritionally" has been sold, and bought since the early 1960s, with a resultant growth in the health food related business.

I want to immediately state that some individuals will benefit from supplementation. There are those lifters who eat very poorly. I have a few patients who should be written up in medical journals for their ability to extract the nutrients necessary to squat and deadlift almost triple bodyweight, from chocolate cake, pop tarts, and marshmallows.

If one's diet is not "good", a broad spectrum multi vitamin/mineral tablet may prevent the insidious negative effects of a borderline deficiency state. Those who do not eat sensibly will not train as well as those who do, with all other things being equal. While supplementation, and certainly this more strongly refers to mega-supplementation, may not be necessary for success, eating "well" is.

It is more time consuming and expensive to eat well, but the benefits are worth it. While attending Logan College of Chiropractic in St. Louis, Mike Wittmer and I used to discuss this very fact. Mike was my closest friend, neighbor, classmate, training partner, and my son's Godfather. We would scrounge and save any money we obtained for the necessities such as rent and school taxes, and bemoan the fact that fresh fruit, fresh vegetables, and quality meat and chicken cost a heck of a lot more than the canned variety.

One can extract nutrients from canned vegetables, and get protein/amino acids from the lowest grade supermarket chicken, but if one spends the time and money to eat as well as possible, relative to their economic situation, they will benefit markedly. When one speaks of eating a balanced diet that is high in the recommended nutrients, it is to one's benefit to do so using the best quality food available.

Fresh food tastes better. This is obviously a highly subjective statement but one that will difficult to argue with. In most locales, if one shops carefully, fresh produce will retain a higher percentage of available nutrients when compared to the canned variety. Freshly cut meat and chicken, which have been handled more carefully, will give one a true sense of enjoyment when eating, or anticipating a meal.

It is certainly possible to become a top level lifter on tuna casserole and Kool Aid, especially if blessed with the "proper" genetics to be a great powerlifter. However, one needs to establish a habit of eating on a regular basis. Strength training is perfect for many individuals who tend to be compulsive, and these same individuals can habituate more easily than the "average" person. Yet, many lifters do not establish the habit of beginning the day with breakfast. Mother was correct in this instance, because breakfast, even a small breakfast, will help to elevate and stabilize blood glucose levels, and reduce the probability of overeating later in the day. Caloric control can be established by either eating between meals, or not eating between meals, but in either case, it is best to do the same thing on a regular basis.

Although almost every lifter takes the time to plan the month long, or weekly training program, little time is spent planning a sensible and workable menu, one that will provide enough protein, carbohydrate, fat, vitamins, minerals, water, and other nutrients. This one factor is often the only obstacle standing between lifting success and failure, yet, the importance of taking the time to discuss and plan the weekly diet is neglected. If more thought is given to food purchase, preparation, and consumption, more serious lifters could come closer to their goals.

MISSING. from the last published PL USA TOP 100 Middleweight class list was the deadlift of 575 pounds achieved by Antonio Vernon.

TAKE IT EASY....weight training can be a dangerous activity. To be safest, lift in a supervised area with alert, caring spotters nearby. Never lift when you are injured, and when you do get injured see a physician as soon as possible. It is senseless to go for a max lift every workout, because the way that you find your limits with that kind of training is the hard way, by injuring yourself and wiping out your ultimate potential for strength development.



Ms. Universe Winners and PLL, the 1987 IFBB Women's World Amateur Bodybuilding Ms. Universe contest was held in Reno on September 12th. 53 girls from 25 countries competed for the titles. 5 girls tested positive for steroids at the contest and were disqualified. USA women won all three weight classes, left to right, Charla Sedacca (lightweight - under 114), Renee Casella (middleweight - 114 to 125), and Janice Graser (heavyweight - above 125). The same three girls, just a week earlier, won the NPC Nationals in Miami, Florida with Charla Sedacca winning the overall, Janice and Charla are sisters, and Janice is the wife of nationally ranked powerlifter Bruce Graser, who supplied this photo and the information. ALL three of these girls have, within the past year, gone way over 100 lbs. in their own petition. To quote Bruce, "BIG SQUATS DON'T MAKE BIG BUTTS!!!"

Message from the New A.D.F.P.A. President
As some of you may know by now, I was elected president of the ADF-PA at this year's national meeting in Chicago. I fully intend to push the ADF-PA ahead to new heights, but this is only something I can do with the cooperation of all our members. We need strong, dedicated state chairmen, totally committed to the ADF-PA. We need good, fair judges. We need good, hard working meet directors. We need lifters to support these people and make what they do successful. We need all this and we need it from you. Six years ago, the ADF-PA was only a dream in Brother Bennet's mind, but through the hard work of a fair number of people, that dream has become a reality. Now, I have some new dreams that I would like to see come true and that is what I am asking of you. I am asking you to double our membership to 8,000 members. I am asking you to double the number of meets next year to over 250. This will take more than a fair number of people - it will take ALL of you.

How can we achieve these dreams? We can start by supporting our state chairman and meet directors. Help them work as a spotter, or a judge. Encourage new lifters for the ADF-PA. Promote ADF-PA growth in your area. Recruit businesses you deal with to sponsor the ADF-PA. Work to make your organization stronger. Remember, six years ago there was no such thing as drug free competition. Look today, to see what the ADF-PA has accomplished so far. And think how much further we can still go if we all work together!

There have been some changes made in the ADF-PA to make it easier for us to work together. The ADF-PA now has a full time office with regular hours. Also, starting in November, all registration will be handled through this office and we are hopeful of taking over all National and American records by this office in 1988.

In my next message, I hope to be able to reveal the first of our dreams coming true.
Dennis Brady, President, ADFPA,
1340 Irving Park Rd., Suite 208, Chicago, IL 60613

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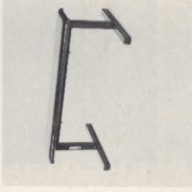
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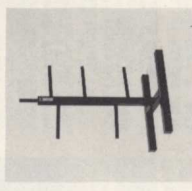
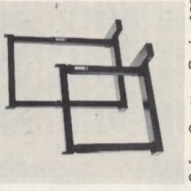


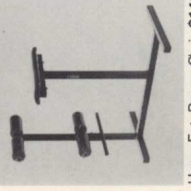
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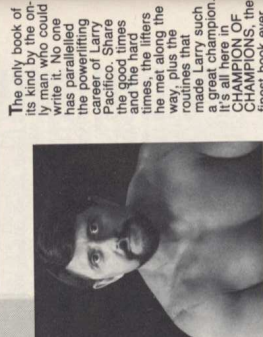
NEXT MONTH...TOP 242s

POWERLIFTING USA MAGAZINE TOP 100

for USA lifters competing September 1986 to August 1987

SQUAT	DEADLIFT	TOTAL
925 Cunn, E., 62/887	855 Cunn, E., 116/886	2330 Cunn, E., 116/886
926 Adamski, J., 29/897	856 Groggin, S., 121/386	2083 Groggin, S., 121/386
927 Nester, B., 81/686	857 Grazier, B., 101/886	2081 Black, J., 2/887
928 Mistic, L., 21/386	858 Black, J., 2/887	766 Black, J., 2/887
929 Pittman, K., 21/287	859 Driego, C., 12/887	2030 Driego, C., 12/887
930 Stevenson, B., 42/587	860 Piquers, J., 2/12/87	2020 Mistic, L., 11/16/86
931 Arthurs, L., 6/6/87	861 Cash, J., 41/1887	1967 Nester, B., 81/6/87
932 Dison, K., 42/887	862 Moran, R., 2/7/87	1966 Vargas, L., 12/7/86
933 Groggin, S., 121/286	863 Bright, E., 6/7/87	1965 Dison, K., 42/887
934 Moran, R., 2/7/87	864 Gipsom, T., 10/5/86	1956 Roberts, L., 81/16/87
935 Pfler, D., 4/25/87	865 Sheard, K., 5/10/87	1955 Sheard, K., 5/10/87
936 Pfler, D., 4/25/87	866 Graser, B., 101/886	1945 Graser, B., 101/886
937 Sheard, K., 5/10/87	867 Pittman, K., 21/287	1944 Pittman, K., 21/287
938 Maratik, E., 4/25/87	868 Young, R., 7/19/87	1943 Young, R., 7/19/87
939 Mangaladhi, S., 27/587	869 Schmidt, D., 26/586	1942 Schmidt, D., 26/586
940 Young, R., 7/19/87	870 Vargas, L., 12/7/86	1941 Vargas, L., 12/7/86
941 Brewer, J., 21/187	871 Backus, S., 12/7/86	1940 Heigensberger, D., 12/14/86
942 Broome, D., 5/16/87	872 Backus, S., 12/7/86	1939 Heigensberger, D., 12/14/86
943 Baird, M., 3/29/87	873 Moran, R., 2/7/87	1938 Moran, R., 2/7/87
944 Dison, K., 42/887	874 Hoffman, W., 3/21/87	1937 Hoffman, W., 3/21/87
945 Wright, J., 11/22/86	875 Heigensberger, D., 12/14/86	1936 Heigensberger, D., 12/14/86
946 Bright, E., 6/7/87	876 Kelly, J., 2/29/87	1935 Kelly, J., 2/29/87
947 Gipsom, T., 10/5/86	877 Adamski, J., 29/897	1934 Adamski, J., 29/897
948 Sheard, K., 5/10/87	878 Adamski, J., 29/897	1933 Adamski, J., 29/897
949 Sheard, K., 5/10/87	879 Adamski, J., 29/897	1932 Adamski, J., 29/897
950 Sheard, K., 5/10/87	880 Adamski, J., 29/897	1931 Adamski, J., 29/897
951 Sheard, K., 5/10/87	881 Adamski, J., 29/897	1930 Adamski, J., 29/897
952 Sheard, K., 5/10/87	882 Adamski, J., 29/897	1929 Adamski, J., 29/897
953 Sheard, K., 5/10/87	883 Adamski, J., 29/897	1928 Adamski, J., 29/897
954 Sheard, K., 5/10/87	884 Adamski, J., 29/897	1927 Adamski, J., 29/897
955 Sheard, K., 5/10/87	885 Adamski, J., 29/897	1926 Adamski, J., 29/897
956 Sheard, K., 5/10/87	886 Adamski, J., 29/897	1925 Adamski, J., 29/897
957 Sheard, K., 5/10/87	887 Adamski, J., 29/897	1924 Adamski, J., 29/897
958 Sheard, K., 5/10/87	888 Adamski, J., 29/897	1923 Adamski, J., 29/897
959 Sheard, K., 5/10/87	889 Adamski, J., 29/897	1922 Adamski, J., 29/897
960 Sheard, K., 5/10/87	890 Adamski, J., 29/897	1921 Adamski, J., 29/897
961 Sheard, K., 5/10/87	891 Adamski, J., 29/897	1920 Adamski, J., 29/897
962 Sheard, K., 5/10/87	892 Adamski, J., 29/897	1919 Adamski, J., 29/897
963 Sheard, K., 5/10/87	893 Adamski, J., 29/897	1918 Adamski, J., 29/897
964 Sheard, K., 5/10/87	894 Adamski, J., 29/897	1917 Adamski, J., 29/897
965 Sheard, K., 5/10/87	895 Adamski, J., 29/897	1916 Adamski, J., 29/897
966 Sheard, K., 5/10/87	896 Adamski, J., 29/897	1915 Adamski, J., 29/897
967 Sheard, K., 5/10/87	897 Adamski, J., 29/897	1914 Adamski, J., 29/897
968 Sheard, K., 5/10/87	898 Adamski, J., 29/897	1913 Adamski, J., 29/897
969 Sheard, K., 5/10/87	899 Adamski, J., 29/897	1912 Adamski, J., 29/897
970 Sheard, K., 5/10/87	900 Adamski, J., 29/897	1911 Adamski, J., 29/897
971 Sheard, K., 5/10/87	901 Adamski, J., 29/897	1910 Adamski, J., 29/897
972 Sheard, K., 5/10/87	902 Adamski, J., 29/897	1909 Adamski, J., 29/897
973 Sheard, K., 5/10/87	903 Adamski, J., 29/897	1908 Adamski, J., 29/897
974 Sheard, K., 5/10/87	904 Adamski, J., 29/897	1907 Adamski, J., 29/897
975 Sheard, K., 5/10/87	905 Adamski, J., 29/897	1906 Adamski, J., 29/897
976 Sheard, K., 5/10/87	906 Adamski, J., 29/897	1905 Adamski, J., 29/897
977 Sheard, K., 5/10/87	907 Adamski, J., 29/897	1904 Adamski, J., 29/897
978 Sheard, K., 5/10/87	908 Adamski, J., 29/897	1903 Adamski, J., 29/897
979 Sheard, K., 5/10/87	909 Adamski, J., 29/897	1902 Adamski, J., 29/897
980 Sheard, K., 5/10/87	910 Adamski, J., 29/897	1901 Adamski, J., 29/897
981 Sheard, K., 5/10/87	911 Adamski, J., 29/897	1900 Adamski, J., 29/897
982 Sheard, K., 5/10/87	912 Adamski, J., 29/897	1899 Adamski, J., 29/897
983 Sheard, K., 5/10/87	913 Adamski, J., 29/897	1898 Adamski, J., 29/897
984 Sheard, K., 5/10/87	914 Adamski, J., 29/897	1897 Adamski, J., 29/897
985 Sheard, K., 5/10/87	915 Adamski, J., 29/897	1896 Adamski, J., 29/897
986 Sheard, K., 5/10/87	916 Adamski, J., 29/897	1895 Adamski, J., 29/897
987 Sheard, K., 5/10/87	917 Adamski, J., 29/897	1894 Adamski, J., 29/897
988 Sheard, K., 5/10/87	918 Adamski, J., 29/897	1893 Adamski, J., 29/897
989 Sheard, K., 5/10/87	919 Adamski, J., 29/897	1892 Adamski, J., 29/897
990 Sheard, K., 5/10/87	920 Adamski, J., 29/897	1891 Adamski, J., 29/897
991 Sheard, K., 5/10/87	921 Adamski, J., 29/897	1890 Adamski, J., 29/897
992 Sheard, K., 5/10/87	922 Adamski, J., 29/897	1889 Adamski, J., 29/897
993 Sheard, K., 5/10/87	923 Adamski, J., 29/897	1888 Adamski, J., 29/897
994 Sheard, K., 5/10/87	924 Adamski, J., 29/897	1887 Adamski, J., 29/897
995 Sheard, K., 5/10/87	925 Adamski, J., 29/897	1886 Adamski, J., 29/897
996 Sheard, K., 5/10/87	926 Adamski, J., 29/897	1885 Adamski, J., 29/897
997 Sheard, K., 5/10/87	927 Adamski, J., 29/897	1884 Adamski, J., 29/897
998 Sheard, K., 5/10/87	928 Adamski, J., 29/897	1883 Adamski, J., 29/897
999 Sheard, K., 5/10/87	929 Adamski, J., 29/897	1882 Adamski, J., 29/897
1000 Sheard, K., 5/10/87	930 Adamski, J., 29/897	1881 Adamski, J., 29/897

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—Mac Richards

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—John Du Mont

—Cathy Long

YMCA Bench Press Contest
July 87 - E. Liverpool, OH

Weight	1st	2nd	3rd	4th	5th
120 lbs	J. Keller	R. Sturm	J. Lov	J. Lo	J. Lo
150 lbs	T. Kellom	K. Erwin	G. Richards	J. Caplin	J. Caplin
180 lbs	181-under	198 lbs	205 lbs	220 lbs	240 lbs
210 lbs	220 lbs	240 lbs	260 lbs	280 lbs	300 lbs
330 lbs	340 lbs	360 lbs	380 lbs	400 lbs	420 lbs

New York State ADFFA
25-26 Apr 87 - Troy, NY

Weight	1st	2nd	3rd	4th	5th
120 lbs	A. Giamino	K. Schaez	W. Ogden	J. Sodalis	A. Bickler
150 lbs	M. Rios	S. Barnes	J. Pava		
180 lbs	181-under	198 lbs	205 lbs	220 lbs	240 lbs
210 lbs	220 lbs	240 lbs	260 lbs	280 lbs	300 lbs
330 lbs	340 lbs	360 lbs	380 lbs	400 lbs	420 lbs

Women (by Malone)

Weight	1st	2nd	3rd	4th	5th
120 lbs	J. Jacobs	J. Fortino	P. Waldman	P. Anon	M. Houston
150 lbs	B. Fancher	R. Post			
180 lbs	181-under	198 lbs	205 lbs	220 lbs	240 lbs
210 lbs	220 lbs	240 lbs	260 lbs	280 lbs	300 lbs
330 lbs	340 lbs	360 lbs	380 lbs	400 lbs	420 lbs

Men (by Malone)

Weight	1st	2nd	3rd	4th	5th
120 lbs	J. Danahy	R. Finnegan	C. Stapanides	C. McDonald	J. Howard
150 lbs					
180 lbs					
210 lbs					
240 lbs					

Men (by Malone)

Weight	1st	2nd	3rd	4th	5th
120 lbs	J. Danahy	R. Finnegan	C. Stapanides	C. McDonald	J. Howard
150 lbs					
180 lbs					
210 lbs					
240 lbs					

16th California Firemen's Olympics
7 Jul 87 - Irvine, CA

Event	1st	2nd	3rd	4th	5th
148 lbs	C. Consiglio	D. Norman	N. Semprala	M. Couglar	T. Oshonovich
181 lbs	M. AcElwain	D. Doglietto	J. Sauer	R. Blesley	J. Hayes
210 lbs	220 lbs	240 lbs	260 lbs	280 lbs	300 lbs
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Men (by Malone)

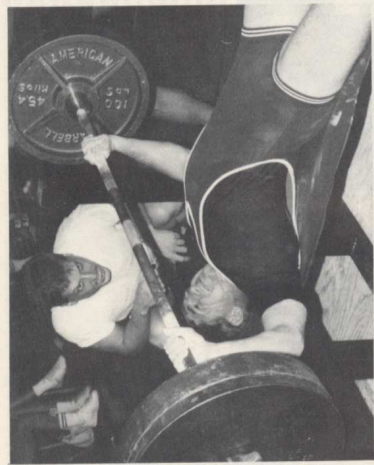
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180 lbs					
210 lbs					
240 lbs					

Men (by Malone)

Weight	1st	2nd	3rd	4th	5th
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A.P.F. World Record... a 345 bench by Jo Mukite at 132. Photo courtesy Jim

Swanson's Midwest Open Bench
 16 Aug 87 - Machesney Park, IL
 Women's
 B. Macey (BL) 370
 K. Unruhank 355
 132 & Over
 F. Bergosa 350
 C. Packard (BL) 235
 V. Hendricks 225
 Men's Division
 T. Reese 420
 114 lbs.
 D. Davis 180
 D. Paulson 345
 123 lbs.
 J. Simms 80
 L. Lindquist 425
 R. Franz 340
 148 lbs.
 C. Brown 320
 J. Lawrence 330
 242 lbs.
 R. Hendry 465
 165 lbs.
 K. Fields 435
 275 lbs.
 J. Swanson (BL) 505
 J. McFadden 270
 D. Kesper 460
 C. Kikim 310

*World Record. The Swanson's Midwest Open Bench was held at Machesney Park, IL, in both the number of lifters and the quality of their lifting. Plus the audience was great. We had around 100 people come to watch the meet. The meet was a success. We had a new APF world record by Jo Mukite at 132 lbs. He set a new world record with a bench of 345 lbs. Championships were held at the Knights Community Complex in Rockford, IL, utilizing the round system and using the APF rules.
 Women's Open
 D. Hart (102) 248* 115* 270 633*
 T. Holstein (113) 192 99 259 551
 L. Kunkle (126) 319* 159* 336 815*
 K. Haynes (122) 292 165 319 556*
 L. Mathis (122) 198* 104* 253* 556*
 R. Dickson (140) 314 159* 358* 832*
 Teen Open
 L. Richards (134) 253 126 281 661
 A. Gross (163) 158 270* 440 1129
 A. Gross (160) 358 181* 473 1014*
 M. Busell (163) 319 203 374 894
 K. Sites (160) 308 170 325 804

Special thanks to the people that helped especially my wife Sheri, Gary Swanson, Jim Bengard, Jim Jackson, M. Nicholson and Craig Swanson. Thanks to the judges, referees, and judges, spotted, and headed. Thanks to Jim Swanson for results.

weight classes. Divo Hart and Terri Holstein fought it out in the lightweight division with Divo coming out on top setting three state records along the way. In the middleweight division, Divo beat back Roxanne set three state records and took best lifter honors for the women. Katie Haynes couldn't quite catch up to her own right for eight day Lee Mathis, one of Kentucky's teenage lifters took Dickson took top honors. In the heavyweight division, Rhonda set three state records and if she can get her squats into the meet will probably break the 400 kilo total.
 I had seven entries going into the squats and by the time the chalk had settled on my five made it to the bench presses and four by the time we got to deadlifts. It's a long afternoon session, setting an American record bench press in the process. This was Jerry's first post lifting performance. Aaron Gross took second setting four Kentucky bench records along the way. Mike "Sambo" Busell took third with Kent Sites.

We had a nice turnout for the master lifters with Eric Fleisher leading the pack. An American master's record attempt on his third deadlift followed a close second, Jim Taylor in third place, who by the way is the new Tennessee State Champion so expect some things to start happening in the near future. The longest class of the meet with 12 entries. Frank Navarre was the first to take home first place without breaking a sweat. (He competed in the Men's Nationals the following week and set two state records. David Waldman couldn't make up the difference in the deadlifts and had to settle for third. John Dale came in fourth with a Paulo Mendes had a rough day in the squats but still won the 165 pound class easily. Scott Cook took second and Daniel Gould couldn't pull it off. The 181's was decided by a submitted time with Gene Underwood in first and winning best lifter and Judge. Dan Carver blew away his competition by over 400 pounds to win the 198 pound class. Second was Mark Purcell and Greg Burger tried to catch up but couldn't. In the 225's, Jim Hunter, Mike Busell, father of the other Mike Busell, and Mike Busell, father of the other Mike Busell, in the contest, hands won the 220's. Tim Helm placed second. Steve Grill won the 242's on only three lifts. Ron Hunter, after having a bad squats and bench day, tried for the win on his third deadlift. It didn't go up as planned and he had to settle for Jim Hunter in third, having an eight for nine day. The 275's was pretty well spread out with John Menger winning easily. John Purcell took second and Jim Brown won on a time for time day. Jim Crawford won the Supers by almost 200 pounds. Jim Shipley took second on time for time. In the 300's, the men's and women's divisions was the Ft. Knox Power Team. Second place in the men's went to Shaban's Body Investment. In the women's, it was Shaban's Body Investment, Ford's Fitness Center, and The Sub Center. All the volunteers who helped deserve special thanks in this contest. Without their help we wouldn't have had free lifting in Kentucky. The meet comes with the first in history, hope you women lifters. ADPFA, KY State Chairman, for results.

Ranking Omissions. Bernie Miller should have been credited with a 220 bench and 745 total on the ADPFA TOP 20 114 list. (thanks to Ernie Surell for indicating our error) and Rick Bancroft's 380 bench press as a middleweight should have been included on the TOP 100 165 list.

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Death of a Champion...25 days after he finished 3rd in the 220 lb. class at the USPF Teenage Nationals, James J. Jarcowski, 19, was killed in a three car accident in Elma, New York. John was employed at the Central High School in Lockawanna, and was a graduate of Troopets State High School, where he was on the wrestling and football teams. A student member of the Elma Young Men's Club, he was outstanding letter man at the 1985 and 1986 New York State High School Championships, along with being a member of the Elma High School Wrestling team. He was a member of the 1987 Elma High School Wrestling team, and several other teams. His last competition was to be in Clifton Heights, Pennsylvania on September 12th. He was proved that his training did not include steroids or other drugs. (Information provided by David Warth and The Buffalo News).



490 at 165...this lift by Brian Grant was actually locked out on his third attempt. A minor after the lift, he did not consider the lifting to be due to muscle extension. He did get it, but only one white light from the head judge for his effort.

Toledo Open
25 Jul 87 - Toledo, OH

Women	SQ	BP	DL	Total
M. Wilberger	295	135	325	755
L. Sull	325	140	365	830
M. Sull	225	115	240	580
Masters				
J. Smoker	650	315	575	1540
A. Weller	400	200	400	1000
C. Weller	400	200	400	1000
C. Joseph	500	310	510	1320
A. Weller	365	190	375	930
L. Sull	260	185	355	800
G. Parker	280	150	300	730
132 lbs.				
B. Liggett	220	220	320	775
S. McFarland	540	285	530	1355
T. Jackson	415	290	475	1180
A. Karasmanis	410	280	470	1160
M. Szabo	300	180	380	860
L. Szabo	300	185	400	885
165 lbs.				
A. Pasquale	500	330	550	1380
D. Housley	450	305	500	1255
D. Duebner	440	330	450	1220
M. Morledge	445	290	470	1205
M. Morledge	445	290	470	1205
A. Duke	410	280	450	1140
A. Bitner	400	250	475	1125
K. Siger	260	185	355	800
S. Mariter (BU)	635	360	650	1645
J. Smoker	650	315	575	1540
T. Prochaska	560	315	600	1475
M. Smith	465	285	525	1275
D. Smith	465	285	525	1275
C. Erb	450	300	505	1255

Open Letter on Steroids...while blasting no one's character in particular, Rich Lee points out that the bulk of steroid use is by the younger athletes. He says that the steroid use in the late 60's in the lighter classes is bringing 7 state title successful lifts in the 60's in the lighter classes. Rich's brother Hank is a youth and powerlifting. Hank did endless hours of community work with youth and fellow lifters, and never took steroids. "How fair was it to him when he dropped out of lifting because he couldn't keep up with the steroid users and he wouldn't lower his standards and break the rules?" Rich still believes in God and country, and that the rules are for the good of us all.

Opinion on Steroids...while blasting no one's character in particular, Rich Lee points out that the bulk of steroid use is by the younger athletes. He says that the steroid use in the late 60's in the lighter classes is bringing 7 state title successful lifts in the 60's in the lighter classes. Rich's brother Hank is a youth and powerlifting. Hank did endless hours of community work with youth and fellow lifters, and never took steroids. "How fair was it to him when he dropped out of lifting because he couldn't keep up with the steroid users and he wouldn't lower his standards and break the rules?" Rich still believes in God and country, and that the rules are for the good of us all.

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- 24 OCT. 3rd ADFFA Mid America Extrawagon (open, lifetime drug free, bench press), Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313.
- 24 OCT. Metropolitan Open (Westchester and the 3 Boroughs), Glen Thompson, Iron Don Gym, 11842-42-2437, Staten Island, NY 11039.
- 24 OCT. Southeast Arkansas Bench (open), Tony Hantz/Mike Vinson, Box 691, Mantoloking, NJ 07055, 501-367-5102 9 to 9 weekdays.
- 24 OCT. East Tennessee Bench Press, Gold's Gym, 404 Highway 421, Johnson City, TN 37604, 615-928-4100.
- 24 OCT. Southern California Class II and Below, Bernie Gagne, 310 E. 231 St., Carson, CA 90745, 213-855-5970.
- 24 OCT. North Carolina Residents Bench Press Championships (men's open, women, teen, masters), Phil Byers or Jeff Bridges, 314 W. Main Street, Raleigh, NC 27601, 704-265-2525 (Tues. to Sat. 10-12).
- 24-25 OCT. US State C. Open (Tues. to Sat. to Bow Hill), Gus Reithausch, Box 1838, Pearl City, HI 96782.
- 25 OCT. Royal Spud/LIGHT Festival Meet, Farmington, NJ 07401, 506-526-2211.
- 25 OCT. Bench Deadlift Meet, Fred's Gym, 915 E. 10th St., Lincoln, NE 68502, 402-463-3253.
- 24 OCT. AAU National Bench, New Orleans, LA 70112, 504-586-1111.
- 24 OCT. White Plains, Bronx, NY 10467.
- 31 OCT. Halloween Bench Press Championships (men, women, masters, and teenage weight classes), James C. Hart, 4984 C. Rose Terrace, Ft. Knox, KY 40121, 502-542-2470 (8-10PM).
- 31 OCT. Husker Beach Venice Beach Press, 1800 Ocean Front Walk, Venice, CA 90291, 213-399-2715.
- 31 OCT. AAU Natural for Life New York City Open (open, teen, masters, scholastic), John M. 4837 Madison Road, Bklyn, NY 11466.
- 31 OCT. Central Pennsylvania Open ADFFA Meet, Open, Below Class I, Teen, Masters, Women, Segel Engraving, 109 East Market St., Clearfield, PA 16830, 814-765-3214 (24 hrs).
- 31 OCT/1 NOV. 14th Mountaineer Open (Men's, Women, Masters), 2000 Jeffrey Box, New River Gorge, WV 26049, 206-733-2222.
- 7 NOV. USPF Green Mt. Twin State Meet (Vermont & New Hampshire lifters only, women's novice & open, men's novice & open, masters, golden masters), Steve Dolgan, 118 Portland St., St. Johnsbury, VT 05819 or call Don Harvie 802-224-4766 at Body Works Fitness Center, 700 E. Main St., St. Johnsbury, VT 05819.
- 7 NOV. East Tennessee Extrawagon Class I & Below women's open, masters open, teenage open, military open - 1st 120 entrants), Sports Director, CRD, Ft. Knox, KY 40121, (attn: Powertlifting team) or James C. Hart 219-553-1158.
- 7 NOV. Empty Stooling Fund Bench Press, R.L. Gurley, Gurley's Gym Inc., 143 S. Center St., Goldsboro, NC 27530, 919-735-9712.
- 7 NOV. USPF Southern Illinois University Open, Richard L. Anzalone, SJU Weightlifting Club, Rt. 1, Mt. Vernon, IL 62450.
- 7 NOV. Mt. Vernon Open (open, teen, masters), 3130 W. Monroe, Alma, MI 48801, 517-463-8620.
- 7 NOV. Idaho Open Natural Championships, Steve Denison, 441 N. Garfield rd. 4, Pocatello, ID 83204, 208-233-7749 or Andy Kotowski 208-785-6129.
- 7 NOV. Class II, Hudson Memorial (Open, Masters, Teen, Women), Elton Cassisi, Physical Fitness Director, Downtown YMCA, 1600 Louisiana, Houston, TX 77002, 713-659-8501.
- 7 NOV. Eastern American Bench Press Championship TM (open, novice, teen, ladies, over 40), 3000 E. 11th St., 140 S. Main St., Stockbridge, GA 30284, 404-525-2222.
- 7 NOV. USPF Drug Free Regional (Kansas City by MO), Rich Peters, Box 1753, Norman, OK 73070.
- 7 NOV. Power Performance Productions Bench Press Championships (La Merida Athletic Club), Power Performance Productions, 3880 Haines St., Irving, CA 94039, 415-939-1111 or 415-939-3300.
- 7 NOV. Maryland State ADFFA Senior Championships (open, novice, women, teen, high school), Spens Thonokakis, Bullis School, Potomac, MD 20854, 301-299-8507.
- 14, 15 NOV. Virginia State ADFFA (open, masters, teenage, women), John Stittling, P.O. Box 200, Chesapeake, VA 23041, 804-683-1188 or 804-683-3300.
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- 14, 15 NOV. East Coast Open (women, teen, masters, novice, open), Cf, 7025 Frankford Ave., Philadelphia, PA 19135, 215-353-6360.
- 8 NOV. ADFFA Meet, St. Louis YMCA, 418 E. Chestnut, St. Louis, MO 63102, 314-241-6369.
- 8 NOV. USPF Drug Free Regional (Kansas City by MO), Rich Peters, Box 1753, Norman, OK 73070.
- 8 NOV. Parents of Better Athletes Bench Press Open (open, teen, masters, scholastic), John Knight, Dr. W. Warwick, RI 02893, 401-821-2567 daily.
- 8 NOV. Swanson's AFF Open (men & women), (Rockford, IL) Jim Swanson, 1003 Wisconsin Ln., Mchenry Park, IL 61111, 815-877-2875.
- 12, 15 NOV. IPP Worlds, Jan Monstad, 1215 NOV. All-Peace Championships (Camp Pendleton, CA)
- 14 NOV. Indiana Junior State Championships, United States Midwest Bench Press Contest (USPF) and Repeating Bench Press Contest (USPF sanctioned), Carl Lamb, Box 1281, Bloomington, IN 47404, 317-332-1420 or 332-969-5969.
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- 14 NOV. USPF Drug Free Regional (Denver), Rich Peters, Box 1753, Norman, OK 73070.
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- 22 NOV. AAU Colonial America (non-tested), Frank Saunders, Box 738, NY, NY 10462.
- 8 NOV. AFP-WFF Men's World Bench Press (open, novice, women, masters), Paul McCoy, Ponder Boot Co., Ponder Bank Building, Ponder, TX 76259, 817-479-2611.
- 28 NOV. AFF Gulf States Meet (open, class II, women, masters, teen) Dan Lott, Rt. 4, Box 547, Waco, TX 76782, 601-758-4801.
- 29 NOV. USPF Regional (Columbus, OH), Bob Peters, Box 1753, Norman, OK 73070.
- NOV. Air Force Training Camp, SSGT Roy Long, 912-926-6974 (w) or 912-922-4934 (h).
- 5 DEC. ADFFA Tennessee State (men's, masters, women), Dan Austin, AFPSU, Football Office, Clarksville, TN 37044, 615-648-7400.
- 5 DEC. Eastern States (novice men, women, masters, teen) Dan Lott, Rt. 4, Box 547, Waco, TX 76782, 601-758-4801.
- 5 DEC. Maryland ADFFA (open, masters, women) Ben Hart, 1267 Joseph St., Yuba City, CA 95991, 916-674-3061.
- 5 DEC. Sweet Creek Invitational, Lloyd Coon, 5119 Worcester, Swartz Creek, MI 48073, 313-281-7541.
- 5 DEC. "Ride of the East" (men's open & novice drug free, women's open, seniors & teen consultation div.), Wade's Gym, 1105 N. Dulles Dr., Glassboro, NJ 08028, 609-582-0001.
- 5 DEC. Mid-West Open, Tom Beadle, Box B, Amosco, IA 52205, 319-462-3594.
- 5 DEC. USPF-Southern Invitational, Rich Peters, 73070, Norman, OK 73070.
- 5 DEC. 4th Annual Cup (Men's Open and Class II, Women's Open and Class II, Masters 40-49 and 50 plus, Police & Firefighters division), Buddy Duke, 201 N. Burnell Ave., Alder, GA 31600, 912-896-9988 (daily or 896-9989 after 9 p.m).
- 5 DEC. Eastern Regional Championships (open, novice, women, masters, teen), Pat Youngs, 2000 Mark Pylon, 7238 Nathan Ct., Manassas, VA 22110, 703-361-5904.
- 5 DEC. Wisconsin State ADFFA Meet, (Oshkosh), Casey Renner, 5762 W. 20th St., Ft. Oshkosh, WI 54904, 414-685-6724.
- 7 DEC. A.P.F., World Masters, 16 DEC. A.P.F., World Masters, (men's & women's powerlifting), Sports Director, CRD, attn: Powerlifting Team, Ft. Knox, KY 40121 or James C. Hart 502-942-2470 (8-10PM)
- 5 DEC. Greater Texas Powertiff Classic (open, below class I, masters, women, teenage), Doug Johnson, 214-263-4828, Ft. St., Grand Prairie, TX 75050, 214-263-4828.
- 5 DEC. (new date), Teenage Juniors, Submasters & Masters Meet, Power Press, Box 1246, S. Glens Falls, NY 12803 or Al Roberts 518-668-4749.
- 5 DEC. 14th Annual Canton Open (open, men, women, masters, police/firefighters, youth), Mike Mikes, 1000 W. North St., Grand Rapids, MI 49503, 616-782-1111.
- 4834, 216-753-4525 or 699-5497.
- 5 DEC. Region 9 Collegiate Championships, Glen Venator, 1601 N.W. Dallas St., Grand Prairie, TX 75050, 214-263-4828.
- 6 DEC. ADFFA "Row" Bench Championships to benefit Virginia Special Olympics, Maryland State ADFFA (open, novice, women, masters, teen), Baltimore, MD 21207, 301-944-4002 after 7 PM.
- 6 DEC. North American Championships AFF-USPF, (open, women, teenage), Ken Fantano, 22 Swomill Rd., West Haven, CT 06516, 203-949-9979.
- 6 DEC. ADFFA Georgia State Championships (substantial late fee for limited entries), Dennis Fennore, P.O. Box 603, Hinesville, GA 31313.
- 12 DEC. USPF Big River Classic (open, class II & below, women, masters, team), Daryl Johnson, 3rd Box, 26 B, Yellowville, AR 72315, 501-783-9494.
- 12 DEC (new date) California State Masters (open, novice, women, masters, teen), 2294 Hawthorne Blvd., Berkeley, CA 94704, 415-841-1111.
- 12 DEC. East Coast Bench Press Open (men and women), Cf, 7025 Frankford Ave., Philadelphia, PA 19135, 215-353-6360.
- 12 DEC. YMCA Open National Championship, Garry Bentford, Columbus Clubhouse, 4415 Long St., Columbus, OH 43213, 614-224-1131.

30 JUL Toledo Open, Harry Cummings, 5344 Jackson Rd., Toledo, OH 43613, 419-476-1540
 30 JUL Cincinnati Open, Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
 29 OCT, Central Pennsylvania Open ADFFA (open, below class is even, masters, women), PA 16830, 814-765-3214 (24 hr. Central)
 29 OCT, Far West National Regional (Las Vegas, NV), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
 5 NOV, N.W. National Regional (Sacramento, CA), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
 19 NOV, Midwest Regional (Chicago, IL), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
 19 NOV, Midwest Regional (Kansas City, MO), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
 26 NOV, So. Central National Regional (Dallas, TX), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
 3 DEC, So. Central National Regional (Richmond, VA), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
 10 DEC, Amarillo Open (Winters, Richard Peters, Box 1753, Norman, OK 73070)
 17 DEC, Colorado Springs Open, Richard Peters, Box 1753, Norman, OK 73070

VA), Richard Peters, Box 1753, Norman, OK 73070 (include s.a.s.e.)
 22 OCT, West National Regional (Denver), Richard Peters, Box 1753, Norman, OK 73070
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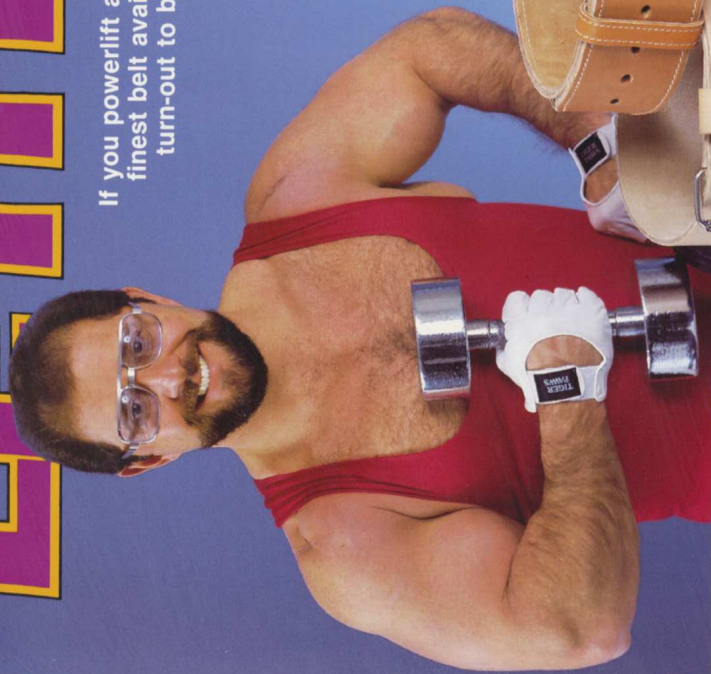
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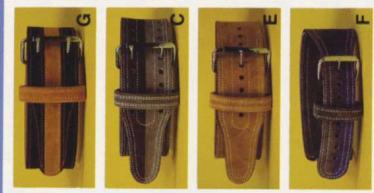
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