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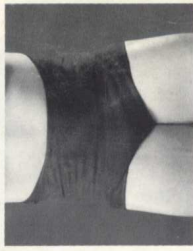
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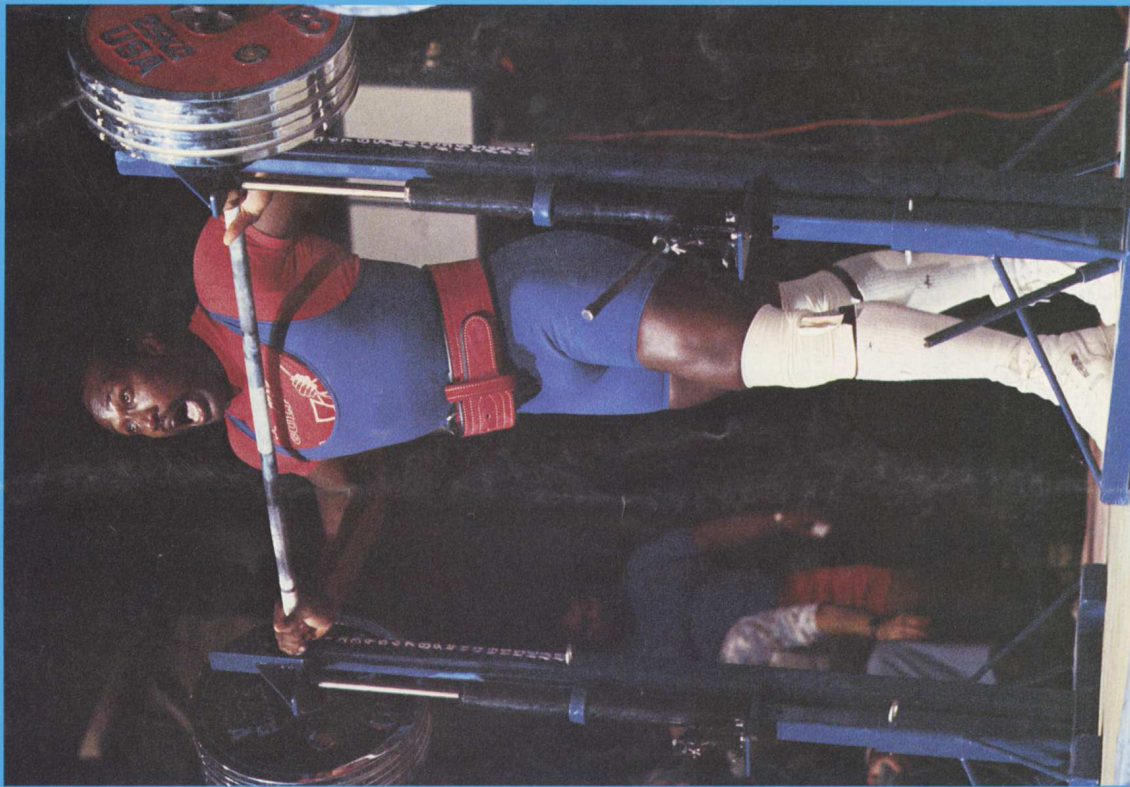


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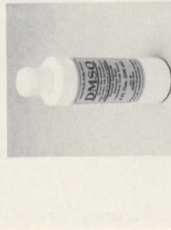
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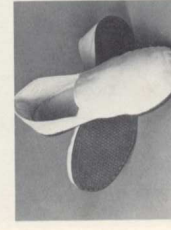
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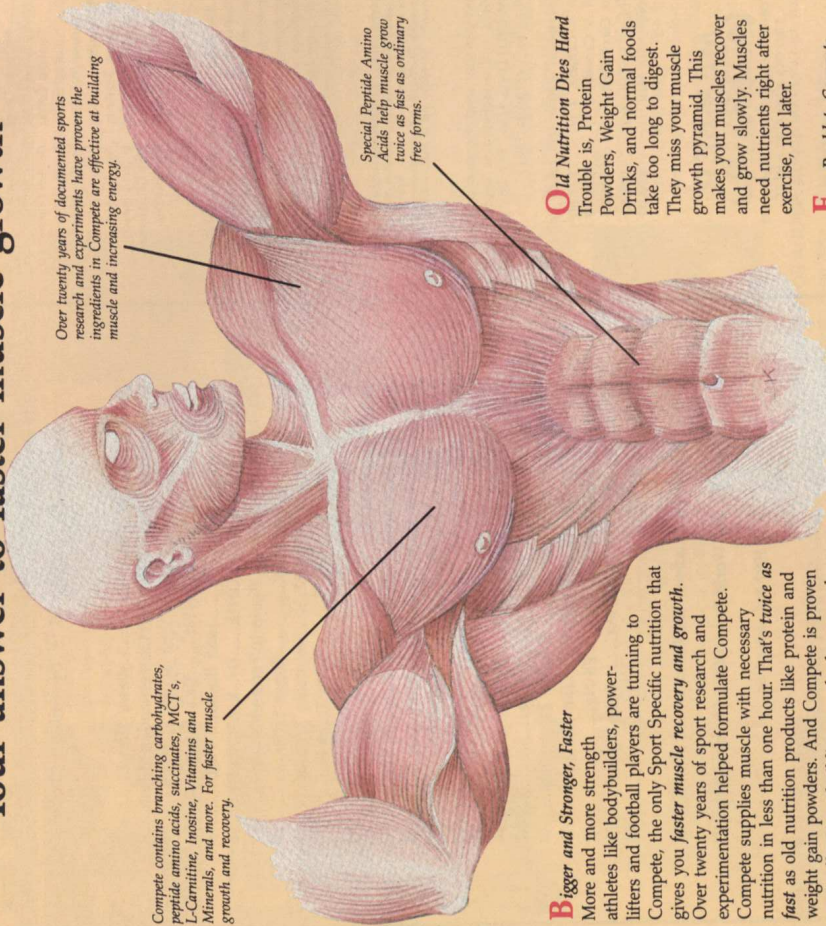
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# POWER PROFILE

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

Remember the Schlitz Malt Liquor commercial, with the giant bull breaking through walls, busting up the bar and terrifying everyone. Well, another Bull is attacking another type of bar in much the same fashion. Andrew "Bull" Stewart is breaking onto the powerlifting scene. He is fast becoming one of the premier lifters in the country. After only three years of lifting, this man from West Point, Mississippi, has risen to become the all time best ADFPA lifter in his weight class. With a total of 2011.5 pounds, the Bull holds the American and National total record at the 242 lb. Bull, 29, has a physique that many bodybuilders would love to possess. He stands six feet tall at an average bodyweight of 245 pounds. There are very few powerlifters that can compare to his massive size and shape, but he is a powerlifter for sure. He has natural genetic features that definitely enhance his performance. His very strong lower back coupled with long arms are good reasons for his excellent deadlifting. His massive upper body size explains his great bench pressing ability.

Andrew has a broad background in sports. At Aberdeen High School, he participated in football, basketball, and track. The Bull received a basketball scholarship to Mary Holmes Junior College in West Point, Mississippi. After two years, Bull walked on to play football at Tuskegee University in Tuskegee, Alabama. There he also participated in track at the national level. After graduating college, Bull went as a free agent to the Atlanta Falcons. Put out by a fallen arch, Bull returned to West Point, Mississippi to work as a law enforcement officer. At this time, Bull started to work out with weights, beginning the road that would lead to a National Championship title.

The first time I met Andrew Stewart was at a bench press meet in Amory, Mississippi in 1984. This was his first competition. He weighed in at 202 pounds and benched 420 pounds to take his class and Best Lifter. After that meet, he went to every bench press meet around the area. After winning several bench contests, the Bull decided to begin powerlifting. In his first powerlifting competition, at Cullman, Alabama, he won his class with lifts of 530 squat, 430 bench, and 650 deadlift for a 1610 total.

At every meet his total increased, with impressive improvements in deadlift and bench press. In his fourth full fledged powerlifting meet, Bull won the 1986 Mississippi State Championship in the 242 lb. class. Later that year, he went to the ADFPA Regionals at Slidell, Louisiana to qualify for the Nationals with a total of 1874. In August of 1986, Bull and his wife flew to San Jose, California where he competed in the ADFPA

four times a week. Squat and bench are performed twice a week with one heavy and one light day. Deadlifts are done every two weeks on the light squat day. Bull rarely trains over five reps in a heavy work set.

Bull considers his diet and vitamin supplements to be very important to his training. He never eats junk food. Carbohydrates are a big part of his intake. He also takes amino acids and a multi-vitamin pack. For energy during a workout he believes inosine is the great help.

When asked about anything special he does in training, Bull responded, "I believe lifting is mind over matter. Every day, I visualize what I'm going to do in my workout. This prepares me mentally." He records every lift and rep done in his cycle. They help him progress toward a physical and mental peak at the meet.

Bull's goal is to break all 242 lb. class records in every federation. He wants to be the best only in his lift, but also in each individual lift. Bull believes his goal is in reach if he can improve his sectional squat and bench. His sectional lifting ability will always be there. Bull also has the dream of competing in the Olympics.

He hopes that the event will become an Olympic event. He says he would compete in the Olympic lifts if it were necessary to get there. He has already been contacted about training the Olympic lifts.

As for powerlifting and the ADFPA, Bull is committed to the association. He believes totally in drug free lifting and is grateful to the ADFPA and its leadership for promoting this idea. He hopes that a better testing method and stricter rules can be developed to further insure fairness in competition.

Bull appreciates his opportunity to powerlift and the people that are behind him. Support from his wife and twin sons, Lodrick and Rodrick, is very helpful. His time spent training and traveling takes away from his family life, and he appreciates their sacrifice. He also gets support and help with expenses from his sponsor, Brian Foods. Bull recognizes the strength he receives through God and gives Him all the glory.

Bull is very personable and exciting to watch. Always a crowd pleaser, not only for his great lifting, but also with his psyching up and post lift celebrations. Bull's lifting success should be an inspiration to all lifters because he has proven that great totals can be achieved without the use of drugs. He definitely has a great future in the sport of powerlifting and I am excited about Bull's chances of becoming one of the greatest powerlifters ever. He has the desire and ability to excel. Bull would like to leave every powerlifter, young and old, with this message: 'BELIEVE IN YOURSELF.'

# Here Comes the BULL!

as told by fellow lifter Perry Liles

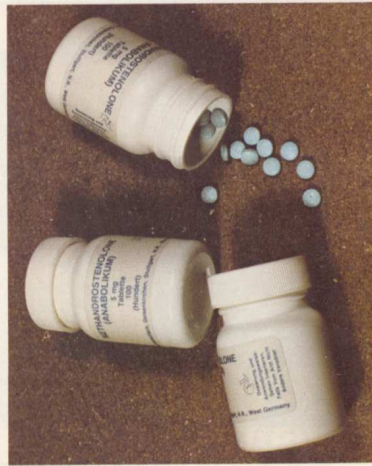


Andrew "Bull" Stewart has made some of the most consistent and rapid progress of any ADFPA lifter in history. His physical development is on a par with any strength or bodybuilding athlete in the world. Lambert photo.

Excellent lifters such as Thomas Brice, Donald Beter, Joe Hood, and James Eason. In this meet, Bull finally got his squats working for him. With lifts of 760 485 766 deadlift, Bull became first ADFPA 242 lb. lifter to break the 2000 lb. barrier.



## Invisible Steroids....??



**Bogus Steroids** like those seized above in a police raid constitute 30-50% of the drugs available on the underground market today, according to the Federal Drug Task Force. They're either not what the label says they are or the labeling is counterfeit and they are not manufactured by the represented source or nation (West Germany, in the case above). Mauro Di Pasquale, MD, notes that makeshift laboratories in Mexico and the USA are producing these substances under uncontrolled circumstances which could be dangerous, or ineffective at the very least, for users. Problems like those may become secondary, however, if what we read in Dr. Mauro Di Pasquale's latest Update (Number Four) to his book *Drug Use & Detection in Amateur Sports* (see the advertisement for this publication on page 23) comes to pass. Dr. Di Pasquale (and he's not the only one) has come across an "invisible" steroid, one that is as hard to detect as it is to identify. It is to 1 ratio test evaluating testosterone and epitestosterone to determine exogenous usage of that hormone. There is no current test for this substance, which occurs naturally in the body and does produce strength gains. Regrettably, there are already pharmaceutical sources for this substance on the drug company shelves, but that's not all. Dr. Di Pasquale asserts that there are, in fact, custom made steroid concoctions being created, for which there are no current identification tests, at the behest of certain athletic customers. One part of the current drug testing procedure indicates a positive, but the confirmatory second step is impossible because reference spectra for these new and esoteric steroid preparations are not available. These "designer" steroids, and their many variations, could keep sufficiently wealthy athletes ahead of the drug test officials for years.

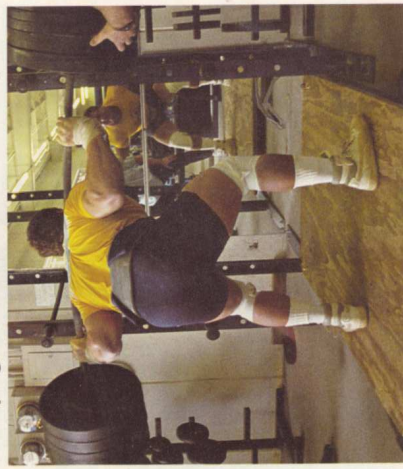
Dr. Di Pasquale's research has pursued answers in a highly specialized area, and he has identified a great number of the positive testing results in the past have indicated usage of 19-nortestosterone (Nandrolone), and Dr. Di Pasquale has broached the question of whether or not that particular substance is not, in fact, a naturally occurring substance. A study published in a French endocrinology journal indicates that 19-nortestosterone is present in the plasma of pregnant women. Mauro feels that other biosynthetic pathways leading to the natural occurrence of this steroid hormone may not be determined. Furthermore, "Even this information leaves the IOC vulnerable to court action. Any female with a positive nandrolone test who protested her innocence (but was banned nevertheless) can now sue the IOC on the grounds that she was in the early stages of pregnancy without know it (and subsequently aborted spontaneously if anyone wonders why this pregnancy never came to light). The IOC may be in for a real shock to the IOC and promises 'there's more to come.'"

## the Russian Drug Problem...



**The Russians have their Drug Problem Too!** from "SOVIETSKY SPORT" (August 27, 1987) comes this article. "The USSR Weightlifting Federation issued a report from the head coach of the national team, A. Medvedev, concerning the preparation of the national team for the 1987 World's Championships. A group of young prospects, capable of significantly improving their results right up to the Olympic Games, were introduced as members of the national team. The coaching staff has been devoting special effort to the planning and analysis of the athletes' training work, which in recent years has been the weak link in the work with the national team. The coaching staff noted that the majority of the athletes made the planned results at control training sessions. However, not all of the athletes coped with the projected training loads. The members of the Federation Presidium expressed their great concern to the head coach about the use of banned pharmacological preparations by certain athletes. The CNLMS anti-doping-control testing eliminated USSR national team candidates A. Medvedev, A. Medvedev, Dymnikov and V. Tregubov (aged 20) for not taking part in the testing. The coaching staff based on their use of banned preparations. This case demonstrated the aforementioned measures taken by the national team. Today's "anabolic monster" has not lost its attraction for a certain category of athletes and coaches. There is clearly a gap in the education work with the athletes concerning this issue at all stages of their preparation, including the national team. The USSR Weightlifting Federation, taking into consideration the information concerning the preparation of the Soviet lifters for the 1987 World's Championships, unanimously condemned Tregubov and Akyev, the question of conducting work with the athletes who are not taking part in the work with the athletes, coaches and people associated with this incident. The aforementioned measures are designed to improve the ideological-educational work with the national team and to strengthen anti-doping control. FROM THE EDITORS: The Goskomsport of the USSR created a commission, headed by assistant director V. Gromyko, whose assignment is to uncover all of the circumstances surrounding the above mentioned cases. This article was translated by Andrew "Bud" Charniga Jr. (see his *Dynamic Fitness Products* offerings of equipment and Russian training materials on page 51 and his advertisements on page 85). David Riger, the great Russian international champion of the great years gone by, seen above in a photo by Bruce Klemens, recently resigned as national coach.

## Eddy gets Himself Ready.....



**Look Ma - No Straps!**...Eddy Coan topped off his training cycle for five weeks for a quintuplet of reps at the Santa Barbara gym. Eddy feels he may hit 915 lbs for a triple, and is available for the APF Worlds, where he hopes for a 964 squat and 2403 total at 220 if all goes well. Lambert photograph.

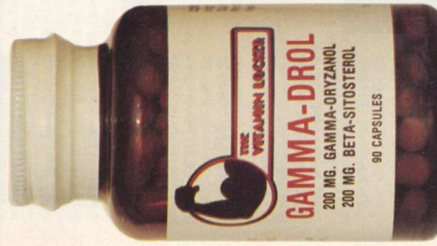
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## Dealing with Jet Lag as told by Capt. Sean Paul Scully

you stretch at 9 a.m. every morning at home - then keep it up when you get to the meet site at 9 a.m. local. If you arrive at the meet site at noon, even if it's 5 a.m. at the meet, and decide to take a long nap I can guarantee the result. You will wake up late in the afternoon, have dinner at the normal time (7-8 p.m. local time), go to bed at 10 or 11 o'clock at night, and then wake up at 2-3 a.m. and stare at the ceiling for the next five hours. This will slow your synchronization time significantly. Another trap to avoid is using alcohol as a sleep aid. Alcohol intake should be minimal anyway, but there are some serious effects of alcohol on quality of sleep that few realize. Alcohol will deprive the body of necessary REM (Rapid Eye Movement) and slow wave sleep. This will degrade maximum performance further and also slow down resynchronization time. Jet lag is a factor that demands consideration when competition requires travel across time zones. If your schedule prior to the trip allows for the time zone to begin resetting your clock a few days before you travel. In other words, if you're traveling east you should begin getting up earlier and going to bed earlier three or four days before you depart. If you're traveling west you should get up later and go to bed later the last few days before you depart. One final note: The most demonstrated that most athletes are not physically capable at mid morning and afternoon performance peaks at the time of the meet. Therefore if you're lifting in the morning session you may need to adjust your body clock so that you're going to bed and getting up earlier than normal.



**Preparation...** Capt. Scully (left) has worked with some of the greatest lifters of recent times, like USPF juniors champ Dan Martinez (right), and this expertise, combined with his professional background, make his advice on how to prepare for travel over time zones pertinent to all lifters.

Jet lag is a term that encompasses the body's response to both the physical stresses associated with commercial air travel (i.e. motion, vibration, 8,000 ft. cabin altitude, dry air, etc.) and displacement across time zones resulting in a desynchronization between the body's internal clock (circadian rhythms) and the work-sleep schedule. Normally, it won't take very long for the body to recover from the physical stresses, especially since most commercial carriers are fairly comfortable. Probably one of the most important things you can do to offset the physical stresses of flying is to insure you do not get dehydrated. To do that, avoid significant consumption of caffeine and alcohol, and drink plenty of water - at least 12 oz. per hour during flight. Overcoming the circadian rhythm problem associated with transmeridian flight may take significantly longer. The average individual requires approximately one day for every time zone crossed on eastward flights to completely resynchronize his body clock. It's about 16 hours for every time zone crossed on westward flights. In many situations you may not have the luxury of time to allow for complete resynchronization. The question in such situations is not whether there will be any performance degradation, but rather how much performance loss should be expected and what we might do to minimize that loss. My advice on estimated performance would be to drop predicted max lifts by 1 percent for every hour not compensated for by the allowed resynchronization time (time between arrival at meet site and competition) up to three hours and then ½ percent for every hour after that. For example, Ed Coan is flying from Chicago to Norway for 1987 World Championships. He departs Illinois on 10 Nov. arrives in Norway on 11 Nov. If he competes on 15 Nov., he's probably made up 4 of the 7 hour difference between Eastern U.S. and Norway. Therefore you can assume he would be good for about 97 percent of what he could have done at home. A best predicted max

deadlift of 900 lbs. becomes 873 lbs. Good advice for accelerating the resynchronization process is to force yourself into the new time zone as soon as you arrive. For example, whether or not you're able to get some sleep on your hotel room and take a nap. Go to bed when the locals go to bed, eat when they do, basically tune in to the local environment/social cues or zeitgebers (any cue that aids in synchronization of internal biological clock and world/sleep patterns). As long as you do in your normal routine back home, you should try to do at the same time in the new time zone. Frequent showers and showers in the room help the body in resynchronization. Physical activity may be one of the most potent zeitgebers. If

# WORKOUT of the Month

## The Rick Gaugler Deadlift Routine

The deadlift is possibly the best test of overall body strength. Since it is such a taxing lift it must be worked very carefully to avoid overtraining. Many lifters think that since the deadlift is such a raw test of strength, they don't have to concern themselves with proper technique as they do in the bench press or squat. This is a very serious mistake! First of all, neglecting proper technique will result in injuries to the back, biceps, or hamstrings as these are most prone to injury. Secondly, proper form insures maximum pounds lifted.

The main points of proper deadlift form are (1) Keep the bar as close as possible to the body when pulling. Research has indicated that for every inch the bar is out from the legs the load of the bar is effectively increased by 30 lbs. To insure keeping the bar close make sure you properly align yourself with your shins (the bar should be 2-3 inches away from your shins) and that the bar is 2-3 inches away from your feet. (2) Maintain your feet flat on the floor, preferably with the inside of shoes lining up with pulling. (3) Keep hips down and head up before pulling. (4) Keep straight throughout the lift concentrating on pulling with hips and back.

The deadlift should be trained once weekly on your light squat day. Your training days should be Tuesday. (Light squats and deadlifts) squats 3 sets of 5 reps, deadlifts 2 sets of 3 reps, rack deadlifts (bar 3" below knees) 2x3, cable pulldowns (pull to throat) 3x8, bent rows (dumbbell) 3x8, stumps (weighted) 2x20 Friday. (Heavy squats, lat work) squats, (same lat work)

The following program will be a 10 week cycle for a 600 lb. deadlifter who uses the conventional style of deadlifting. I believe in using sets of 3 for developing max deadlift power. My normal conversion from 3s to a single is to add 75 lbs. Assuming this hypothetical deadlifter converts the same way, his best triple at the beginning of the cycle will be 525. This is the weight the cycle will be based on.

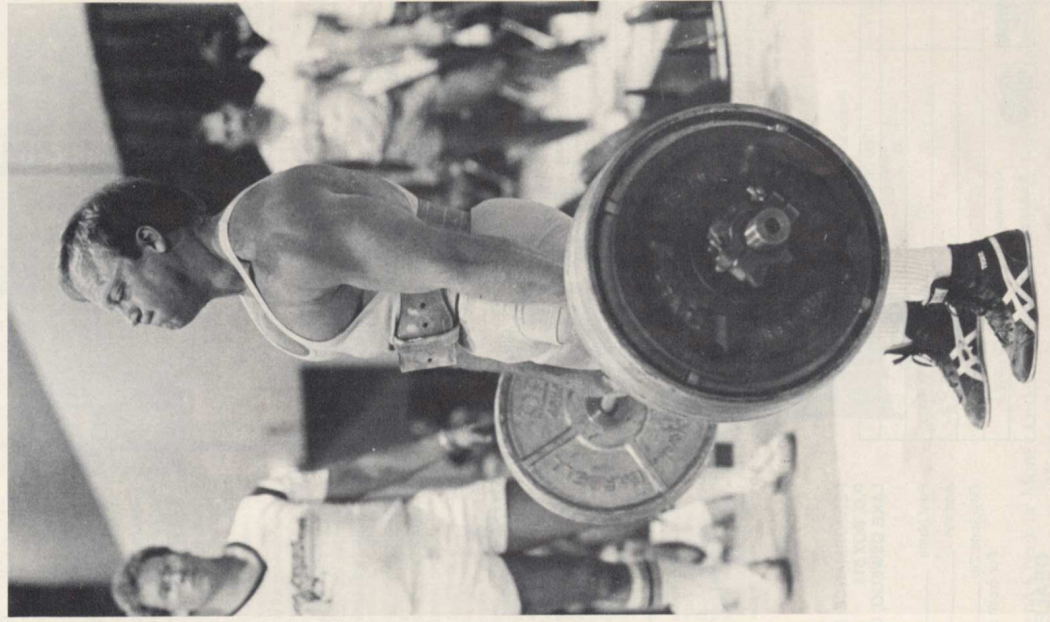
- Week 1: Deadlift - 465x3, 465x3, Rack Deadlift - 515x3, 515x3
- Week 2: Deadlift - 490x3, 490x3, Rack Deadlift - 540x3, 540x3
- Week 3: Deadlift - 515x3, 515x3, Rack Deadlift - 565x3, 565x3
- Week 4: Deadlift - 540x3, 540x3, Rack Deadlift - 590x3, 590x3
- Week 5: Deadlift - 480x3, 480x3, Rack Deadlift - 530x3, 530x3
- Week 6: Deadlift - 505x3, 505x3, Rack Deadlift - 555x3, 555x3
- Week 7: Deadlift - 530x3, 530x3, Rack Deadlift - 580x3, 580x3
- Week 8: Deadlift - 555x3, 555x3, Rack Deadlift - 605x3, 605x3
- Week 9: Deadlift - 490x3, 490x3, No Rack Deadlifts
- Week 10: No Deadlifts (Meet Week)

The deadlifts are done for 2 sets of 3 reps after warmups. For example, Week 1: 245x5, 315x3, 405x2, 465x3, 465x3. The Rack Deadlifts are done with less warmup using a weight 50 lbs. over the Deadlift poundage. For example: Week 1: Rack Deadlifts 325x3, 415x3, 515x3, 515x3. All reps in the Deadlift and Rack Deadlift are done from a dead stop. No Bouncing! Also, don't use straps as they weaken the grip.

At the completion of this cycle your deadlift should

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top powerlifting strength coach. For example, you may be instructed to simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

with no rack work. At the meet your attempts should be as follows: 1st-580, 2nd-605, 3rd-630. Always approach your



Rick Gaugler pulled a 716 deadlift to finish off his IFF world record 1879 total at 165 back in 1982.



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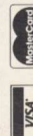
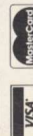
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**Dr. Judd**

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by Dr. Judd Bisiotto, WORLD CLASS ENTERPRISES

I'm going to tell you a horror story. It's about a chiropractor (I told you it would be scary). It was Saturday afternoon, and I was busy engaging in my favorite activity, trying to separate my spinal cord from my backbone by way of deadlifts. Can you think of a better way to spend a Saturday afternoon? You can! Well, I can't help it. I'm a sick puppy. Those gut-wrenching, vein-bulging lifts (the kind that if you're white you turn purple and if you're black you turn white), when all of a sudden everything ripped loose: backbone, back, bootie, everything.

Talk about pain. I doubt seriously if having a baby would hurt more, even if you're male. I swear, even my better. I could walk, but when I did, it looked like I was trying to carry a corn cob without using my hands. Worse yet, the Georgia State Powerlifting Championships were less than two weeks away. I had been preparing for that meet, doing behind-busting squats, and spine-bending deadlifts for close to two months. To say the least, I was as depressed as a Muslim terrorist without a fire bomb. You know what I mean, Vem? I was depressed.

Enter Dale Rhodes, an assistant coach for the United States Olympic team. It was Lombardi time.

"Judd, if you want to compete in the State meet, you need to see a chiropractor, now."

"Pardon me, but isn't chiroprackery a division of demonology? I have to admit, I've always been very leary of chiropractic procedures. I mean, a lot of chiropractors make



Dr. Judd, who has written several books on chiropractic, will be sharing his unique thoughts with you in this new series of articles for PL USA. P.S. we know many fine chiropractors who have helped a great number of athletes, but Judd is entitled to his opinion on the matter.

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When I walked into his office, the good doctor looked at me and immediately said, "You have a subluxation of the L4 and L5." Translated into layman's terms, I needed \$187,000 worth of x-rays and seven visits at \$25,000 a shot to solve the problem. I figure the problem he was talking about was his car payment or something.

Here's where the beauty of athletic intelligence comes into play. In order to have the opportunity to compete for a \$10,000 trophy, most athletes

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## More From Ken Leistner

### Linda Jo Belsito A Star Ascending



Linda Jo Belsito competing at the 1987 A.D.F.P.A. Women's Nationals in Tempe, Arizona.

Most female bodybuilders do not display a healthy, athletic look. Certainly, they might display "a lot" of muscularity, as most strive themselves down to contest condition, but up close and personal, there are few who actually carry anything resembling true muscular development. The typical female bodybuilder is usually noted by her lack of body fat, but often has little true development of the major muscular structures. At 5'4" and 108 pounds, how much muscle can one be expected to carry? Women powerlifters usually look more athletic, but many have made the same mistake that some male lifters have, and carry far too much body fat to be healthy or muscular. However, those who are "in shape" and fit, tend to combine muscular size and enough delineation to appear both strong and healthy. Linda Jo Belsito is perhaps one of the foremost examples of a strong, athletic woman who carries tremendous muscular size, and does so in a pleasing and attractive manner.

Although she is little known beyond the metropolitan New York area, she has begun to make her mark. Like other women in the sport, she has an excellent athletic background. Strongly influenced by her father, who for many years was one of the leading high school lacrosse coaches on Long Island, Linda competed in volleyball, softball, and field hockey while in high school. In every instance, she excelled, in part because of the encouragement she received from her family. The off-seen resistance to a woman's participation in athletics was not only absent in the Belsito home, but the opposite was true. It was expected that Linda would put her all into sports preparation and play for her own enjoyment, and the support she received made it easy to do so.

A stint as a county illegard not only improved her swimming, but further hardened her musculature. In 1980, upon the advice of her swimming coach, she began to train with a variety of Nautilus machines, and immediately noted an increase in both overall strength and swimming ability. During one workout, she had a conversation with Clark Gaines, who was then at the Long Beach, California, gym. She began to do aquatics and bench presses under his supervision, and soon realized that the iron sports could offer an outlet for her competitive nature.

In 1982, Linda entered her first powerlifting meet winning her class title and the Best Lifter award. She met her at this contest and was immediately impressed with her intensity. While other competitors appeared apprehensive or distracted,

movements which provide work to the major muscular structures. Unlike most female physique contestants, and even high ranking powerlifters, she has great development in her traps and low back. Her thighs and hips have always been somewhat troublesome, but the quality, functional muscle of the upper and lower back, gives her a very distinctive look. At 149 pounds, she carried more hard muscle than the women competing in any weight class at the Nationals, and now, at 162 pounds, she has to be seen to understand the full visual impact of her physique.

The past few months, Linda has followed a difficult schedule, but one that has paid great dividends. After her day of work at the hospital, she toils in my office, where it can truly be said that she serves as a beacon for our patients. Her manner with people is wonderful, and her ability to get the most out of each individual in a therapeutic situation is something that can't be learned in nursing school. She just has a certain "touch" with people which brings out the best in them. Two or three times per week, immediately following office hours, she works out, in a brief, but immensely demanding program, requiring her to go to a point of complete muscular failure/fatigue on each and every set. This would be difficult under any circumstances, but at 10 p.m., it merely serves as an example of her dedication and seriousness.

It's difficult to make predictions about any athlete, but Linda has the emotional and physical attributes that indicate future stardom. Her physique demonstrates more developed musculature than most elite female lifters on today's scene. Standing next to her, a strong statement for the "mainstream physique" is belied. She can and in fact will be one of the ranking female lifters in the country within two years. She also has the muscular development to be recognized as one of the best female physiques in that country; her muscular density is that outstanding.

Despite the heavy demands of work, training, cardiovascular activities, and additional schooling, Linda enjoys a full social life and many varied activities. Despite great potential in the area of physique and strength, she has not limited her horizons strictly to the physical. She has continued to increase her knowledge in her chosen profession, and has continued to grow intellectually as well as physically. Although one's future can never be definite, Linda is bright with promise, a promise that will be fulfilled with strength and health.

Dr. Ken Leistner

# POWER-RESEARCH

—dedicated to bringing Science to the sport of Powerlifting—

## Psychological Profiles of U.S.P.F. Female Powerlifters

by Judd Biasiotto Ph.D., Army Ferrando, & Ed Ritter Ph.D.

The purpose of this study was to determine the personality traits of female powerlifters using the Eysenck Personality Inventory (E.P.I.).

A review of the table reveals that elite lifters scored significantly better on the E.P.I. than lower classification lifters. However, all of the lifting groups in the study scored low in the trait measure of neuroticism and high in extroversion. When the lifters' scores were compared to those recorded for the normal female population, only the elite lifters scored significantly better. The other lifting groups scored approximately the same as subject in the normal population. The elite female lifters were well below the population mean on neuroticism and significantly higher on extroversion. The findings were similar to that which was found for elite male powerlifters.

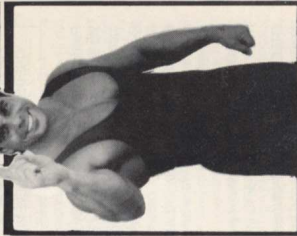
Women and E.P.I....a good psychological profile. Interestingly, unlike their male counterparts, the female lifters scored low on the lie scale. In fact, when the female lifters' means on the lie scale were compared with male lifters and/or the normal male or female population, they scored significantly lower.

To summarize the study, the psychological profiles of elite female lifters are superior to less proficient female lifters and the normal female population. This finding is consistent with the notion that world class athletes have a distinctive personality profile that is consistent with positive mental health.

Class	Age	Wt.	Ext	Ner	Lie
ELITE (N=20)	23.33	129.00	14.67	8.61	2.33
MASTER (N=20)	21.00	125.25	13.17	10.11	2.75
CLASS I (N=20)	22.31	128.43	13.42	10.20	2.63
CLASS II (N=20)	23.77	127.38	12.62	10.90	2.83
CLASS III (N=20)	22.33	126.91	13.10	10.98	2.66
TOTAL (N=100)	22.43	127.52			2.69
NORMAL POPULATION			13.10	10.90	3.6

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## Question & Answer

Your training questions answered by Roger Estep, 1979 Sr. National Champ, World Record Breaker at 198, and 1985 MR. IRON MAN. For a personalized answer, send \$15 to Roger Estep, 1413 Holgate, Anaheim, CA 92802

**DEAR ROGER:** I am 23 years old, weigh approximately 280, at 6'3" height. I am having discomfort in my middle back area (across). I think perhaps it may be due to squatting, though there is no pain while I am actually lifting. I have no rest days. If I arch my back, I really notice it. I have tried different positioning of the bar on my shoulders, and only squat once a week, working up to 4 heavy singles. However, I am still improving with this style of training. I get no pain at all in the deadlift, but also no improvement in this lift. I was wondering if the problem could be in the lat muscle area as I cannot do chin ups, not even one. I seldom do exercises for this muscle group. I sometimes go to a chiropractor, with no success. I have had my back problem for approximately 2 years, and am hoping you can offer me some advice. Yours faithfully, **Brent McGarvo, New Zealand**

**DEAR BRENT:** First I would recommend that you see a sports medicine physician and explain your problem to him. He'll need x-rays to make sure that there is no structural damage to the spine. I don't think there is, but you need a specialist to tell you. I would think that because you are so tall the problem could be caused by the deadlift as well as the squat, so be aware of your style in both lifts. If the physician determines that you have no structural damage and you are able to train you are going to require a lot of physical therapy. Before each workout you'll have to do extra stretching and also use much heat on the back as possible. Stretching and good warm up are the true keys to preventing injury. Also start taking several aspirin a day to cut down on inflammations in the joints. I take about 1 gram of aspirin every day and it has helped my joints clear up. I think you'll be fine, but get the x-rays from a specialist, then follow the above program. Don't expect results overnight. It might take 6 months for your back to heal, but you're still young and you'll make progress fast. Best wishes, **Roger**

**DEAR ROGER:** Have you ever heard of anybody benching everyday? I bench every other day, but those are heavy days. On the other days I do three light sets. I tried one heavy and one light day, but it just set me back. Since I have started the method the progress is great. Since January, I have put on about 30 lbs. on my bench. Twice a week makes it seem like I am out groove, it's not an even movement. Seems too heavy. On my heavy days I do 3 warm up sets then 3 sets of 4 reps. When I get to 3 sets of 5 reps, then I try a new max. This seems to give me something to shoot for. I'm 165 and benching 285 without drugs or any supports. My assistance work is the day after I bench, 3 sets of heavy curls and close grips 3-5 reps, 3 sets of isolation curls and pushdowns 8 reps.

I also do my squatting and deadlifting twice a week 3 sets of 4 or 5 reps same as the bench. Will I burn myself out doing this method of lifting.

Also what is the difference between the APF, IPF, and USPF? Why were they both last month. Thanks for writing back and God Bless **Mark O.**

**DEAR MARK:** The only time I have ever heard of anyone benching every day is when they were first starting to train. As you know a person who has never trained before can make several mistakes in their routine and still make good progress, but the longer you train and the more advanced you become in physical development the less room you have for error in your routine. If you train six days a week I guarantee you will overtrain in a short period of time. To improve your groove on your heavy days I would recommend that you add a couple of warm up sets to training. This way your body will not be shocked with large jumps in weight added to the bar. The rest of your training sounds pretty good, just remember if you have a couple of bad workouts in a row you might be starting to overtrain and maybe a day or two off would help you.

I'll try to give you a brief description of the IPF, APF, and USPF. I am sure that this explanation of the difference between the federations will not be accepted by all of the readers, but I would like to emphasize that this is my own opinion. The IPF stands for the International Powerlifting Federation and it is the governing body for countries that participate in powerlifting at the international level. The USPF, United States Powerlifting Federation, is one of the governing bodies for powerlifting within the United States. The APF, American Powerlifting Federation, is a relatively new organization that is gaining popularity with powerlifters in the United States and is involved with the WPC, World Powerlifting Congress, promoting international competition. It appears that the APF's popularity is growing due to the fact that the lifters have more to say about the administration and decision making policies of the sport of powerlifting. Best wishes, **Roger Estep**

# POWER PROFILE

## ROBERT CRAFT as told by Stephanie Whiting



**Robert Craft...** got a 3rd at the 1987 Great Lakes Open physique contest. means giving back to the sport by coaching and guiding other lifters.

In 1980, as a lean 151", 150 lbs., college student, Bob began lifting weights to put more meat on his frame. He struggled with a 115 bench and a 185 squat, but persisted and 8 months later, weighed in the high 170s. His bench soared to 310 and his squat to 450. At the Indiana Championships that year, Bob, weighing 183 lbs., took third place with 475 315 520. These lifts were made without a lifting suit or wraps. Overcoming his pursuit instincts, Bob did agree to wear a belt. Only recently has he used a tight suit and wraps. Bob has always emphasized good technique in his training. He credits Pat Malone for coaching guidance and John Kuc for being a stylistic influence. He trains twice a week,

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

stance squat using his meet form and with benches, he adds close grip lockouts. Keeping accessories work to a minimum, Bob concentrates on 500 minimal work, hanging and seated leg domes, crunches, side bends.

Bob competes in two or three meets a year. He likes to train with a lot of people around, finding, like most of us, that he lifts better in the company of friends. Backed by competition, he lifts better in a meet than in the gym. Upon completing a successful lift, Bob jumps around like a child who is thinking happy thoughts and who has no problems other than having a whole summer day to play.

A basic pragmatism, however, underlies Bob's exuberance. Bob was and is a jazz saxophonist. Deciding that a jazz musician didn't need a college degree, he switched majors from music to physical education. He began coaching track and field at Indiana U. and enjoyed it immensely. Bob carried the rewards of coaching with him into powerlifting and now finds that coaching is his favorite part of lifting.

Pragmatism also led Bob to give up red meat two years ago. This past year, with goals of lowering body fat and blood pressure and living the healthiest life possible, Bob eliminated eggs, sugar and fried foods from his diet. Taking no supplements, Bob drinks only milk, fruit juice and water and eats chicken, fish, low fat cheese, salads and his favorite, plain pasta with no added butter or salt. No occasional cravings for chocolate cake or ribs, I asked? No, all he has to do is visualize how clean his arteries and blood vessels will be.

Bob's holistic approach to lifting, health, and life in general keeps powerlifting in perspective. He advises lifters to reduce their bodyfat through aerobics and to lift for health, first, not just for winning. His pragmatism speaks, when he urges lifters to learn good technique based on individual body types. Bob makes a special effort to train his own weak points by perfecting speed and technique to overcome what he feels are leverage disadvantages. His visualization for attaining the goal of speed and fitness? Sugar Ray Leonard.

Reaching out to help others is a practice that extends throughout other areas of Bob's life. He is devoted to church work and teaches Bible school to teens. He is also learning about community and city government structure with the hope of one day helping to better life for an array of talents to his participation visously multifaceted. Bob Craft brings an array of talents to his participation in powerlifting. Can we describe his lifting prowess to genetics, visualization techniques, fearlessness in the face of big weights, lack of chocolate cake in his diet? Probably all these things, and Bob would be the first to agree.

As powerlifters, we should concentrate our training around the 3 powerlifts and their variations. As Bob Hoffman once said, "In order to improve in the squat, squat." However, assistance work does have its place in a powerlifter's overall plan. If assistance work is integrated effectively into your routine, your progress should be accelerated. Assistance work should not be an end to itself. That means if an assistance exercise is improving, but the targeted powerlift isn't, then you should re-evaluate its use.

Most powerlifters concentrate on the standard assistance exercises like deadlifts, close-grip benches, shrugs, and the block, slogs, rack work, rest/pulling methods, but there are also smaller, and there are exercises for that should also be included in a lifter's routine sometime in his training year.

Before you say, "How can he expect me to include any more exercises in my routine?" I'll overtrain for an hour in the gym." By including the following suggestions into your routine you can include these groups effectively.

The calf muscles may not seem very critical to lifting, but they can have an impact on your total. Strong, well-developed calves can add greatly to your poundage in the squat. Strong calves will aid in the workout and setup. Strength here will result in less energy and stress expended. We need all we can get for that max squat. They also will provide a "launching pad" for your thighs in the low position. They will also add stability to the deadlift. They will help the thighs contribute their share to the lift. They will even help the bench press by providing a firm base from which to push. Many of the top benchers try to get drive and stability from the floor and compare that to what you can do with a solid footing on the floor and you'll see what I mean. We don't need to build calves like Tom Platz, but 2.4 sets twice a week for 8-20 reps will do nicely. Be sure to get a full extension and contraction and limit bouncing on the bottom for better results.

Let's look at the upper leg next. Most development from normal powerlifting will occur in the frontal thigh. High extension strength will receive most of the stimulation. Every joint has antagonistic muscle groups, that is one to extend the joint and one to contract the joint, like the bicep and tricep of the arms. For maximum strength and injury prevention, they should be balanced as far as strength. Of course, the leg bicep is stressed somewhat during the lifts, but a few sets of the leg curls thrown in during off season and early during your specific contest routine could fulfill your additional needs. As I mentioned earlier during my discussion on the calves, the leg bicep, too, will serve as a "launching pad" for the squat.

A problem is most lifters have during the squat is that their knees bow

ly, acts as extra torso muscle. Along with the erectors, obliques, etc., they help to support the torso. Without good strength here, you would collapse under the weight of the bar, or more frequently, lean excessively and perhaps suffer an injury. Why not add some real muscle. Crunches, weightlifting or otherwise, are the best choice. Bent knee leg lifts or reverse crunches are good for the lower abs.

Cross in a set of light dumbbell side bends twice a week. 2-5 sets of ab work 2-3 times a week is adequate. One final note on abs, working your abs will not reduce the inches around your waist (a relative of leanness) or increase in calorie usage! Actually, working your abs will have the opposite result. Doing curls that increase will be a strength and size increase. Your midsection may increase in size. The benefits from abdominal work will be worth any small increases in girth.

These suggestions I made may seem minor, and in the large scheme of things they are, but they play a critical role in your end performance. They require little in the amount of training time and they stress recuperative powers minimally in the amounts that I prescribe. Devoting a little extra attention to these areas can in the long run, have a noticeable impact on your future success.

Doug Daniels  
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# STARTIN' OUT

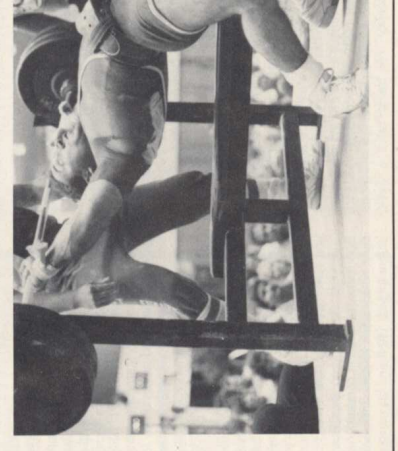
A special section dedicated to the beginning lifter

## Don't Forget These!

### as told by DOUG DANIELS

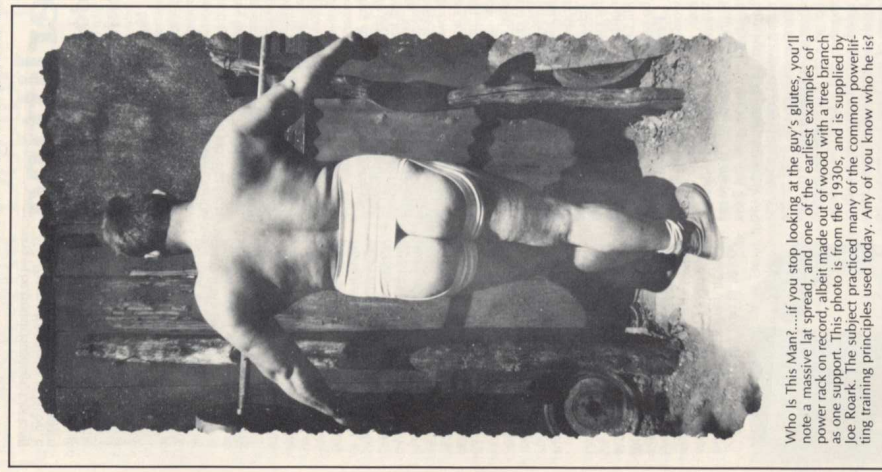
lack of initial strength and experience inward at the sticking point. Obviously, this is not a plus when it comes to powerlifting. The reason for this is not the position, since the legs are not at a good leverage advantage. This problem has two causes: lack of strength and lack of attention during the execution of the lift. Let's examine the second cause first. When squatting, the lifter should concentrate on keeping his knees from bowing inward. Continued lack of effort to achieve this results in increased tendency to repeat it and a resultant lack of strengthening of the muscles that are already weak. By performing all leg exercises such as squats, leg presses, and backs with the goal of keeping the knees outward, the muscles will increase in strength and this will cease to occur. The benefit will be a bigger squat. Have a training partner watch for any bowing as you squat. Newer lifters will suffer from this more because of

**Follow-Up...** to the WORKOUT OF THE MONTH article presented by Doug Daniels and Chris Contore in last month's PL USA. Here's some points Chris made that we didn't get into last month's article. He suggests you get used to wearing a bench shirt throughout your training cycle, because once a bench groove can be completely different without one. He notes another reason why benching once a week is such a good thing - it makes you that much more aggressive and attentive to making each workout a great workout, from which you'll need that much recuperation. In the past year, Chris has added 50 lbs. to his bench through simple adjustments. Besides the Number One adjustment of going to a once a week training schedule on the bench (why not give it a try?), foot placement is important, particularly if you have a big arch, because without it you can't bring the lats into play. Find a comfortable spot for your feet and drive them through the ground as you start to drive the bar up. The descent is also a key. It should be slow and in control; "saying tight is the name of the game." The bar should be brought down to the mid-chest area. Bringing it down higher "handcuffs" the lifter, pushing him out of the groove on max attempts. If you use a bench shirt, bring the bar down an inch lower on the chest. If your bench is at a standstill, have an experienced lifter take a look at it, or better yet, have it videotaped. "The first time I saw myself bench press on video I noticed a lot of flaws that can and will be corrected."



## ★ WHO'S WHO IN POWERLIFTING ★

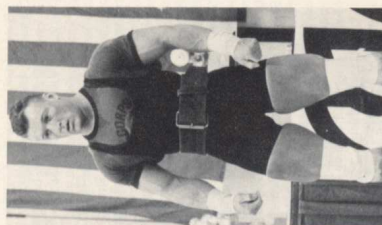
Whether a Big Name or No Name, send your photo (sharp, black & white preferred) and details to Who's Who, Box 467, Camarillo, CA 93011.



Who Is This Man?...if you stop looking at the guy's glutes, you'll note a massive lat spread, and one of the earliest examples of a power rack on record, albeit made out of wood with a tree branch as one support. This photo is from the 1930s, and is supplied by Joe Roark. The subject practiced many of the common powerlifting training principles used today. Any of you know who he is?



These "wheels" belong to Keith 'Jake' Boyer, U.S.P.F. Youth Development Committee Chairman, and he used them to win the Carbon County Fair Demolition Derby Championships. The car was festooned with several slogans such as "Bulk Up or Leave Town!", one of Jake's favorite Powerlifting sayings. In the championship heat, only 4 cars were left after 15 minutes of action, and in one last ditch effort they all crashed into one another. When they were separated, Jake's car was the only car that could start and continue.



SPEC 4, Brett Sewell, who was so seriously injured in a diving accident after his Jr. Nationals victory that doctors initially diagnosed him as a paraplegic, is now walking unaided and talking overnight and weekend passes reported in The STARS and STRIPES newspaper.



Bill Klewer is the 1987 ADFFA National High School Champion at 220. He was also a 2 time Ohio State High School Champion. His best lifts are 550, 315, 600. Now, 18 years of age, Bill is enrolled to attend the University of Toledo. Photo and info courtesy of William Klewer Sr.



Rick Hames set teenage N. Carolina records in the early 80s of 680, 445, 710, 1835 at 220 lbs., and back in training for only 2 months, he is hitting lifts of 550x3, 400x3, and 650x3 without wraps or a lifting suit. He hopes to hit a 2000 total in 1988 as a drug free 242 pounder. Photo and info courtesy of Mike Sides.



Russ Tilson, once told he would never walk again due to cerebral palsy, took up weightlifting, and became a multiple medalist at the Massachusetts Special Olympics. He qualified for the International Special Olympics in Notre Dame, where he got a bronze medal and met his idol Arnold Schwarzenegger. (G. Toma)



Neil Sousa, 43, of North Dighton, Mass., competes at 181 throughout the Northeast, and has won every contest he has entered except one. His best bench is 410. He works out at L.A. Fitness Center in Bridgewater. Photo & info courtesy Brenda Sousa.



Tom Damon got 4th at the Michigan Masters physique meet in May 1986 after breaking his arm training for a 500 bench in 1985. He's back to PL now, with a 410 bench at 247, and thanks Dave, Mike, and his SUPER-BODIES Gym buddies for their help.

# Professionalism and Powerlifting

by Ron Fernando, President Sports Conditioning Services

Professionalism and Powerlifting: That's the sound slogan of an ad sales pitch, the kind where you are suckered into attending a business meeting which turns out to be nothing short of a con job. But facts are facts, and there have been some phenomenal success stories from people involved in MLM, from walks of life, making 10, 20, 30 even as high as \$100K PER MONTH (yikes!) pushing such products as Arway, Herbalife, and a host of others. I feel that a powerlifter, who to his or her credit, also has the iron will to market a product they believe in, My advice is this: find a product which is fitness oriented (say, a well known nutritional company), that has an aggressive commission plan and an "up-line" (direct supervisor) who can appreciate the value of a champion athlete in his group. Most people do not know this, but the great Mike Bridges is also a very successful MLM'er. All of his customers are just tickled pink to get a form from him. This type of selling, obviously, is not for everyone, but if the chemistry is right then there are literally MILLIONS of dollars (no kidding!) to be made.

**Personalized Training:** Jake Stienfeld was not a big name bodybuilder, but he had thechutzpah to set himself up as the "trainer to the stars". He has been very successful, even to the tune of semi-bit parts in movies (Cocoon, The Money Pit) and several guest shots on network talk shows. If Jake can do it, so can you! Look at the average Elite 198er. He's got a physique that most wing tipped necks would hock up their cellular phone for, and pay big money (up to \$100 per hour) to learn how to achieve. Start small, say with 3-8 clients at \$20 per session, work closely with them to ensure results and really hammer them for referrals. You'll be surprised how many of you can earn some really decent bucks in your spare time, by training a few of the local flab merchants. Invest-ment: Don't overextend yourself, but get some nice flashy business cards made, and maybe place a small ad as dropping the word "as well as" on the local Physio-saver as well as bodybuilding gyms. Buy an answer-machine and letter rip (be patient and don't expect to be on Merv Griffin any time soon. Hey, if you can make enough to cover your house note and car, why not? When business gets too much for you to handle solo, get a few of your training buddies in on it. Cut them a nice percentage and maybe spring for an answering or secretarial service. I know several personal trainers in Tucson and Los Angeles (two very diverse population centers) who make over \$50,000 a year. Not enough to retire on, but not bad at all!

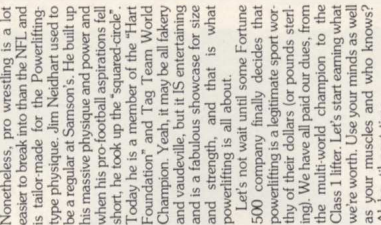
trial people as the next one, yet, we continue to be the straggle of amateur sports. As any third-rate bar room wrestler will tell you "Money talks and bull... walks". There are several rather obvious points that need to be covered. First and foremost: Coporate Sponsorship. Imagine the boom, if we could find some progressive company (hopefully, fitness or nutrition related) to throw some hard dollars our way on a regular basis. We could then send the very best lifters to all of the major meets, not just those who could afford to pay their own expenses. We could have national training camps and developmental seminars. Television...yes, we could tune into ESPN or even the almighty networks and see powerlifting. There is a move afoot toward this very goal, and once it is accomplished, I feel we will have made some very important steps toward legitimacy and Olympic ancillary financial opportunities currently available to powerlifters willing to invest a few bucks and flex their imaginations.

**Personalized Training:** Jake Stienfeld was not a big name bodybuilder, but he had thechutzpah to set himself up as the "trainer to the stars". He has been very successful, even to the tune of semi-bit parts in movies (Cocoon, The Money Pit) and several guest shots on network talk shows. If Jake can do it, so can you! Look at the average Elite 198er. He's got a physique that most wing tipped necks would hock up their cellular phone for, and pay big money (up to \$100 per hour) to learn how to achieve. Start small, say with 3-8 clients at \$20 per session, work closely with them to ensure results and really hammer them for referrals. You'll be surprised how many of you can earn some really decent bucks in your spare time, by training a few of the local flab merchants. Invest-ment: Don't overextend yourself, but get some nice flashy business cards made, and maybe place a small ad as dropping the word "as well as" on the local Physio-saver as well as bodybuilding gyms. Buy an answer-machine and letter rip (be patient and don't expect to be on Merv Griffin any time soon. Hey, if you can make enough to cover your house note and car, why not? When business gets too much for you to handle solo, get a few of your training buddies in on it. Cut them a nice percentage and maybe spring for an answering or secretarial service. I know several personal trainers in Tucson and Los Angeles (two very diverse population centers) who make over \$50,000 a year. Not enough to retire on, but not bad at all!

Graham, Hulk Hogan, Rocky Johnson, Tony Atlas, and more recently Ted Arcidi, Bill Kazmaier and Jeff Maguder. In big time wrestling, The British Bulldogs, Lex Luger, Ken Patera - these guys all lift big, big weights. They have to in order to compete against themselves, and generate that show business appeal that wrestling has now. This is no joke, guys. With a few lucky breaks and some wild costumes the local SHW next kid could turn out to be the next King Kong Bundy! The top mat man earn in excess of \$100,000 per year and the really bigwigs earn many times more than that with endorsements, TV appearances, etc. Again, you've got to have the right personality to get out in front of a bunch of screaming VFW types who would like nothing better than stick you with their knitting needles, and travel to a million honky tonk towns before you break into the big leagues. Nonetheless, pro wrestling is a lot easier to break into than the NFL and is tailor made for the Powerlifting type physique. Jim Neidhart used to be a regular at Samson's. He built up his massive physique and power and when his pro-football aspirations fell short, he took up the "squared-circle". Today he is a member of the "Hart Foundation" and Tag Team World Champion. Yeah, it will be all fakery and vaudeville, but it IS entertaining and is a fabulous showcase for size and strength, and that is what powerlifting is all about.

Let's not wait until some Fortune 500 company finally decides that powerlifting is a legitimate sport worthy of their dollars (or pounds sterling). We have all paid our dues, from the multi-world "champion" to the Class I lifter. Let's start earning what we're worth. Use your minds as well as your muscles and who knows? Abba, ta next time.

**Great Athletes like John Gamble are the equal of any pro footballer or world class track & field star. If not for knee injuries, John would have excelled in those fields as well as Powerlifting. John Strauss photos.**



Great Athletes like John Gamble are the equal of any pro footballer or world class track & field star. If not for knee injuries, John would have excelled in those fields as well as Powerlifting. John Strauss photos.

# 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 question send \$15.00 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Dr. Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of privacy, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

**DEAR MAURO:** In March of 1987 I was hospitalized with blood clots in the heart and lungs. The doctors all blamed the clotting on heavy squats with wrapped knees. I am presently taking Coumadin to prevent future clotting. Is it reasonable to blame the clotting on Coumadin? Also I now feel tired and weak much of the time. Is this because of the blood thinner I am on? Is there any connection between Coumadin and flare-ups of arthritis?

I'm presently training very light with no leg work. **Rocky V.**

**DEAR ROCKY:** It's possible that if you're genetically predisposed to venous thrombosis, the heavy squats using very tight knee wraps could have contributed to the formation of the thrombi and subsequent embolizations. It's impossible to say for certain, however, just what part squating with wraps played. There are so many predisposing factors which can lead to venous thrombosis. In some patients no predisposing factor can be found.

I would think that your weakness and tiredness comes from the trauma, both physical and psychological, that you have gone through. Your energy level should increase as time passes and your life gets back to normal.

I should not be an asset in preventing future thrombi. Each time the leg muscles contract they are working like a second heart by pumping blood out of the legs and preventing venous stasis. However, I wouldn't use the tight knee wraps while squating since their use may contribute to the pooling of blood in the calf area - something you should try to keep away from.

You could likely use light wraps while squating as long as you remove them immediately after each set of squats - they should never be left on for longer than a minute or so.

The literature on Coumadin does not list an arthritic flare-up to a possible side-effect. However, there is still the possibility of hypersensitivity reaction to Coumadin which could take the form of an arthritic flare-up.

**DEAR MAURO:** I have a problem which I think I know the answer to, but I would like to make sure. Usually when I am about half way through my steroid cycle (D-bol, Depo, Deca), my lymph nodes swell up in my neck pretty bad. In my current cycle, however, I have a fair sized lump under my left arm pit and a smaller one under my right. Is this something that these are lymph nodes as well. What do you think about this problem I am having? Is there anything that needs to be done? **Richard G.**

**DEAR RICHARD:** Your problem could be serious or trivial and can only be sorted out by a physician. The immune system is affected by anabolic steroid use and it could be that your anabolic steroid induced lymph gland enlargement (lymphadenopathy) is merely a harmless hypertrophic response to the drugs you are taking. In case, however, that there is something more sinister going on I would suggest that you see your doctor and get a full work up including a lymph node biopsy. There are certain serious diseases such as Hodgkin's disease and leukemia which should be ruled out. Let me know how things work out. Don't hesitate to write if you need more help. **M.G.D.**

**DEAR MAURO:** Eight weeks ago I sustained a severe injury to my back. While squating my back suddenly gave out. Since that injury I have been under the care of a chiropractor and have had everything going in the way of treatment. The injury is not improving and I'm getting very frustrated. At times my lower back will be "stoved up" for days with tightness and discomfort. I want to go back to my training but my back won't allow me. Can you help me? **Monte J.**

**DEAR MONTE:** The best suggestion I can give you is that you see an orthopedic surgeon who also deals with sports injuries. It sounds as if you might have done more damage than the chiropractor is picking up. Diagnosing the reason for back pain can be quite involved. If the problem isn't clearing up you need to see a specialist.

On the other hand, back problems can be notoriously hard to clear up. In these cases, assuming nothing serious is going on, there's no alternative to rest and therapy. I've enclosed an article, discussing low back pain in athletes, which I think you'll find useful. **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).

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# TRAINING

## Endurance Training While Powerlifting

by John S. Comereski, MAT

Powerlifting, bodybuilding, and endurance training all possess beneficial side effects specific to each respective type of training. Everyone knows that powerlifters do not train with the same intensities, poundages, and repetitions as does a bodybuilder or a bodybuilder as does a powerlifter. But, as every successful powerlifter knows that he or she needs to cycle their training, it is important to realize how each training mode affects the other.

### HOW ENDURANCE TRAINING AFFECTS STRENGTH/POWER

It has been proven that endurance training performed along with strength training will produce benefits in each type of exercise, but not in an optimal manner. Although your endurance will benefit when both kinds of training are performed, your maximal gains in strength and power are reduced. Because of this, powerlifters who run long distances before competing decrease the overall strength and power gained from their training cycles. Powerlifters who do endurance exercise into their training cycles need to carefully choose the type of endurance training so as to optimize maximum power throughout their weightlifting preparation.

Empirical evidence supports the contention that strength and power do not decline until about the fourth week of concurrent training. Therefore, you must never perform endurance exercise during your training cycle, for more than this period -- UNLESS YOU DO IT RIGHT!

### POWER DEVELOPMENT

As you train for power, you accelerate your concentric contractions in a way that you demand a greater number of your muscle cells to fire simultaneously. This will affect those often neglected fibers that are stimulated only when a very intense contraction occurs and permits you to tolerate heavier resistance. Since sports science has discovered that most skeletal muscle strength and power benefits occur in fast twitch fibers, it is important to include training with power benefits in your total program if you want to become stronger and more powerful.

Through intense endurance training, you actually decrease your fast twitch fibers while increasing your slow twitch fibers. A transformation also takes place, whereby properties of slow twitch fibers become those of some fast twitch fibers, making them more endurance oriented. With this in mind, you can see why endurance training can leave you with reductions in strength and power. Take the squat, for instance. Your overall leg strength and power

will be reduced with extensive running, to levels below those of non-endurance trained individuals. As endurance training stops, you will experience an increase in the size of these power fibers. However, these power fibers store more energy and are no longer being depleted or because an overtraining condition is ceasing.

### ENDURANCE TRAINING

Powerlifters do need a reasonable amount of endurance. Good cardiovascular conditioning will enable your body to recover at a faster rate between workouts and between attempts. More often than not, powerlifters run or bike in order to make a lower weight class. This is a fine mode of exercise to do just that, but the decrements in strength and power will leave you lean, mean, ... and weak. Although extensive endurance training will be beneficial off-season, other approaches must be taken during your training cycles. Running and burm extra calories, you might try training your auxiliary exercises with little rest between sets, in a circuit training type manner, or through interval running.

### BENEFITTING THE MOST

From a physiological stand-point, we can now safely say that powerlifting success depends largely on two important factors: The condition of your skeletal musculature and the condition of your cardiovascular system. Without either one of these indices, your chances of powerlifting success are well below your potential.

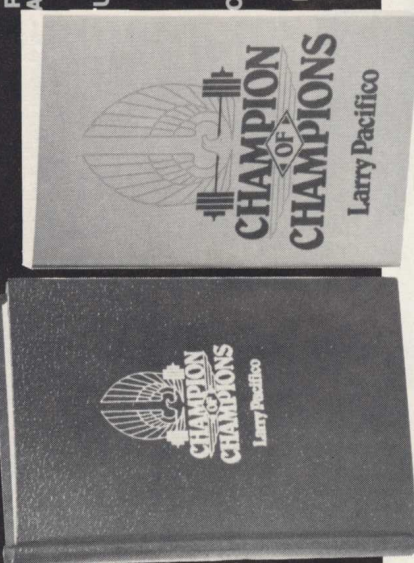
As a powerlifter, you already know that you must perform resistance exercise to stimulate muscle growth, strength and power, but in order to improve your heart's system while retaining your powerful musculature, interval training is required. By performing interval training, whether be in the form of running, swimming, or cycling, you are stimulating your cardiovascular system, while stimulating your skeletal musculature, and the condition of your cardiovascular system. Without your body, fat levels.

Such training might include 2-3 minutes of all-out effort followed by passive rest of 1 minute, then repeated, for a total of at least 20 minutes. This should be done 2-3 times each week during your training cycles.

Good luck and be smart about your powerlifting.

John Comereski is a member of the American College of Sports Medicine

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—Mac Richards

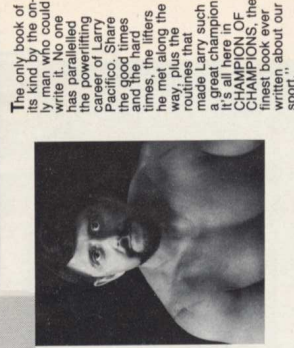
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# TRAINING

## The High School Coach as told by *Al Roberts, POWER PROS*

Coaching and running a high school powerlifting program requires the time, discipline, dedication, knowledge, sacrifice, patience, cooperation, and money. You must be willing to dedicate yourself to making your program as important as any other program in your school. If you believe all that is required to make your people stronger is a room with weights in it, your program will be doomed to failure.

A weight training coach must constantly monitor each individual in order to keep his progress constant. A lifter can easily become discouraged if he falls too many times to meet his expectations. In some cases, program changes must be frequent to assure success. In others, too many changes could cause a setback. They all need the personal touch.

If you're putting 70 to 100 kids through a day, you can easily visualize the work involved.

Because of its growing popularity, the weight coach must be aware of new publications and research concerning the sport of powerlifting. He must form a philosophy and stay with it. He also must be able to defend what he believes is the correct way to train athletes. This obviously entails a lot of reading, attending clinics and discussing training techniques

that particular workout. I also think it's important for the kids to see you basing your lift right along with them. They spot for you, you spot for them. They encourage you to do one more rep as you encourage them. I believe a different and better image is formed between coach and player when this type of technique is used.

You will obviously be stronger than most of your beginners, but slowly you get stronger and eventually pass them to tell a boy that I can no longer work out with him because he's going too heavy. If it hasn't already hit him that he is getting stronger, it certainly will when his coach, who was twice as strong as he was at the start, because he's work out with him because he's too strong.

Powerlifting to the high school athlete is an exciting and rewarding endeavor. In fact, powerlifting will change attitudes and form a better way of life.

*Al Roberts credentials include an M.S. in Education, Master Classification in Powerlifting, 1550 total at a bodyweight of 181, National Referee status, a 700 deadlift at a bodyweight of 181, and he coached his team to 1st place at the 1987 U.S.P.F. Teenage Nationals.*



*Al Roberts...the host of the U.S.P.F. High School Nationals for 1988, works out right along side his own students at Glens Falls High School in NY.*

Competitive powerlifting is certainly becoming one of the fastest growing sports at the high school level, especially when sanctioned under the auspices of the American Drug Free Powerlifting Association (ADFFA). Training in a drug free environment is not only satisfying to the coach and the athlete, but also to his/her parents and the school.

Powerlifters train with only one objective, performing the three competitive events (squat, bench press, and deadlift) with as much resistance as possible while maintaining proper lifting technique (as governed by the official rulebook of the ADFFA). To accomplish this task within a drug free environment, the coach must take careful consideration when developing his/her strategy to train athletes in their quest for strength.

Motivation techniques (which were discussed in the July 1987 issue of *POWERLIFTING USA*) knowledge in exercise selection (to include frequency, duration, and intensity), proper nutritional guidelines, and obtaining parental support must be the coach's key concerns when training strength athletes within a drug free environment.

Knowledge of simple counseling skills and possessing a genuine interest in both the athlete and the sport are the tools that the strength coach needs to develop motivation and confidence. Positive verbal reinforcement can be utilized in both individual and group settings. Individually, the athlete should be reinforced verbally both during training and after the workout. The coach should meet with each lifter during the academic day to discuss topics such as goal setting and future concerns. A positive atmosphere should permeate the discussion. As a group, the team should be verbally reinforced on a daily basis. The coach must emphasize that lifters should concentrate on the incremental success

(short term goals) that they are experiencing at each training session to keep them motivated throughout their cycle to reach their long term goals. Daily and weekly log sheets, as well as team strength charts, can assist the coach significantly in the area of incremental success. Furthermore, these tools also give athletes visual reinforcement by enabling them to actually see individual improvement, peer improvement, and team improvement. A positive atmosphere is essential in the high school because successful powerlifting will not occur until the training itself becomes the motivating factor (and, thus, reinforcement itself).

Knowledge in exercise selection, to include frequency, duration, and intensity of workouts, is a great concern to the coach when training in a drug free environment. Without the use of anabolic steroids, or other strength inducing chemicals, the body's ability to recover from strenuous workouts is decreased significantly. Thus, in addition to the three power movements, accessory exercises should be basic and kept to a minimum to insure that athletes do not overtrain and/or injure

# TRAINING

## COACHING The World's Strongest Sport as told by *Spero Tshontikidis*

themselves. Moreover, workouts should not last longer than 90 minutes and training sessions should be limited to a maximum of four days per week. It is important to note, however, that intensity must be high and excellence in effort must be demanded.

It is essential to instruct athletes in methods of proper nutrition when strength training in a drug free environment. Eating foods that enhance the body's physical capabilities and proper supplementation are areas over and must take advantage of in order to insure that his/her potential is reached. The powerlifting coach should require athletes to submit weekly diet charts (which include time of meal, food, drink, and supplements consumed), and hours of sleep per night) for analysis. This data will enable the coach and lifter to discover the conditions under which the athlete performs at best, and they can channel his/her efforts in that direction.

Parental support is a necessary ingredient if a first class program is going to be achieved. What separates the world's strongest sport from all others is that it is a year round athletic endeavor which requires a great amount of self-discipline on the part

of the lifter. Parents must be made aware of the need for their son's/daughter's commitment. Periodical group meetings with parents to keep them informed of their son's/daughter's performance in the weight room, as well as keeping a report on each athlete's academic progress and discussing it with parents are two methods of obtaining support initially. Encouraging parental involvement at powerlifting contests (score keepers, announcers, etc.) will also increase interest and support. Finally, developing a parent's organization for the team (President, Vice President, Secretary/Treasurer, etc.) and establishing a time for interested parents to train under your supervision are two other methods of obtaining support for your program.

Drug free powerlifting is the sport of the future, and the strength coach has many methods of developing motivation from within his/her athletes and generating enthusiasm for his/her program. Verbal and visual reinforcement, both individual and as a group, are necessary for enthusiasm and confidence; a properly administered strength training regimen (with careful consideration being given to frequency, duration, and intensity) will decrease the likelihood of injury and/or overtrain-

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*April Tshontikidis helps out her husband, Spero (author of the article above), with his coaching duties at The Bullis School in Potomac, Maryland (site of the 1988 A.D.F.P.A. High School Nationals) and the A.D.F.P.A. Men's Teenage Nationals) and also competes successfully, holding several Maryland State ADFFA records on her own.*

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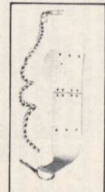
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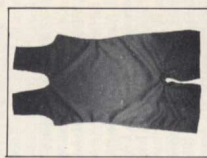
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ing periods. And the best time to take it is 2-3 hours before a workout. In other words, earlier in the day.

Finally, keep in mind that L-Carnitine is perfectly compatible with your key amino acids, the Branched Chain Amino Acids, so there's no problem taking it right along with your BCAAs. And, as with Isoleucine, Leucine, and Valine, the B-6 you're taking with your BCAAs will also aid in the body's uptake of L-Carnitine.

Much of this article is based on the latest scientific findings, and so may be completely new information to even the most serious and nutritionally-aware lifter. Be assured, however, that these supplements work! As with all of the findings presented in this column, this article is based not only on practical, empirical data, but also on an ever-increasing body of research literature.

So, until next time, we urge you to put the power of the Branched Chain Amino Acids and L-Carnitine to work for you!

George Zangas is the founder and owner of Marathon Distributing Company, which specializes in high quality nutrition supplements and apparel for the powerlifting community. George was formerly Western Regional Sales Manager for Thompson Vitamins. He also founded and coached the "Thompson Power Team", the most successful team in the history of the International's (5 straight team titles from 1976-1980). George is also a member of the Executive Committee of the United States Powerlifting Federation.

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## NUTRITION CORNER

### The Keys to Muscular Growth

Advanced Concepts in Nutrition by George Zangas



Lars Noren who uses Marathon supplements, has done a high bar squat 95% and could hit as much as 919 lbs. with a SHW at the I.P.F. World Championships. Report in the next issue of PL USA.

The Branched Chain Amino Acids are essential amino acids that are metabolized in the muscle to produce muscle growth and to manufacture non-essential amino acids.

Now that's a powerful statement! But it's accurate. And not only accurate, but originating from the National Academy of Sciences.

If you're a devotee of sports nutrition, you'll be hearing more and more in the months and years ahead about the power and importance of the Branched Chain Amino Acids: Isoleucine, Leucine, and Valine. These three amino acids are truly unique, providing the key to the production of muscular growth. In fact, they constitute approximately 70 percent of the amino acids in the body's proteins. And, substantial evidence in research literature supports the anabolic effects of the Branched Chain Amino Acids (BCAA) on muscle protein synthesis. This is particularly important to powerlifters and other strength athletes. When correctly combined in specific proportions to each other, these BCAAs will stimulate anabolic functions, increase muscle protein, and help the body utilize more of the amino acid complex. The result is vastly improved recuperation from, in our case, heavy power training.

Let's examine each one of these amino acids individually. **Isoleucine** is an essential amino acid, meaning that it must be obtained through the diet and/or in supplemental form to ensure adequate quantity to meet the body's needs. Therapeutic supplemental doses of Isoleucine may be very helpful in preventing muscle wasting and promoting tissue repair after hard training. Isoleucine can also be helpful in maintaining proper blood glucose levels as it is converted to blood sugar in the liver, a very important factor in ensuring proper energy levels.

**Leucine**, another member of the BCAA family is mobilized by the body after severe trauma or training as a source of gluconeogenesis (the synthesis of blood sugar in the liver) to aid in the healing process. It has also recently been suggested that Leucine has a therapeutic effect on the prevention of protein wasting as it occurs during heavy training. Insulin deficiency (which will result in poor energy levels) has been shown to result from a low intake of Leucine. Therefore, an individual with a tendency toward glucose intolerance should take even greater levels of this important BCAA. And, as with the other two BCAAs, Leucine has a definite anabolic effect on the body, thereby preventing muscle protein breakdown and stimulating muscle protein synthesis.

**Valine**, the other key amino acid, participates in the detoxification of ammonia, a common by-product of heavy training, the elimination of which is essential to recuperation.

Of course, the information we've offered thus far on the Branched Chain Amino Acids is short and to the point, and much more data is available. Still, the main point is clear: Isoleucine, Leucine, and Valine are

another amino acid that we've heard a lot about in the last year or two is **L-Carnitine**. A number of authoritative reports indicate that L-Carnitine may be useful for extending endurance in athletes who are engaged in long-term exercise such as power training. This is accomplished by L-Carnitine's role in fat metabolism. It helps transport free fatty acids into the mitochondria of the cells where the fats can then be used as a source of energy. (It's important to note here that we are talking about fat that is in the blood, not stored fat.) L-Carnitine, then, is useful not only in providing good energy levels throughout your one to two hour workouts, but also has a beneficial health effect of lowering blood triglyceride levels.

Also keep in mind that there are two forms of Carnitine, the L-Carnitine that we are referring to, and a dL-Carnitine, a synthetically-derived product that has been indicated in liver toxicity. So, please stay away from the dL-type!

Also keep in mind that L-Carnitine is not found in a vegetable-based diet, but rather only in animal sources. And with today's greater awareness of the need to reduce one's intake of fatty red meats, even among power and strength athletes, it becomes all the more important to rely on supplemental sources of pure encapsulated L-Carnitine. Taking 500 mg. in capsule form 2-3 times per day should provide you with an optimum dosage of L-Carnitine during or even your most strenuous training or peak-

ing periods. And the best time to take it is 2-3 hours before a workout. In other words, earlier in the day.

Finally, keep in mind that L-Carnitine is perfectly compatible with your key amino acids, the Branched Chain Amino Acids, so there's no problem taking it right along with your BCAAs. And, as with Isoleucine, Leucine, and Valine, the B-6 you're taking with your BCAAs will also aid in the body's uptake of L-Carnitine.

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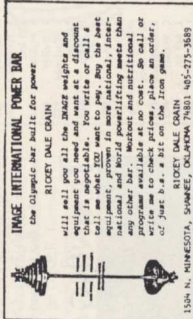
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123 lbs. Henton*	450	250	430	1130
Kendricks*	410	175	440	1025
148 lbs. Healy*	375	245	375	995
480	270	485	1235	
535	300	675*	1510	
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Anderson	375	220	420	1015
198 lbs. Scott	550	390	580	1520
Griffin*	440	285	600	1305
198 lbs. Scowick*	645	415	680	1740
Kowalk*	570	400	560	1530
530	320	580	1430	
Shaw	460	285	450	1195
198 lbs. Stripes*	600	385	670	1655
242 lbs. Fullon*	600	400	625	1625
275 lbs. Hearn*	615	375	525	1415
Hearn*	650	400	575	1625
Heavy	500	500	600	1600
Foundation*	540	305	555	1400
* American Record, actual weight: 677 (also made American Record on second attempt of 677 lbs. lifter, Huntington Institute of a prison was truly a success. The meet was held at the State Correctional Institute at Huntingdon, PA, home of the USPA prison state champs. Huntington meet director Mike Kuhns made the event run quite smoothly. The meet was attended by Executive Committee chairman Jim O'Leary (who also coached the lifter, Huntington Institute of Pennsylvania State Champion Al Siegel (who also lifted). Very good sport/spectators on the platform and even in the warm-up room and 3 National lifts in the class made for a very enjoyable contest.				
The highlight of the meet was undoubtedly the 2 American records broken by inmate Richard Fullon in the 480 lb. class. Fullon set the deadlift of a long one on 677 on his third attempt. Fullon set a deadlift of 625 on his second attempt. Al Siegel attempted to break his own record in the heavyweight, master's 45-49 age group; but he missed on his second attempt. Other meet highlights included the following: The 125's featured 2 line lifters in Henton and Dean Mathias who had to be weighed in but still tallied high enough to earn his elite rating. Henton is the optimum of how a 123'er should look and lift. Very well built for a small elite. He has a high level of conditioning and set a PR on his second attempt. Al Siegel, in the 148's, lifted well after missing his first 2 squats, and tallied elite after Hogan bombed out one record holder in the squat. Mike Seckeresh, had problems with the squat this day, but defied well to get his Masters patch. Unfortunately for him, he was out of shape and didn't miss a lift all day and broke George Herring's old 165 pound deadlift record. This international elite lifter also holds the open state record in the 148's. The 181's saw outsider Donald Scott, who also lifted at the Nationals in Chicago, post an elite lift for the win. Elite total in the 188's by an injured Pierce was very impressive. This heavily muscled lifter had no problem winning the class and would be a major force if he could compete and would be a major force if he could compete. American bench press record holder, Bob Kowalk, who wasn't near his best in the bench for this meet... 230's, didn't miss a bench or deadlift as he posted an elite total as well. The 242's featured a rematch between inmate Pat Fullon and outsider Carl Pizzelli. The entrance was a bit out of control for the 242's. Carl Pizzelli, who was great to see, was out of control on his last lift. He missed 270 pound squat, and will be good to see again at a future meet. Carl has been his hair shaved to for a new look on top and lighting bolts on the sides. The heavyweight class matched 2 outside lifters in the form of massive Jack Pinner, who just missed out on a 500 pound bench press, and the current National champ. Three of the inmate lifters could have placed very well at this past National monomuscular class. They were Fullon, Hearn and Stripes. Fullon placed in the top 2 or 3 in their weight classes. (Report by Jay Siegel).				

ADPFA American Record... pulled by Richard Allen at the Hungtindon meet, a 667. Photo courtesy Al Siegel.

### ADPFA American Record... Natural Aug 87 - Milan, IL

	SQ	BP	DL	Total
Women's	170	305	475	950
Timothy Campbell	165	335	500	1000
Mary Bowman	120	240	360	720
Dawn Emstien	105	255	360	720
165-185 lbs. London	130	255	365	750
Dean Hamman	285	515	800	1600
215	475	690	1380	
Robert Thompson	190	450	640	1280
Brad Knip	280	325	605	1210
Kevin Dzurite	240	335	575	1150
165-185 lbs. London	255	550	805	1610
R. Watson	315	400	715	1430

U.S. Army Championships  
22 Aug 87 - Central Korea

	SQ	BP	DL	Total
Men's Division	180	135	230	545
A. Patterson	165	120	240	525
R. Watson	180	135	230	545

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from September 1, 1986 to October 1, 1987. Please send a copy of all ADPFA meet results to Jim Gallagher, 301 Pine St., Glenolden, PA 19036. This will keep these lists as up to date as possible. Thank you.  
Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.


# A.D.F.P.A. TOP 20 67.5 kg. 148

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1. 550 R. Bonemito 12/7/86	391 P. Payne 4/5/87	604 T. Dopson 10/25/86	1455 C. Okonkwo 4/18/87
2. 543 C. Boillot 4/18/87	370 B. Letavi 10/25/86	600 J. Braca 9/27/86	1430 R. Benemito 8/1/87
3. 540 C. Boillot 11/15/86	370 R. Letavi 10/25/86	575 F. Pfister 1/17/87	1377 L. Weinstein 8/1/87
4. 518 L. Inamine 4/11/87	363 R. McCarty 6/7/87	562 R. Bonemito 8/1/87	1377 L. Weinstein 8/1/87
5. 518 E. Hammer 8/1/87	363 R. McCarty 6/7/87	562 R. Bonemito 8/1/87	1377 L. Weinstein 8/1/87
6. 512 A. Charles 8/1/87	352 R. Bonemito 8/1/87	551 G. Raccio 8/1/87	1360 R. Raccio 11/23/86
7. 512 A. Charles 8/1/87	352 R. Bonemito 8/1/87	540 J. Bolin 1/18/87	1350 L. Inamine 4/11/87
8. 510 J. Beach 9/27/86	350 M. Ofori-Kyei 11/15/86	535 C. Reichert 10/25/86	1350 A. Charles 8/1/87
9. 507 J. Beach 9/27/86	350 N. Baudo 1/16/86	534 C. Okonkwo 4/5/18/87	1340 J. Galligan 4/25/87
10. 507 J. Beach 9/27/86	345 D. Schewerling 4/8/87	530 C. Boillot 6/7/87	1338 C. Boillot 6/7/87
11. 507 J. Beach 9/27/86	345 D. Schewerling 4/8/87	530 C. Boillot 6/7/87	1338 C. Boillot 6/7/87
12. 500 D. Cyr 10/11/86	340 M. Lavifed 10/25/86	529 J. Jacobs 8/1/87	1317 F. Navarre 8/1/87
13. 500 J. Raccio 11/23/86	340 C. Raccio 4/4/87	524 P. Payne 4/5/87	1289 J. Jacobs 8/1/87
14. 496 C. Parr 8/1/87	336 G. Wadhwa 4/11/87	524 F. Navarre 8/1/87	1285 R. Triphahn 12/6/86
15. 495 C. Reichert 10/25/86	336 J. Auda 8/1/87	520 D. Peters 4/4/87	1285 J. Auda 8/25/87
16. 495 C. Reichert 10/25/86	336 J. Auda 8/1/87	520 D. Peters 4/4/87	1285 J. Auda 8/25/87
17. 495 T. Dopson 5/2/87	330 J. Galligan 4/25/87	518 D. Bett 5/16/87	1279 J. Hays 3/14/87
18. 490 T. Montana 9/27/86	330 J. Dean 6/27/87	510 C. Gee 3/7/87	1278 T. Phillips 8/1/87
19. 490 B. Kaiser 12/6/86	325 A. Muro 11/16/86	510 M. Zmitravich 5/2/87	1275 G. Reichert 10/25/86

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made 30 lbs. more. Harrell benched 460 lbs. and did 300 reps of the rep max with only one set to a grip problem. Bill Williams, Highway patrolman, was also voted the meet's heavyweight best lifter and the most outstanding lifter. "I was going to go out to Illinois, coach, Tonka DeVoltz, but my wife and I had to go to the Gallatin TN Police Dept. to take an impressive 1750 with an easy 700 lb. deadlift to finish out the day as the best lifter in the 242 lb. class." Willie Brown of the Spartanburg SC Sheriff Department took the 1st place honors. Bryan Rault of Ramsey Fire Dept. finished with a 1000 lb. 100 rep squat. He had a 1910. Sam Hemline of the Spencer NC Police Dept. was 2nd.

Division was won by Bob Thompson from the Rock Hill VA. Second and his wt and attitude was appreciated. The last class of the day SHW was won by a new lifter on the block and I will say he is the best I have ever seen. He was very impressive. Just to a good DL routine. Larry Maddy of the Spartanburg Police Department weighing 360 lbs. was very impressive. An opening attempt of 275 was very impressive. He was very impressive. His third attempt at 275 was super and looked as if he could conceivably have added another 100 lbs. if he had had the equipment to do it. Maddy was given the opportunity of being the best politician ever to bench 600. Although he failed I expect to see over 600 in the near future. E. D. Williams came up easy but after passing on his 3rd attempt at 1910. Sam Hemline of the Spencer NC Police Dept. was 2nd.

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Best Lifter, Eastern Police & Fire Championships was Duane Burrell, flanked on his right by meet director and World Police & Fire 181 lb. champ Mike Sides, and on his left by his coach, Tonka DeVoltz. Photo courtesy, Sides.

Eastern Police & Fire Championships 29 Aug 87 - Salisbury, NC

148 lbs.	87	BP	DL	Total
D. Lassiter (GL)	185	95	220	500
J. Rich	425	260	450	1135
J. Smith	360	280	440	1080
P. Averis	350	240	400	990
P. Obhinski	315	235	405	955
M. Sides (GL)	550	400	530	1580
D. Cooke (BL)	515	330	500	1345
K. Sides	450	315	500	1265
R. Wright	400	275	455	1130
P. Horne (SA)	410	275	435	—
198 lbs.	390	300	610	1300
M. Spencer	575	350	650	1575
J. Adams	485	335	475	1295
F. Signorelli	380	275	445	1100
228 lbs.	620	460	660	1840
D. Toung	520	350	500	1370
T. King	670	380	700	1750
S. Grub	450	290	470	1210
300 lbs.	600	410	600	1610
W. Brown	600	410	600	1610
B. Rush	550	400	575	1525
S. Kenny	525	320	600	1445
M. Harlan	415	285	500	1200
275 lbs.	475	360	540	1375
B. Deane	415	280	425	1120
M. Popolito	360	275	275	910
SHW	775	580	555	1910
S. Hemline	225	150	405	780
350 lbs.	540	310	550	1400
B. Thors	450	365	505	1320
H. Wilson	415	285	500	1200
D. Wainwright	300	275	300	875
B. Harlan	300	275	300	875

Overall Best Lifter: The first Eastern USA Police and Fire Powerlifting Championships was held at Salisbury High School. The event was sponsored by the Kings Gym Lifting Team. Thirty two lifters from five different states attended the meet. Concessions were available at \$10.00 for the general public. The board of action photos from the Police and Fire World Championships in San Diego on Aug. 5th. T-shirts were available at the site and anyone may order any T or M may call 704-279-2705.

Due to no entries in the 148 lb. division Dawn Lauster was allowed to compete. Dawn, from the Rock Hill VA. Second and his wt and attitude was appreciated. The last class of the day SHW was won by a new lifter on the block and I will say he is the best I have ever seen. He was very impressive. Just to a good DL routine. Larry Maddy of the Spartanburg Police Department weighing 360 lbs. was very impressive. An opening attempt of 275 was very impressive. He was very impressive. His third attempt at 275 was super and looked as if he could conceivably have added another 100 lbs. if he had had the equipment to do it. Maddy was given the opportunity of being the best politician ever to bench 600. Although he failed I expect to see over 600 in the near future. E. D. Williams came up easy but after passing on his 3rd attempt at 1910. Sam Hemline of the Spencer NC Police Dept. was 2nd.

Head Judge, Sam King and husband Tim King, NC CSPF, were chairman and owner of King Gym in NC. They are an asset to the sports organization, and their efforts to promote powerlifting in NC. They are an asset to the sports organization, and their efforts to promote powerlifting in NC.

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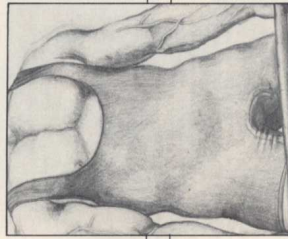
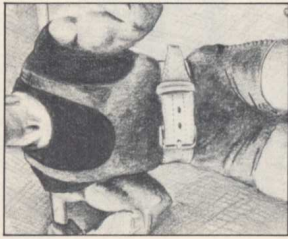
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**6.7 AUG, U.S.P.F. Boy's Teenage Nationals (Houston, TX)** Rich Peters, Box 1215, Springdale, TX 75782  
**7 AUG** Pitt, YMCA, O'Donoghue's, 2076 Woodlawn Ave., Baltimore, MD 21204  
**8 AUG** Central Iowa Bench-Deadlift Mania, Bench Dove Carmon, 411 E. Third, Flint, MI 48503, 313-232-7MCA  
**13.14 AUG, U.S.P.F. Open Nationals (Cincinnati, OH)** Rich Peters, Box 73070, 73070  
**13.14 AUG, ADFPA National Championships, John Petrif, 2412 Hartland Ave., St. Louis, MO 63114, 314-426-0205**  
**20 AUG** 2nd Iowa State Fair Bench Press (open, novice, teenage, masters), 308 E. Davenport, Des Moines, IA 50315, 515-280-8275  
**4 JUN**, New England States Noize (men, women, novice, teenage, masters), Box 367, Whitman, MA 02382, 617-461-6714  
**4 JUN**, Michigan Powerlifting Committee Meeting at University Club of Michigan State University, Manot Torz, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130  
**4.5 JUN**, Ultimate Fitness ADFPA Open, Joyce or Gary Vermeese, Ultimate Fitness, 366 E. Dixie, Des Moines, IA 50315, 515-280-8275  
**11 JUN, U.S.P.F. Junior National MAC Barboli, 1601 NW Dallas, Grand Prairie, TX 75050, 214-263-4828**  
**8 JUN**, Tupper Lake Teenage, Junior, Open, Sub-masters, Masters, Power Pros, Box 1246, St. Glenn Falls, NY 12883, 518-668-4749  
**11 JUN**, ADFPA Teenage Girls' Nationals, 11112186  
**11 JUN**, Pennsylvania State Championship and Masters Open Class II and Below, Chuck North, 45 Midway Plaza, Tallmadge, OH 44278, 73070  
**11 JUN**, Pennsylvania Police Olympics, Det. Michael S. Wood, 150 E. Pittsburgh PA 15222, 412-355-8130  
**11 JUN**, Metro Detroit Open Power Meet, Fabian Wamburgers, 969 S. Claremont, Dearborn, MI 48124  
**11 JUN**, Muscle Beach (open, teenage, masters), Richard Peters, Box 73070, Oklahoma Grand (Oklahoma City), Richard Peters, Box 73070, Norman, OK 73070  
**14.15 MAY, U.S.P.F. High School Nationals (boys & girls), Power Pros - Al Roberts, Box 1246, S. Glenn Falls, NY 12883, 518-668-4749**  
**20.21 MAY**, USPF Maryland State Championships (women, open, masters, teen, high school, women, mens), Bulls School, Potomac, MD 20854, 301-963-8339  
**20.21 MAY**, USPF Michigan State Championships (men, women, masters, teenage), David Burdke, 3130 W. Monroe, Afton, MI 48801, 517-463-8620  
**21 MAY**, Alamo Open (San Antonio), Richard Peters, Box 1753, Norman, OK 73070  
**21.22 MAY**, 6th Annual Viding Open (A.D.F. (men, women, masters, Dennis & Sandi Viding, N. Ridge, Chicago, IL 60660, 312-561-9629)  
**21.22 MAY**, PCF/AFT/WPC North American & Pacific Coast Championships (Vancouver), Rolf Schetterer, 1011 Johnson St., Victoria, BC, CANADA V8V 3N6, 604-381-3813  
**28 MAY**, 3rd Annual Stockton Open ADFPA (women, masters, teen), Joe Benzazani, 2027 Sunset, Stockton, CA 95207, 209-475-1300, 333-702  
**28 MAY**, Little Rock Open, Richard Peters, Box 73070, Norman, OK 73070 include s.a.s.)
- 26 JUN, Pennsylvania Women's Championships, Seeg Engstrom, 109 E. Market St., Clearfield, PA 16830, 814-765-3214 (24 hours)  
**2 JUL**, U.S. Deadlift Open, 1st floor, back door, Riverfront Park, Marion Trenz, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130  
**2 JUL**, 4th of July Spectacular (Wichita), Richard Peters, Box 1753, Norman, OK 73070  
**4 JUL**, Minnesota State Bench Press Championships (teen, women, masters, teenage), State Agency, 109 E. Market St., Clearfield, PA 16830, 814-765-3214  
**9.10 JUL, U.S.P.F. Senior Nationals (Las Vegas, Nevada), Rich Peters, Box 1753, Norman, OK 73070**  
**10 JUL**, 3rd Belge Open Bench Press, Mike Leishan, 214 Louisa St., Apt. 1, Belge, OH 44574  
**15.16.17 JUL**, A.P.F. Senior Nationals (men & women), 109 E. Market St., Clearfield, PA 16830, 814-765-3214  
**16 JUL**, SWN Open, Roy Baker, 4000 Cooper, Jackson, MI 49204, 517-788-7560 ext 496  
**16 JUL**, Sooner Classic, Richard Peters, Box 1753, Norman, OK 73070 include s.a.s.)  
**23 JUL**, Caribad (NW) Open, Richard Peters, Box 73070, Norman, OK 73070 include s.a.s.)  
**30 JUL**, American Regional Open, Richard Peters, Box 73070, Norman, OK 73070 include s.a.s.)  
**30 JUL**, Cincinnati Open, Richard Peters, Box 73070 include s.a.s.)
- 26 NOV**, So. Central National Regional (Dallas), Richard Peters, Box 1753, Norman, OK 73070  
**3 DEC**, Last Chance Open Quailier-Natural 1753, Norman, OK 73070, Rich Peters, Box 73070  
**10 DEC**, Amarillo Open (Winter), Richard Peters, Box 1753, Norman, OK 73070  
**11 DEC**, Sooner Open (Norman, OK), Richard Peters, Box 1753, Norman, OK 73070  
**17 DEC**, Colorado Springs Open, Richard Peters, Box 1753, Norman, OK 73070  
**29 JUL-6 AUG, 1988**, P.P.S. and Fire Great Lakes Area, Bethel, Columbia, Westcov, BC V8B 4A4, CANADA  
**P.S.** when writing a meet director for information always include a stamped, self-addressed envelope (except for Canadian and other foreign meets) for him to return an entry blank to you, and if you call, don't call collect  
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# 1987

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 10-10-87 Richmond, VA    11-14-87 Denver, CO  
 10-31-87 Las Vegas, NV    11-21-87 Dallas, TX  
 11-28-87 Columbus, OH

★ - To lift in the National Championships, you **MUST** qualify in one of the Regional meets. The top 5 in each weight class, and each Division will qualify for the Nationals to be held Feb. 13, 14, 1988, in Dallas, TX.

**THIS MEET WILL BE THE QUALIFIER FOR THE 1988 U.S.P.F. TEAM TO COMPETE IN THE 1988 I.P.F. JUNIOR WORLDS**

..... Divisions.....

1 yr... You must be off any steroids for 1 year.  
 Pure... You must not have taken any steroids or growth hormone at any time  
 Womens... off any steroids for 1 year.  
 Masters... 40-49, 50+, off steroids 1 year.

**Strict testing will be used, Violators will be banned for 3 years!**

**For more information contact:**

**Rich Peters**  
**P.O. Box 1753**  
**Norman, OK 73070**  
**1-405-366-1739**

### In Memory.....



On September 26th, Richard Williams, 20, died from an accidental gunshot wound. A national level lifter and record setter with a fierce competitive attitude, his future in the sport prior to the incident had been full of promise. Carol Waters, ADA, PA, Kentucky, State Chairman, provided the following statement about Richard, which ran in the Kentucky Postville: "My friend Richard was a lucky, carefree, and very personable fellow powerlifter and friend. Richard Williams was an achiever and this revealed itself best in his lifting prowess. He was one of the top lifters in the State, as well as the National with American records and National titles to his credit. Richard strived to be the best in whatever he did and though his life was short, it was full of success and love. Keeping the memories close, our lives can only be enriched by having known and loved him. We miss his thoughts and deep felt sense of humor. Mr. Williams and Mrs. Earl Williams and his family may be comforted by the knowledge of how much we all liked and respected Richard."

From his brother Thomas, comes the following information on Richard, who was a Junior, majoring in Political Science at the University of Kentucky: "27 Oct 84 - broke all Kentucky State Men's and teenage records in the 114 lb. class. Subsequently re-established records several times. Currently holds all the Tennessee and 123 for Men and Teen Bench Press, 28 Apr 85 - won the High School Nationals at 114 and set meet records for bench (225) and total (903), 29 Jun 85 - 2nd place in the Teenage National Championships, 114 lb. class, setting an American Teenage record in the deadlift at 413. 1 Jul 85 - appeared in the Faces in the Crowd section of SPORTS ILLUSTRATED Magazine. 14 Dec 85 - set YMCA National meet record with a 260 bench press (114 lb.). 7 Jun 86 - 3 place in the USPF National Championships, moving the American record in the deadlift up to 418. 28 Mar 87 - 1st place USPF National Collegiate, 325 264 413 1003 at 123 lbs. He was a 3 time Kentucky state teenage champion, and remained undefeated in Kentucky. He was ranked Number Two in the nation in the bench press, with 264, and Number Six in the total with 986 (114 lb. class).

### Vermont Bench Championships

Aug 87 - Ludlow, VT

Womens	181 lbs.	135
Cludy Billings	175	120
P. Peterson	96	80
N. Manney	90	315
Debbie Pelkey	90	295
C. Nystrom	70	295
N. Mackay	65	240
Gary Vezina	365	215
Steven Waldo	285	200
Roger Neal	200	190
Guilmette	160	310
Open	123 lbs.	285
Gary Vezina	195	310
Joe Romano	240	365
F. Guilmette	240	330
148 lbs.	230	285
Arthur Schram	220	285
Matthew Pecor	275	270
Ron Cavotto	160	270
N. Mackay	365	475
I. Donahue	240	360
Brad Smith	200	225

Teams: 1-The Spa (Belland); 2-Ironworks (Burke); 3-Ironmasters (Ludlow); 4-Joban (Jones)  
 5-Team 2000 (Ludlow); 6-155 (Ludlow)  
 2-Norman Mackay 365; 3-Dan C. Harvie 335.

The 1987 Vermont State Bench Press Championships was a great success with 36 lifters attending on. The contest was held at Ironmasters Fitness Center in Ludlow, Vermont and was marked as being Vermont's first bench press championship. Norman Mackay pressed a 365 lb. after only 123 lbs. press at a body weight of 242 Colwell's 475 lb. press at a body weight of 242

lifter to watch, coached by her husband, Jeff. Shaun barely missed 500 lbs. on a fourth attempt. Norman Mackay pressed a 365 lb. after only 123 lbs. press at a body weight of 242 Colwell's 475 lb. press at a body weight of 242

who had the latest showing with second place going to Ironmasters from Ludlow. Waldo, who had set a record for the bench press, was helped setting up the meet proceed smoothly. Norm Mackay and Steve Dolgin who also helped organizing and running the meet.

(Thanks to Steve Dolgin for results).

### Montana State Prison High Security Meet

Sept 87 - Deer Lodge, MT

132	Sq	Bp	Oj	Total
Hall	165	145	250	560
Robbins	350	220	430	1000*
Pappas	250	160	355	765
Ray	185	145	280	610
Woods	205	150	235	590
Carpenter	320	310	450	1080
Hansen	145	205	300	650
181	480	325	425	1150
Jorgensen	245	250	425	920
Hart	325	315	460	1100
220	250	205	225	680
Schrainger	275	245	435	955
Armstrong	350	160	430	940
Winn	275	235	420	935
Schlim	500*	365	550	1415*
Campbell	275	150	350	775

\*Best prior meet record. Thanks to Barry Beech, president of the Federal Penitentiary for the meet! He also judged the lifting. To spotters Frank Rodriguez, Lupe Guadalupe. Special thanks to Lieutenant McCarthy for coming on his day off to officiate. To Jimmie Williams for his tips for powerlifting enthusiasts. (Thanks to Kenneth Robbins for results)

**Budweiser**...was co-sponsor (with Hard Nock's Gym in Amesbury, Massachusetts) of the Amesbury Days Cash Bench Press meet. They have been extremely generous and cooperative, and next year they will again sponsor a cash award bench meet, where the overall winner will take home \$1100 and 100 lb. trophy. They handed out 100 t-shirts and many other great prizes, and deserve proper recognition.

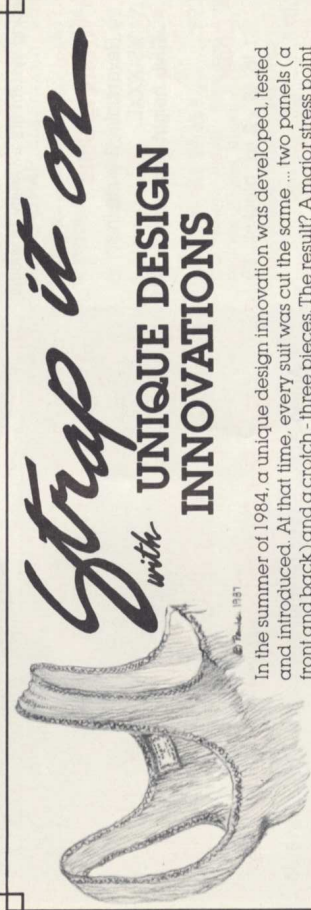
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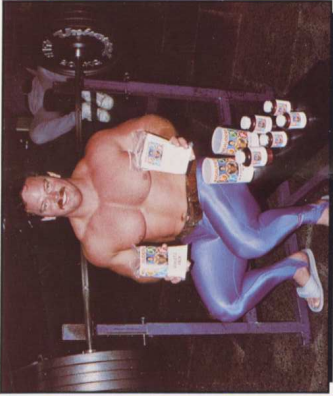
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