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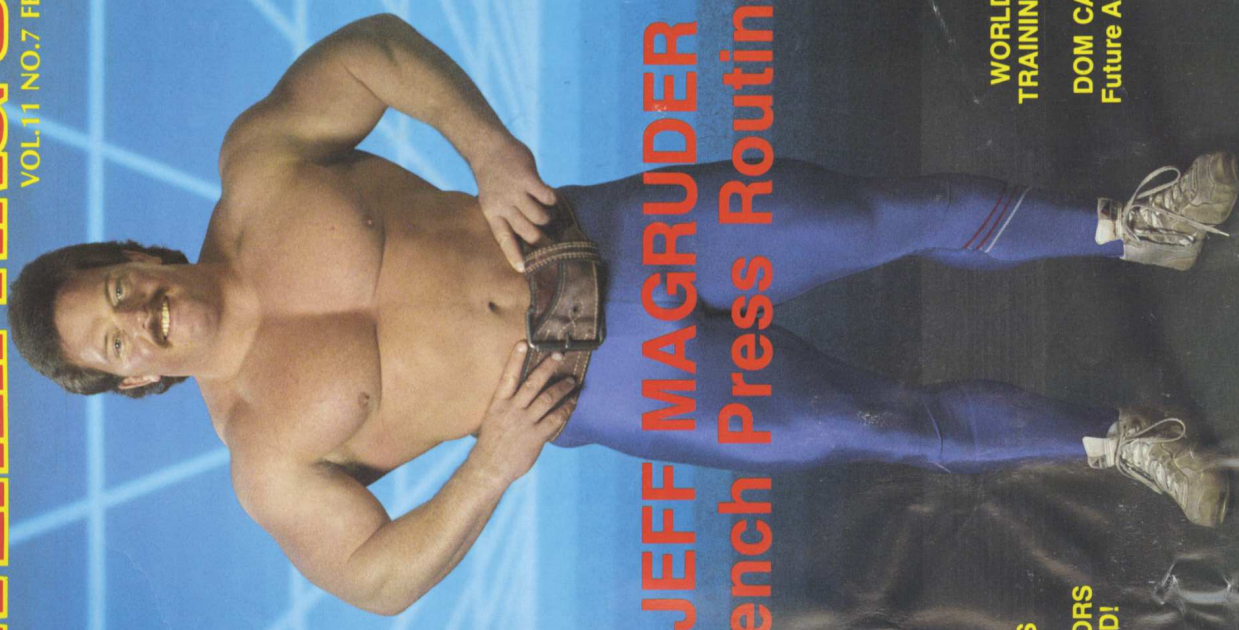
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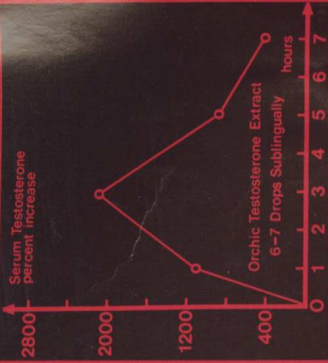
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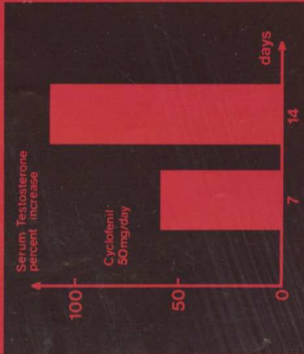
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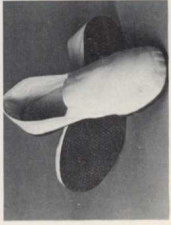
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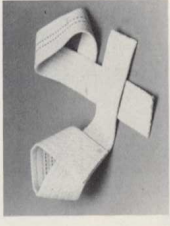
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ON THE COVER...Jeff Magruder in a photo from the Carl Allen Studio in Tacoma, WA, courtesy of Brian Halquist.
NEXT MONTH...Icelandic Strongman, Jon Pall Sigmarsson

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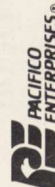
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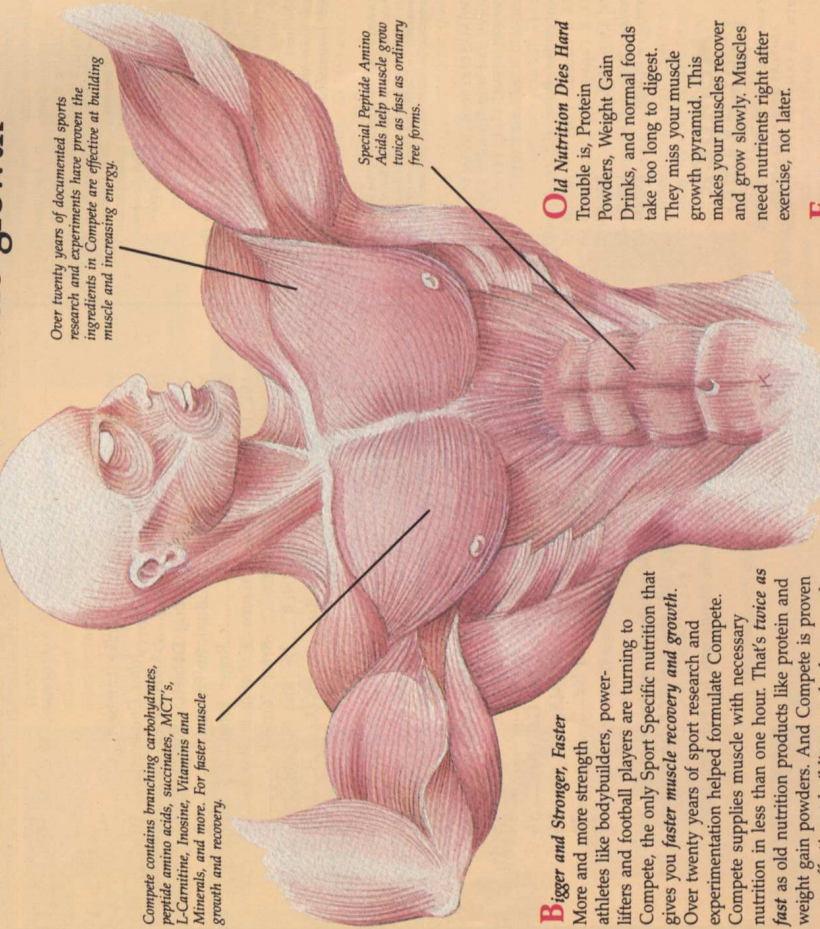


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NATIONAL YMCA CHAMPIONSHIPS

as seen by PL USA Editor, Mike Lambert

Meet Director of the 1987 YMCA Nationals, Garry Benford, lucked out once again, beating the onslaught of some fierce winter weather. Lots of new faces from around the country



Big Bench by Wes Estep... heaviest at the YMCA Nationals this year—a 584 ago). Susie Benford completed weighing 104, and set some new APF World Records in the 105 lb. division, including a 4th attempt 347 deadlift, and 777 total. Susie is a three time Ohio state champion as well as being the 1986-1987 APF World Champion, and, of course, the wife of meet director Garry Benford. She finished 3rd in the 114 lb. division, which was taken by Willey Spencer out of Michigan. Willey has some great back strength and uses it almost to extreme in both the squat and deadlift. He squats with the bar very high on his neck, seemingly at ear level, and 385 curled him over a little bit much on both his tries at it. There were ZERO 123 lb. competitors (go kick yourself guys, this was a super trophy waiting for the taking), but there was a red hot confrontation at 132.

Doug Fleath, now YMCA National Champ a half dozen times, and a former USPF Senior National Champion, came back down to the featherweights and had a fine meet, with the highlight being a 358 bench named for a new APF World Record. His 512 deadlift miss was a mystery on his second attempt, because he made it so easily on his third, and he did reveal that he had been hoping to pull as high as 551 at this meet. In second place was a Columbus lifter, Paul Fogi, who did some of the squatting and even tried APF World Record 540 to top his 520 on a fourth attempt, but was unsuccessful. He was followed up by Steve Dunn, at. Between these three guys you could hardly see a more defined physique in the competition. Judy and I did nice 1008 to re-establish herself as a power in this division. Joe Schmidt weighed in at 129½, but did not compete in the

basis which will allow her to go quite far in Powerlifting, beyond her 1025 total weighing only 156.

Tracy is recognized by Dave Jeffrey as the closest challenger. Mary Ryan Jeffrey has on the horizon, and she gave a 237 bench two good shows and even tried it on a fourth attempt, unsuccessfully, even with the advice and consent of Bencher Ernestus Rick Weil (who is vetted for a while though present at the contest where he did so well not too long ago).



Above: SHW winner Dorian Wright with his nice award. **Below:** narrow stance 804 by 198 winner Person.

In the women's competition, Tracy Beard was just able to edge Susie Benford on the APF's Rhesel formula. Judy Averboach followed up fourth place was newcomer Karen Mitchell, who has a lot of bodybuilding experience and a solid

need nutrients right after exercise, not later.

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The competition over the years. Gary Benford was a happy man. Except for the bit of a difficulty with some of the electrical circuits which wiped out the lighting system for one platform, it was almost a perfect competition, run very smoothly and quickly, and everybody was happy to be out to dinner at a reasonable hour. Congratulations to Gary for, once again, a fine contest. You can look forward to another big meet from Gary in 1988, but you won't have to wait until December, because he will be hosting the APF Senior Nationals in July. This meet will combine both men and women's competition and should be an outstanding presentation. By the way, nice 87 YMCA Nationals t-shirts are still available from Gary, for \$8.00 each, and you can contact him at the Columbus Central YMCA, 40 W. Long St., Columbus, OH 43215, 614-224-1131 to order.

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See page 91

has not shown all the excellence in the squats that he is capable of on the national platform.

Bill "Bubba" Bentley has actually won state championship in Montana, Wyoming, and Washington during his lifting career and he was able to hold off the likes of Ron Dianne from Maine, and Dave Christiansen.

In the 220s, Gary Drigo put together a really beautiful meet. His squats were terrific. 815 right on the money, and his bench press of 545 was a tremendous lift, but 556 would not quite go on his 3rd and 4th attempts. It is He made all of his deadlifts at 220. Kevin Shepard, sculpted in the mold of a John Gambia (looked like somebody "drew" him, as his proportions are just unreal) also had a nice meet, once he got through the squats and nabbed the equally massively sculpted second place trophy. Brad Stevenson hit a big 810 squat, and though Mark Schmidt had a bit of a rough go in the bench press, his good squat and deadlift put him into 4th. Much different looking at 220, Miles Baird, toyed with his squat attempts and cracked the 1900 barrier to slip by Philadelphia's Jimmy Kelly and Edgar Bright. Mike Meza was not close on any of his bench press attempts at 473 and that ended the day for the Medplex Group Inc. project manager. Masters lifter Dave Ferguson was there to try for an APF Masters mark, but 446 wouldn't go. Jeff Wright weighed in, but did not appear on the platform.

At 242, Tony Pharr, at a mere 234, had 5 for 9 day, and still ended way up in the 2100 range. 821 was not cooperative, in either the squat or deadlift for him. A rather banting or yelling, put together a great total in 2nd, and he only weighed 230. Paul Immekus continued his excellent squatting, with his 832 opener the biggest finish of the class and 859 was not that far off white lights. He really had a beautiful day on the other 6 attempts of his total. Louis Simmons PR'ed his total by almost 50 pounds, according to Gary Benford. Louis has gone Elite in 5 different weight class and he was the YMCA Nationals Champ at 220 back in 1980. Though missing his first and last lifts of the meet, everything else in between was excellent. His 457 start in the bench was astonishingly easy and he just got better as he went up. The Pride of Kentucky, Rick Cornett was able to follow up Louie in the next position as Steve Glende had a little trouble in his big lift, the deadlift, which knocked 50 pounds off his total. Brad Kitz, good friends with a lot of the lifters at the meet, had a 3 attempt day and ended at 1730. Jay Manda could not get a bench up.

In the 270s, Wes Estep, who is the 1984-1987 Montana State champ, traveled quite a ways and made it worthwhile. His squats were excellent, his opening bench wavered a bit, but he came back to do it easily, and then rammed up 584. A com-



Best lifter — Light...Doug Heath ready to pounce on a 350 bench. He was not close to coming up with the lifts. He closed to go ahead and give the bench press a try, 534 was nothing, 551 was a strong success, and an historic all-time, all-time for a light-weight of 562 lagged on the left hand side a bit and was not locked out. He took it again and came extremely close to locking out, if not actually pushing it all the way up, but the lift was not passed. (Editor's Note: one week later at the Westchester Open Bench meet in New York, Chris weighed in at 192 and got an all-time, all-world best of 578! Congratulations, Chris!)

In the 198s, another person, who has been persistent at this meet is Pat Person. Off a monstrous 870 training double in the squat, he was gunning for a very big total. 804 proved effortless, but 865 was rolled over his head, and dumped. He seemed to be injured, and did not take the weight around again, and was soon walking around with an ice pack on his leg. Still, he was able to bench and then came back for a PR deadlift to give him a terrific ten times bodyweight total of 1984. With the big squat, he would have been well over 2000, and well up in the all time rankings for the 198 lb. class. Charles Siler, a worthy competitor who missed but 4 attempts, had a fine 1923 total, 516 it wasn't enough. Brad Kitz, formerly out of Texas, now out of Florida, had quite a nice day for himself and moved into third over Chad Yedka, who

Verhagen came to bench, but also continued in the squat and did not bench.

In the 181s Steve Ickow, Texas State Champion out of Austin, had a quality meet, 6 for 9 and that was enough to exceed the performance of Mike Vanhee, who just about didn't get out of the gate in the squats, taking 3 tries to get 617 passed. Two big disappointments in the meet were the bombouts of Mike Barquera, who actually handled 722 very smoothly, but couldn't get it passed, and Chris Confessore, who despite doubling 700 in training, could not set up in any meaningful fashion with 661, and he took one and that was it. Lori

YMCA NATIONALS/12 Dec 87/Columbus, OH

114	5Q1 5Q2 5Q3	BP1 BP2 BP3	Sub	DL1 DL2 DL3	Total
Tracy Spencer	363 385 385	220 231 237	595	737 407 407	978
Wiley Beard	347 387 385	226 236 247	573	297 325 346	890
Susie Benford	259 281 286	132 143 148	435	303 336 341	777

132	Doug Heath	435 473 584	325 347 358	832	473 512 512	1344
	Dan Fogl	479 512 529	281 306 308	810	462 490 501	1315
	Steve Phillips	488 508 509	313 329 330	804	473 496 514	1295
	Jody Averbach	385 402 482	220 231	668	385 444 1006	---
	Lisa Dellinger	352 352 352	---	---	---	---

148	Pete Scholz	518 529 529	325 336 336	843	562 584 617	1487
	A. Berardinelli	501 501 534	336 358 358	848	507 545 545	1349
	Fred Toins	611 639 639	352 369 380	981	639 661 672	1642
	Bob Wahl	650 694 694	303 325 330	975	617 650 672	1625
	F. Wambags	545 573 573	352 352 363	898	600 617 628	1526
	Dan Carlson	347 409 409	247 269 269	947	518 556 573	1466
	Adrian Sergio	512 523 523	321 341 341	606	352 402 418	1025
	Lori Verhagen	385 385 385	---	---	---	---

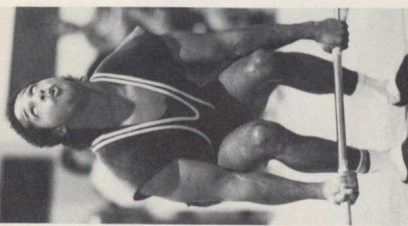
181	Steve Ickow	650 672 688	303 369 380	1042	551 567 600	1609
	Mike Vanhee	617 667 617	347 363 363	965	584 633 661	1598
	Chris Confessore	661 661 661	---	---	---	---
	Mike Bargaera	732 732 732	---	---	---	---

198	Pat Person	840 865 865	429 451 451	1256	661 710 727	1984
	Charles Siler	748 749 766	468 485 499	1234	668 688 699	1923
	Chad Yedka	733 762 769	402 425 441	1129	633 699 737	1829
	Bill Bentley	622 650 672	385 424 429	1074	614 655 655	1845
	Ron Dionne	622 644 688	402 402 424	1091	595 628	1686
	D. Christiansen	633 672 677	374 391 391	1008	661 694 694	1669

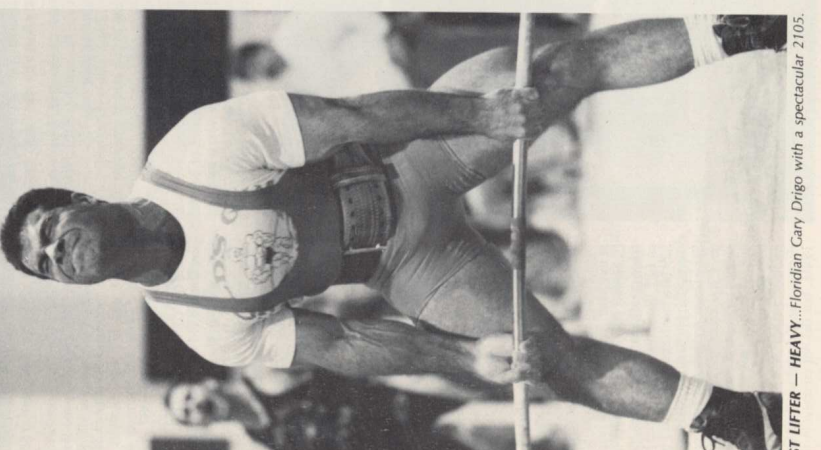
220	Gary Drigo	766 793 815	523 545 556	1360	683 722 744	2105
	Paul Immekus	698 725 810	440 462 462	1234	694 722 744	1979
	Brad Stevenson	744 793 810	440 462 462	1234	694 722 744	1979
	Mark Schmidt	716 733 749	451 462 462	1184	699 733 738	1918
	Miles Baird	744 777 884	385 418 418	1162	655 705 727	1901
	Jimmy Kelly	705 744 771	479 512 523	1256	622 644 644	1878
	Edgar Bright	705 733 733	402 429 440	1135	722 738 738	1857
	Dave Ferguson	55 705 716	423 423 423	---	---	---
	Jeff Wright	705	---	---	---	---

242	Tony Pharr	788 821 821	529 551 556	1339	749 793 821	2132
	Doug Borden	769 760 821	435 462 485	1306	727 782 793	2088
	Paul Immekus	727 759 859	462 473 485	1317	710 727 749	2066
	Rick Cornett	760 793 815	446 457 462	1323	655 699 716	2033
	Steve Glende	661 705 705	369 385 396	1047	727 572 727	1774
	Jay Manda	688 688 733	451 451 451	1069	661 694	1730
	Wes Estep	771 799 815	556 556 584	1399	705 733 733	2132
	Brad Kitz	793 793 832	490 512 512	1306	710 744 744	2051
	Ken Ryder	683 710 738	480 507 528	1306	710 744 760	2051
	Vince Villanucci	688 727 755	468 501 512	1267	688 716 738	2033
	Mike Notario	680 799 799	485 501 507	1261	688 716 738	1978
	Doug Pool	733 760 777	479 518 523	1278	677 699 722	1978
	Jeff Niccott	688 736 738	479 518 523	1261	716 766 810	1978
	Doug Dicke	687 735 760	523 540 550	1250	650 688 705	1940
	Stu Thompson	716 746 746	---	---	---	---

SHW	Dorian Wright	755 788 788	516 518 540	1273	771 815 832	2088
	Russ Barlow	727 766 766	508 501 518	1245	722 744 744	1978
	Chris Confessore	716 766 766	402 408	1151	753 699 749	1901
	Gary Heisey	727 777 782	383 407 424	1131	859	---



Fred Toins...the former Teenage National Champion from Michigan adds to his national title collection with the YMCA National crown.



contest, Lisa Dellinger, off some hard luck in her personal life, could not get a squat in.

At 148 the entry list was light, but the winning total by Pete Scholz was high quality. Pete's been around and his persistence in producing the national titles, one by one, that he has had his eyes on. In this meet, he had misses that would have given him a 1449, respectable in anybody's book. Abe Roman almost didn't get a squat in, but once he did, he only had two other lifts to challenge. Angelo Berardinelli, a fine looking lifter with a ripped physique, could have overtaken Roman with any of his missed third attempts.

At middleweight another persistent lifter, Fred Toins, who's had his share of bad luck at this particular meet, did not have a great day, but made the lifts that counted when they totaled them up at the end to defeat a former world champion, Bob Wahl. Fred still has visions of pulling a world record and noted that he had not trained very extensively at all on the deadlift for this meet. Maybe in the future, we can look forward to a big 700 lb. plus

BEST LIFTER — HEAVY...Floridian Gary Drigo with a spectacular 2105.

There's a lot to be said about the best bench presser in the world, by formula, who has actually qualified for national competition. Sure, Ted Arcedi is the best bench presser by formula of all time, but has Arcedi ever qualified for national competition? Since powerlifting is made up of all three lifts, recognition should be extended to anyone who excels in any of the lifts, but still shows respect for the other two. Known for his prowess in the bench press and his extremely impressive physique, no one deserves respect more than Jeff Magruder.

Jeff actually began his career in weights as a bodybuilder. Take a look at him and you'll swear he's a bodybuilder. When Jeff was 15, he won Mr. South Carolina. He went on to win Mr. Pacific Coast and placed 5th in the Mr. USA contest, but Magruder confesses that his real love is powerlifting.

He is always recognized for his unbelievable bench presses, but is often overlooked as an all-around powerlifter. Most heavy bench presses are less than 300 lbs. well with the squat and deadlift, because as Jeff puts it, "The only competition on the bench." This 242 lb. pickup in the fact that he can perform well in all the lifts, but he agrees that they (the squat and deadlift) are not as

Jeff Magruder's 16 week Bench Press Program

Jeff performs all of these exercises indicated on Mondays (L for light) and Thursdays (H for heavy).

Weeks	SETS/REPS	SETS/REPS	SETS/REPS
EXERCISES	1-4	5-8	9-16
BENCH PRESS	---	L-4x5/5**	L-5x5
CLOSE GRIP BP	---	L-3x8	H-5x5, 5x3, 3x3†
HIGH NECK BP	---	H-3x3	---
INCLINES	3xmax*	L-3x8	5x6
FLYES	3xmax	H-3x5	---
PEC DECK	3xmax	---	---
CROSSOVERS	3xmax	L-4x8	4x6@
BEHIND NECK PRESS	3xmax	---	---
CLEANS	3xmax	L-3x8	---
SIDE LATERAL RAISE	---	H-3x6	---
FRONT LATERAL RAISE	---	L-3x8	3x6@
REAR LATERAL RAISE	---	H-3x6	---
DIPS	---	L-3x8	3x6@
TRICEP PUSHDOWN	3xmax +	H-3x6	---
TRICEP EXT.	3xmax ^o	---	---
REVERSE TRICEP PUSHDOWN	3xmax	L-5x8	5x6@@
1-ARM TRICEP EXT.	---	H-5x8	---
LYING TRICEP EXT.	---	L-5x8	5x6@@

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Prior to an 8-week training program, Magruder partakes in an overtraining regimen. This can include a large amount of negatives or simply picking a weight and performing 100 sets to failure. "I really believe in Joe Weider's Muscle Confusion Principle. Otherwise your body will adapt and you'll not get the response you want from your training."

Because benching is his baby, Jeff tries to confuse his muscles by going into this overtraining regimen. For instance, he has done 51 reps with 315 pounds in the bench press for a single set, followed by three additional sets of the same weight with 22 reps at the same tempo. He then proceeds to perform high-rep sets with flies and dips. By the time he is ready to begin his 8 week training cycle, he has used over 1000 sets of bench, but the overall effect of this work produces benefits weeks later in his cycle. As he tells it, "Many people do not understand the residual effect of overtraining."

Magruder often takes time to help those interested in improving their bench press, and as he tells us, "The biggest problem I have found is that most bench pressers don't use their upper pecs sufficiently. There is a great deal of muscle there and training it is a major key to successful benching. Many keep their elbows in close to their body and use more triceps. Proper training techniques will allow a powerlifter to get more out of his assistance work."

Jeff's 8 week program consists of 5's on his light day and 5's or 3's on his heavy. His light day always stays the same (at 405 lbs.) with his heavy days consisting of 3-5 sets of 3-5 reps. His first 3 weeks need to be easy so the residual effect of his 4-week program will take affect. Substantial weight increases are made during 3's training. Rest time between bench press sets ranges from 2-3 minutes. "Taking longer rest leaves me cold and susceptible to injury," Magruder offers.

Because he doesn't want to overtrain for his competition, this powerlifter is under the impression that with three weeks to go, his strength is already developed and only maintenance is needed. For the following two weeks he might hit a triple with 565 lbs. and a double with 585 lbs. The following week he may go 540 for 3 sets of 3's. "During this time," Magruder explains, "my body heals, while I keep my strength up."

By his most recent 640 lbs. bench press (bodyweight of 242 lbs.), at the APF Senior Nationals, it is evident that he knows what he is doing. Magruder thinks that it is important to understand what you are doing in order to be successful in benching.

"There are too many who are strong and don't know what they are doing. Good eating, training, genetics and sufficient amino, vitamins and mineral supplements (of which Magruder now sells his own brand) coupled with a good mental attitude can make anyone better," he says.

"And you need to believe in yourself or you are no good for anybody." If you have ever had the opportunity to see Jeff compete, you will see him head-butting to psyche up. He does this to help himself get adequately prepared, by feeding off the crowd when they become more attentive through this action. "Energy is

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JEFF MAGRUDER...has had and continues to have one of the longest and most productive careers of any top bench. Photo courtesy Brian Halquist

POWER PROFILE

Jackie Pepper as told by her coach, Andy Kerr



Jackie Pepper...a World Powerlifting Champion after many years of effort.

This is the story of the girl next door who made good, a tale that many lifters will be able to relate to. Jackie is not a natural born superwoman and came to the sport with only an average genetic endowment. She started training with very modest weights and earned her improvement the hard way, kilo by kilo, over the years. She would also come under the US power category of "Pure." The major assets which she has brought to powerlifting are: intelligence (B.A. with Honours in French), enthusiasm, a willingness to work hard and a determination to succeed.

As a lifelong student of strength sports it has become second nature to me to mentally assess the potential of the lifters I see. In Jackie's case, I am pleased to admit that I was wrong. I first saw her at the 1982 British Championships and formed the impression from her out of condition physique and unresponsive attitude that she would not rise too high in powerlifting. In the warmup room, she was cutting her squats and was warned by several coaches that out on the platform she would have to get down. She ignored this advice and predictably received three sets of red lights at 120 kilos. This was a blessing in disguise, as she then realized she had a lot to learn and promptly set about learning it, with great success.

Jackie comes from the county of Kent which forms the South-East corner of England. Her home is the village of Knockholt which lies in the Weald of Kent. Weald is the old English word for forest, but now the forest is almost all gone, replaced by rolling garden. Kent is known as the Garden of England and is famous for apples and hops. A few miles from home lies the small town of Sevenoaks which serves as a dormitory for the London commuters. Jackie went to Sevenoaks School for Girls and took up discus, shot and javelin without achieving more than local success. Very soon she started lifting weights in order to throw further and at this point met the inevitable cardboard cut-out, brain-washed PE teacher who told her Jackie was "unfeminine." Fortunately, young Jackie had the good sense and independence to ignore such nonsense and persevered with her weight training. Although her school was not noted for its academic achievements, Jackie placed her exams and gained a place at the University of East Anglia to study French and Spanish.

At University she met that renowned master lifter Tony Finlay. He introduced her to powerlifting and coincidentally was also a Kent resident, living in the commuter town of Orpingdon about 10 miles from her home. This brought her the double advantage of coaching during school and access to a powerlifting gym during

vacations. In 1982, she made history by becoming the first female competitor in the British Students Powerlifting Championships. Competing against seven men, she predictably came eighth. The next day came the debacle of the British Championships and she disappeared from the powerlifting scene for a year.

She spent the fourth year of her studies in the town of Decazeville which lies in the department of Aveyron in South-West France. Before long Jackie was a created quite a stir with her weight training in this backwoods, unmanicured town. One day a middle-aged man in a boiler suit looked in to see what all the fuss was about. To quote Jackie, "So strong was his macho ego that I could barely restrain him from attempting to lift the heavy weights I was using. He could stand it no longer when he saw 300 kg loaded

on the overhead leg press machine. He said his first attempt was just practice when the weights remained stubbornly unmoved. The second attempt met with the same result. Finally he gave up and walked out of the gym, never to be seen in those parts again."

France has never been a particularly communicative country when it comes to powerlifting and sometime during 1982 she won the French Championships, but I do not know when, where, or by how much.

The local sports club and created quite a stir with her weight training in this backwoods, unmanicured town. One day a middle-aged man in a boiler suit looked in to see what all the fuss was about. To quote Jackie, "So strong was his macho ego that I could barely restrain him from attempting to lift the heavy weights I was using. He could stand it no longer when he saw 300 kg loaded

Additionally, she had not improved her total for over a year. I lived only about 20 miles from her home and 10 miles from her gym, so during her summer vacation in England we met a couple of times at contests and training sessions. She asked me to help her. Naturally, I agreed and we started working right away on technical points to both ensure white lights and to increase lifting efficiency. As she was returning to Finland in September, it would mean that my contribution would largely be in the form of training plans and the highly inefficient mode of postal coaching.

I adopted my standard approach. I trained in the first year. On the technical side I was limited by the few lifts which she had to do. We worked on the mental side. I tried to have her achieve greater thought about the lifting and concentration on HOW the reps were done. On the physical side I tried to discover the best stances and movement patterns for her and, allied to this, explosive lifting.

The basic schedule was:
Monday: Moderate bench, contest and shoulder width grips.
Tuesday: Heavy squat and moderate hip-width stance deadlift.
Thursday: Heavy bench, contest and heavy squat deadlift.
Mondays and Thursdays she also did a moderate amount of the usual bodybuilding exercises.

As is my practice in a schedule of this type the weights and repetitions are constantly altered over a three to four week cycle. In the course of preparation for a contest the personal best for each number of reps on each major exercise is attacked in turn. By contest time it is intended that all these bests will have been improved and, on the platform, new contest bests will be set almost as a matter of inevitability.

To give just one example: Monday bench, week 1 to 5x72, week 2 to 4x77, week 3 to 2x82, week 4 to 8x62. This is based on the principle which does not allow the body to get used to a regular training load. By presenting the body with an ever changing load it is continually "surprised" by the training load and is forced into compensatory adaptation, that is, it becomes stronger. I had found out from my own experience that the body soon stopped adapting when I tried a regular training pattern, e.g., five sets of three with a given weight twice a week. I tended to reach a plateau very quickly and then go slowly backwards.

Jackie's second year in Finland was spent in the town of Mikkel. How she gets herself organised is shown by the following diary: "Arrived in Finland Friday, 30th August. Saturday, in-spected the lifting facilities. Monday, began training. Two weeks later guested in the Finnish Championships. Two weeks after that she had got herself a regular, English language column in the local paper. All this was achieved in one month while at the same time setting up a new home, a truly depressing first experience.

which involved a split-shift over twelve hours, and wrestling with the local bureaucracy to get her salary paid, which she had not received since June. Jackie shows a high capability to confront and overcome the problems that life presents. This stands her in good stead when it comes to powerlifting.

Her training conditions were better in Mikkel and before too long she began improving. During the three months run-up to the Europeans she lifted in four contests. She was already in good form for the Finnish Championships, where she equalled her best total and improved on the bench. Her last preparatory contest was on the fourth of November in Kerava where she got all nine lifts and reached the psychological milestone of 400kg. At the Europeans, she was looking a little jaded from the preceding contests. It was clear that Malmder and Erikson would fight for the title and the bronze lay between Jackie, her teammate Yvonne Clark, and the Finn Anna Lehtokoski. It all came down to the deadlift. Jackie's first attempt with 165 kg came up short and I had expected that she would have had a good chance with this weight. However, the bar remained stuck to the floor on both attempts. Whether this was a case of freezing from nerves or a loss of edge through too many contests was not clear. Clear was the result: Malmder 417.5, Erikson 415, Lehtokoski 400, Clark 387.5, and fifth Jackie, as the heavier lifter, also on 387.5.

Two weeks later back in Finland Jackie equalled her best previous best of 400 which restored her self confidence. Notably, she had improved everything in the second half of 1984 except her squat. The Worlds bomb-out was casting a long shadow. I felt that from her physical structure one could expect more progress on this lift than the other two, once her mental block was overcome. I was sure it could be overcome by successful squatting in minor contests, because Jackie's strongest point is her mental attitude. For instance, on her going to Finland she said, "This job is really difficult in the sense that I am living in a country whose language I do not speak and whose culture is very different to the rest of Europe. I wish that it were possible for everyone to experience such a situation. Perhaps only then would people really understand other peoples and cultures and thus promote a greater understanding of people's differences and joys. Yet many people have never been in a situation which challenges them to the utmost, and perhaps they do not possess great ambitions, which I do have. I would like to feel that I am in control of my own life and that the decisions I reach are ones that I have consciously chosen rather than saying that fate decided matters. Meeting so many people has been an eye-opener for me and I have learned a great deal. Some people prefer to be observers of life whereas I prefer to be a participant. I wonder whether someone who does

something important in life such as Margaret Thatcher or Winston Churchill ever thought that they 'could not' do something. A good motto is 'Where there is a will there is a way.' They did not allow themselves to be straight-jacketed by limitations, they dared to dream the impossible, they became possible because of their ambitions. You can see how my ambitions are developing in my sport."

In the 16 months from September 1984 to December 1985 she lifted not less than 18 contests. I felt that this was too many. However, Jackie is a determined young lady and she wanted to get fun out of powerlifting and not just train for three championships a year. She profited by this experience and improved her total from 387.5 to 435. Above all, she learned to become a good competitor, to get her best lifts on the day of competition and to get those all important white lights. The success of this policy is borne out by the fact that in all the important championships, British, European and World, of both 1985 and 1986 she achieved personal best totals. Think about it, putting up a new best total in six consecutive major champs! How many of us have managed that?

The first important contest of 1985 was the British Championships. Jackie lifted in the 90 kg class at 83.0 to avoid Judith Oakes, who actually did not show. Although on her own,

Jackie put up her best squat and dead, and only narrowly failed at new bests on the bench at 87.5 and deadlifts at 177.5. The next big one was the Worlds in Austria. There were more girls than usual in the top three classes. 19 in all, and of these quite a few were hovering between two groups before deciding at the last minute where they would have the best chance. The 82.5 kilo class had Bev Francis and Annie McElroy and Taina Hakala. Accordingly, 90 looked like the easiest class to win. Tove Erikson and Ammette Malmder went up and Janis Kerr came down. Tove Erikson, vastly improved from the previous year, led from start to finish and gained her first world title. Malmder and Kerr were dead level at the sub total, with Jackie just 12.5 behind. Malmder then pulled away with a big deadlift to take second. Kerr pulled 177.5, leaving Jackie in need of 185 for the bronze medal. She gave it all she had, but the bar ground to a halt just above the knees. Jackie's tears indicated the depth of her disappointment. Objectively viewed, the result was in no way bad. She had equalled her best squat and bench and posted new bests on deadlift and total. Training lifts of 160x1 and 145x3 in the squat, and 85x2 and 82.5x3 in the bench had indicated a little more could be expected in these lifts, but it is not so easy to get everything right,

not so easy to get everything right,

Pepper's Hot! Jackie's not only demonstrates power on the platform, she also wields a powerful pen as seen in this condensation of her pieces in the Finnish newspaper Lasi-Savo.

"Weakness in sport, and elsewhere, is regarded by many as something to be detested. To this end, analysis of superior sports performances, that is, taking anabolic steroids, have been found. Some athletes who have been found guilty of taking steroids have been publicly attacked by the media. Their problems were worked out. They wanted to win and took anabolics to do so. 2) The general public, wants to see winners and in sub-conscious ways engaged them up to 50. This, win at all costs' attitude on the part of athletes who use drugs means that there is a high price to pay for the more or less famous laurels: the resulting health, financial, and psychological problems. These athletes are truly cheating. They will take any and every drug they can to be able to prove their performance, being careful, which contain 'harmful substances' such as ephedrine or cocaine which are on sale without prescription. At present there is no distinction made between those who deliberately take drugs to improve their performance and those who unwittingly take banned substances because they are ill and want to get better. All this means that athletes have to become experts in pharmacy as well as training for their sport.

Athletes who choose to remain 'clean', should be allowed to compete such that their fellow competitors are 'clean' too. If an athlete from doing so, and that is a threat to fair athletic competition. It should be remembered that many athletes never get to the mental and physical health. What will happen to them when their competitive days are over?

Even doping tests will not detect the problem. New drugs are being used which can not be detected. Remember that this is only one aspect of cheating in society and should be treated in that context. Are cigarette smokers not just as much drug abusers as those who take anabolic steroids? Is an athlete who has not declared all his income or his tax return? Does he take medicine to smoke and take steroids, eat a high cholesterol diet, take amphetamines and diuretics, and a high intake of caffeine are making a lethal cocktail inside their bodies. There are no winners in the drug abuse game."

including those vital white lights, on the Big Day.

Back in England she got straight back into training and five weeks later, in a small contest, put 7.5 kg on her contest, with 160kg.

and had a go at 170. Then came a summer holiday in England after which she returned to Finland in September and started training in earnest for the Europeans.

My training plans had been reasonably successful, taking her from 387.5 to 415 in 9 months. Nevertheless, I had a feeling this particular plan had been running long enough. In September, I turned to the Hafslid/Kaegy revival of the 1974 Russian training plan for the cause. This went well, although the squats of the small 2.5kg increase from 160 to 170 kg. On the 8th December European's on the 8th December were twofold. Firstly, her 'max' at the beginning of the plan (22nd Sept.) of 150 was probably not an absolute maximum which made the plan a little 'under-powered'. Secondly, at the Euro's she lifted conservatively and had a few kilos in hand on the third attempt.

For the bench I started her at 60kgx5 gradually increasing the weight and reducing the reps until 80x2x5. Other upper body exercises were shoulder-width bench, and three bodybuilding exercises; lat pull, seated rowing and triceps pushdown. I misjudged the progress and Jackie was only getting one rep unassisted with 80, whereas I had wanted doubles. This part of the plan brought only a 2.5 kg increase. On the deadlift I was concerned to supple-

ment her sumo deadlift with hip-width stance lifts from the floor and knee height. On all three variations I got to three rep sets done with good form. She achieved 3x155, 3x145, 170x3 respectively and the plan brought a 10kg increase. Although this time there were only three in-creases, these obviously interrupted training. However, she used kg on her best squat fact, putting 2.5 kg on her best squat and bench and a big 7.5 on her deadlift.

In the first meet, she re-established her previous form. In the second, she really put it all together, with eight good lifts. Improvements of 2.5 kg on a squat and deadlift combined with a best bench gave her a confidence boosting 12.5 kg improvement on her total. Three weeks later she updated the bench and deadlift again to put five kilos on her total. She went to the Europeans in Dordrecht, Holland with high hopes and full of confidence. There was a field of five and Annette Maltener proved to be by far the best with a 472.5 total. Jackie had a good chance for second but had to watch out for the Dutch girl, Zegeren. Jackie lifted brilliantly under pressure, making eight good lifts including a personal best deadlift. Her total of 435 kg, was her first British record, eliminating Janis Kerr's 430. Zegeren had been outluffed on every lift and finished well back on 417.5.

All in all, this was a successful plan and resulted in a lot of improvements and an overall increase of 20kg on her total.

In 1986, I decided to put the Hafslid/Kaegy peaking plan into effect for all three lifts. Additionally, hip-width stance deadlifts were done on Saturdays at 70% x 3x4. I ran this plan for the nine weeks up to the British Champs.

On the way to the British there was to be only one preparatory contest. This was the Finnish Champs. Despite a poor bench, she was only 2.5kg down on her best total. She broke her second British record with a 190kg deadlift, eliminating Yvonne Hanson-Nortey's 187.5.

At the British, she had only one opponent, Yvonne Clark, who had beaten her in Metz, France. In the intervening 15 months Jackie had improved the most and Clark's best of 407.5 was 30kg behind Jackie had a field day, starting with the squat where she made 168kg; to put half a kilo on Jackie-Jackson's old record. She followed this with a personal best bench and a 180kg deadlift to give her a record total of 437.5kg. An all or nothing attempt at 192.5 for a new deadlift record and the magic 450 total failed, but nevertheless it was a highly successful day of lifting.

As the Worlds followed six weeks later in Hestera, Sweden, there was just enough time for a light week followed by the last five weeks of the plan repeated.

The World's gave Jackie a shoe-in second place. Lorenzo Costanzo was way ahead at 550 and the other contestants, an off form Zegeren and Pal from India, gave no serious opposi-

Powerlifting Peaking Plan: From USSR 1974 Modified by Dr. Fred Hatfield and Dave Keagy Further Modified by Andy Kerr

As used by Jackie Pepper in preparation for the 1987 Worlds Key: All weights are given as percentages of current maximums at the beginning of the cycle. Standard formula: Weight x Rep x Sets. Only the heaviest sets are shown. Warm-up adequately. Work with medium weights in minimal time frame. Target sets, e.g. 70% x 2, 75% x 2. I have reduced the number of sets considerably, reduced the quantity without sacrificing the quality. Progression for sets over 80%: 70% x 2, 75% x 2, 80% x 2, then singles in 5% increments to 5% below target set(s).

Week	From	Monday		Friday		Saturday	
		Squat	Deadlift	Squat	Deadlift	Squat	Deadlift
1	03/30/87	80x2x5	80x3x4	80x2x4	80x3x4	70x3x4	70x3x4
2	04/06/87	80x2x5	80x3x3	80x2x5	80x4x3	70x3x4	70x3x4
3	04/13/87	80x2x5	80x3x4	80x2x5	80x5x2	70x3x4	70x3x4
4	04/20/87	80x2x5	80x5x2	80x2x5	80x6x2	70x3x4	70x3x4
5	04/27/87	80x2x5	85x5x2	80x2x5	85x5x2	70x3x4	70x3x4
6	05/04/87	80x2x5	85x3x2	80x2x5	85x3x2	70x3x4	70x3x4
7	05/11/87	80x2x5	85x4x1	80x2x5	85x4x1	70x3x4	70x3x4
8	05/18/87	80x2x5	90x3x1	80x2x5	100x2x1	70x3x4	70x3x4
9	05/25/87	Rest	Sq&BP	Rest	Contest	1st 95%	2nd 107.5%

The percentages for this plan were based on the lifts made at a contest which took place three weeks before the program began.

Base lifts 170 87.5 Bench 185 End result 177.5 92.5 192.5 104.4% 105.7% 104.0%

The actual attempts taken were all a little more conservative than in the plan. This indicates sensible decision-making by Jackie and team coach Ron Reeves. The plan gives only an idea of what may be hypothetically achieved and is not to be mindlessly followed at the expense of ignoring actual lifter condition and contest circumstances.

weightlifting. For the Women's World Powerlifting Championships all thoughts of weightlifting had to be put aside. The Australian trip was going to cost a great deal of money and the result had to justify the expenditure.

64 lifters made it to Perth, of whom 38 came from only four countries: the US, Canada, Great Britain and the USSR. This meant that many good lifters were not there and some classes were thin. Thinnest of all was the 90 kg class where Jackie was on-ly faced with teammate Caroline Bon-ner, who was up from 82.5 to dodge the stiff opposition in that class. Jackie had a perfect day going nine for nine for the second successive Worlds. I received a postcard from her shortly after the contest. "Thank you for the training schedule which produced fantastic results. I was delighted with my performance, 9/9, 5 personal bests, 4 British records and a world title. Thank you very much for your great coaching." Well, it is nice to be appreciated.

That ended a very successful chapter in Jackie's powerlifting career. In six short months she had won the European, British and World titles. She is only 26 and was recently quoted as expecting to keep going for another 10 years. Her next challenge must be to break a world record. At the moment, this seems a little remote. Nevertheless, it would be foolish to understate her. We shall keep fairly closely to the latest plan as I believe it can still bring im-provements. Jackie will keep plugg-ing away, putting 2.5kg on each lift 3 or 4 times a year, so who can tell?

Jackie Clark, who had beaten her in Metz, France. In the intervening 15 months Jackie had im-proved the most and Clark's best of 407.5 was 30kg behind Jackie had a field day, starting with the squat where she made 168kg; to put half a kilo on Jackie-Jackson's old record. She followed this with a personal best bench and a 180kg deadlift to give her a record total of 437.5kg. An all or nothing attempt at 192.5 for a new deadlift record and the magic 450 total failed, but nevertheless it was a highly successful day of lifting.

As the Worlds followed six weeks later in Hestera, Sweden, there was just enough time for a light week followed by the last five weeks of the plan repeated.

The World's gave Jackie a shoe-in second place. Lorenzo Costanzo was way ahead at 550 and the other contestants, an off form Zegeren and Pal from India, gave no serious opposi-

Of your whole training cycle, I say the week of the meet is the single most important one. 90 percent of your training is behind you, and this week should be approached a little differently than the previous ones. It should be used to test confidence, check out lifting technique and sup- portive gear, and insure that you are not in an overtrained or fatigued state on the day of the meet. Let's look at training the lifts the last week.

A lifter should not go all out the last week of training. Why risk injury or soreness so close to the meet when there is little time to recuperate? You need to leave a little bit for the meet so you will be anxious to go all out there. I recom- mend that your last week of training should be a deadlift workout occur 10-14 days prior to the meet. It is the most strenuous lift and requires the most time to recover, and it can affect your squat. Take your last squat workout on the Monday or Tuesday of the week before the meet; take your last bench workout on Tuesday or Wednesday. This will allow plenty of recupera- tion for the meet.

I also recommend going up to your openers on the week of the meet. This will give you a chance to practice your warmup pro- gression for the meet, and allow you to get the feel of your supportive gear. It will boost confidence or awaken you to potential problems on weight selec- tion and technique, and you will not lose anything in the way of strength; you may even gain.

For a concrete example of suggested final workouts, let's examine a lifter who plans to open at a 400 pound squat, 300 pound bench, and a 450 pound deadlift. The following numbers could also be used as contest warmups, deleting any down sets and assistance work. (Supportive equip- ment is noted.)

Squat - 135x8, 225x5, 275x2 (add belt and wraps), 315x2 (add suit with straps down), 375x1 (put straps up), opener 400 (with straps up), finish with ab work.

Bench - 135x8, 185x5, 225x3, 255x1 (bench shirt) and opener - 300 (with shirt), down set (with shirt), down set 245x5 (no shirt), finish with light curls and abs.

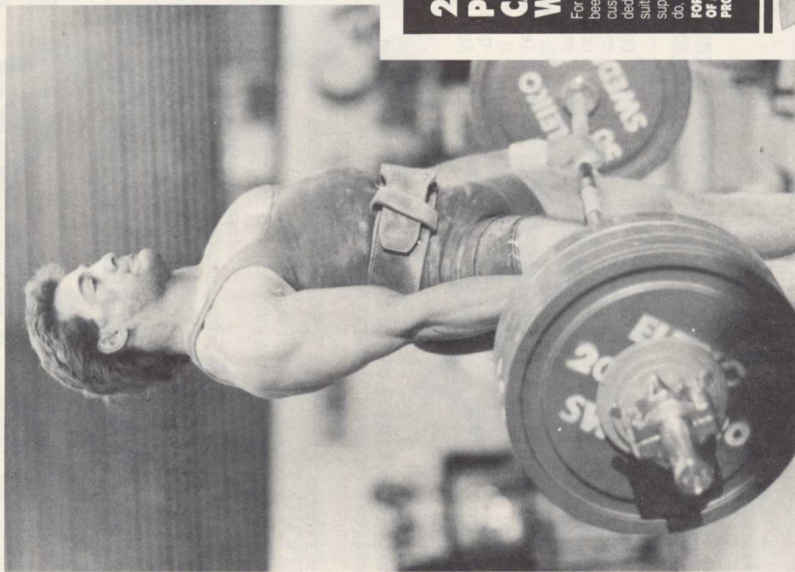
Deadlift - 135x5, 225x3, 315x2, 375x1, 415x1, 450x1, down set 355x3, finish with abs.

More experienced lifters may not need to finish the last week with a single. Some will work up to a dou- ble or triple with perhaps only partial supportive gear in use. These lifters

STARTIN' OUT

A special section dedicated to the beginning lifter

MEET WEEK as told by Doug Daniels



I.P.F. World Champion **EDDIE COPPIN**...knows just how important meet week preparation is, and did his required homework to produce this new I.P.F. standard in the deadlift (623) and total (2072), weighing a light 196, at the 1987 Worlds.

know what to expect at a contest while newer, less experienced lifters need, in my opinion, this last prac- tice session hitting a single with full gear. Adding the supportive gear in the order I described, will give you an extra 'kick' each set, which will help you move up in the weights while working into full battle gear gradu- ally. You will also have a better idea

of your following attempts. A few final tips. I strongly recom- mend that you forego any partying the final week or so. There will be time to resume recreational habits after the meet. Don't let yourself slide too much. I have known many lifters who have bragged they partied hard the night before. That just shows their lack of discipline and maturity.

Meanwhile, serious competitors were busy saving energy the last few days and are at the peaks while others suf- fer from lack of sleep and hangovers. It's not worth it!

If you have any aches and pains, try working on them. Ice, aspirin, sauna, whirlpool, and rest are your best bets. These aches and pains are usually at their peak at this point in your training cycle. A long cycle is the only thing more brutal on the body than a tag team match against Hulk Hogan and Mike Tyson. Keep away from activities like football. Don't ex- pose yourself to any extra sources of pain and exertion.

Check your weight. If you need to lose more, remember to make ad- justments in your opening attempts.

I think that if you follow a few of my suggestions, your final week before the contest will prove to be the most productive of your whole cycle. You may need to adjust a few things to fit your own strengths and needs. Approach this final week with the right state of mind and with the proper goals in sight and your total will reflect it.

Doug Daniels
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SEE PAGE 91

POWER-RESEARCH

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MODEL TRAINING

by Dr. Judd Biasiotta and Army Ferrando



Perhaps you've heard of the Holmes Stress Index, the one in which the death of a spouse equals 120 points, change of job 87 points, argument with your boss 63 points. Well, let us introduce you to the Biasiotta-Ferrando Stress Index: In-tempt your opening squat and you don't have your suit or wraps on - 147 points; showing up to a meet and finding out that Ed Coan is in your weight class - 59 points; requiring live lifters and fifteen minutes to get into your lifting suit only to discover you have to go to the bathroom - 67 points.

Holmes contends that an accumulation of stress can kill you, dead even. Biasiotta and Ferrando contend that an accumulation of competitive stress can kill your performance. Holmes believes that your quality of life, but also to the quality of life. Biasiotta and Ferrando do believe that by controlling competitive stress, you can not only save performance, but also increase the quality of performance. The trick, then, is to be able to combat stress. Well, let Holmes tell you how to control stress in the arena of life. We'll take care of you in the world of athletics - TRUST US.

World Championship Meets often present a much different environment to the lifter than his regular training situation. Attempting to duplicate at least some of the competition conditions, in training prior to a major meet, through "Model Training" might enhance your performance in the future. ed physiology book or better yet, ask Holmes. For now, though, think "Model Training".

During practice sessions an athlete will usually experience only a minimal amount of psychological stress. However, during competition, this stress is magnified significantly. In sure you really need someone to tell you that.

Most athletes don't account for this competition stress in the practice environment. Competition itself is a learning process whereby an athlete learns to perform under stressful conditions. Unfortunately, a lot of session in order to more closely

duplicate the competitive environment an athlete is about to face. For example, let's take an individual sport like gymnastics. Many gymnastics coaches will play crowd reactions over a loudspeaker during practice. Other times, they will temporarily stop practice and bring in "strangers" to watch a gymnast's routine. By doing this, the coach is actually simulating the competitive environment and readjusting the gymnast for the pressures ahead at the meet. I believe that was the first team sport to use it. Football teams often practice the two minute drill and duplicate the playing characteristics of the team they are about to face. Some coaches even go as far as to have the practice squads dress in the same uniforms and wear the same numbers as their counterparts, intent on stressing the positive effects garnered from this type of conditioning.

Research indicates that while training under conditions duplicating the competitive environment, athletes will learn to adapt to the actual competitive situation much faster. Consequently, they will improve their performance. The old cliché that practice makes perfect is really rather naive. The quality of practice is much more important than the quantity of practice. If you do not deal with the stresses of competition while in practice, then these stresses can overwhelm you in competition. In essence, you will learn that competition is a fearful experience. Without model training, you have only one chance to perform as desired; if you're not prepared for the stresses of competition by way of model training, the stresses may be so great that your performance will be substandard. This can cause you to associate an unpleasant feeling with competition, rather than viewing it as an arena for optimal performance.

When we were competing, we would go to great lengths to incorporate model training into our practice sessions. For starters, we would arrange our practice environment so that it looked as close to the actual meet setting as possible. The bench, squat racks, and even the chalk box, were arranged to simulate the meet environment. We also replicated meet conditions during some of our practice sessions. For instance, we would go through the exact ritual - chalking, wrapping, psyching, etc. - that we would use at the competition. We'd even use a time clock, judges' lights and taped crowd noise to duplicate meet conditions.

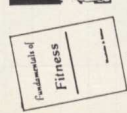

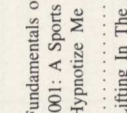
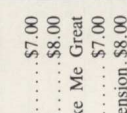

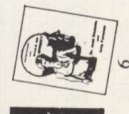
By duplicating the technical, psychological, social, and situational stresses of competition prior to its actual occurrence, we were able to adapt to competition much better than our competitors. In fact, because of model training, we were always at ease during competition for the simple reason that we knew exactly what to expect. We had been there before. You know, like déjà vu?

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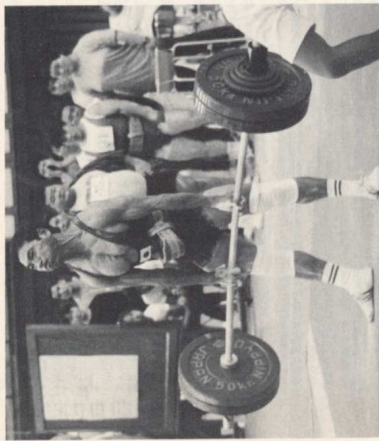







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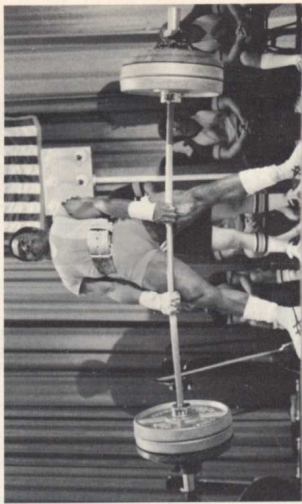
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Ask the Doctor

This column will answer questions about drugs used by athletes and the available detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15.00 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I'm confused as to the value of a lot of the products I see in ads in PI USA. Some are billed as anabolic steroid substitutes, while others are supposed to make a real difference in my training. For instance there's something called SMLAX Official which is supposed to be as good as anabolic steroids without the side-effects. Is it? And what about all the other vitamins, bee pollen, inosine, glandulars and others? Are there any products which will help me to train harder or lift more weights? **Ron G.**

DEAR RON: I get a lot of letters asking about various supplements and compounds. I covered some of the compounds which are popular today in my book Drug Use and Detection in Amateur Sports and in the four subsequent updates to that book. As I stated in my book I take a skeptical view of the claims made for these compounds. However, there is no doubt in my mind that some of these substances work for some athletes some of the time. I'd like to say that using any of these supplements and aids will give you the same strength and muscle gains as anabolic steroids, without the side-effects, but I can't because there's no way that I can tell you how and if any of the compounds will increase performance.

Personally, I've never found them to be of much help, but maybe I didn't use them diligently enough and didn't persist. As I stated in Update One, the list of nutritional, glandular, homeopathic and herbal products that are thought to be ergogenic is long and includes vitamins (both oral and injectable), minerals, glandular preparations, herbal preparations (such as SMLAX Official), homeopathic mixtures (such as MUSCO-MXT advertised as another steroid substitute), gamma oryzanol, sodium succinate, bee pollen, protein supplements, free form amino acids (both the combination and the single amino acids - billed as growth hormone stimulators), dimethylglycine (also known as DMG, Vitamin B-15 and pangamic acid), lecithin, bee pollen, royal jelly, ginseng, orotates, octanoate, cytochrome C, MSM (methylsulfonylmethane), dibenzocazole (catabolite), B12 injections, glutathione, carnitine, creatine, and inosine.

The general consensus among doctors (even those that know almost nothing about them) is that none of these products will significantly enhance performance in a normal, healthy athlete. It's true that no valid research to date has shown that any of the above compounds enhance athletic performance. The available valid scientific and medical information, however, is far from comprehensive (there is a real dearth of clinical information) and certainly cannot be used to absolutely refute the effectiveness of these supplements.

Many of the substances advertised are ineffective but may have some psychological or placebo effect - if an athlete believes that a substance will work, it likely will, for a while at least, but only because of the lifter's increased enthusiasm and faith, not because of the substance's inherent ergogenic qualities (see pages 96 to 98 in my book Drug Use and Detection in Amateur Sports). On the other hand there are intelligent, experienced lifters, able to separate the wheat from the chaff, who swear by some of these products. For some there must be a reason why they do enhance athletic performance. It's possible that some athletes may be deficient in one or more nutrients which are supplied by the supplements, or some of these substances stimulate the endogenous production of some compound which enhances athletic performance. I don't have all the answers and neither does anyone else, at least not beyond anecdotal evidence and rhetoric.

If you want to explore the subject further I would recommend (besides my own book and updates) Fred Hatfield's book EROGENESIS - Achieving Peak Athletic Performance Without Drugs (available from Fitness Systems Inc., Post Office Box 222, Canoga Park, CA, USA, 91305).

The best advice I can give you is to experiment with some of these compounds - try them out and see for yourself. Most of them can't hurt you except in the pocket book. Keep an open mind. Let the bottom line be your judge - are you improving, do you have more energy, is the compound doing more for you than you had done without it?

Are any of these compounds as effective as anabolic steroids? For most the answer would have to be no. For those trying to find an alternative to anabolic steroids, the following excerpt from Fred Hatfield's EROGENESIS says it all: "The best alternative to steroids was discovered long before steroids. Train hard, eat properly, supplement scientifically, and motivate yourself with the dream of becoming all that you can become." **M.G.D.**

Question & Answer

Your training questions answered by Roger Estep, 1979 St. 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've been training for 1 year. I am a hard gainer. I am 28 years old and 57" and 165 lbs. I'd like a routine to increase my size and strength. I train at home and I don't have a lat machine. Thank you. **Oreg.**

DEAR GREG: Even though your question is short, it is very complex and volumes of books have been written in answer to just this one question. I will try to outline a program for you that I have seen people make good progress on. Because you have been training for one year, this makes you an upper level beginner. With the foundation you have put down for yourself, you can now move onto a little more advanced stage. You will need to increase your weight and cut your reps.

I go into the full course I would like to remind you that there are many parts to success. The basic four are: 1. Motivation; 2. Training; 3. Diet; 4. Rest. When you put all these together then you have a successful program. If you leave one of the four out then you have a weak link in your chain you only have one thing on your mind, and that is lifting weights.

MOTIVATION: You must have a desire that when you are in the gym just to stress that your training puts you through. So you must eat well and take supplements when you have to miss a meal.

DIET: Without proper nutrition your body will not be able to grow and adapt just to the stress that your training puts you through. So you must eat well and take supplements when you have to miss a meal.

REST: Your body doesn't grow while you are training, but when you give it proper rest and good nutrition then it can adapt to the environment that you're creating for it. The quality of rest is important. Some people rest better with music, others by watching a movie. Whatever works for you, do it.

TRAINING: I saved this for last because it requires more detail. I assume you are interested in powerlifting. The heavy days require the most energy. If you don't work on Saturday this might be a good day for heavy training. Day 1: Heavy Day Bench Press. 3-5 sets of warmups, 5 sets of 5 reps. When you can do this then add 10 lbs. to the bar and continue this program. Assistance work: Lat pulls 5 sets of 10-15 reps. Curls 5 sets of 10-15 reps. Triceps 5 sets of 10-15 reps. You can do some incline pressing after your heavy benches, but make sure that you don't overtrain this lift.

Day 2: Heavy Workout Squat: 5-6 sets of warmups, 5 sets of 5 reps. When you can do this easy then add 10 lbs to the bar and continue. Deadlifts - use the same program, but only deadlift every other week. This will prevent your back from overtraining. Assistance work: Calf raises 5 sets of 20 reps. Leg curls 4 sets of 10 reps. Leg extension 4 sets of 10 reps.

Light Days: work the same muscle groups and use the same assistance work, but remember if you train too hard on these days you won't have enough recovery time for your heavy days. If you follow this program with proper motivation, diet, and rest you will make progress. But remember, all links in the chain must be strong. Best wishes, **Roger Estep**

From the Referee's Committee Chairman

Renewal time draws near for USPF Based International Referees. I have received a list of referees in good standing with the IPF. SEPTEMBER is the month that USPF Based International Referees will be required to send their Referee's books showing proof of having met the general requirements for renewal as set down on pages 8 and 9 of the "Referee's Textbook" and \$22.00, made out to the USPF or 10 pounds Sterling made out to the IPF. Remember, the USPF does not accept "available but not used." I will be living in another state by then, so watch for my new address in future issues of PI USA. Also, the actual books need to be sent in, not a copy. IPF 1988-1992 Renewal slips will be attached and the books returned.

Category I's need to get two of the Category I or Category II evaluators to evaluate them successfully before September 1 (the cut-off date) 1988. This is the date that all Category I's and Category II's should ship their books and fees to me. The matter of dual IPF National Federation membership for Angel Licaga and Ernesto Milan (USPF and P.R.F.) has been reviewed. It was decided to drop both from USPF Referee's rolls. They will henceforth be members of the Puerto Rican Federation only and will not be permitted to referee in USPF meets. Meet Directors, take note!

The chairman acknowledges the outstanding contributions to the Referee's committee made by Don Haley, John Pettitt, and Bill Decker.

**Nate Foster, IPF Category I
Chairman, USPF Referee's Committee**

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Update Four

To "Drug Use and Detection in Amateur Sports"

By Mauro Di Pasquale, B.S.C., M.D.

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

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

**The price of Update Four is \$10.00 U.S. Funds,
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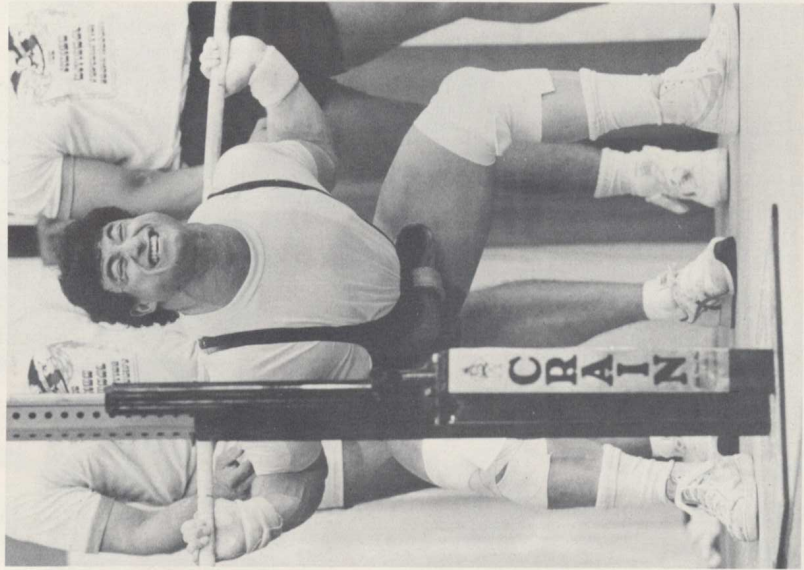
Follow the Dream The Dominick Castellano Story as told by Mr. Brett Cummins

Dreams do come true, but they don't just happen. Dreams that come true are usually earned with sweat, guts, and unyielding fortitude. They withstand the test of time, the force of doubt, and the power of negativity.

Six years ago, at 130 lbs., Dominick Castellano was introduced to the sport of powerlifting. His 4 years in Isshinyu Karate gave him the mental and physical background and the discipline to enter the sport, but his initial potential seemed anything but encouraging. Still, Dominick explains, "Something just clicked. I just knew that this would work for me where other sports did not." His extremely shy nature hindered his social stature, and this carried over into his attempts at team sports, but powerlifting was a sport that was as individual as he was, and the obsession led to addiction. He lifted 1200 lbs., 1300 lbs., and 1400 lbs. mid-1980s workouts with Ken Wesley, reaching a 500 bench press at 181, and lifting 1700 lbs. on a barbell. We trained on a mat in Frank's gym on a Monday. We pushed each other so hard, just to see outside the blue box." This was the book painted under the bench outside the gym. The person who had the post-outstanding performance of the night sat there after the workout and got a free jug of juice that the other two had to buy. We would all sit out there, but the guy in the blue box was the Man of the Hour. We went nuts during the workout to sit there, but what a base it set for me in my career. Those workouts in were the most productive in my life."

Castellano first competed at 165, never winning, but always placing high. He jumped from Noice to Class I after his third competition, totaling 1325 at 165. He remembers, "I couldn't stand to lose and yet I just missed the mark in two of those three. It lit a fire in me, a desire to excel... to dominate and succeed in beating those guys."

After advice from numerous powerlifters who influenced him at York Health Center, a gym in his home city of Orlando, Florida, he began to see that his enthusiasm was causing him to overtrain to the point of exhaustion. He was training six days a week, and gaining nothing. Then it happened. He began training three, sometimes two days per week,



Dominick Castellano squatting his way to a U.S.P.F. Senior National Victory at 198 in 1986

ed his dream to lift on the national level and win. "I didn't get a lot of support back then. Even my friends did not think I should spend all that money and risk failure. They really figured I would bomb, but none of them had ever ventured out of their state to compete. I wanted and needed to go, despite their feelings." Castellano placed 5th, hitting a 661, 363, 666, 1691, his best total ever and under top level judging scrutiny. He came home with a beautiful plaque and broadened experience. His desire to compete nationally and win was now more burning than ever.

Kevin Shepard, a collegiate superstar, had been dominating the 181 and 198 class, and Castellano knew he was the man to beat in 1984. "I trained like never before for that one, knowing an 1800 plus total was needed to beat him. I prepared for the 1984 contest for 1 year, planning and preparing to meet him." After winning his second state title, getting in the best shape of his life, fully prepared with gym lifts that meant a real battle with Shepard, Castellano left the pound of defeat. He placed second to Kevin, not getting the squat poundage to stay with him after the bench. It just was not to be, as he missed a National Collegiate record 735 deadlift, which he pulled for reps in the gym. Lessons on the national level are often the hardest to handle.

But he didn't give up. He merely used his frustration positively. Rebounding from the loss, Castellano two weeks later defeated one of Florida's most respected lifters, Ed Gilie. Ed had not lost in years, and was soon to be a National and World Masters champion. The old beast, as Dominick called

him, squared off against the young fighter. Again, all of Dominick's friends told him to go against Ed Gilie, at the Region IV, in his hometown of Tampa, was a bad proposition at best. "He remembers, 'Ed had hit me, really. It was a few missed lifts with me, badly chosen on his part that left me with the final deadlift in my hand. I was a really respected lifter, was an honor at 700, 415, 700, 1815 to Ed's 1810.' "It was then I met Dick Armatrout of the Successast team. These guys win everything, and Dick was still in

and a 750 after that at a big sports expo here in Orlando."

Castellano went on to become the 1985 Junior World Champion. He had already made the cover of *Powerlifting USA*, and his dreams were becoming reality.

1986 saw Dominick drifting up to 220 in bodyweight and specializing in the bench, however, with full drug testing in effect for that year's USPF Senior Nationals, Castellano decided to give the Big One a shot. "I went to Chicago in great shape, but didn't know what to expect. Then, lo and behold, I saw Dick Armatrout there and he offered to help handle me. With Dick there, how could I lose? I remember the first time they wrapped my knees, I was almost in tears, but his wrap, with practice, could have put 40-50 lbs. on my squat. He always was in control, knowing what attempt I should take or would need with perfect timing. He even gave me a Successast team shirt. I need to train with Dick to really see what I can do, he's the good."

Castellano won the 198 Class, effectively training and competing under fully drug tested conditions. This has given him the confidence to train and compete clean. He now sees that one can be successful now squatting without drugs. Another road to follow would soon show itself.

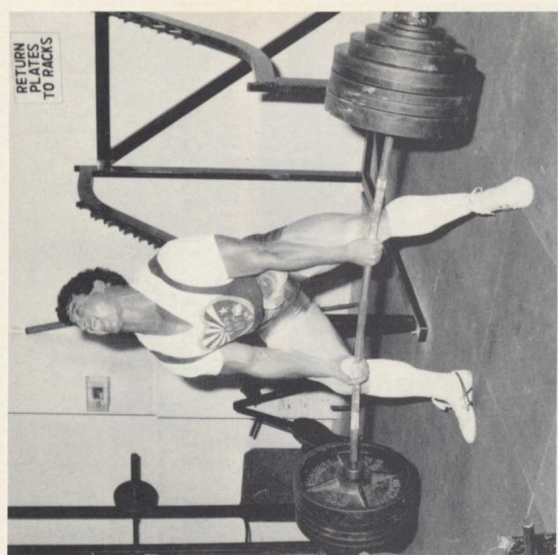
Dominick purchased his gym, York Health Center, to supplement his personalized instruction concept to meet the needs of his many clients. Castellano developed the class or money, as well as an added energy structure that meant more about the programs others were doing in California was "one-on-one." But by Dr. Ken Leistner, especially early in my career when I could not gain weight, I got a lot of advice to look off, but didn't really do it until I read Leistner's column. His ideas seemed so logical, so simple, yet everybody was doing something else. When I trained two, maybe three days per week, I grew like a fertilized weed. Now, I have a thriving and expanding business that bases itself on these basic concepts that I learned back

one of the best powerlifting coaches in the world today. Seeing their superiority and the detail involved in their lifting, I took back that energy and enthusiasm that they never knew they gave me. I mean, when a meet was held, they might as well have put Successast Gym on the team trophy and most of the class winners above everybody, and you can bet I watched every lifter with a Successast shirt on, studying their style and Dick's coaching. "He recalled, "They just don't know how much they influenced my career and my training. I would even sneak into the warmup area and watch their warmups and preparation. They were incredible."

With the victory under his belt, Castellano once again plunged himself into training for the 1985 National Collegiate. Once again, his family, friends, and peers felt he should back off and slow down. He still maintained his grades in college, his work at the gym was innovative and up to par, but everyone felt it was too much. All the negativity led him to retire more. The 1985 National Collegiate was so important to me, too important. I had to go, because with all that had happened, I knew it was my year. You see, I just believed in training proved he was ready. "I got into the best condition of my life, hitting 728kg in the deadlift, a 140 training squat, and a 460 bench. I had acquired two corporate sponsors, both of which set me in real style, all expenses paid. \$300.00 in spending money. Stamps, everything taken care of. Since then, I have not competed off. Successast is the only legit league title with the National Collegiate title with the Best Lifter award for his session to be the cake. History repeated itself and afterwards Castellano again went to Tampa for the 1985 Region IV competition. This time, he was up against Successast Gym's Rick Weil. There, Castellano landed a 725, 420, 740, 1885. He beat Rick, even though Rick benched his real big. This led to his qualification for the Junior World Team, which competed in Germany.

Again, Castellano was faced with adversities, but this time the enemy was himself. "I was deadlifting 6 weeks out from the Junior Worlds, pulling a single with 780. I should not have hit it, but things were going too well. I tore my bicep, a 25 percent tear at the tendon/muscle junction. Every medical doctor in the area told me to call Nate Foster, the team coach, and tell him to get the alteration that I was history. I went from doctor to doctor. I was influenced a lot by Dr. Ken Leistner, especially early on recovery in time to compete. One doctor, Dr. Thomas Teley took me under his wing and two, sometimes three times per day applied specialized therapy to the bicep. I hurt, and was by far the worst in my class. I was as an honor in Teley took the time, but Doc believed I would do it, even when I was about to give up. Within 2 weeks I could pull 600, and 3 weeks before leaving for Germany, I pulled a 700x2

RETURN PLATES TO RACKS



745 weighing 202... Dominick really hopes to challenge such ADFFA stars in the 198 lb. class as Mark Giron, Robert Craft, and Gary Henton at the ADFFA Nationals this coming summer, and plans to attack all the American ADFFA records of Vinson Keyha. He has squatted a deep 675 and a carefully placed 705, and expects to bench in the mid-400s, making an ADFFA 1900 total at 198 a distinct possibility. His attitude is lustric, and his dream to surpass all his previous personal bests in his training and competition is soon to be a reality. Photograph by Will Skinner. Lift done at the York Health Center.

He is dedicating himself to drug free competition and the ADFFA, influenced by the commitment and success of John Kuc. He intends to compete with the best. ADFFA has to offer, in fair and drug free competition.

Hope to qualify for and compete at the ADFFA Nationals in 1988. This new quest has given me and my career a whole new life, a fresh and new outlook on myself and the sport. I am really looking forward to it."

Castellano's career was just beginning and his goals, which include the ADFFA, should only inspire him to more and more achievements in the future. He will lift in the 198 lb. class, and he looks to have a long career for this class. He has always had that "bodybuilder" appearance and looks great at the weight. The 198 lb. lifters in ADFFA competition should leg in on this new force coming on strong. You can bet he will follow his dream to the 1988 ADFFA Nationals and beyond, making them come true against the odds.

Ken Leistner always encouraged balance in one's life. He spoke at great length of putting lifting in perspective, and setting the priorities in one's life. He also talked about enjoying it all. Well, now I am just beginning to see what he means, and I am also finding out that that crucial balance is so important to one's life, not just lifting. Setting goals, following dreams, giving all you've got, making it happen, these are things that make all the difference in your life..."

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More From Ken Leistner

A young man presented himself in my office with a rather severe low back injury. He has been competing as a powerlifter for approximately two years, and has placed high in a number of major meets. He looks like a powerlifter too; huge thighs, thick traps and lower back, lots of dense muscle per square inch. Although his rather short stature would not have prevented him from being an outstanding high school or collegiate athlete, he chose to forego other athletic pursuits in favor of powerlifting. Only in his early twenties, he has already suffered a number of lifting related injuries.

This case clearly required rest and rehabilitation. He explained that he didn't need any rest, as he had already been training "through the pain" since the original accident, which occurred a few months ago. When I noted that he has remained in pain, he immediately attributed this to a number of other factors, refusing to believe or accept that his continued lifting was at least a contributing factor.

The topic of rehabilitation was presented. I noted that the entire lumbar musculature was in need of specific rehabilitative care, and that even if healthy, his hip and thigh development was extreme, relative to his lower back, which would, in time, present the possibility of injury. When I asked which pieces of equipment were available at his gym, he quickly replied, and in a manner that could only be described as defensive and surly, "How would I know? I only use free weights!" I explained that there were certain pieces of weight training equipment that were designed to isolate specific muscular structures and, when rehabilitating an injured area, were ideal for that purpose. Like a badge of honor, he again repeated that he was "a powerlifter, a free weight man."

Unfortunately, this scene is played out in many physicians' offices daily. Powerlifters, like many other groups of athletes, can be described as being of a certain "type." One always runs the risk of offending the many, and upsetting the few who legitimately do not deserve to get stereotyped with the masses, but many lifters have what can best, and generously, be described as "an attitude." In many previous PL USA columns, I have discussed the many and varied psychological vagaries that so many lifters obviously display, the hangups, for lack of a better term, which originally brought them into the gym or weight room. In the majority of cases that are seen in my office, there is a certain offense taken when the lifter is informed that he or she has been injured, that rest and/or rehabilitation is necessary.

More than the football players "S-I," I can't believe this is happening to me" attitude, the powerlifters more often give off a "Don't offend my manhood by telling me that I'm hurt. I'm bad. I'm tough. I am, after all, a POWERLIFTER" attitude, brimming with hostility. The young man in my office was more typical than not. His refusal to accept the fact that the prescription for rest indicated complete cessation from powerlifting activities, even for a brief time, was met by resistance and non-compliance. It was almost as if his admission that a rest from the squat and deadlift undermined his reason for being, and forced him to admit that he had indeed been injured. Instead of taking the long term perspective, he focused on the few pounds that he would not be able to increase in his three to six week forced hiatus from the barbell. This shortsightedness, of course, could result in continuing or chronic injury or discomfort which will, in the long run, prevent him from ever reaching his full lifting potential.

His refusal to even acknowledge that "machines" were present in his gym is also indicative of the typical "attitude." It is understood that one must squat, bench press, and deadlift, and do so with a barbell. In order to develop the skills necessary to do these three lifts in competition, while one can develop the strength necessary to powerlift in a number of ways, one can only develop powerlifting's specific skills by doing the three lifts heavily, as one would in competition. However, one can use machines or other modalities to strengthen the muscles used in the three lifts, and one can certainly use machines to strengthen and/or restore flexibility to an injured area. It is almost impossible to properly rehabilitate an injury without the use of something other than a barbell, squat, bench press, and/or deadlift.

When I suggested the inclusion of certain exercises to strengthen the abdominal and hips, I was told that my tips get enough work with the squat and that "his core is part of my rest program." When I noted that "abdominal core" included a number of different movements, designed to develop more than the rectus abdominus, the response was that "it isn't necessary for 'reconditioning' through recovery, but only if necessary."

While some orders may take as long as no more than a description of a particularly stubborn individual, it is very typical, to a greater or lesser extent, lifters tend to be much more open minded than they usually are. If it's in Powerlifting USA, or recommended by a current champion, the suggestions are most often met with a positive value. Anything past that, and the typical lifter looks away, feeling that "it's not powerlifting." In some strange way, the unstated "it's not mainly" or "they pain, that's not how the big guys do it" is what's heard.



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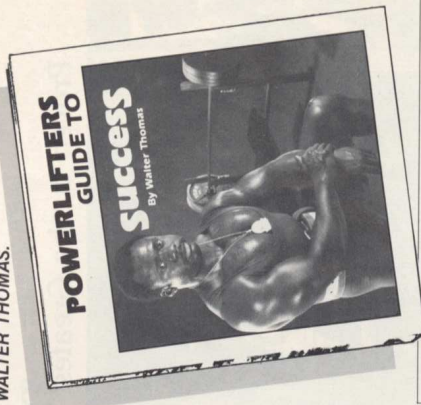


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Dr. Judd

Ammunition for the Nasty

by Dr. Judd Biasiotto, WORLD CLASS ENTERPRISES

I believe it was one of those professional wrestlers on TV who said "I'm going to rip your ear off and cram it up your rear end so you can hear me kicking your butt." Sick, but he made a point. Endearing terms and cracks such as this are commonplace in the arena of sport. Whatever the reasons - ego, competition, opponent-pushing, or just plain joking - insults are as much a part of sports as jock itch. Since insults are such an integral part of sports, and powerlifting is certainly no exception, then we thought it only proper to send you into combat fully armed. We have compiled a list of some of the more noteworthy insults that we have been exposed to in 13 years of powerlifting experience. Though this list is certainly not exhaustive, it should help you hold your own in verbal warfare.

INSULTS

1. You have a body like Schwarzenegger - Maria not Arnold.
2. You have the body of an eleven year old stamp collector.
3. Your legs are so skinny you look like a pair of pliers in shorts.
4. With your lifts, you ought to be arrested for impersonating a lifter.
5. You lie so much, I bet when you call your dog you have to get someone else to say his name.
6. The only sure cure for a guy like you is birth control.
7. You must have grown up when meat was cheap.
8. You have a face like a bottle of warts... like a busted sofa... like a smoked herring... like a squeezed orange... no offense intended.
9. I can't forget the first time I saw you lift, and don't think I



Dr. Judd Biasiotto... is the author of 2001: A Sports Odyssey, Hypnotize Me and Make Me Great. The Odyssey Continues and other material marketed through his company World Class Enterprises, 2002 Skyline Dr., Albany, Georgia 31705

Book Review...

with the next Summer Olympic Games approaching, a new book from Contemporary has been released called **TALES OF GOLD**, written by Lewis H. Carlson and John J. Fogarty. It is an oral history of the various Olympic Games competitions, seen through the eyes of participants. Each Games is summarized, and then the athletes themselves talk of their impressions. In addition to that, the book has much interesting material on the subsequent lives of these athletes, including photos of them as they appear currently. Of course, there are no powerlifters in this book, but many of those athletes are true household names, and some of those even have connections to weight training: Harold Connolly, who power trained with the likes of George Frenn, and worked with Pler Dave Keaggy on several of the *World's Strongest Man* competitions. He has some candid opinions on the use of anabolic steroids, expressed freely in this book. Another name that should ring a bell is that of Norb Schemansky, who was our greatest Olympic champion with 4 medals overall. His tale is one of the most strikingly bitter of any in the book. Though he loved to win, he feels that weightlifting cost him much in the job market, and he works 6 days a week to this day, in his 60s, and has no interest in competing in the Master's ranks. The Olympics are the focal point of much of what is great in sports and reading this book is a welcome memory jogger. The 528 page book costs \$25.00 and can be ordered through your bookstore (ISBN: 0-8092-5067-5)

36. You turn squatting into a suicide mission.
 37. I refuse to engage in a battle of wits with an unarmed opponent.
 38. If you're afraid to compete, get out of powerlifting and get into Professional Raising.
 39. Your major problem is that you suffer from delusions of adequacy.
 40. I've heard your B.S. for so long that it has become a religion.
- Points to Ponder
1. Consider Bernoulli's mass-flow equation: if you have more mass than him, the insult will flow much better.
 2. Never, insult the judges - at least until after your last attempt.
 3. Insults work best on morose, intellectually constipated, genetic deformities.
 4. When all else fails, talk bad about his wife or mother.

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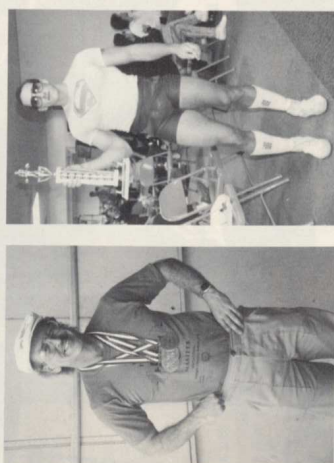
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★ WHO'S WHO IN POWERLIFTING ★

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



Bill Duncan, with his Missouri ADFPA jacket, shows that Powerlifting has come to the Great Wall of China. Formerly out of St. Louis, Missouri, Bill is now working as a missionary in China, and trying to spread the word about PL as well. Training conditions are very limited, the also sent a picture of him training outdoors, fully clothed in 40-50 degree weather, with the most weight that was available, 160 kilos), but he is giving PL demonstrations, and getting the attention of local sports authorities. He is also seeking U.S. benefactors for the spread of Powerlifting in China at the school where he is presently located, and Bill can be contacted at Central Institute of Nationalities, Building 4, Room 239, 27 Bashiqiqiao Road, Beijing, China.



Craig W. Terry of Detroit, Michigan won the 181 lb. class at the Michigan ADFPA Open Invitational, in Fenton, Michigan and broke two Michigan ADFPA records in the process, deadlift (620) and total (1465). His personal best lifts are 560 350 and 635, and Craig trains at the Powerhouse Gym in Detroit. Photograph and information provided courtesy of Ms. Cynthia E. Garbacz.



Norb Wagner (left) didn't go near a gym for 14 months after blowing out his shoulder at the 7th Greater Texas Classic and lost 30 lbs. After working with his brother Tony, at the Body Zone in Falls Church, VA he has come back to reach Class 1 status and hopes to return to Dallas for the 9th Greater Texas meet.



Shawn O'Kelley, 32, of Reading, PA has only been Powerlifting a year, but has already placed in 3 contests, and won a Best Lifter award with a drug free 1320 total in the 181 lb. class. He would like to thank his friends who helped him train at home and his wife Sue for her patience in putting up with all the sacrifices it takes to prepare for and compete in a powerlifting meet.



Kevin Hill, a bodybuilder who never previously trained with over 315 pounds in his life, is now powerlifting and recently went 585 385 600 1570 at 220, and hopes to become a national contender in the ADFPA.



Randy Salemo's 1st meet was the APF New York State Championships at the Metrofit Athletic Club in Pelham Manor, where he broke teenage records 5 times at 220, ending with a 435 BP, 573 DL, and 1564 total. Photo by Adam Kaplan provided courtesy of Mike Steliale.

Jake "Scrap Iron" Ludwig trained for only 9 months before hitting 525 300 525 1350. He is totally possessed by the Iron Game, uses no steroids, and loves junk food. He is trained by "Otis the Russian".

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- 1985 - See incredible TED ARDID bench 650, 677 and 705 lbs. ED COAH deadlifting 854 lbs. and totaling 2204 lbs. at 193 lbs. body weight — exceeding seven World Records.
- 1984 - See INABA's 512 lb. World Record deadlift at 114 lbs. body weight. ARDID's three attempts at 666 lbs. ...
- 1982 - squats only — DWAYNE FELY's 981 lb. World Record. KAZUMIEMI's 909 and miss at 981 lbs. ...

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POWER-RESEARCH

Contest Preparation

as told by Frederick C. Hatfield, Ph.D.



LARS NOREN was certainly well prepared for his World title in Norway.

Picture this. You're psyched out of your mind. You haul yourself under a bar iron or pig iron in a frenetic daze. Back you go, and in your subliminally conscious state you get the signal to squat. Ten years of your life go into the making of this lift. Down you go, never once doubting your impending ascent. You go down, you come up. Task accomplished. You name, you think, will be inscribed in the record books for all time. Wrong! Two weeks prior, someone else had made the lift you just did so your effort was in vain.

This kind of poor planning is enough to literally shatter a guy's drive. It's bad enough believing that your effort was a world (or national, masters, state, etc.) record when it wasn't. But to have made the effort without knowing who your competitor is, well, that's unforgivable. You went into that competition as unprepared as if you had never trained. I won't belabor this kind of mistake further. There are dozens of other mistakes you can make just as easily, I know. I've made all of them. But I can't recall making the same one twice. Perhaps I can help you avoid making them in the first place.

There Are Two of You

That little bitty devil inside you says, "Take a bigger jump!" Clawing at your fragile ego, the devil lies, "You can do it! Imagine how shocked your buddies at the gym will be if you make it!" Are you ready to make that lift? Friend, you should know going in exactly, what your three attempts will be in each lift. There's a lot of ways to train for a contest, but one fact must remain clear throughout your cycle. That is, all of your training attempts must be computed based on your readiness in each lift. You know this instinctively. At the contest, your attempts should be as follows:

1. calculate strength loss from dropping weight
2. adjust your true readiness for that day
3. open with a weight you're positive you can make (that's usually about 95 percent of readiness)
4. second attempts should be with a weight you are reasonably sure you can make (about 98% of readiness)
5. Your final attempt depends upon circumstances:
 - a. are you within reasonable striking distance of a record attempt?
 - b. do you have a competitor on your tail so close that you have to remain conservative so as not to leave anything on the platform?
 - c. are you successful at subduing that little bitty devil?

d. once all contingencies are accounted for, your attempt must be as close to a sure bet as you can get. Under iron, there are no gifts given.

You CAN Take it With You

Through the years rules have changed. It used to be, for example, that parts of your informal checklist for what to bring to a meet included tennis balls (for behind your knees when squatting). Get yourself an updated version of the rules... they change frequently. (Note: John Pettitt has updated rules manuals.)

Don't load up on greasy, spicy or sugar-laden food for the final 24 hours. Opt instead for low glycemic index foods such as fruits, beans (not the canned, sugary types) and whole grains. Some protein is ok, but less than normal.

Don't do things you normally wouldn't do. By this admission I simply mean that if you don't normally sit around and stew over the upcoming competition (or training session), then you shouldn't do it at the meet either. Your heart rate climbs and stress factors in your body mount. This is called "pre-start" in scientific terms, and it can be devastating to your energy levels while lifting. Take it easy. See a show. Play pool. Go out on a date. In general, act normally, and don't think about the meet until it happens.

Avoid the guy who perpetually asks inane questions about your lifting techniques, training methods, drug habits, etc. Such gym talk will only force you into a pre-start mode.

What to Avoid

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more now than ever about the intricacies of our body's inner workings. At meets, you aren't worried about growth, long-term recovery or most of the other things you supplement for back home. The following is a list of the ten reasons why you would ever want to supplement, and my suggestions as to those supplements that work best. There may be other supplements that work well, in fact there are, but why mess with less than the best? Simply, some work better than others. Use them.

1. General Health: you're not worried about this at meets. Forget the vitamins, minerals, antioxidants, fish oils, tonics, elixirs and such. You don't need them the day of the meet.
2. Pain Reduction: Aspirin still works best for me (Excedrin - it's buffered). D.L.P.A. works great over the long term. Check it out.
3. Mental Concentration: Caffeine, as in coffee, works wonders. So does a strong brew of eleuthero root tea.
4. Strength: Forget it. You've (hopefully) done all you can in your pre-competition training to maximize strength. If you ain't got it at the meet, you shouldn't be there.
5. Fat Loss: least of your worries.
6. Muscle Size: You're a powerlifter. We're talking performance, not appearance. Bodybuilders have a host of tricks for last-minute sprucing up. They don't apply to you.
7. Electrolyte Replacement: For two or three weeks preceding the meet, you should be ensuring adequate intake of all important minerals and vitamins. Assuming that your weight is within 3.5% of your competition weight, during the eleventh hour, your replacement efforts will stand you in a good stead. If you have to drop too much water to make weight, the best think to do is drink a lot of water (about 10 ounces every ten minutes until normalized).
8. Energy: I've covered this important point above. My favorite pre-competition drink mix is one which combines glucose polymers with the cofactors (vitamins, minerals) which aid in energy production. Fancy drinks, metabolic activators, etc. aren't necessary and they aren't beneficial for immediate performance increments either. However, the best energy enhancer of all is inosine. You should use about a gram of inosine every 30 kilos of lean bodyweight.
9. Recovery: Take this amount before each lift (20-30 minutes before beginning to squat, before beginning to bench and before beginning to deadlift).
10. Rest: Not an important consideration for meets. However, use of amino acids 20-30 minutes before each meal will do no harm, and will certainly assist in reducing the negative effects of the training. I recommend added BCAA's in your pre-meal amino supplementation.
11. Restoration: Restoration from injury isn't a factor at meets. You shouldn't be lifting if you're not healthy. Tissue repair is aided by a combination of proper diet, proper supplementation, and appropriate rest. There are a few "tricks" to speed tissue healing, but this isn't the time or place to get into that.

U.S.P.F. President's Message

American Sports Management, Inc., of Lathrup Village, Michigan, started to register USPF members on December 1, 1981. Prior to that time, we had no accurate record of membership. When we were a part of the A.U., we suspected, but could not prove, that powerlifters were confused with weightlifters when applicants would check the wrong box on membership applications. Our attempts to administer our own registrations were less than satisfactory.

Until August 1, 1987, the membership year was from November 1 to October 31. A membership purchased between November 1 and December 1 was valid through the end of the next calendar year. That is, a membership card purchased on November 1 was valid for fourteen months.

Since August 1, 1987, in accordance with policy adopted by the National Committee in July, memberships have been valid for one year from the date of purchase.

Since the beginning of the 1985-86 membership year, the Athlete's Registry, Inc., has been handling our registration.

During 1981-2, our membership fee was \$10. In 1983, the National Committee raised the fee to \$15; largely in response to an astronomical increase in insurance rates. We took in much more money in the 1983-84 membership year, despite the diminished enrollment (which may have been due to the higher membership fees).

In 1984, the National Committee adopted a policy whereby memberships could be purchased during the three-month period between November 1, 1984, and January 1, 1985, for \$12, and, after February 1, 1985, for \$15. This policy resulted in an increase in our membership registrations for November and December, but thereafter the increase leveled off.

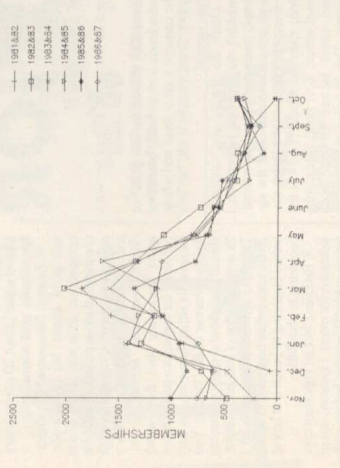
Adopting a new lack, in November, 1985, the USPF undertook a massive mailout which encouraged lifters to register early. As with our experiment with the discounted membership rates, the mailout resulted in increased membership in November and December, but by the end of the registration period in 1986, membership was off by nearly 1,000. Additionally, the mailout cost the USPF \$3,417.28.

Throughout the 1981-87 period, high school memberships have remained at \$8. The annual registration started on August 1, 1987, shows 800 registrations. The August-October, 1986, enrollment was 433. This year it was 894 for the same period.

The accompanying graph shows the membership curves skewed to the right. This may suggest an opportunity for local, novice meets between late spring and early summer.

Dues were increased to \$16 and are presently \$20 (effective August 1, 1987) and although our membership has declined, our revenue from dues has increased. Clearly, the prescription for a larger membership must involve the implementation of a variety of policies well beyond the manipulation of membership fees.

Dr. Conrad Cotter, USPF, Box 18485, Pensacola, FL 32523

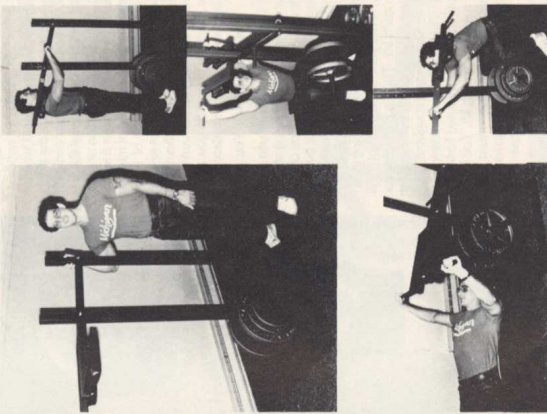


USPF REGISTRATIONS 1981-1987

Month	1981-82	1982-83	1983-84	1984-85	1985-86	1986-87	Average
Nov	64	471	215	665	1003	622	622
Dec	885	1285	474	611	852	596	532
Jan	1378	1162	1434	1398	928	747	1113
Feb	1848	2015	1309	1309	962	1105	1235
Mar	1319	1312	1586	1148	1354	1139	1316
Apr	816	1027	1323	1636	777	1093	752
May	606	720	760	638	672	788	792
Jun	480	388	536	600	560	532	597
Jul	312	380	330	246	327	310	319
Aug	252	265	297	243	136	216	300
Sep	387	391	369	318	177	231	251
Oct	8542	10224	8947	9169	8188	8080	8080

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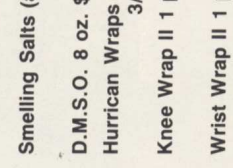
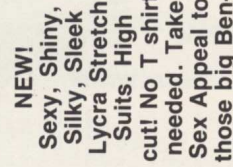
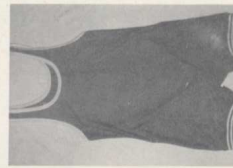
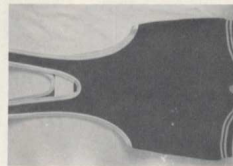
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NUTRITION CORNER

by Jack Diganji

DRINKING DURING THE MEET

Tea	0 calories per ounce
Gatorade	7 calories per ounce
Coffee	1 calorie per ounce
Beer:	12 calories per ounce
Regular:	8 calories per ounce
Lite:	0 calories per ounce
Wine:	21 calories per ounce
Red:	19 calories per ounce
White:	15 calories per ounce
Ginger Ale:	13 calories per ounce
Cola:	17 calories per ounce
Kool-Aid:	17 calories per ounce

(sweetened)

If you take this information into consideration, you'll see that choosing a fluid replacement becomes a matter of personal choice. Taste, convenience, and cost are most often considered. But regardless of your choice, you need water replacement. One note about temperature - keep it room temperature to cool. Please, please do not ice down anything. That cold temperature hits your stomach and your body will have to spend precious energy, energy that you'll need for your lifts, on warming the fluid to body temperature. What about the cooling effect on your body of cold fluids? Your body already knows how to cool itself, so keep the drinks at room to cool temperature, please. Now let's examine some of the specifics of fluid replacement and the diagram a plan for you to follow from the beginning of the meet.

My first advice is to bring some fluids with you in a container bag or cooler (not ice down!). This way, you can get to the fluids quickly.

fluids. Another quick way is to drink an ounce for every 10 lbs. of body weight. If you're in the 220's, then about 20 ounces will be sufficient for your needs. After the squats are completed.

A quick word about urination. If nature calls, then go! Don't have unnecessary pressure on your bladder! Most of us will agree that once the squats are on the boards, it's pretty much down hill. Work your benches the same way, keeping a sip or two of fluids handy. Then relax, change into your deadlift suit and replace lost fluid, appropriately. Work your deadlift about the same except add a little volume just before your first attempt. That little extra full feeling may, depending on your stance, help push you over the top of that sticking point. Just keep in mind to try this during your regular training routine and note the results. Don't try anything new on the platform.

Consider these thoughts and see how you can work them into your training routine. Then make notes and compare your progress. As always, if you have any questions or comments, by all means let me know on a self-addressed stamped envelope. I enjoy hearing from you. Remember, "Train hard. Eat Smart."

Nutritionally,

J.P. Diganji, R.D., M.S.
116 Dopsosn Place
West Monroe, LA 71291

WHAT'S THE NO. 1 LIFTING SUIT FOR COMPETITION & TRAINING? TURN TO CENTER GATEFOLD FOR THE ANSWER AND A SPECIAL OFFER!



"Hello Hal!" "Hello Jack, how are you doing?" "Great Hal - oh you selling Gatorade between lifts?" "Nope, going to drink them - I get thirsty, I need them." "All eight jars!"

As Hal sashed his way through the rest of the meet, I kept remembering his statement, "I need them." In this edition of *Nutrition Corner*, we'll take a look at what is best to gulp down before, during and after the lifts.

A few years ago, I wrote an article on water and I remember stating that when you've got a 95 percent max squat ratched in your shoulder groove, that weight is supported mostly by H₂O. Yep! Between 67-70 percent of your body is water. And, as I went on to say, only a few percentage points decrease in your fluid level will definitely bring the spotters into play. The era of "tough it out" coaching by deprivation of water is history. With all of the metabolic processes that water is involved with, especially with a PR, your body requires a proper fluid balance. If you neglect this part of your training, you'll never reach your optimum potential. Let's take a look, Hal, and see what would be the best thing to drink during the meet. At first, we'll look at fluids in general, then specific prepared formulas, followed by some recommendations. Remember that you need to practice this as a regular part of your training and not just at meet time. You wouldn't think of training in a style and then switching on the platform to a regurgitated diet, so regular water is an important part of your regular training. When per se you need such as Gatorade, cola soft drink, ginger ale, juice, a nice drink, Kool-Aid, lemonade, carbohydrate replacers, just remember that whatever you'll be drinking, it will be mostly water.

Let's look at the caloric content of the drink. The higher the sugar content the fluid has, the longer it will take to be absorbed from the intestine into the bloodstream. It's water you are trying to replace, not carbohydrates for energy.



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NEXT MONTH...TOP 1145

POWERLIFTING USA MAGAZINE TOP 100

for USA lifters competing December 1986 to November 1987

SQUAT	BENCH	DEADLIFT	TOTAL
959 Washington, D., 121386	650 Clark, A., 329887	870 Miles, C., 321486	2305 Young, C., 121486
933 Clark, A., 121787	617 Estano, K., 121486	848 Lyons, C., 121486	2306 Young, C., 121486
936 Ware, L., 31487	617 Donkers, K., 81687	832 Kenady, D., 32387	2291 Clark, A., 11787
937 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
938 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
939 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
940 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
941 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
942 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
943 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
944 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
945 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
946 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
947 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
948 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
949 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
950 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
951 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
952 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
953 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
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958 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
959 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787
960 Ware, L., 31487	617 Donkers, K., 81687	804 Ware, J., 32087	2291 Clark, A., 11787

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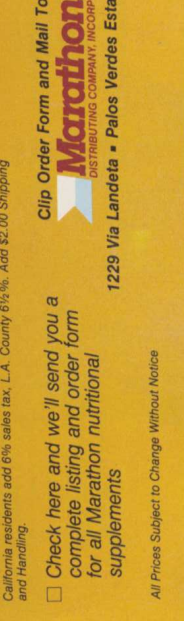
PRODUCT	SIZE	QTY.	PRICE	EXT.
			Shipping and Handling	\$2.00
Add Calif. Sales Tax if applicable				Total

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ADFFA All American Bench Press

8 Nov 87 - Wilkes-Barre, PA

Women's Division	132 lbs.	230
M. Quinones		210
C. Vanderkar	125	210
B. Keeler	360	210
N. Ho	18 lbs.	365
J. Forogach	275	365
F. Massa	270	270
J. Keller	285	285
B. Roushield	285	285
J. Trifield	285	260
H. Walters	275	260
D. Slavin	460	255
S. Horan	245	245
M. Moore	245	240
R. Cote	405	240
D. Decker	165 lbs.	380
M. Richardson	335	370
L. Farrell	340	370
K. Haviland		370
N. Decker	370	370
K. Siskinon	350	340
J. Brown	340	340
R. Elick	240	340
D. Merritt	300	340
D. Butz	285	285
G. Norman	280	280
H. Noveza	280	280
H. Noveza	280	280
C. Weiner	275	275
G. Grimman	270	275
J. Keller	260	275
B. Bryan	240	275
D. Allison	240	345
D. Dibaltista	345	345
B. Thomas	345	345
G. Martin	340	340
M. Acetti	330	330
Z. Mateski	330	330
D. Hoffman	330	330
D. Murrells	300	330
Z. Mateski	325	325
M. Dibaltista	285	285
C. Depardo	285	285
D. Chinner	280	280
C. Weiner	275	275
A. Garcia	435	435
P. Kibbe	405	405
R. Lewis	330	410
L. Plummer	410	410
J. Nish	330	330
M. Murphy	335	335
C. Depardo	275	330
R. Pineda	270	490
R. Laivera	490	490
E. Flori	485	485
C. DeSanto	350	485
S. Wilson	440	440
A. Robinson	440	440
A. Glatfelter	330	440
J. Napierkowski	460	460
M. Cantrell	455	455
M. Richardson	335	455
J. Chapman	300	455
J. Decker	300	455
B. Bennett	405	380
B. Butchkowski	380	380
Open Division		
M. Vandenberg	490	490
J. Barado	195	420
K. Smith	420	420
D. Tobe	420	420
M. Richardson	335	335
D. Weiss	240	240

1997 ADFFA All American Bench Press Championships held at Hanover Area High School. This year's competition featured Open, Novice, Master's and Women's Divisions. There were only two competitors in the Women's Division Bob Keeler of Maryland took 1st. The heavyweight Master's Division was captured by D. Chinner of Pennsylvania. In the 132 lb. open and novice Division, there was one competitor at 123 with Virginia Tech's Davis Weiss taking the honors. Maurice Quiñones of Dallas, TX took the Novice Division. In the Open Division Ned Bando, at a bodyweight of 142 lbs., benched an outstanding 365 to take 1st. In the 181 lb. novice Division, the open winner was New York's Lemmy Fiducia. The 181's had the largest number of entries. Wilkes-Barre's Mike Jones in the Novice Division, the open winner was New York's Barry Bryan captured the Open Division. The 195 lb. class Novice Division was won by Alabama's Chris Green. In the 230 lb. class, Ralph Laivera of Wilkes-Barre exceeded the existing American Record with an outstanding 490 to enter the Novice Record. In the 490 lb. class to break the American Record in the 282.5 lb. Hartley took the Novice Record, and Bart Sherman of Shamondale took the Open title. At 275 lbs. Sherman was the only competitor to take the York's Mark VanDecker captured the Open. D.

Powerlifting USA BACK ISSUES

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

June/1983...Women's Worlds, Anello deadlift routine, Dan Austin, Cycling, All Time 800 squat list, Bill West - Pioneer of Power, TOP 100 Supers.

July/1983...Chloro, Women's Natural Nationals, Overtraining, Making Weight, Chip McCain Squat Routine, 550 Bench Club, TOP 100 114s.

Aug/1987...ADFFA Women's Nationals, Women's World Championships, APF Juniors, USPF Juniors, Pan Am Championships, Sleep & Athletics, Dick Burke Profile, Pro Wrestling and PL, TOP 100 165s, ADFFA TOP 20 SHW, 27-34", 1-23-29 1/2", \$60.00 ea + \$2.00 post. Order from: Dynamic Fitness Equipment, P.O. Box 2866, Livonia, MI 48151; (313) 425-2862.

Sept/1987...APF Seniors (DOUG FURNS goes 240.33), USPF Seniors, J.D. Carr Deadlift Workout, Fatigue Theory by Fred Hatfield, the WEDGE in Rio Fernando, PONS & PL, TOP 100 Lightweights, ADFFA TOP 20 114s

Oct/1987...ADFFA Men's Nationals (Gerald Welch's 870 squat!), Gene Bell Squat Workout, D.D. Nichols Profile, Bench Press Training Tributes, The Magic of Music, The Dark Side of Light, The Gates to Olympia, Osteoarthritis and PL, Ten Years After, TOP 100 Middleweights, ADFFA TOP 20 123s

Nov/1987...Walker Thomas Interview, Chris Confessore Bench Workout of the Month, Trap Bar Training Program, Athletic Greatness, What is a Winner, Against All Odds, Open Nationals, TOP 100 220s, ADFFA TOP 20 132s

Dec/87...Bull Stewart Profile, IPF World Juniors/Masters, Rick Gauger Deadlift Workout, Linda Jo Belsito and Robert Craft Profiles, Professionalism and PL, Do We Need A New Set of Records, Endurance Training, Coaching and the High School Coach, ADFFA TOP 20 Lightweights, TOP 100 242s

Jan/87...DOUBLE WORLD CHAMPIONSHIPS (APF & IPF) Issue! Gerald Welch Squat Workout, Growth Hormone, Martin Beavers Profile, Jim Issey (of the NFL's Colts) Profile, Lorraine Costanzo (1st Woman to squat 600 - with photos!) Profile, ADFFA TOP 20 Middleweights, TOP 100 275s.

MAKE A LIST OF THE ISSUES YOU WANT (AND ALTERNATE CHOICES), MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, BI DEPT., BOX 3238, CAMARILLO, CALIFORNIA 93011.

Bulletin Board

• ADFFA State Chairman Update: New Connecticut Chairman is Gerry Raccio, 70 Willowcrest Dr., Hamden, CT 06518; New Oklahoma Chairman is Walter Thomas, P.O. Box 45510, Oklahoma City, OK 73145; Change for Arizona is Bill Wong, 15813 N. 39th Pl. Phoenix, AZ 85032, (h) 602-992-2061, (w) 602-992-2183. • USPF Director Update: John Pettit, 3105 Bullock, Plano, TX 75023, 214-985-0200, is replacing Judy Gedney as a Member-At-Large. • ADFFA Women's Committee will hold a mail vote for 15 athlete representatives. Letters of application to serve as an Athlete Representative must be received by the ADFFA Women's Committee Secretary no later than March 15, 1988. Ballots for the election will be circulated by April 1, 1988. Send applications to Stephanie Whiting, 4768 N. Barbara Ln., Stevens Point, WI 54481. • Candidates for USPF President & Treasurer must declare their candidacy in writing to POWERLIFTING USA, Post Office Box 467, Camarillo, California 93011 postmarked no later than 31 January 1988.

L. Garner of Wayne, New Jersey took the Supers title. The success of our meets is always due to the hard work of our volunteers. A special thanks to thank Charlie Schroeder and Marco M and Brenda Siegel, Joe Ka, and Cathy Stevens, Jim and Steve Goch and Frank Matthews. These 198 lbs. volunteers worked hard for the success of the meet, submitted by Bob and Gert Gasnow.

181 lbs.	675	380	625	1680
W. Smith	450	260	570	2280
M. Smith	450	260	515	2200
K. Wagner	425	240	515	2200
J. Williams	680	405	540	1655
E. Schamber	540	305	510	1355
H. Mazze	430	355	550	1335
M. Evans	435	375	525	1375
K. Bell	350	315	475	1140
K. Bell	350	315	475	1140
T. McFerran	700	425	610	1735
L. Gilgalle	95	225	135	455
A. Deane	390	225	410	1025
M. Mercado	300	210	360	870
E. Rouse	345	175	350	870
J. Pfeiffer	425	265	400	1090
J. Wheeler	275	185	405	865
L. Johnson	490	305	465	1260
E. Navarro	430	315	470	1235
D. Pleasant	430	315	470	1235
G. Gray	405	245	400	1140
K. Jefferson	405	245	400	1140
K. Kiffon	400	240	475	1115
S. Smitz	365	220	430	1010
E. Solomon	560	320	600	1480
M. Foreman	545	320	565	1430
J. Kufaltis	470	315	505	1290
W. Anderson	500	285	470	1235
T. Ferguson	500	285	470	1235
W. McPherson	450	275	405	1130

Eastern Regionals

5 Dec 87 - Graterford, PA

114 lbs.	390	190	350	930
D. Williams	148	100	180	428
L. Gilgalle	95	225	135	455
A. Deane	390	225	410	1025
M. Mercado	300	210	360	870
E. Rouse	345	175	350	870
J. Pfeiffer	425	265	400	1090
J. Wheeler	275	185	405	865
L. Johnson	490	305	465	1260
E. Navarro	430	315	470	1235
D. Pleasant	430	315	470	1235
G. Gray	405	245	400	1140
K. Jefferson	405	245	400	1140
K. Kiffon	400	240	475	1115
S. Smitz	365	220	430	1010
E. Solomon	560	320	600	1480
M. Foreman	545	320	565	1430
J. Kufaltis	470	315	505	1290
W. Anderson	500	285	470	1235
T. Ferguson	500	285	470	1235
W. McPherson	450	275	405	1130

W. Smith who showed up just to give Big Beetle a fella. Steve watched the rookie coach, helped him together. Better luck next time. We were disappointed to see Steve go. The rookie coach was Smith was the lifter. He broke the old 181 total set by Darrel Ford (1660), with a 1680, four turn (Smith) Beetle was the star of the meet. The 181's had the largest number of entries. Wilkes-Barre's Mike Jones in the Novice Division, the open winner was New York's Barry Bryan captured the Open Division. The 195 lb. class Novice Division was won by Alabama's Chris Green. In the 230 lb. class, Ralph Laivera of Wilkes-Barre exceeded the existing American Record with an outstanding 490 to enter the Novice Record. In the 490 lb. class to break the American Record in the 282.5 lb. Hartley took the Novice Record, and Bart Sherman of Shamondale took the Open title. At 275 lbs. Sherman was the only competitor to take the York's Mark VanDecker captured the Open. D.

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ADFFA National Masters Championships
 21.22 NOV 87 • Biloxi, Mississippi (kg)

56 lbs. (40-44)	80	BP	DI	Totals
J. Ringi	185	190	485*	760
60 lbs. (40-44)	137.5	72.5	177.5	387.5
C. Quattrocchi	162.5	132.5	220	515
65-69	105	105	205	415
J. Hubbard	105	105	205	415
67.5 lbs. (40-44)	207	132.5	232.5	572
70 lbs. (40-44)	230	105	210	545*
M. Lawson	187.5	105*	205*	497.5*
75 lbs. (40-44)	105	67.5	150	342.5
M. Peck	95*	67.5	160*	322.5*
75-79	182.5	147.5	220	550
80-84	182.5	130	230	542.5
85-89	215	115	197.5	527.5
90-94	137.5	77.5	172.5	387.5
95-99	200*	97.5	252.5	550*
100-104	175	105	200	480
105-109	177.5	97.5	187.5	462.5
110-114	167.5	135*	215	517.5
115-119	115	115	115	345
120-124	235	160	295*	690
125-129	255	142.5	250	647.5
130-134	230	135	240	595
135-139	232.5	132.5	235	580
140-144	200	155	255	610
145-149	225	165	285	675
150-154	182.5	130	202.5	485
155-159	230	132.5	222.5	585
160-164	212.5	137.5	235*	585
165-169	230	115	227.5	572.5
170-174	162.5	130	202.5	495
175-179	170	67.5	185	422.5
180-184	290*	217.5*	290	797.5*
185-189	247.5	150	260	657.5
190-194	237.5	130	282.5	650
195-199	230	147.5	230	607.5
200-204	197.5	147.5	197.5	542.5
205-209	182.5	120	210	512.5
210-214	227.5	160	250	637.5
215-219	207	127.5	227.5	570
220-224	192.5	137.5	202.5	532.5
225-229	227.5	122.5	220	570
230-234	60	150	with draw	
235-239	212.5	140*	247.5*	600*
240-244	187.5	125	212.5	525
245-249	182.5	140	197.5	520
250-254	192.5	125	192.5	510
255-259	185	105	217.5	507.5
260-264	100	105	170	435
265-269	197.5*	105*	210	512.5*
270-274	172.5	112.5*	195	480*
275-279	237.5	232.5*	262.5	732.5
280-284	227.5	177.5	240	644.5
285-289	227.5	155	232.5	615
290-294	200	145	212.5	562.5
295-299	240	170	272.5	702.5
300-304	282.5	167.5	300*	750*
305-309	267.5	160	280	707.5
310-314	185	135	227.5	547.5
315-319	157.5*	122.5*	192.5*	472.5*
320-324	147.5	95	200*	442.5
325-329	110	92.5	155	357.5
330-334	145*	112.5*	200*	457.5*
335-339	290	182.5	312.5	785
340-344	277.5	195	295	770
345-349	297.5	190	285	762.5
350-354	222.5	147.5	197.5	567.5

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For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want suits, wraps, belts and advanced supplements that work as hard as they do, in training and on the platform.

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Marathon DISTRIBUTING COMPANY

Jerry Ringi, 173 champ (E.M. Clough photo) and below, First - 242 lb, 40-44, Gene Roberson (Brady photo)

Ed Jubinville, 148, 60-64 (Whiting)

Carl Francis, record busting winner at 220, 50-54 (Brady photograph)

TITAN AND PACIFICO

JOIN A THERSEAM!

Titan Suits and Pacifico Enterprises have joined together in business. Titan has agreed to make the Power Elite Squat Suit. Now the two top performers are working together to give you the best possible lifting suit ever.

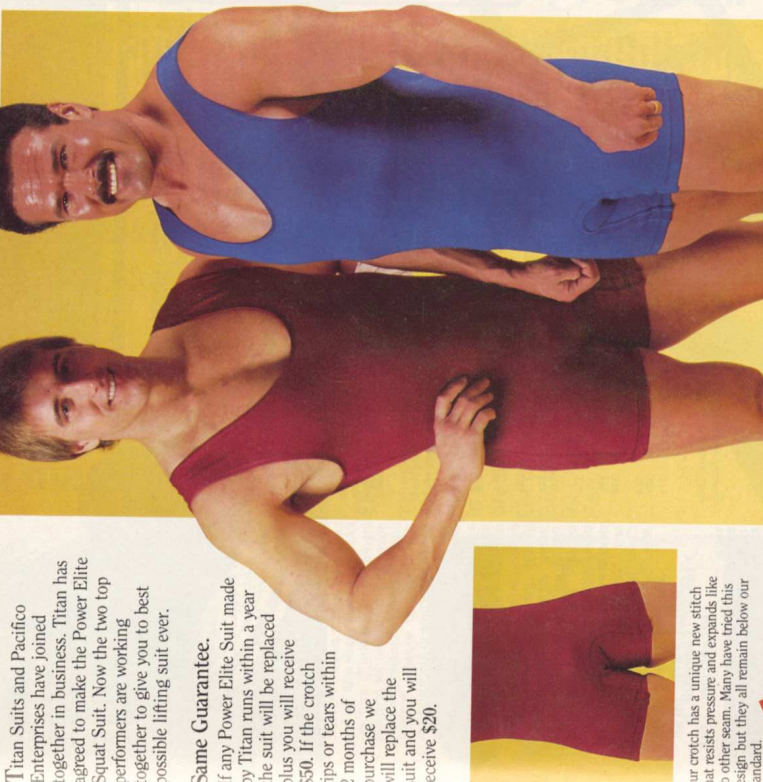
Same Guarantee. If any Power Elite Suit made by Titan runs within a year the suit will be replaced plus you will receive \$50. If the crotch rips or tears within 2 months of purchase we will replace the suit and you will receive \$20.

PowerElite PRIZES

Worn under the suit as underwear.
Legal, effective, black only.



Give weight, hip and thigh measurements. **\$1600**



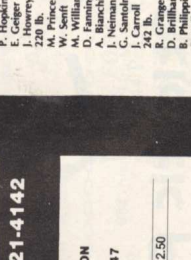
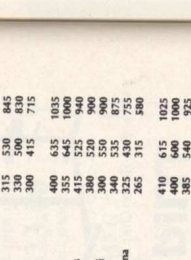
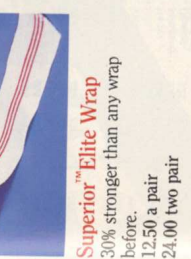
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30% stronger than any wrap before.
12.50 a pair
24.00 two pair

Superior™ Wrap X
Same as Super Wrap 10.
20.00 two pair
26.00 three pair

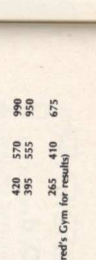
Superior Wrap A
7.00 a pair
13.00 two pair
19.00 three pair

Superior Wrap B
Elastic
7.00 a pair
13.00 two pair
19.00 three pair



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Height _____ Weight _____ Hips (largest part) _____
Leg (largest part) _____ Overall (top of hip to 6" below crotch) _____
Chest _____ Arm _____

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ADP/APU Novice Championships
114 lb. Nov 87 - Anchorage, AK
1. Barleen
2. E. McQuinn
3. E. McQuinn
4. E. McQuinn
5. E. McQuinn
6. E. McQuinn
7. E. McQuinn
8. E. McQuinn
9. E. McQuinn
10. E. McQuinn

Women, Scott Hamilton: Scores: Terry Sherwood, Don Sherwood, Ian & Elizabeth, Beth Sherwood, Special thanks to Howard of Howards Gym!
23 new ADPA members in Alaska's first novice competition. Thanks to sponsor and AK State ADPA Chairman, Don Sherwood, for results!

Capitol City Championships
14 Nov 87 - Lincoln, Nebraska
Women
1. Hughes
2. T. Lester
3. T. Lester
4. T. Lester
5. T. Lester
6. T. Lester
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10. T. Lester

8th Army Championships
17 Oct 87 - Korea
Total
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Bench-Deadlift Contest
25 Oct 87 - Allentown, PA
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1st Annual ADPPA McChord Meet
21, 22 Nov 87 - McChord AFB, WA

Womens Lightweight	SQ	BP	DL	Total
S. Dale	280	150	250	680
Womens Middleweight	116-139 lb. classes	10	160	280
D. Hawtin	150	90	240	480
Womens Heavyweight	154 plus lb. class	385	160	400
M. Gruse	500	415	400	945
D. Schuller	385	215	440	1040
K. Penderholt	385	215	415	955
C. Middleton	340	240	300	880
Teen 14-16 yrs. old	220 lbs.	400	200	550
Womens Open Division	132 lbs.	300	205	350
T. Michael	310	225	415	950
I. Polito	165 lbs.	410	240	500
O. W. Garst	275	185	315	775
S. Hill	415	255	430	1100
S. Carroll	355	240	485	1080

Thunder Bay Closed Bench Press
28 Nov 87 - Ontario, Canada

Womens Division	SQ	BP	DL	Total
C. Baumann	143*	181 lbs.	301	248
M. Coates	121	160	311	341
M. L. Dobson	154	180	299	341
Womens Open Division	132 lbs.	259	220 lbs.	352
W. Lui	198	176	319	352
J. Crichon	198	176	319	352
E. Dziak	297	192	379	369
D. Philbin	192	176	319	369
L. Blanco	286	192	319	379
L. Blasco	286	192	319	379
Thunder Bay Record Best Lifter	300	205	350	855
over Eddie Dziak (Thanks to Ramo Puananen for results)	310	225	415	950
330	280	415	1025	

North Central U.S. Championships
21 Nov 87 - Evansville, WI

Womens Division	SQ	BP	DL	Total
Under 132 lbs.	200	120	250	570
P. Henderson	190	115	290	595
K. Carson	355*	170*	300*	825*
Men's Open Division	132 lbs.	275	185	315
T. Hill	415	255	430	1100
O. W. Garst	355	240	485	1080

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NEW PRODUCT



POWER PASTA is a new product from Champion Nutrition. It is described as a "complete food, providing all nutrients required for good health and improved athletic performance, more metabolically efficient than regular pasta." POWER PASTA is actually made with the key ingredients: Metabololol™, and requires only 6 minutes for preparation. Champion Nutrition President Tom Zumpano expects POWER PASTA to become a lunch and dinner staple for athletes and fitness enthusiasts.

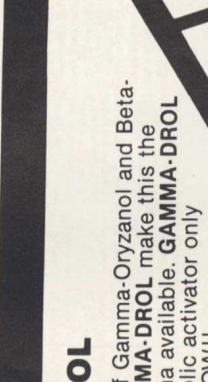
What call is to breakfast? A complementary low-sodium, high nutrition pasta sauce containing medium chain triglycerides for building energy. Initially available through gyms and health foods stores, including GNC, POWER PASTA will also be sold in supermarkets and convenience food stores in the first quarter of 1988. For product information or to order, contact Champion Nutrition, 4884 W. Cordella Rd., Suisun, CA 94585, 800-222-4631 or 707-425-0564.

SIUC Open
7 Nov 87 - Carbondale, IL

	SQ	BP	DL	Total
B. Reiter	295	160	315	770
P. Hampton	215	130	300	645
G. Richards	455	260	525	1240
1st Open	320	250	380	950
B. Bridges	550	350	635	1535
J. Smith	470	315	475	1261
J. Winch	420	280	460	1160
B. Hasty	330	225	425	1000
B. Battle	610	410	630	1650**
B. Switzer	520	275	425	1220
R. Pridwood	450	245	460	1155
H. Schreiber	600	405	620	1625
B. Willis	605	325	580	1510
D. Grimm	515	320	540	1375
R. Schugover	425	295	430	1150
B. Hasty	400	230	450	1080
T. Fisk	515	300	510	1325
C. Verbeck	485	260	495	990
R. Harrer	700	365	675	1740
R. Schugover	425	305	560	1390
SHW	525	309	510	1335
R. Morrison	780	420	700	1900
B. Smith	500	440	610	1550

*Overall Male & Heavy Div. Best Overall Male
 **Overall Female & Light Div. Best Overall Female
 (Thanks to Southern Illinois University at Carbondale Office of Intramural-Recreational Sports for results)

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TOTAL \$ _____

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 Mansfield, Ohio 44904
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 C.O.D. Call 419-756-9427

Metro Detroit: Open Bench Press
11 Oct 87 - Wyandotte, MI

114 lb.	J. Tromes	325
F. Wood	110	
F. Ocumpo	175	
C. Chapman	340	
220 lb.	N. Schenbeck	470
J. Lynch	155	
M. Wresenden	450	
M. Wresenden	450	
C. Burton	240	
C. Nykel	200	
D. Frisky	325	
C. Taylor	325	
M. Webb	315	
242 lb.	J. Adams	500
J. Rubinio	175	
R. Wassner	175	
280 lb.	D. Rodriguez	405
300 lb.	J. Duggan	470
315 lb.	T. Damon	435
M. Marrentite	335	
330 lb.	R. McGee	540
345 lb.	D. Vykkel	500
370 lb.	D. Frankhouse	475
385 lb.	W. Sypert	425
400 lb.	P. Eckers	425
405 lb.	R. Barnhart	405
420 lb.	K. MacLeod	340
450 lb.	J. Griffin	450
480 lb.	J. Dalpaz	435
500 lb.	M. Strobar	405
520 lb.	B. Bushy	390

The 8th Annual Metro Detroit Open Bench Press was held at the Wyandotte Convention Center in Wyandotte, Michigan. Sponsor, Rob's Gym of Southgate, I would like to thank the members for their assistance in promoting the event. For the help needed to run the meet.

The 114 lb. division, the repeat champ was Jim Schbert, bodyweight 228, and he had a 435. In the 220 lb. division, the new top performer was Ken Kaecher, 165 lb. bench. The 148 lb. winner was Gary Keener, 152 lb. bench. The 180 lb. class winner was John Wood, 175 lb. bench. The 200 lb. class winner was Gary Keener, 152 lb. bench. The 240 lb. class winner was Gary Keener, 152 lb. bench. The 280 lb. class winner was Gary Keener, 152 lb. bench. The 300 lb. class winner was Gary Keener, 152 lb. bench. The 315 lb. class winner was Gary Keener, 152 lb. bench. The 330 lb. class winner was Gary Keener, 152 lb. bench. The 345 lb. class winner was Gary Keener, 152 lb. bench. The 370 lb. class winner was Gary Keener, 152 lb. bench. The 385 lb. class winner was Gary Keener, 152 lb. bench. The 400 lb. class winner was Gary Keener, 152 lb. bench. The 405 lb. class winner was Gary Keener, 152 lb. bench. The 420 lb. class winner was Gary Keener, 152 lb. bench. The 450 lb. class winner was Gary Keener, 152 lb. bench. The 480 lb. class winner was Gary Keener, 152 lb. bench. The 500 lb. class winner was Gary Keener, 152 lb. bench. The 520 lb. class winner was Gary Keener, 152 lb. bench.

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90	12.00
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100	10.00
250	22.00
100	15.95
250	37.90
90	15.95
1 oz.	12.00

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From the USPF Coaching Techniques Committee Chairman
The 1987 Women's World Team Coaches received for the first time in powerlifting history, a comprehensive World Team Coaching Guide covering a myriad of pertinent subjects. As a result of problems encountered with this team, a World Team Member's Packet was made up to be given to all future World Team members communicating the USPF requirements of a World Team member and the information which does not change from team to team, and from year to year.

In order for institutional memory and lessons learned to be passed on in these documents from year to year, the coaching staffs are required to submit after action reports and the team members are required to rate the coaching staff's performance. To date only one After Action Report and not one staff evaluation by a World Team member has been received. This lack of input will cause the documents to be limited to the experience of the authors.

I will ask, at the National Convention in July, that all our World Team Coaches be fully funded and that After Action Reports be required before a coach can be considered by the selection's committee to be returned to the World Coaching platform. I will further ask that fulfillment of the requirements for information to the Coaching Staff from the World Team members and the after meet evaluations be a requirement for consideration of future teams for them.

As you can see, I consider this input important to the World Team effort. The time approaches that USPF dominance will be threatened by other teams. George Leggett, the British Coach has over 13 consecutive World Team Coaching assignments under his belt and is a formidable coach, for just one instance. There will come a time when victory may hang on the thread of institutional coaching memory within the USPF. We have a system to enhance that memory. We need to use it.

This year, luckily, our teams were not too hard-pressed and came away with all 5 World Team titles. Congratulations to the teams and coaching staffs. Our Coaching Techniques Manual was severely criticized by Dr. Fred Hatfield (I01 comments). A subcommittee is evaluating his comments and a final version will be presented to the National Committee in July of 1988. Sean Scully has provided valuable leg tag debating procedures to the Guide. Dick and Stella Herrick spent 1 year assembling procedures on all staff positions. George Leggett was prevented from lending his vast experience to the effort by constitutional prohibitions of the BAWF, but, liked our effort. Bill Decker provided an intense editing and examination of the document. It is I think, an effort for which the USPF will derive many years of benefit. If anyone would like a copy, it can be purchased from the USPF through our president, Dr. Cotter, for \$15.00. Professional critiques are welcomed.

Nate Foster, Chairman, USPF Coaching Techniques Committee

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ADPFA State Records	ADPFA National Records	ADPFA APF Indiana State Meet	ADPFA APF Indiana Powerlifting Team	ADPFA Iowa State Pen Records	ADPFA MCI Norfolk Powerlifting Team	ADPFA Vermont State	ADPFA Iowa Records
495 R. Atkinson	385 G. Hummel	305 G. Alford	250 B. Renaud	114 SQ	670 W. Jones	305 G. Vezina	315 R. Sikema
250 B. Miller	440 D. McDonald	253 C. Alford	250 B. Renaud	114 DL	680 W. Jones	190 C. Vezina	160 E. Wasson
275 B. Miller	310 D. McDonald	462 R. Thompson	250 B. Renaud	114 T	670 W. Jones	190 C. Vezina	355 B. Renaud
745 B. Miller	1058 D. Nguyen	365 R. Burris	785 B. Renaud		670 W. Jones	190 C. Vezina	355 B. Renaud
		410 R. Burris			670 W. Jones	190 C. Vezina	355 B. Renaud
		410 R. Burris			670 W. Jones	190 C. Vezina	355 B. Renaud
		1005 R. Burris			670 W. Jones	190 C. Vezina	355 B. Renaud
		355 R. Nance			670 W. Jones	190 C. Vezina	355 B. Renaud
		305 L. Quigley			670 W. Jones	190 C. Vezina	355 B. Renaud
		410 R. Burris			670 W. Jones	190 C. Vezina	355 B. Renaud
		1005 R. Burris			670 W. Jones	190 C. Vezina	355 B. Renaud
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		305 L. Quigley			670 W. Jones	190 C. Vezina	355 B. Renaud
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		410 R. Burris			670 W. Jones	190 C. Vezina	355 B. Renaud
		1005 R. Burris			670 W. Jones	190 C. Vezina	355 B. Renaud
		355 R. Nance			670 W. Jones	190 C. Vezina	355 B. Renaud
		305 L. Quigley			670 W. Jones	190 C. Vezina	355 B. Renaud
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		410 R. Burris			670 W. Jones	190 C. Vezina	355 B. Renaud
		1005 R. Burris			670 W. Jones	190 C. Vezina	355 B. Renaud
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		305 L. Quigley			670 W. Jones	190 C. Vezina	355 B. Renaud
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		305 L. Quigley			670 W. Jones	190 C. Vezina	355 B. Renaud
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		410 R. Burris			670 W. Jones	190 C. Vezina	355 B. Renaud
		1005 R. Burris			670 W. Jones	190 C. Vezina	355 B. Renaud
		355 R. Nance			670 W. Jones	190 C. Vezina	355 B. Renaud
		305 L. Quigley					

Friends many are made in the course of a professional career, and two of the ones who are (left to right) are Dan Siders, ADF (left), chairperson, and Joe Beck of Pennsylvania (right), and that follows the photo is the simple story of how they came to meet, and how their friendship has since grown.



"One of the great things about going to a National Championship is getting to meet fellow lifters from around the country. 1986 was my first ADFPA Nationals. The night before the meet I was sitting in a restaurant eating a few pieces of lettuce and drinking a small glass of water. I was worried about making weight the next morning. In comes Joe Beck. We hadn't met, but I'd heard of him and recognized him from pictures. He had one of the highest qualifying totals in my weight class, the 148s. I overheard him order, 'I'll take a steak, baked potato, and beer.' I turned to my family and coach and said 'Enjoy dinner, I gotta go. I can't sit here and watch him pig out, while I'm starving. Doesn't he have to worry about making weight? The next night, in the 148s, he and I met and became good buddies. He had placed 2nd the night before and I was celebrating with most of the other lifters who had competed that day. The pressure was off, the dieting over and we were unwinding. During the week between that Nationals of the 1987 meet, Joe and I kept in contact, offering each other training advice. When I heard the ADFPA North Americans were going to be in Pennsylvania, I called Joe who lives in Philadelphia, and asked if he could put me up. He and his family not only gave me a place to stay, they also gave me the pair of 'philly' and made me feel like part of the family. Joe helped me train and coached me through the Nationals. He wasn't competing as Americans a few weeks later. Before the 1987 Nationals in Chicago, Joe gave me another call. He asked about my training and weight. We swapped some more advice and then he said 'Well, I'll be looking for you by the pool in Chicago. Have a cold one ready. See you in a few days.' I bombed out and Joe finished 2nd. But it was great to spend some time together again.

Virginia State ADFPA 14, 15 Nov 87 - Stanardsville, VA

Weight	1st	2nd	3rd	4th	5th
114 lbs.	T. Holland 188	J. Hutchins 198	A. Reese 130	65	200
148 lbs.	K. Ryan 220	R. B. Hayes 200	80	55	185
182 lbs.	A. Sakol 200	B. Thompson 210	100	115	325
220 lbs.	C. Mayhew 200	D. Wood 210	150	170	400
270 lbs.	B. Hayes 220	B. Thompson 230	300	285	450
330 lbs.	S. Grubb 220	R. McGuffey 230	300	285	450
400 lbs.	B. Hayes 220	B. Thompson 230	300	285	450
485 lbs.	S. Grubb 220	R. McGuffey 230	300	285	450
575 lbs.	C. Mayhew 220	D. Wood 230	300	285	450
660 lbs.	R. B. Hayes 220	B. Thompson 230	300	285	450
750 lbs.	A. Sakol 220	B. Thompson 230	300	285	450
840 lbs.	C. Mayhew 220	D. Wood 230	300	285	450
930 lbs.	B. Hayes 220	B. Thompson 230	300	285	450
1020 lbs.	S. Grubb 220	R. McGuffey 230	300	285	450
1110 lbs.	C. Mayhew 220	D. Wood 230	300	285	450
1200 lbs.	B. Hayes 220	B. Thompson 230	300	285	450
1290 lbs.	A. Sakol 220	B. Thompson 230	300	285	450
1380 lbs.	C. Mayhew 220	D. Wood 230	300	285	450
1470 lbs.	B. Hayes 220	B. Thompson 230	300	285	450
1560 lbs.	S. Grubb 220	R. McGuffey 230	300	285	450
1650 lbs.	C. Mayhew 220	D. Wood 230	300	285	450
1740 lbs.	B. Hayes 220	B. Thompson 230	300	285	450
1830 lbs.	A. Sakol 220	B. Thompson 230	300	285	450
1920 lbs.	C. Mayhew 220	D. Wood 230	300	285	450
2010 lbs.	B. Hayes 220	B. Thompson 230	300	285	450
2100 lbs.	S. Grubb 220	R. McGuffey 230	300	285	450
2190 lbs.	C. Mayhew 220	D. Wood 230	300	285	450
2280 lbs.	B. Hayes 220	B. Thompson 230	300	285	450
2370 lbs.	A. Sakol 220	B. Thompson 230	300	285	450
2460 lbs.	C. Mayhew 220	D. Wood 230	300	285	450
2550 lbs.	B. Hayes 220	B. Thompson 230	300	285	450
2640 lbs.	S. Grubb 220	R. McGuffey 230	300	285	450
2730 lbs.	C. Mayhew 220	D. Wood 230	300	285	450
2820 lbs.	B. Hayes 220	B. Thompson 230	300	285	450
2910 lbs.	A. Sakol 220	B. Thompson 230	300	285	450
3000 lbs.	C. Mayhew 220	D. Wood 230	300	285	450

Metropolitan Championships 24 Oct 87 - Staten Island, NY

Weight	1st	2nd	3rd	4th	5th
114 lbs.	K. Madrini 300	F. Ronella 350	500	300	565
148 lbs.	D. Nichols 420	J. Jefferson 420	225	410	1055
182 lbs.	P. Sacco 705	J. Jefferson 705	345	630	1500
220 lbs.	T. Morgan 565	F. Bernard 550	325	535	1410
270 lbs.	D. Reid 680	S. Meyer 570	385	530	1660
330 lbs.	D. Reid 710	S. Meyer 570	385	530	1660
400 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
485 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
575 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
660 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
750 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
840 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
930 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
1020 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
1110 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
1200 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
1290 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
1380 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
1470 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
1560 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
1650 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
1740 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
1830 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
1920 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
2010 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
2100 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
2190 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
2280 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
2370 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
2460 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
2550 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
2640 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
2730 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
2820 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
2910 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660
3000 lbs.	S. Meyer 710	S. Meyer 570	385	530	1660

Denver Natural Nationals Regional 14 Nov 87 - Denver, CO (Atlas)

Weight	1st	2nd	3rd	4th	5th
114 lbs.	T. Miller 105	J. Davis 117.5	90	185	392.5
148 lbs.	A. Galant 117.5	A. Galant 122.5	92.5	170	385
182 lbs.	D. Landry 205	J. Weasley 205	115	240	560
220 lbs.	D. Landry 205	J. Weasley 205	115	240	560
270 lbs.	D. Landry 205	J. Weasley 205	115	240	560
330 lbs.	D. Landry 205	J. Weasley 205	115	240	560
400 lbs.	D. Landry 205	J. Weasley 205	115	240	560
485 lbs.	D. Landry 205	J. Weasley 205	115	240	560
575 lbs.	D. Landry 205	J. Weasley 205	115	240	560
660 lbs.	D. Landry 205	J. Weasley 205	115	240	560
750 lbs.	D. Landry 205	J. Weasley 205	115	240	560
840 lbs.	D. Landry 205	J. Weasley 205	115	240	560
930 lbs.	D. Landry 205	J. Weasley 205	115	240	560
1020 lbs.	D. Landry 205	J. Weasley 205	115	240	560
1110 lbs.	D. Landry 205	J. Weasley 205	115	240	560
1200 lbs.	D. Landry 205	J. Weasley 205	115	240	560
1290 lbs.	D. Landry 205	J. Weasley 205	115	240	560
1380 lbs.	D. Landry 205	J. Weasley 205	115	240	560
1470 lbs.	D. Landry 205	J. Weasley 205	115	240	560
1560 lbs.	D. Landry 205	J. Weasley 205	115	240	560
1650 lbs.	D. Landry 205	J. Weasley 205	115	240	560
1740 lbs.	D. Landry 205	J. Weasley 205	115	240	560
1830 lbs.	D. Landry 205	J. Weasley 205	115	240	560
1920 lbs.	D. Landry 205	J. Weasley 205	115	240	560
2010 lbs.	D. Landry 205	J. Weasley 205	115	240	560
2100 lbs.	D. Landry 205	J. Weasley 205	115	240	560
2190 lbs.	D. Landry 205	J. Weasley 205	115	240	560
2280 lbs.	D. Landry 205	J. Weasley 205	115	240	560
2370 lbs.	D. Landry 205	J. Weasley 205	115	240	560
2460 lbs.	D. Landry 205	J. Weasley 205	115	240	560
2550 lbs.	D. Landry 205	J. Weasley 205	115	240	560
2640 lbs.	D. Landry 205	J. Weasley 205	115	240	560
2730 lbs.	D. Landry 205	J. Weasley 205	115	240	560
2820 lbs.	D. Landry 205	J. Weasley 205	115	240	560
2910 lbs.	D. Landry 205	J. Weasley 205	115	240	560
3000 lbs.	D. Landry 205	J. Weasley 205	115	240	560

8th Atlantic Ocean Deadlift 20 Sep 87 - New Haven, CT

Weight	1st	2nd	3rd	4th	5th
114 lbs.	J. Copland 610	J. Moore 550	540	540	540
148 lbs.	J. Copland 610	J. Moore 550	540	540	540
182 lbs.	J. Copland 610	J. Moore 550	540	540	540
220 lbs.	J. Copland 610	J. Moore 550	540	540	540
270 lbs.	J. Copland 610	J. Moore 550	540	540	540
330 lbs.	J. Copland 610	J. Moore 550	540	540	540
400 lbs.	J. Copland 610	J. Moore 550	540	540	540
485 lbs.	J. Copland 610	J. Moore 550	540	540	540
575 lbs.	J. Copland 610	J. Moore 550	540	540	540
660 lbs.	J. Copland 610	J. Moore 550	540	540	540
750 lbs.	J. Copland 610	J. Moore 550	540	540	540
840 lbs.	J. Copland 610	J. Moore 550	540	540	540
930 lbs.	J. Copland 610	J. Moore 550	540	540	540
1020 lbs.	J. Copland 610	J. Moore 550	540	540	540
1110 lbs.	J. Copland 610	J. Moore 550	540	540	540
1200 lbs.	J. Copland 610	J. Moore 550	540	540	540
1290 lbs.	J. Copland 610	J. Moore 550	540	540	540
1380 lbs.	J. Copland 610	J. Moore 550	540	540	540
1470 lbs.	J. Copland 610	J. Moore 550	540	540	540
1560 lbs.	J. Copland 610	J. Moore 550	540	540	540
1650 lbs.	J. Copland 610	J. Moore 550	540	540	540
1740 lbs.	J. Copland 610	J. Moore 550	540	540	540
1830 lbs.	J. Copland 610	J. Moore 550	540	540	540
1920 lbs.	J. Copland 610	J. Moore 550	540	540	540
2010 lbs.	J. Copland 610	J. Moore 550	540	540	540
2100 lbs.	J. Copland 610	J. Moore 550	540	540	540
2190 lbs.	J. Copland 610	J. Moore 550	540	540	540
2280 lbs.	J. Copland 610	J. Moore 550	540	540	540
2370 lbs.	J. Copland 610	J. Moore 550	540	540	540
2460 lbs.	J. Copland 610	J. Moore 550	540	540	540
2550 lbs.	J. Copland 610	J. Moore 550	540	540	540
2640 lbs.	J. Copland 610	J. Moore 550	540	540	540
2730 lbs.	J. Copland 610	J. Moore 550	540	540	540
2820 lbs.	J. Copland 610	J. Moore 550	540	540	540
2910 lbs.	J. Copland 610	J. Moore 550	540	540	540
3000 lbs.	J. Copland 610	J. Moore 550	540	540	540

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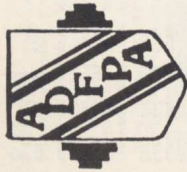
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The ADFPA would like to publicly thank all those who have worked so hard to bring the ADFPA where it is today. It is also proud to send all the loyal lifters who have stood by the ADFPA to The First Natural World Championship. We've come a long way!

ADFPA National Office
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MEET DIRECTORS. This list is a FREE service to publicize your contest to lifters. Send details in at least 3 months prior to your competition to "Coming Events", Box 467, Camarillo, CA 93011. You'll reach proper advance notice for your event. You'll reach MANY more entrants.

30 JAN Swartz Creek High School Invitational Bench Press (high school students only) Livonia, MI 48150
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- 25-26 JUN, 1st Natural World Championships (Redding, England), Dennis Brady, ADFPA President, 1340 W. Irving Park Rd., Chicago, IL 60613, 312-334-1527.
- 26 JUN, 4th annual "No Boy Allowed" Powerlifting Meet, 10000th Ave., Edgewood, MO.
- 26 JUN, Pennsylvania Women's Championships, Segal Engaging, 109 E. Market St., Clearfield, PA 16830, 814-765-3214 (24 hours).
- 27 JUN - 17 JUL Balkan American Games in Plovdiv, Bulgaria, 9015 St. Dimitar St., Sofia, Bulgaria, 9015 St. Dimitar St., Sofia, Bulgaria, 9015 St. Dimitar St., Sofia, Bulgaria.
- 2 JUL, U.S. Powerlifting Championships (doors - Riverfront Park), Mario Torrez, 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 (St. Paul), 10000th Ave., Edgewood, MO.
- 9-10 JUL, U.S.P.F. Senior Nationals (Las Vegas, Nevada), Rich Peters, Box 1753, Norman, OK 73070.
- 16 JUL, Caribbean (MI) Open, Richard Peters, Lebanon, OH 45031, 517-788-7560 ext. 496.
- 30 JUL, Toledo Open, Harry Cummings, 5344 Jackson Rd., Toledo, OH 43613, 419-476-1540.
- 30 JUL, Cincinnati Open, Richard Peters, Box 1753, Norman, OK 73070.
- 1-2 AUG, U.S.P.F. Teenage Nationals (Houston), Rich Peters, Box 1753, Norman, OK 73070.
- 7 AUG, Flat Y.M.C.A. Open Bench, Dave Cameron, 411 E. Third, Flint, MI 48803, 313-232-7560.
- 13-14 AUG, U.S.P.F. Open Nationals (Cincinnati), Rich Peters, Box 1753, Norman, OK 73070.
- 13-14 AUG, ADFPA National Championships, John Petroff, 2412 Hardland Ave., St. Louis, MO 63114, 314-426-0205.
- 14 AUG, Swenson's Midwest Open and Masters Bench Press Championships, Jim Swanson, 111 S. 57th St., Machesney Park, IL 60426, 815-577-2875.
- 20 AUG, USPF Gulf Coast Championships and Bench Press Meet, open, novice, women, teenage, team, Bullock, TX 75023, 214-985-0200.
- 20 AUG, 2nd Iowa State Fair Bench Press Meet, open, novice, women, teenage, team, Segal Engaging, 109 E. Market St., Clearfield, PA 16830, 814-765-3214 (24 hours).
- 20 AUG, B.B.S. Duesdill Meet, David Burke, 3130 W. Monroe, Alma, MI 48801, 517-463-8620.
- 21 AUG, APF 2nd Annual Midwest Bench Press Championships (men, women, teenage), Frank Pansano, 11559 516-271-0500.
- 26 JUN, 4th annual "No Boy Allowed" Powerlifting Meet, 10000th Ave., Edgewood, MO.
- 27 JUN, Longhorn Open (Amundt), Richard Peters, Box 1753, Norman, OK 73070.
- 3 SEP, Iowa Open (Des Moines), Richard Peters, Box 1753, Norman, OK 73070.
- 4 SEP, ADFPA Baltimore Open (beautiful awards, limited entries), Brent Washington, 3506 44th St., Baltimore, MD 21207, 301-944-8002.
- 4 SEP, Albert Lee Open (MN), Richard Peters, Box 1753, Norman, OK 73070.
- 10 SEP, 2nd Annual Courthouse Class (open, class II), Scott Johnson, 10000th Ave., Edgewood, MO.
- 10 SEP, 12th annual Oklahoma Grand Nationals (OK), Richard Peters, Box 1753, Norman, OK 73070.
- 16 SEP, Master Class II and Below Open Bench Press, Chuck North, 45 Midway Plaza, Tallmadge, OH 44278, 216-632-2900.
- 17 SEP, 1st Fall Y.M.C.A. Open, Richard Peters, Box 1753, Norman, OK 73070.
- 24-25 SEP, USPF National Nationals Qualifier (Houston, TX), Richard Peters, Box 1753, Norman, OK 73070.
- 1-2 OCT, Mid East National Regional (Cincinnati), Richard Peters, Box 1753, Norman, OK 73070.
- 2 OCT, 2nd Annual Western Maryland Duesdill (open, class I, masters, teenage), 10000th Ave., Edgewood, MO.
- 21-22 OCT, 916 National Highway, LA Vale, MD 21502, 301-729-2432.
- 2 OCT, 3rd Annual Biggest Bench in Ohio, Mike Leaban, 214 Locust No. 1, Belle, OH 45714.
- 8 OCT, APF Metropolitan Open (men, women, teenage, team), Glen 1558A Bldg. or Chiles Station, Island, NY 10802, 718-442-2437.
- 8 OCT, 6th USPF Texas Cap (open, below class I, masters, teenage, women), Jim Griffith, 303 Cedar, Baxtop, TX 78602, 512-321-5193 after 5 PM.
- 9 OCT, USPF National Nationals Qualifier (Birmingham), Richard Peters, Box 1753, Norman, OK 73070.
- 8-10 OCT, IFF Asian Men's & Women's Championships (Takamatsu City), Susumu Yoshida, 3-31-36 Sakae, Chiyoda, Fuchu City, Tokyo 183 JAPAN.
- 11-12 OCT, International Law Enforcement Olympics (Sydney, Australia), John Wakefield, G.F.O. 45, Sydney, NSW 2001, Australia.
- 13-14 OCT, 1st Annual National Veterans Open, Vic Bruce, 1011 Johnson St., Victoria, BC Canada V8W 2N6, 604-381-3813.
- 15-16 OCT, USPF National Nationals Qualifier (Atlanta, GA), Richard Peters, Box 1753, Norman, OK 73070.
- 22 OCT, West National Regional (Darwin), Richard Peters, Box 1753, Norman, OK 73070.
- 22 OCT, 1st Annual National Nationals Qualifier (open, below class I, men, masters, women), Segal Engaging, 109 E. Market St., Clearfield,

26-27 NOV, So. Central National Regional (Dallas), Richard Peters, Box 1753, Norman, OK 73070.

3 DEC, 19th Annual Mid-West Power Open, Tom Board, 442-262-2626.

3 DEC, Last Chance Open Qualifier National Regional (Springfield, MO), Rich Peters, Box 1753, Norman, OK 73070.

10 DEC, Amundt Open (Wheat), Richard Peters, Box 1753, Norman, OK 73070.

11 DEC, Sooner Open (Norman, OK), Richard Peters, Box 1753, Norman, OK 73070.

21-22 JUL, World Games Powerlifting (Karlsruhe, West Germany).

29 JUL-6 AUG, 1989 World Police & Fire Games (Vancouver, British Columbia, Canada), Des Moines, IA 50315, 515-280-8275.

World Police & Fire Games, P.O. Box 4850, Vancouver, BC V6B 4H4, CANADA.

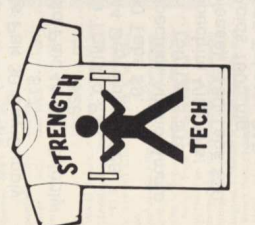
P.S. when writing a meet director for information always include a stamped, self-addressed envelope (except for Canadian and other foreign travel) and if you call, don't call collect.

P.F.S. for information regarding the official lifting program for the U.S.P.F. National Championship meets, contact Ralph Parake, Rt. 1 Box 291, Heath Springs, SC 29658.

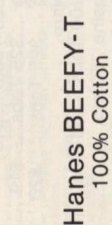
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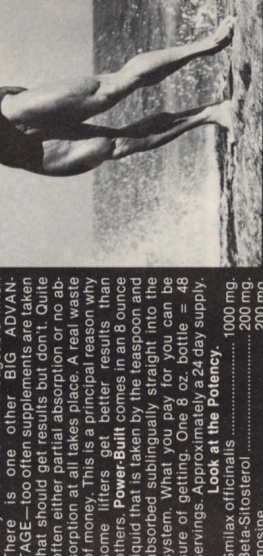
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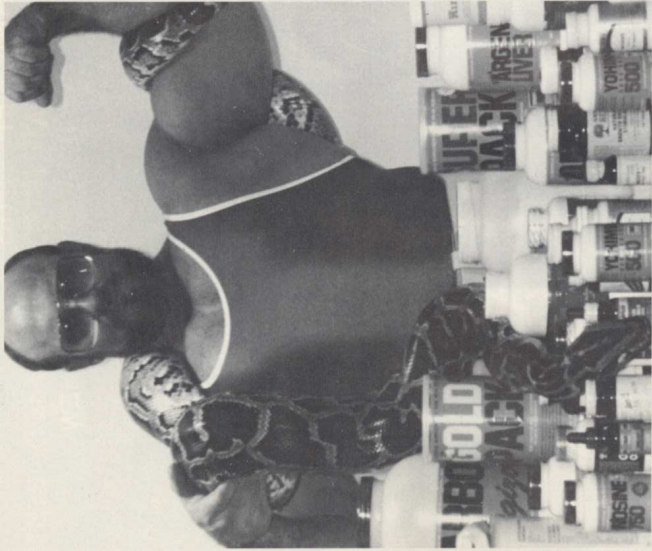
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APF World Bench Press Championships

- 28 Nov 87 - Denton, TX
- 123 lbs. Scott Polke 310*
 - 132 Steinfield 285*
 - 152 Jim Magruder 285*
 - 172 Jim Caraway 350
 - 275 Ray Pierce 357.5*
 - 350 K. Doonkeen 590
 - 4th 350 Ray Pierce 560
 - 530
 - Joe Perez 310*
 - Alan Mathis 430
 - Paul McCoy 320
 - Anthony Clark 645**
 - Jeff Jewett 270
 - Masters 40-49
 - Ruby Pace 435
 - R. Sakaguchi 430
 - 185 lbs. R. Sakaguchi 430
 - Jim Moramy 425
 - 190 lbs. David Ferguson 415
 - Wayne Whitelzel 355
 - 242 lbs. Carl Klein 330
 - 181 lbs. John Wood 440
 - 240 John Wood 440
 - 240 Clay Patterson 430*
 - Jay Mallock 440
 - 198 lbs. Zek Jakubik 440
 - 198 lbs. Zek Jakubik 440
 - 185 lbs. James 3659
 - Way's Stampfer 485
 - 165 Glenn Gill 415*
 - 220 lbs. Robert Dyer 305
 - 305 Dick Miller 320
 - David Ferguson 415
 - 165 lbs. 290*
 - Dick Miller 290*

* APF World Record. ** Third heaviest lift in history.
 4-181 Alan Mathis, 198 & up Jeff Magruder. Open Division Masters: 114-181 Glen Gill; 198 & up Dave Ferguson.

As sweat poured down the faces of about 400 people, the APF World Bench Press Championships in the World Bench Press Championships in the Powerlifting Federation and the World Bench Press Championships in Denton, Texas was the first APF World Bench Press Championships. As well as a competitor, said, "Considering the outstanding success of the outcome of the competition, I hope to see it continue annually."

records broken. In addition there were six world records broken. In addition there were six world records broken. In addition there were six world records broken. In addition there were six world records broken.

At the competition the top lifters of the world decided to formulate the APF World Bench Press Championships in conjunction with the International Powerlifting Federation. We do not intend to be in competition with Powerlifting but hope to hold meets sanctioned by both the USPF and the APF.

The board approved the development of three major meets. First the World Bench Press Championships. At the competition the top lifters of the world decided to formulate the APF World Bench Press Championships in conjunction with the International Powerlifting Federation. We do not intend to be in competition with Powerlifting but hope to hold meets sanctioned by both the USPF and the APF.

Massive Anthony Clark competing in the 275 lb. division. Clark said, "My goal is to be the strongest man in the world. I will attempt to lift 707.5, breaking Ted Arcidi's record of 696.5 at the World Bench Press Championships next year."

APF World Bench Press Championships NEW World Bench Press Congress Formed!!



Competitors at the APF World Bench Press Championships include (bottom row, left to right) such top lifters as Kotcha Doonkeen, Tony Alias, Anthony Clark, Jim Caraway, Jeff Magruder, Ray Pearce, Robert Dyer, and Scott Polke. Photos courtesy McCoy.

Bench Press Championships to seek additional sanctions by the USPF. Second, the National Bench Press Championships to also be sanctioned by the USPF and the APF. Third, a World Record Breakers meet to most likely be held in Las Vegas.

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Scott Polke punched up an APF World Record 310 bench weighing 123.5 lbs. Photo by [unreadable].

open, separate and total, designer of the bench press. In addition, he is the only member of the top lifters in the world. Photo by [unreadable].

Magruder, World Record Holder at 242 lbs. in the bench press with a bench of 639 lbs. Anthony Clark, superheavyweight having the third heaviest bench in history of 645 lbs. Scott Polke, World Record Holder at 23 lbs. Jim Caraway, World Record Holder at 242 lbs. Photo by [unreadable].

World Record Holder at 23 lbs. Jim Caraway, World Record Holder at 242 lbs. Photo by [unreadable].

World Record Holder at 23 lbs. Jim Caraway, World Record Holder at 242 lbs. Photo by [unreadable].

World Record Holder at 23 lbs. Jim Caraway, World Record Holder at 242 lbs. Photo by [unreadable].

World Record Holder at 23 lbs. Jim Caraway, World Record Holder at 242 lbs. Photo by [unreadable].

World Record Holder at 23 lbs. Jim Caraway, World Record Holder at 242 lbs. Photo by [unreadable].

World Record Holder at 23 lbs. Jim Caraway, World Record Holder at 242 lbs. Photo by [unreadable].

World Record Holder at 23 lbs. Jim Caraway, World Record Holder at 242 lbs. Photo by [unreadable].

