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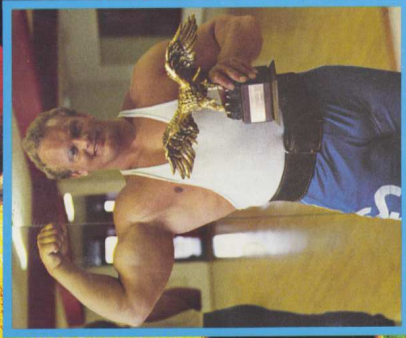
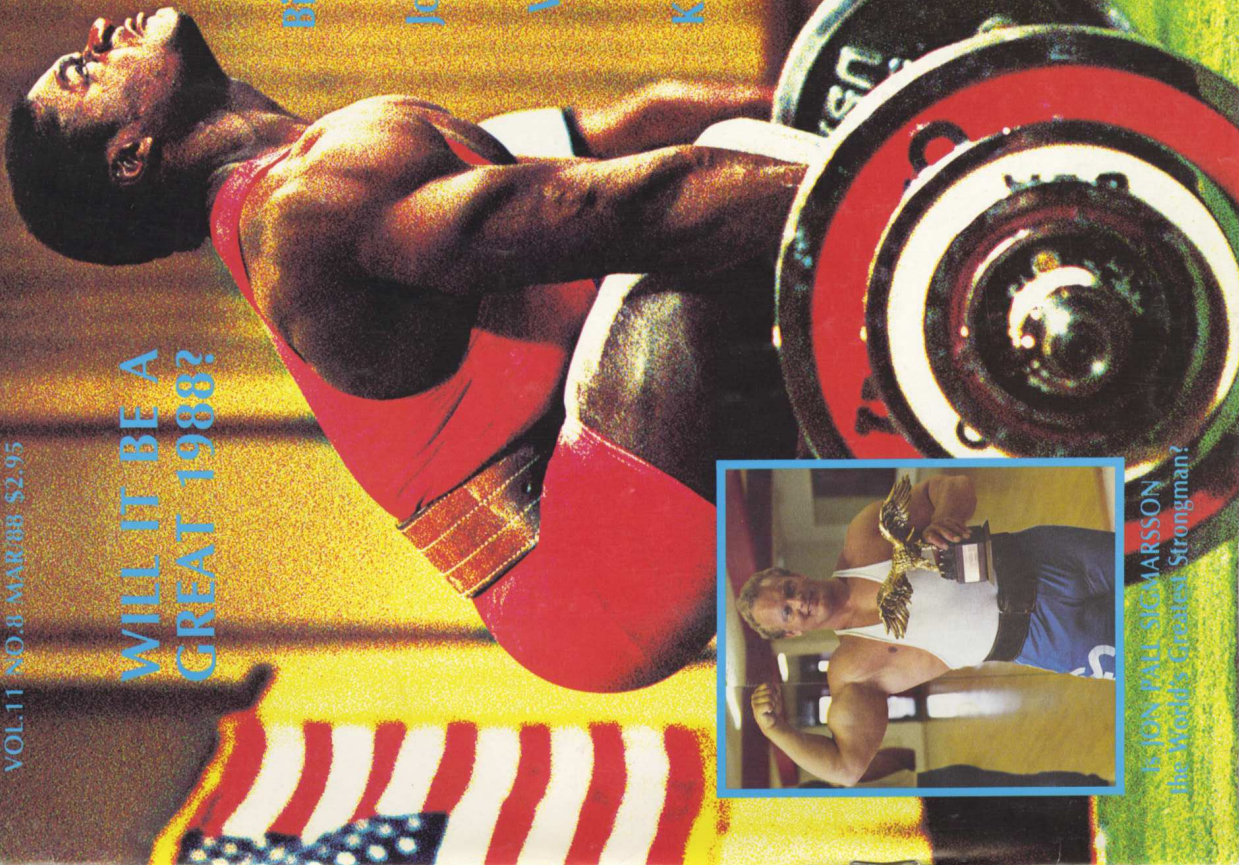
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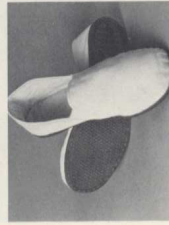
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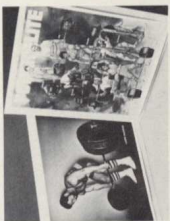
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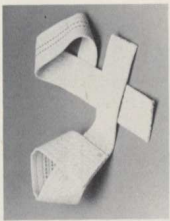
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ON THE COVER...Drug Free lifters like Victorian Rival will represent an even greater segment of the sport in 1988

NEXT MONTH...USPF Women's Nationals from Austin, TX

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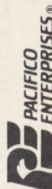
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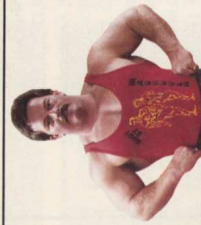


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# World's Greatest Strongman

the JON PALL SIGMARSSON Story as told to PL USA by Halldor E. Sigurbjornsson

The Country

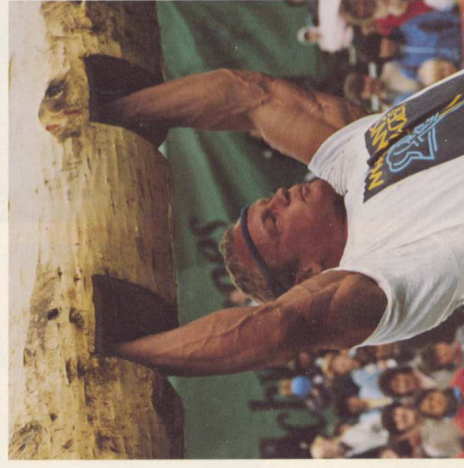
We Icelanders have an old saying, which translates something like this: "To know the man you have to know his roots." Here is a little bit of history about Iceland. It was conquered by the Vikings in the year 974 according to the Sagas. At first it was ruled by the strongest and most powerful viking chiefs, but as things began to settle they formed a parliament, the Althing. A few centuries later, when the Danes had turned, and ruled the country until 1944, an Iceland became an independent country. I believe there are many Americans who do not even know that Iceland exists. I learned when I was traveling in the States that it was not even marked on some maps! In fact, it is an island in the middle of the northern Atlantic ocean, between Scandinavia and Greenland and quite near the North Pole. When Dr. Squat, Fred Hatfield, visited the country last December he called it the "Gates of Hell". It has a rough landscape of volcanoes and glaciers, a bit like the moon. The population is only about 244,000. When I told the G.L.P. (Great Larry Pacifico) about this he said: "Are they getting out of the habit?" (I do not dare to say what habit he was referring to in a respectable publication like Powerlifting USA).

Fishing is what life is about in Iceland. It is the world's best, with absolutely no pollution!

Icelanders are a proud people, and if you ask one of them what all the things in his country, he takes the greatest pride in, he may possibly tell you about Iceland having a woman president, or about the old viking Sagas (written in the 13th century), or perhaps describe the national squad in team handball (6th best in the world). However, he will take the most pride in telling you that "Iceland has the World's Strongest Man", and here is his story.

The Early Years  
Jon Pall Sigmarsson, named according to Icelandic custom with "Sigmarsson" meaning his father name is Sigmar, grew up in one of the small fishing villages around our coastline. As every young child in Iceland, he read the old viking Sagas, stories about Grettir and Egil, Odin, and the mighty Thor and he began to dream. He wanted to be strong and powerful like the old Vikings, and to go to foreign countries and conquer the world. The seed had taken root early, but his dreams were not yet clear, merely a childish imagination. For the time being he wanted to play, and maybe go down to the harbor to look at the fishermen, those heroes of the sea.

His first introduction to the world of strength took place when he was all of five years old. "My fosterfather Sveinn Gudmundsson, was the Icelandic champion in glima and held 'The belt of Grettir'. He taught glima



Above... Jon Pall at the World Muscle Power Contest in 1986. Right with his record breaking 816 deadlift, and below three of the greatest strength athletes of modern times, Bill Kazmaier, Geoff Capes, and "Pall" Sigmarsson. All photos courtesy of Halldor Sigurbjornsson.



## Enter the Barbell

"I started training with barbells in 1976. At first it was mainly Olympic weightlifting, but I always loved the bench press, because I always wanted a big and strong chest," says "Pall" with a grin, moving his chest muscles. He also trained karate during those years. "I didn't do it because I was a muscle head or just to bully people around. I don't like to fight, but after I started training karate I felt quicker and more agile. It is quite possible this has much to do with my speed of action today!"

"I decided to start lifting for keeps on the 1st of January 1978, at 1800 hours. I decided to become enormous!" he says emphatically.



Off to a Rocky Start...at the World's Strongest Man Competition of 1984.

of Sweden). He made his best contest his far there in '84 by equating 80 lbs. of weightlifting, 518 lbs., and pulling 816 lbs. in the deadlift.

#### Enter the Strongman

Pall always felt that he could show himself more than he already had in the role of an all-around strongman. He wanted to show the wide variety of his strength, and had been performing several strongman stunts in public shows, just to get some extra money. Then he found an opening. He was invited to a strongman contest in Sweden called Viking '81. The contest consisted of powerlifting and several other exercises. Pall won the powerlifting part of the contest readily by totaling 2105 lbs. by easily beating the eventual victor, Wiggin of Sweden, who only lifted 1835 lbs. Wiggin won the overall by lifting the most in the total of all exercises, while winning only the Vikinglift, a powerlifting exercise that involves lifting a heavy deadweight over a bar lift. Here Pall lifted 1980 lbs., but Wiggin lifted around 2400 lbs. "I don't think his was fair, he had advantage in that his was far, he had a back lift, and they should have given points for each part."

Next year his fame had spread, and he was invited to the "Europe's Strongest Man" contest in Holland. He didn't fully fit, having hurt an ankle while fooling around playing soccer, but he gave a good light and finished third behind Wilfise of Holland (who recently cracked the 2204 lbs. in total) and Capes of England.

In the same year he was invited to New Zealand for the contest that was to become synonymous with his name here in Europe, the "World's Strongest Man". The contest was staged in Christchurch. Pall won some events, placed well in others, and was a close second to Capes.

By now Pall was getting fed up with second places. In January of 1985 the stage was set for the 1984 "World's Strongest Man" contest (though sponsors for that year's event weren't found until then). And Sigmarsson was ready! He set a world record in the "caber-toss", won several more events and placed high in others. When it came to the second to the last event, the "stone-lifting", it was a duel between Sigmarsson and Capes. The deciding factor was one large stone, nearly 300 lbs. and stubborn to lift. First Capes came out, but as he tried to lift it above his head, he narrowly missed. Sigmarsson strode out, ripped the unmovable stone off the floor and easily pressed it. Then he screamed: "The King Has Lost His Crown!" In the next event a sad thing happened. Sigmarsson easily pinned Capes in arm-wrestling, but while doing so Capes ripped an arm muscle. **JON PALL WAS NOW THE WORLD'S STRONGEST MAN!!!**

Nonetheless, Capes (who many consider to be the ultimate strength athlete) came back to win the event later in '85. Capes has a long history of being a Highland Games winner, "World's Strongest Man", and an internationally ranked shotputter. He was in top form in Cascais, Portugal

and won the contest quite convincingly. Sigmarsson took second place. Nominations at that contest where Hechter of the USA, and Cees De Vreugt of Holland.

Sigmarsson has competed in many other contests of a similar nature. He has won contests such as the strongman show in the Commonwealth Games in Scotland, and The World's Strongest Man Championship in '85 and '86, easily defeating some famous strongmen from around the world. He has also competed in the Highland Games from '84-'87, placing highest in third (this contest consists of old time Scottish events like hammer throw, caber and stone put like the like). He has also competed in the "Mark Ten" contest in Canada, getting third place in '85 and second in '86. He has also won 10 lbs. from Iceland, they finished second as a team. In 1986 they finished second and fourth respectively. Sigmarsson narrowly losing first to Magee of Canada (who won the '82 World Powerlifting Championships as a Super), but they won the team contest. In '87 Sigmarsson was injured badly and finished fifth, but "Usain" won fourth place, and they won second as a team, losing by half a point. Regardless, I think the climax of his strongman career so far is his victory over Bill Kazmaier in 1987 "Budweiser Pure Strength" contest, which I believe was shown on television in the USA recently. He won quite convincingly by taking 8 events out of the 10, 28 points for Pall to Kaz's 19, and Capes at 10. (The idea of the contest was to have all former winners of the World's Strongest Man title compete). Sigmarsson has also taken part in "Cumberland Wrestling", doing quite well. He has also made one of the best throws of all time, heaving a 56



Mr. Iceland for 1984, Jon Pall appeared near zero percent bodyfat.



With ONE HAND Jon Pall Sigmarsson has deadlifted an amazing 551 lbs.!

lb. kettlebell 176" over pole vault uprights, close to Kaz at 18" or so. His gripping strength is legendary, and in the "Farmers Walk" he has gone well over 330 yards while holding two 165 lb. cylinders! He has the all time record in the "log-lift", lifting 563 lbs. over his head, and exceeding Kaz with 352 lbs. at "Budweiser Pure Strength" show, and how about an 551 lb. deadlift on one hand, you powerlifting enthusiasts!! He has never lost an arm wrestling match, although taking grips with the likes of Waddington and Capes. His grip strength is amazing. When he started training at TRAIN, if Tom Platz is the hardest working bodybuilder, then Sigmarsson is the hardest working powerlifter, training maybe 360 days out of each year!

All his training is done in impeccable form. He has used as much as 390 lbs. for six reps in the power clean, after a total back workout, and has deadlifted 790 lbs. for three without straps and 770 lbs. for six after only a six week training cycle. His best in training for the bench is 551 lbs., and 485 lbs. for six reps. He often uses up to 441 lbs. in the barbell row, six reps for three sets, also without straps, and in dumbbell rowing he uses 230 lbs. for sets of twelve, also without straps!! He has thinned himself at around 300 lbs. at the idea, especially the nature Sigmarsson literally stopped eating and lost bodyweight all the way down to 225 lbs. I have never seen anybody that cut, although I have been an avid reader of bodybuilding magazines. He was close to zero bodyfat and easily won the 1984 title. He tried again in '86, this time weighing 260 lbs., but he did not win. He looked much better with the added weight, but the bodybuilders decided to choose won their own for the crown. This was an very unpopular decision. Let me give you an run down on his measurements: Height - 6 feet 4 inches, Weight - 290-310 lbs., Neck - 19 inches, Chest - 55 inches, Biceps - 21 inches, Forearms - 15 1/2 inches,

#### The Diet

Like all Icelanders, Sigmarsson eats lots of fish. "I eat any kind of fish, most days of the week, throwing in a chicken or two and a beef steak."

In fact, he does as he preaches, eating wholesome food everyday, and he NEVER breaks his diet. I myself, am an envious of his inner strength. Sometimes I try to get back at him calling him "chicken legs", because I then he replies by calling me "Buddha" or something else, referring to my rather ample build! His diet is similar to the old Viking diet, a lot of fish and milk products, but, he has some supplements and thinks he has gotten great results out of Joe Weider's Dynamic Carbo-Energizer and from the Anabolic Mega Pack.

#### The Future

He is an established superstar here in Iceland, with contracts that provide a local food producers, that provide a secure life. He has also some con-

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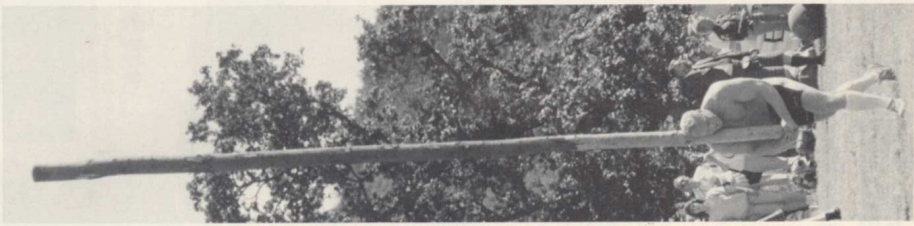
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tracts abroad, advertising and selling products. In fact, he is used so much in advertisements that he can be seen twice a night on television, every day of the week. He would like to market himself more abroad, especially in the USA. He has a special way with children and he himself has a son, now three years old, by the name of Sigmar Frey. He was nominated "Athlete of the Year in 1981" by the press, basketball player in the USA now playing with the Portland Trail Blazers. He has often placed in the top three in "The Man of the Year" here in Iceland and he has often been named "Man of the Month" by newspapers and radio stations. What the future holds for him is not easy to say. I can see him going on for years in strongman contests, being almost unbeatable for the next ten years at least. Mind you he is only 26 years old. As a powerlifter, I can see him go on, if he gets the urge, all the way to 330 lbs., making over 900 lbs. in the squat, over 600 lbs. in the bench, and as much as 950 lbs. in the deadlift. The man won't lose his grip, that's for sure! Possibly with specialization he could deadlift the magic 1000 pounds!!! As a person I see him as a friend; honest, down to earth, a man's man. He's a guy you can trust. If needed he will be there, any time, day or night. He is a man for this, and all seasons.

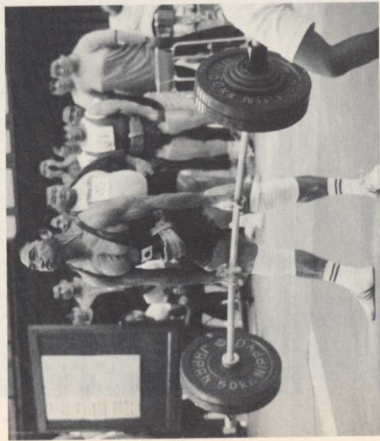
Jon Pall Sigmarsson can be reached for seminars, shows, and exhibitions at the following address: Frammesvegi 62, 101 Reykjavik, Iceland.



Tossing the Caber...at the 1987 Viking Games (a Clive Couch photo).

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Natural source of complex carbohydrates for instant glycogen storing.

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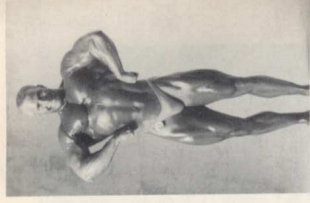
2.2 lb. can  
\$28.00

2.2 lb. can  
\$9.95

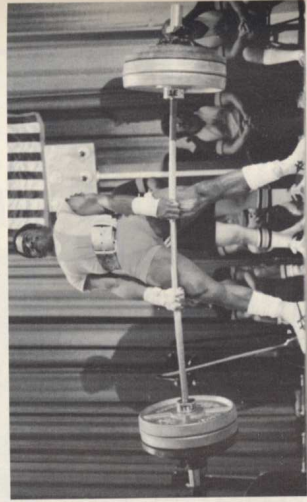
500 tablets  
\$13.75

90 capsules  
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# A GREAT 1988?

## The New Season as seen by Mike Lambert



Should be a Great Season for Lamar Cant. Already he is pulling 620 for 5 reps, and felt like he could do EIGHT! He's also gotten 700 of the ground!

To take a realistic perspective, there should be many good things in store for Powerlifting in 1988. As in 1987, the number of competitive athletes should continue its steady pattern of growth, perhaps 10-15%, and there will be more meets for all and there will be more meets for all National and International titles to compete for. Slowly but surely, despite the black cloud of the drug issue and the division of multiple organizations within the sport, public acceptance of Powerlifting seems, as well, to be on the rise. This news isn't that exciting, it doesn't get us into the 1988 Olympics or put us on network sports this coming season, and many people simply take these things for granted, but it verifies that the sport is fundamentally healthy and heading in a generally positive direction.

Through secondary to the Big Three (Squat, Bench, and Deadlift) in the minds of most lifters, the next single biggest issue of this coming year will be drugs in the sport. Though major strides have been made in the scale of drug testing in Powerlifting over the past few years, we may see the battle lines be drawn back a bit. Already, the U.S.P.F. has ordered a Drug Control Policy moratorium on future drug suspensions, pending National Committee action. The limitations, technical and legal, of current drug testing are becoming more apparent, through the research and writings of such men as Harold Pasquillo, D.D., Richard Herrick, M.D., and Jeff Everson. Substantive legal challenges to drug testing may be forthcoming, on the grounds of Right to Privacy, etc.

The polygraph, P.P.A. neck sensors, and other methods of detection (with certain exceptions) in a law that has passed the House of Representatives in the U.S. Congress. This does not apply to A.D.F.P.A. competitors, however. It was noted that "One objection to this ban pointed out by the polygraph is that it allows their use by the government." Hypocrisy is a word that gets a lot of use in Powerlifting these days. Those who deal use or otherwise defend the rights of drug users in the sport point out with glee the many potential hypocrites of trying to deal with the drug control issue, but is there, in fact, no hypocrisy whatsoever in using anabolic steroids in the context of fair athletic competition?

Furthermore, how much human energy, administrative talent, creative thought, and sheer determination will be funneled away in 1988, not for the overall good of Powerlifting so much as towards other factions in the sport? How many hours and dollars will be spent in 1988 by leaders of the sport, meet directors, and lifters working against each other, instead of working together towards the ultimate future of Powerlifting? Who's just simply "for" Powerlifting anymore, without regard for the brand name on a registration card?

The Frantz lawsuits have still not been resolved. The denial of substantial financial awards to the U.S.P.F., etc. after the dismissal of the lawsuit

there is now competition to serve the drug free lifter. The criteria of whether a lifter is drug free for a year, or three years, or five years, or ten years, or a lifetime have separated one lifting organization from another. Can the A.D.F.P.A. continue its recent fast growth in membership in the face of explosive growth in the U.S.P.F. offering to drug free lifters through Richard Peters, while they gradually extend their drug free requirement to 3 years? Will the A.N.P.P.C., and W.N.P.F. expand beyond their current regional confines in 1988? A greater number of drug free lifters than ever before will enjoy the opportunity to dictate the future direction of our sport through their own individual choices and actions in 1988.

The Neutral World, supported by the A.D.F.P.A., will receive its initial entry on the A.D.F.P.A. 1988 calendar, joined by the A.P.P.F. World meet, set for Canada in November, and the W.N.P.F. will sanction a Women's World in Belgium this coming May. A Women's Meet in England this July, a World Judo Championships in London this October, and the I.P.F. Men's meet in Perth, Australia. Progress towards Olympic acceptance for Powerlifting will proceed, perhaps at a murky pace, but be assured that without support of this effort, and more in the future, it will not.

1988 will be a transition year for the sport. All the factionalism in the sport will, in the familiar ebb and flow of things, continue to sort itself out into what the majority of lifters perceive to be the "right" direction. After this year passes, we will have a better idea of what that direction is. Powerlifting is still young, evolving, with many frontiers to explore. Be assured, as I am, that the basic appeal of the sport, the development and exhibition of strength, is so fundamental to human nature and so important that it will never die away, though there may be changes along the way. No matter what one lifter does, the next champ is focused on doing better. That will always be true, and will keep the records coming.

You can't look at 1988 and fall to say something about the Hawaii Recordbreakers meet. It's a unique showcase of talent that looks even better than ever this year. Imagine Ausby Alexander, John Inzer, and Jamo Virtanen together in the same class, with the squat, deadlift, and total records potentially breakable by every one of them. How about Lars Noren? Can he meet the challenge of the other great Superheavyweights who are always there and still push the all time best in the squat, deadlift, and total and bench 600 besides?

And how about the other interesting questions to be answered in the coming months? Will Ed Coan stay A.P.F., or go over to the U.S.P.F.? Will great A.D.F.P.A. lifters like Gerald Welch head for England in June or go for an I.P.F. World title Down Under? The answers to these and all the other questions of 1988 will be answered in the pages of the upcoming editions of your magazine on the sport, Powerlifting USA!

expansion in the opportunities for drug free athletes to compete. The A.D.F.P.A. looks forward to its first larger financial toll against those who sued the U.S.P.F. The default judgment against the I.P.F. on behalf of Frantz et al remains unsettled. Could 1988 be the year that these unpleasantness finally get resolved and hard they want to work for their own step in getting some I.P.F. World meets back in the States again. There are certainly some fine and willing PPF directors and tremendous meet sites available here.

1988 will certainly mark a major

# KAZ WINS THE CHALLENGE!



Winners of the Mark Ten Challenge: (left to right) Mark Higgins (2nd), Bill Kazmaier (1st), Robert Dubeau (3rd). Photo courtesy Derek.

Being a strongman isn't easy. Some of it is gift, most of it isn't. Hours spent in the weightroom building up the body can easily be swept aside when competition pushes you to the limit and beyond. Powerlifters and weightlifters have some advantage, in that when they compete they are at least familiar with the lifts. Strongman competitions are a different affair.

Over the last 4 years the Mark 10 Challenge has attracted some of the world's best strength athletes. Dave Waddington, John Gamble, and Tom Magee, just to mention a few, have come up to Canada for a little rock throwing, platform lifting, wheelbarrow pushing and sandbag racing.

10 strong men compete on 5 teams, and this year the contest featured one who some consider, and with just cause, the World's Strongest Man, Bill Kazmaier. The Kaz and Paul Sheedy, an olympic lifter and powerlifter, completed the U.S.A. team. From Finland there was 44 year old Ilkka Nummisto, a former Olympic rower, now a powerlifter, and a dead ringer for American lifter Larry Kidney. Nummisto teamed up with the 1986 Finnish powerlifting champion and full-time policeman Markku Suonvirta. From Iceland came 2 men who competed last year, Jon-Pal Sigmarsson and Hilari Aronsson, both of whom are professional strongmen.

Earlier in '87 Sigmarsson had competed at Huntly Castle against the Kaz and British strongman Geoff

entires to blaring rock music as they entered the famous Montreal Forum through a forest of fog provided by dry ice machines and spotlights flashing throughout the crowd. What an entrance, but not even that flashy affair was close to the impressiveness of the competitors themselves. When Bill Kazmaier stepped down to competition attire, the jaws of the more than 10,000 on hand dropped significantly. As he warmed up with the half concrete block for his first attempt in the stone throw, those same 10,000 in the audience knew they were in the right place at the right time.

Kazmaier was as impressive as he looked. He tossed the 50 pound granite stone 7.86 meters, over 26 feet. Call it a world record. Kazmaier, all 320 pounds of him had arrived in Montreal, ready to meet the Challenge. Jon-Pal Sigmarsson of Ireland was a very close second at 7.81 meters. Sigmarsson competed last year weighing 275 pounds, but this time he was much bigger at 310 pounds, hoping for better results to go along with his greater size. Brian Magee's opening weight lift attempt of 300 pounds was his lifetime best. He placed third. Higgins, simply put, is a giant of a man. Imagine 6 foot 8 inches, 345 pounds and a desire to win. A dangerous fellow.

Kaz took his 20 points from the stone throw into event number 2, the platform lift. No one has ever been able to figure out who should do best in this event. In the squat, the advantage normally rests with a man with

produced the competitors from the 5

a short back and legs, but in the platform lift, which at least resembles the squat, some of the best squatters in the world have had the most difficulty. It has seemingly baffled the likes of Dave Waddington, John Gamble, and even Doug Furnas. The lifter is at the mercy of this God-awful contraption that persists in being the toughest event of them all. And yet it looks so deceptively easy.

The lifter positions himself under the bar that is attached to 2 steel riggers. The whole thing looks like a fancy power rack. Fact is, though, it can hurt you. While the lifter innocently positions himself under the bar the whole contraption seems to say NO. There is no lateral movement. The lifter has little or no control. If the bar doesn't go up it goes nowhere at all. This can be a mighty tremore for strength athletes who are used to getting their own way with things.

Of course, strength athletes are used to a pulled muscle here and there. It's part of the price you pay for winning. But American team member Paul Sheedy had to pay a little bit more and ended up short changed in the process. His opening weight lift attempt of 300 pounds was his lifetime best. He placed third. Higgins, simply put, is a giant of a man. Imagine 6 foot 8 inches, 345 pounds and a desire to win. A dangerous fellow.

The rest of the gang had varying degrees of success with the platform lift, or as it might be called, the contraption.

The Kaz, a consistent 900 plus free squatter, did move no more than 1500 in this test. A 1500 pound quarter squat? Blame it on the contraption. The Quebec duo of Marco Fortier and Robert Dubeau have had lots of experience with it and that obviously has paid off. They both succeeded with 1800 pounds. Fortier and Dubeau are short, powerful men, at 5 ft 8 in. and 5 ft 9 in. respectively, which leads one back to the original theory that this event is perfectly suited to a lifter with shorter levers. Perhaps the contraption did make some sense, however, then 6 ft 8 in. Mark Higgins pushed up the same weight, 1800, and that theory was blown away. Higgins and the Quebecers would be passed by Hilari Aronsson. He established a world record 1900 pounds. The old mark was 1850 pounds. Following the new record and numerous aches and pains, the contraption was dismantled and put away for another year.

After that experience, the next would seem like a stroll in the park, albeit one with a wheelbarrow loaded with over a ton of metal. Kaz had to come to Montreal earlier last fall to do some promotional work for the event. He'd practiced the wheelbarrow with little cars along for a ride. In the event itself, that walk down the garden path started with 2300 pounds and had to be pushed a total distance of 5 meters, two attempts per lift. The British team of Peter Tregloan and Mark Higgins pushed one another and their barrows to the limit.

Except for Sheedy and Suonvirta, both of whom were quite hurt, most of the athletes did very well in this event. The Kaz went to 2700, while Aronsson, obviously exhausted from his heroic effort on the platform, pushed 2500. Just a tad over 3 meters. The Kaz found his meaty hands a definite liability, as Sigmarsson went to 3000 lbs., but only 45 meters worth.

Back to the Brits. Tregloan up to this point hadn't been very impressive. Oh sure, he had the credentials to be a worthy entrant, but he hadn't really shined. Almost as if he needed to prove himself, he turned in one of the greatest efforts of the evening. Struggling down the isle with

the barrow carrying 3000 pounds of plates along the ridge, his kilt flowing, the barrow stopped at 4.34 meters. Only Mark Higgins managed more. He struggled with his 1st pull of the massive and cumbersome load, stopping to re-group for his second effort and to eat off a large ripped from his mighty mit. Pumped up and ready to complete the task Higgins struggled to the finish line with the three grand, a new mark for the event.

Higgins, a remarkable machine, made the Mark 10 Challenge his 35th Strongman Contest of the year. One last test for the British, Behemoth to wrap it all up for another season. Comfortably, and Kaz needed a strong finish for the overall win. The final test was a real doozy. Imagine having to run 200 metres accompanied by a 200 pound sack on the back. Just imagine the state of these bodies by now. Obviously Sheedy and Finland's Suonvirta had to tread lightly down the course. Peter Tregloan, much more suited to brute strength than cardiac efficiency, struggled through this round as well. The others would turn in respectable times, but Kaz was primed, ready, prepared and confident. He blasted from the sound of the gun down the track almost as fast as Montreal hockey stars like Rocket Richard or Guy Lafleur had travelled so many times and so many years before, but the Kaz was at least assured of good footing on the plywood that covered the ice. Of course, he had also been practicing. One of his other PR gigs while in Montreal to promote the event was to run up flights of stairs with a lady passenger on each shoulder.

Pardon the pun, but the superiorly conditioned Kaz ran away with the event, 200 meters in 42.7 seconds. Robert Dubeau of Quebec was a convincing second at 43.57 seconds, and Quebec's Marco Fortier came in third at 43.86 seconds.

Two first place finishes meant that Bill Kazmaier had become the new Deli Mark 10 Champion. He was happy to have won, but less enthusiastic about his only mediocre performance in 2 of the four events.

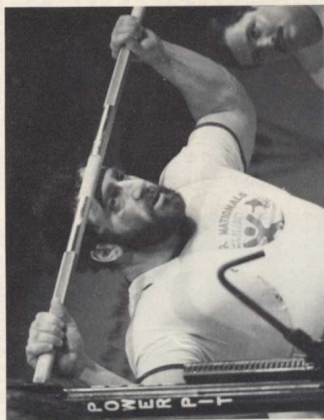
The points and standings are as listed. In addition, the Quebec team of Marco Fortier and Robert Dubeau was awarded the Nation's Cup for the best team performance.

## OFFICIAL RESULTS — DELI MARK TEN

Competitor/Nation	Stone	Barrow	Course	Points
Kazmaier/USA	7.86	2700/4.0	42.70	50.6
Higgins/CB	7.53	1800/3000/5.0	48.75	48.3
Dubeau/CAN	7.17	1800/2900/1.4	43.57	45.3
Aronsson/ICE	7.35	1900/2500/3.19	47.49	42.0
Sigmarsson/ICE	7.81	1500/3000/45	47.87	37.6
Fortier/CAN	6.45	1800/2900/43	42.86	34.8
Tregloan/CB	6.45	1500/3000/4.34	60.58	23.1
Nummisto/FIN	6.50	1500/2300/3.07	47.17	21.6
Sheedy/USA	6.97	1300/2300/4.3	51.13	11.0
Suonvirta/FIN	5.54	---	50.29	8.6

now motivated to the pursuit of strength excellence, not as a in-dependent free spirit, but as a father with more immediate responsibilities. Older now and wiser, he probably has even more of a competitive edge. These are just a few of the things the Mark 10 Challenge seem to bring out in its men. Until next time. Derek FitzGerald, Montreal sports writer, broadcaster and powerlifter, 5390 Doherty Ave., Montreal, Quebec H4V 2B6, CANADA.

## WHERE ARE THEY NOW?



**UPDATE: CARLTON SMITH** This is one in a series of articles, tracking down former champs, updating their whereabouts, lifestyle, and thoughts on today's powerlifting scene. (researched by Saul Shocker)

Former World 242 lb. champ, Carl Smith, has won or placed highly in just about every major power meet during the course of his long and successful career. This includes four National Collegiate Powerlifting Championships (accompanied by four Best Lifter awards) from 1969 thru 1972, the 1971 Worlds, 1976 Pan-Ans, and the 1982 Hawaii Invitational (837 507 821 2166). In fact, Carl has completed in over 200 powerlifting competitions, his last meet being the 1983 Seniors where he placed second to the great Steve Wilson by 34 lbs. At that point, Carl felt "after 21 years of competition, I had enough! As much as I loved it, I just felt at the time that enough was enough. I decided to spend a while while I was still feeling good". Today at age 42 and a bodyweight of 228 ("I'd like to get down to 220"), Carl remains in excellent condition, having avoided much of the abuse that other powerlifters of his caliber have subjected themselves to. Training three or four days a week, he still manages sets of tens with 550 lbs. in the squat, and lives in the bench with 40 lbs. Seems like pretty intense pressing lifting for a drug-free, former powerlifter just trying to stay in shape. Actually, this is just enough intensity for Carl to keep his foot in the door of high level National USPF or ADPPA competitions, just in case. Carl remains in touch with today's lifting scene, and is particularly impressed with Coan, Furnas, and Hatfield. In general, however, he sees the totals somewhat leveling off, and the USPF/ADPPA totals creeping up to the APT totals. "I can see who stays and who goes, and who is quick on and off the scene. I can see who stays and who leaves their own fate", this dilution of top lifting talent ultimately hurts our chances for Olympic acceptance. In addition to his continued interest in powerlifting and its various new directions, Carl's life is full. He's married, the father of a young daughter, and has recently built a new home in Norwich, CT. Carl has taught high school physical education for fifteen years. He is particularly proud of his wrestling teams and the success they have achieved during his thirteen years as wrestling coach (12 years as track & field coach). They are now going for their sixth consecutive Connecticut State Wrestling Championship. The team currently holds the State record at five. Carl's personal record as wrestling coach for thirteen seasons is an amazing 222-34! He is obviously enjoying a full and satisfying life in the midst of this competitive powerlifting retirement. However, one has the feeling that he may not have seen his last powerlifter. The roots on the highest levelers run deep and strong, and the thrill of a personal lifting challenge may be dormant for some time, never really dying, only to surface again - at any time, just as Carl's closing remark to me illustrates: "Don't be too surprised if I pop up this year to qualify for the USPF Seniors or ADPPA Nationals." Saul Shocker

# POWER-RESEARCH

-dedicated to bringing Science to the sport of Powerlifting-

## RESTORATION

as told by Fred Hatfield Ph.D.

Roaming the globe, as I often do, in quest of superior training wisdom, I often get bored out of my skull. There just isn't too much of it around. The most fertile ground, if you dig deep enough, has been the Soviet Union.

"Yeah, yeah! I know! The Russians beat us all the time!" you may often lament. "I'm getting tired of hearing how great they are and how puny and sorry our athletes are!"

Sorry about that. Swallow your ethnocentric pride for one moment of objective reflection on the facts. The fact is, to get to the top, I'll take help from wherever I can find it. Scrofulous though they may be, much can be learned from the Russians when it comes to peak performance in sports.

One area woefully neglected in this country, and carefully studied in the Soviet Sports system, is the science of restoration. Recuperating fully and swiftly between workouts, as well as during workouts, so you can train harder more often is both a science and an art. At worst, practicing restorative techniques will make you a better athlete virtually overnight. At best, it will make the difference between third runner-up and champion.

At worst I'll keep you healthy. At best it will prove so productive that you'll no longer find a need for your steroids.

So, what does restorative therapy entail? Here's a partial listing that Dr. Mike Yessis uncovered and published in his Soviet Sports Review, all of which are currently in use by Soviet athletes:

- massage
- hydrotherapy
- electrical muscle stimulation
- rest
- nutritional substances
- trigger point massage
- reflexology (acupuncture and acupressure)
- psychological techniques
- light therapy
- color therapy
- electroslap
- electrophoresis
- ultrasound
- hyperbaric chambers
- electrotonics
- air ionization
- magnetic field therapy
- laser beam therapy
- herbiology
- sauna
- cycle training (periodization) techniques
- physiological monitoring
- emphasis on quality training

OK, some of them are old hat. Others are too esoteric to even consider. Still others are either too expensive or too difficult to incorporate into your

predispose you to injury and make it more difficult to add strength because of the "binding" effect the scarring or adhesions have on the muscle as a whole.

5. **Visualizing success:** Right after your Jacuzzi and massage, lie quietly in a secluded place with your eyes closed. Conture images of your recently-trained muscles performing each rep and set at levels you only dare dream about. Make yourself visualize success! Feel each muscle movement. The neuronal stimulation each of your muscles receive during such visualization is very relaxing and also restorative to them. Each visualization session should last for about 15 minutes.

6. **Before Bed:** If you've been having any trouble falling asleep or if your sleep is less than thoroughly sound, use tyrophan on an empty stomach right before bed. It'll help your sleep by stimulating serotonin release. However, if your sleep is perfect, then use ornithine and/or arginine (about 1 gram per 50 pounds of bodyweight) to induce a greater-than-normal release of growth hormone during the first hour or two of sleep.

These are some simple things you can do. Depending upon your resources, many other methods of improving your restorative powers can be used.

DR. SQUAT

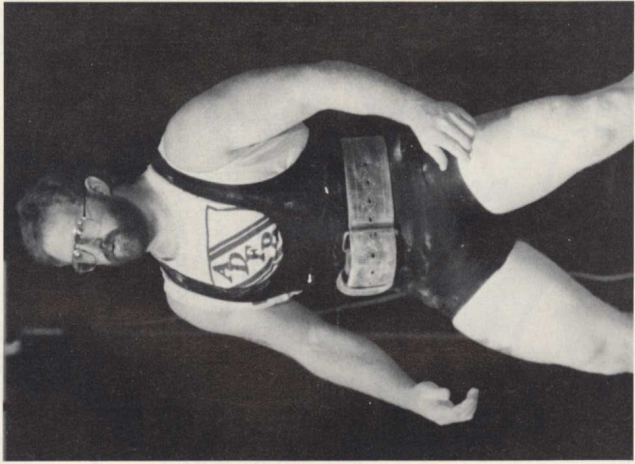


Dr. Squat is backed up over in Hawaii by his close friend and 1984 U.S. Olympic Team Chiropractor, Dr. Sal Arria.

# WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For simply increase or decrease the training weight in direct proportion. For example, if you lift 400 lbs in direct proportion to 500 lbs, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

## SEAN CAIN'S Natural Deadlift



SEAN CAIN is a National Champion and one of the most successful deadlifters in the history of American Drug Free Powerlifting Association competition.

I just want to add a short thank you to my workout partners at the Hudson House Inn in Hudson, WI for all the support and an occasional kick in the butt. Do yourself a favor and thank your workout partner for some of what you've accomplished.

Good luck training with this program. Keep your head screwed on right, and your energy up, and you'll pull more weight than ever before!

Just drop me a line if you have any questions or if you just want

to talk POWERLIFTING!

Sean Cain  
Rt. 2 Box 250C  
New Richmond, WI 54017

Week #1: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5x3.

High Pulls - 5 sets of 5 reps, progressive weight. Bent over rows - 5 sets, 10 reps, progressive weight. Dumbbell bicep work - 4 sets, 10 reps.

Week #2: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

Assistance work.

Week #3: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

Week #4: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

Week #5: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

Week #6: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

Week #7: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

Week #8: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

Week #9: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

Week #10: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

Week #11: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

Week #12: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

Week #13: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

Week #14: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

Week #15: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5.

More competitions have been won or lost on a final deadlift attempt than on any other factor in competitive lifting. Give this lift as much attention as the squat or bench and you won't have to look for a crying towel when all the marbles are counted. A lot of good sub-totals are left behind because of a poor deadlift. Most lifters either neglect deadlifts, or they overtrain them, as well as the assistance exercises, to the point of injury or fatigue.

This program is directed towards the natural lifter that is capable of a 700 lb. deadlift going into this 16 week cycle. The lifter can expect a gain of 25 to 35 pounds. Because the deadlift is such a demanding exercise for the human body to endure, a lot of stretching and pre-warmups are a necessity. In this cycle deadlifts are done heavy once per week for the first 5 weeks, and heavy every other week until Weeks 14, 15, and 16.

This is to allow for the recovery of the low back and erectors. The back can really take a beating when you're training heavy on squats and deadlifts. The idea of going heavy every other week added 40 lbs. to my deadlift the first 8 weeks that I trained this way.

When performing the deadlift, keep your arms straight, back straight and your head up. It takes a lot of practice, but you have to get your back, legs and hips working together in order to actually finish off the weight that you have the basic strength to pull. There are many lifters out there that could be champions if they learned how to coordinate their strengths.

Don't cut yourself any slack! Do each lift as if there were three judges. You want a smooth pull all the way to lock out with the intensity and concentration of a competition attempt.

Choose the style that fits your body structure, strengths, or weaknesses. I use the sumo style because of injuries sustained in a car accident that keep me from developing the low back and pelvic area strength that is necessary for conventional deadlifting. Tom Mital, my workout partner, has a very strong low back, which enables him to lift a lot of weight in the conventional style. I personally made a jump of 65 lbs. when I switched to the sumo style.

To give you an idea of how my training comes together, here is a brief outline of my weekly schedule: Monday: Heavy squat, heavy bench, triceps. Wednesday: Deadlifts, back work, biceps. Thursday: Light bench, shoulders, triceps. Friday: Light squats, legs, back work, biceps.

I have used this type of schedule for years, and it's still fun to do! Keep your workouts interesting and fun and you will go beyond your goals.

Week #3: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x5, 530x5, 550x5, Assistance - same as Week #1.

Week #4: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 550x5, 570x5, Assistance - same as Week #1.

Week #5: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #6: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #7: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #8: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #9: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #10: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #11: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #12: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #13: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #14: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #15: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #16: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #17: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #18: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #19: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #20: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #21: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #22: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

Week #23: (Wed.) 135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5, 570x5, 590x5, Assistance - same as Week #1.

**Power Publicity**...in Illinois Ed Coan received publicity in his local Evening Park newspaper. The article tied in Ed's rather modest beginnings at 4'11" and 98 lbs. as a freshman in high school through his recent exceptional performances in powerlifting. Of course, living in Evergreen Park all your life provides a natural tie-in to the local press. Ed has also received coverage in some of the larger Chicago area papers as well. By the way, Powerlifting USA supplies a photograph that will be used in that in many cases where we do have the photographic assets from various national championships. In Maryland Victor Kennedy got a nice article in the *Journal* off his lifting in the IFF World Championships in Norway. Sean Scully and Victor's friend Steve Elgin contributed much to the article, which describes the trials and tribulations of getting their difficulties programs together and the challenges of competing together and competing overseas. In Atlanta, Dr. Herwin got a nice article in the *Sports Medicine Connection*. A nice photo of the build-up to the sports festival break a world record. Chuck used one of the pictures that we took of him at the World Police & Fire Games for his publicity purpose. If you have a nice photo of yourself in a warm-up suit, with some of your awards, it will be handy when you want to show what a powerlifter really looks like. In California, the *Monitor* had a nice photo of some of the lifters at the local Ft. Irwin power meet. No matter what level you're lifting on, there is appropriate news media to cover what you're doing. *Salt Lake Magazine* published a feature on top military athlete Chuck Bell. The article was written by Sean Scully and contributed to by Sean Scully with a nice color photo from the files of Powerlifting USA. In a general appeal magazine such as this, it's appropriate just to explain what the sport is: how it's different from Olympic lifting, what the three lifts consist of, how many weight classes there are, and so forth. This is simple information for any powerlifter to generate right off the top of his head, but it is news to people who are not that familiar with the sport. Down in Florida, the *Orlando Sentinel* did a fine article on female powerlifter Kern McNamara, who has taken on the 1980 United States Olympic Gymnastic Team, who has alternate up powerlifting and is doing extremely well, although she has just recently become pregnant, and will have to wait until the 89 ADFFA Nationals to show her stuff. The tie-in between gymnastics, girl powerlifting, pregnancy, led to an unique story angle. In Pennsylvania, Jake Boyer, one of the all-time champs in getting local publicity, sent us another example of his success with one of the local youths who completed in the average Nationals. Jake made sure that he and all the boys were dressed up very nicely for the occasion, in which the boys were cited at the American Legion Post installation dinner and were seen with Commander Dawson Brown. Down in Virginia, Nina Buck sent us an example of just a short story from the *Quantum* Gazette regarding a visit of some bodybuilders and powerlifters sponsored by a Recreation Services team. Nina reports that the kids of the high school were inspired to powerlift after seeing the exhibitions. The women at the fitness center were more receptive to the fact that there was a woman among the group, and could relate to her lifting weights. It seems like such a little thing, but it can really turn on a lot of people to the sport to have some good athletes come and give a show, demonstrating what they do. Emory Sampson of North Carolina sent in several examples of publicity he has received in local newspapers, both for his general training efforts as well as for his competitive outings. He placed third in one of the regional qualifiers for the Nationals and received a large photograph with his



**Victor Kennedy** got some excellent publicity for himself his sponsor, and the sport of Powerlifting in his local area after coming back from a tough battle in his first World Powerlifting Championships in Norway. Photograph of Victor from the 1987 U.S.P.F. Senior Nationals by John Balk/IRON MAN

award in the local newspaper, which is something that any powerlifter whether the subject placed first or fifth, can justify when they are talking about a hometown boy. Back in Kentucky, Chuck Braxton got a nice photo and a montage of the various events of the Festival of Strength that he participated in, as well as a nice photo of him judging the bench press competition and an article on that specific event. This is an example of pre- and post-meet efforts to get publicity that were both done by the same person. In Wisconsin, the *Wisconsin Sportsman* gave Antczak a bronze medalist in the Junior World Championships in Peru, got coverage in the "Winners" series of the *Milwaukee Journal*, with a nice photo of him holding the medal, and a brief explanation of his competition in Peru, and how he got started in powerlifting, which oddly enough began with a rather severe hand injury sustained during a wrestling bout. In Minnesota, David J. Siegler sent in some examples of how he had obtained some publicity for his son, who is a very promising young *Sportsman*. Fred He feels it's important to get to know the people at the newspaper office and find out what their needs are and stay in touch, and he always checks to see that they have received what he sends them, and to determine their reaction. He also sends his various press releases to several sources. He indicates that every submission he's made has resulted in some kind of coverage of his son's efforts. As Mr. Siegler says, "The sports editors have a job to do: bring the public sports news. If you help them do it, they will appreciate it." A fine California newspaper, the *Fresno Bee*, had a nice story on two Fresno powerlifters, Jeff Graham and Cindy Peterson, who are considered the city's strongest man and woman. This makes them unique and deserving of coverage on their backgrounds, plus there was also a description of other

top powerlifters in the area, and an actual bench press course on how to exceed 300 lbs. Back in Virginia, Jerry King, after winning his World Masters Championships title on his first try, was a very deserving subject for an article in the *Daily Press*, in the Newport News area. The article centered on the story of how Jerry began his lifting career, how he got started, and how he felt about the sport. Jerry's background is interesting, and how he's been able to stay in the sport all these years, and what his future plans are. The *Star Ledger* in New Jersey's largest newspaper and Joe Pyra had a nice article in it describing his longtime connection with the sport and some of the requirements of the sport versus bodybuilding and Olympic lifting. Joe also got coverage in the *Mt. Olaf Chronicle*, and not just for himself. He tries to mention some of the other lifters around as well. Tom Havacek of Washington D.C., sent in a neat picture from the newspaper *Stars 'N Stripes* of a baby sitting between two big dumbbells with a caption "Too pumped to pump." This kind of thing has universal appeal, and if you ever encounter a situation where there is a cute little kid around some weightlifting equipment, it's a beautiful way just to remind people, hey, we powerlifters are here and it's a healthy and fun activity. Returning to Wisconsin, Jim Lawrence got a nice article in the *Janesville Gazette* by sportswriter Ken Velsko, about his training in the American powerlifting league, which has a bench press of 325 lbs. It's a nice example of what he's done, and how he's doing it, and what he is doing in the near future, and because of he's a local sports figure, the tie-in is perfect. You can hardly miss getting coverage with *Powerlifting USA* previously out of Pennsylvania, got a different kind of publicity for powerlifting with a segment in the *Heavy Hands Workout*, including a little note about him and his application of the "Heavy Hands" technique to powerlifting. In a book format, this mention of the sport will be seen by many people, in libraries and bookstores, for years to come. In Florida, Chip Hultquist got some nice coverage in the *Tallahassee Democrat*, including a very impressive deadline shot, which related the viewer to an extensive profile of Chip further back in the sports section. If you've generated some publicity for the AFF World Championships, if you've sent in a news clipping to POWER PUBLICITY, Post Office Box 467, Camarillo, California 93001.

Lifting in a contest is a lot different than lifting in the gym. In the case of a regular meet, we must perform all three major lifts in one day. We also have to please the judges. Many other variables exist that make the actual competition much different from a regular training session. A problem for new lifters is to prepare adequately for their initial meets. The best way is to have a "dress rehearsal."

By dress rehearsal I mean to set aside one training session 10-14 days prior to the contest to have a practice meet in the gym with your training partners. The goal of this session is to simulate meet conditions. The experience can be invaluable.

The 10-14 days prior to the contest is necessary to adequately recover from the stress of this practice session. It will still allow about 1 more week of moderate workouts to brush up for the meet. Also, take 2 days off prior to this session so you can lift reasonably fresh.

You should try to simulate actual meet conditions as much as possible. This means take the same warmups you plan to take in the contest and use the same supportive gear. Start with the squat and finish with the deadlift. To expedite matters, run your session under the rounds system. Nowadays, most meets use the lowest opening attempt start and move the bar up in weight to the highest first attempt; then start over. It is important to have someone actually judge your attempts. Treat a missed attempt just as you would in

a very strenuous lift. Again, I think this practice session can be valuable to all lifters at various times over their careers, not just novice lifters. Remember to simulate actual meet conditions as much as possible. Don't risk injury or burnout by pushing too hard, a 90-95 percent effort should give you the feedback you need to perform well at the meet. Give each other feedback, too, about technique and optimum attempt selection. Powerlifters can gain as much from dress rehearsal as actors.

**Doug Daniels**  
Strength Link, Inc., Box 148  
Hammond, IN 46325

# STARTIN' OUT

A special section dedicated to the beginning lifter

## Dress Rehearsal as told by Doug Daniels

choose your attempts at the meet, especially openers. It is not critical for you to max out during this practice session. You don't want to risk injury or burn out this close to the meet. Your goal should be to gain a feel of where you stand in terms of overall contest readiness. Don't forget to allow for any weight loss, as you may still need to make the limit for your intended weight class. This can affect your performance at the actual meet.

For the more experienced lifter, practice sessions may not be as desirable as for newer, less experienced lifters. Experienced lifters should have a better idea of where they are in terms of contest readiness. They also should know what to expect in terms of rules. This is also a good time to become familiar with the rules of the competition you are training for. Each of the 3 organizations have

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I turned on television the other day and what I saw almost made me lose my breakfast, lunch and supper. There in front of God and everybody was Ted Aron, one of my favorite big heroes, dressed in one of those bizarre rassing get-ups talking about someone's mama. Tell me it wasn't Ted. Tell me that they were doing a sign to your head when you did the rassing. Even if they weren't, tell me that. Even if they were, tell me that. Even if they were, tell me that. Even if they were, tell me that.

# Dr. Judd

## Tell Me It Isn't So

by Dr. Judd Biastotto, WORLD CLASS ENTERPRISES

Another thing, why isn't there any little league high school, college or city league rassing? Where is professional rassing going to get its rassers from? Powerlifting, Football, the Ac-tors Guild?

Also, when Hulk Hogan won the Heavyweight Rassing Championship of the World, why didn't President Reagan call him? He calls everyone else. Why doesn't Las Vegas have a betting line on wrestling. And why isn't Don King involved? (Just think of the opportunity for an elimination tournament to unify the World Heavyweight Rassing title. We already have 37 World Rassing Champions. If you started now, Don, the title should be unified by September, 2087!)

These are just a few of the things that confuse me about rassing, but I have other reasons for hating it too. For one thing, the rassers all talk too much, and too L-O-U-D. Even when I switch my t.v. to another channel, I can still hear them yelling, "Hugo, hear me man, I'm going to rip your head off and spit in your neck." They are such great role models, too. I mean, if I had a kid and he grew up to be like George "the Animal" Steele or Adrian Adonis, I'd kill him, no questions asked. What's really scary though, is that the government actually allows these guys to breed!

And what about violence? I recently read in the newspaper where a ten year old boy broke his little sister's back by mimicking a body slam he had seen at a rassing match. I was

also told that a nine year old boy almost killed his mother with a hold city league rassing on a professional rassing show.

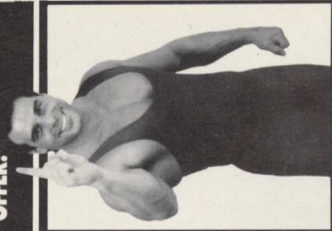
Of course, you can't generalize from one person to an entire population any more than you can make an inference from a large group to a single person. (I didn't mean to get scientific on you.) Still, the majority of research suggests that watching violence is potentially dangerous in that it serves as a model for such behavior, especially in children.

In other words, children use adult behavior as a model for their own behavior. If a child watches Mr. T. or Hulk Hogan, beating the neighborhood out of Mr. Rogers to get what he wants, is there not a good chance that the child will use that same type of behavior to get what he wants?

It has been argued, mostly by rassers, that by watching violence and/or rassing on the tube, aggressive energy can be drained off. Research consistently indicates that this is not the case. Violence does not reduce the tendency towards violence; violence breeds more violence; Little George the Animal Steele's that's the government's fault.

Of course, professional rassing is not the only show that projects violence (rassing just does it best). Football, boxing, karate, and hockey are just a few of the sports in our culture that display violent behavior. Violence is also produced, packaged and distributed via television and

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movies. It has been estimated that a normal child grows up during the 1970s and early 80s. He will have witnessed more than 15,000 killings, and at least 25,000 accidents of violence on television by the time he or she is fifteen years old. That was before Rambo wiped out the entire population of Viet Nam.

Ah, what's the use. I hate rassing. I have always hated rassing, and most likely I always will. Please Ted, come back to Powerlifting or, at least, tell me it isn't so.

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## Ask the Doctor

This column will answer questions about drugs used by athletes and 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 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

**DEAR MAURO:** I have read your column for years in *Powerlifting USA* and I enjoy it and respect the advice you've given to others. I never thought I would be writing to you, but I would like your advice on this matter.

I'm 48 years old and have been lifting since I was 18, mostly powerlifting. I've never used anabolic steroids and never completed a lift because I love the sport and the bulkiness it has put on me. I'll never stop, even though I do not lift heavy any more. The last few years I have developed bicipital tendinitis in both my shoulders. My orthopedic sports doctor has given me the maximum amount of cortisone shots he said he would allow me, 3 shots per shoulder over a two year period. I have also taken *Indocin* and other anti-inflammatories in conjunction with the shots. The drugs and shots work well for a few months and then the pain comes back. I have gone to a therapist but had no results.

I have two sports injury books, one by Gabe Mirkin and the other by William Southward. They mention proliant injections for persistent tendonitis. My doctor does not agree and will not give me any of these shots. What do you know about proliant or sclerosing agents. Do they work? Are they harmful? I have not done any upper body work for three months. I can't even curl, since this also hurts my shoulders. The pain in the shoulders is always there to some degree, usually as a persistent ache. Any advice you could give me on how to heal my shoulders would be appreciated. **Joe R.**

**DEAR JOE:** The use of proliant injections goes back to the techniques used in horses who developed tendonitis in the lower leg. In these horses, sclerosing agents are still used to clear up chronic inflammation. While these injections may be useful for horses, I've always felt that they should not be used in humans. There is no telling what the long term effects of these agents could be, as they can cause extensive scarring in and around surrounding tissue - with harmful long term side-effects and possibly restricted function in the affected joints, tendons, and muscles.

Perhaps the best way to clear up your injury, since you've never used anabolic steroids, is to go on low doses of one of the oral anabolic steroids, say Dianabol or Anavar (15mg per day) for three months. During that time you could slowly rehabilitate the shoulder with some physiotherapy and by working up slowly with the weights. The shoulder, if you don't abuse it and are patient, should respond to the physio and workouts since the anabolic steroids will add a measure of strength to the injured tissues.

Don't get any more cortisone shots since this compound has a catabolic action as well as an anti-inflammatory action. Too many shots weaken the tissues making them more difficult to rehabilitate - any undue stress brings back the injury. If you decide to go the anabolic steroid route, make sure you are supervised by a physician and get some liver function tests done. With the low doses you'll be using, you shouldn't run into any side-effects. If you're worried about using anabolic steroids, read up on them in my book and updates and talk it over with your physician.

While you are rehabilitating the shoulders, try and work them so as to minimize the pain - make whatever changes you have to (inclines, declines, different grips, dumbbells, etc.) in order to train, but not strain, the area. Don't hesitate to contact me if you run into any snags. **M.G.D.**

**DEAR MAURO:** Recently a friend of mine came down with meningitis and within two weeks had slipped into an irreversible coma. He had been using Dianabol and testosterone cypionate for about five weeks. His doctor said that this occurred due to his weakened immune system. Is it possible the steroids caused this? Would any athlete taking steroids be taking on the same risk? **Jim H.**

**DEAR JIM:** It's generally felt that while someone is on anabolic steroids, his immune system is stronger than normal. It's only after going off steroids that lifers run into more infections, etc. from what I believe to be a weakened immune system. I'm preparing an in-depth look at a possible link between the use of steroids and bacterial and viral infections, as well as the link between steroids and post-viral syndrome and chronic Epstein-Barr virus infections. I hope to have this completed in time for *Update Five*. **M.G.D.**

## Update Four

To "Drug Use and Detection in Amateur Sports"

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

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

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

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

My book and updates are The source for information on hormone and other ergogenic substances) and the available techniques for drug detection.

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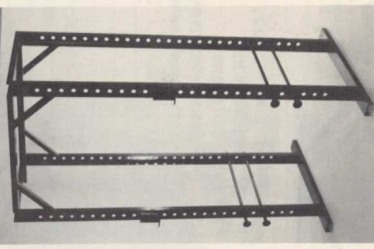
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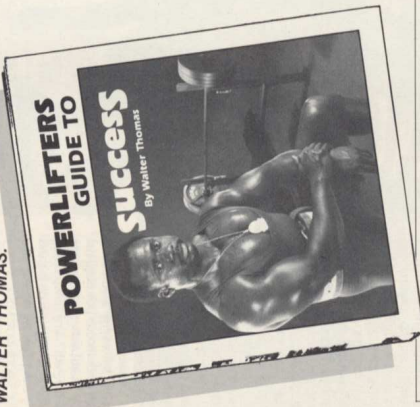
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## Question & Answer

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

**DEAR ROGER:** I am 22 years old and have been powerlifting for about six months, though I have been weight training, following the long muscle magazine routines, for four years. I am 6'2" and weigh 255. When I started training, I was the same height, but weighed 147. I would like your dietary suggestions (including supplementation) to reach my goal of 330 lbs. of bodyweight. Also, the hardest lift for me is the bench press. My sticking point in the lift is from my chest to about six inches above my chest. I am very strong on the lockout, however. How can I train to overcome this sticking point? Thank you for your help. Sincerely yours, **Howard**

**DEAR HOWARD:** First, to address your bench press question, I would think that the increase in bodyweight would give you the added thickness to improve your bench from the bottom. Be patient, and as your weight increases so will your bench.

I must say that I certainly respect your desire to reach a bodyweight of 330 while only being 6'2". I grew up with and cut my teeth in powerlifting with people like you, and love being associated with such great heavyweights as George Frenn, Pat Casey, Steve Meyman, Steve Wilson, Luke Lams, Terry McCormick, Dave Schwenjuth, Bill Bradford, Fred Hatfield, and the list could go on and on. These are some of the strongest men in the history of the World, and if you want to step in line with them I'll help you as much as possible. I've talked to many heavyweights about their diet and they all told me that they couldn't keep their bodyweight up without going to the blender (Luke Lams being an exception). By going to the blender, I mean they had to at least once and mostly twice a day prepare a milk shake with several eggs in it, usually 4 to 6 per shake. Along with the shake you also have to eat your normal daily diet. I would recommend eating on a time schedule. Your meals should be set at 1 1/2 to 2 1/2 hour apart. Example: Breakfast: 7:00 a.m. - 7:30 a.m.; Mid Morning: 9:30 a.m. - 10:00 a.m.; Lunch: 12:00 Noon; Mid Afternoon: 1:30 p.m. - 2:00 p.m.; Supper 4:30 p.m. - 5:00 p.m. Two pears or bananas before workout, Late Night: 9:30 p.m. sandwich, Bed Time meal: 11:00 p.m. - 11:30 p.m. Whenever you find that you are not hungry for these meals, use a milk shake with eggs. I know that this diet is extremely high in fat and cholesterol so you will have to offset it with some aerobic training. You should ride a bike, after you train, 20 to 40 minutes. This will interfere with your weight gain to a minor extent, but it will keep you healthier in the long run.

Mentioning Luke Lams reminds me of when I was living in West Virginia and training with Luke. Many times after a training session we would stop at a diner and Luke would order 4 and 5 meals and eat most of them, what was left he would take home in a bag and eat it on the way to my house. Luke was a great lifter, squatting 900 lbs. and benching 600 lbs. If you have the money, you could also follow Luke's diet. Best of Luck, **Roger**

**DEAR MR. ESTEP:** Could you give me some suggestions on how to correct a tapered bench press? My right arm gets to the top of the press before my left arm. This problem is more prevalent with heavy weights, but is even noticeable with warm-up presses. I have tried extra tricep work on the left side, on the push-ups, dumbbell bench presses and lighter workout poundages on the bench press. None of this has helped. Any suggestions would be appreciated. Sincerely, **John**

**DEAR JOHN:** Sounds like you have a leverage problem with your left arm. It could be in the skeletal structure or in the origin and insertion of the muscles. No matter what the cause is, in most cases, extra training will help the slow side. Seeing that you have already tried this route, I would recommend a shift of your grip about one inch to the left. This will add more weight to the right side and take some weight off the left side thus abating you to lock out evenly. I have used this technique many times to overcome shoulder & pectoral injuries. You might feel a little out of groove at first but give it a little time. When I lost my pec a couple of years ago I benched 440 with my grip at least 2 inches to one side. **Roger**.

**Errors:** In the results of the National Peanut Festival meet, p. 59, Jan/88 PL USA, the winner of the Superheavyweight class was actually Nils Stewart rather than "W. Stewart" as indicated. Also, in the version of the APF Women's Worlds, also in the January 1988 PL USA, Janice Roge actually finished in 3rd place in the 148s, rather than Ms. Dabruin. Neil Confessore's 490 bench press at 275 should have been listed on the TOP 100 list for that class. **Diuretic Ban Protest:** Fred Strauser was hoping to compete in ADFPA meets until he saw that they have banned prescription diuretics seven days prior to competition. Fred controls his high blood pressure with diuretics and his doctor has advised him not to compete under those circumstances.

# POWER PROFILE

## BILL NICHOLS as told by Doug Daniels

One of the most underrated stars of our sport, in my opinion, is Bill Nichols. On Nov. 22, 1987, he changed that with a brilliant victory in the 275 pound class at the 1987 APF World Championships in Dayton, Ohio. Going 9 for 9, he squatted a massive 952, bench pressed 592 and deadlifted 760 for a 2,275 total. Unfortunately, in the process, Bill tore his left bicep on his last deadlift, an injury that subsequently required surgery.

This Naperville, Illinois detective star, Illinois state trooper and coach while attending St. Joseph College in Remsenburg, Indiana, Bill was playing football at the time, but that soon lost out to powerlifting. Bill then changed colleges and graduated from Indiana University where he joined the power team. He lifted at the 1981 Collegiate Nationals and totaled 1520 for 7th place at 220 pounds.

After moving to Illinois in 1983, Bill started to train at Ernie Frantz's Gym in Aurora. One year later, he registered the fifth best total in the country. In 1984, Bill lifted at his first Seniors and finished fourth with 854, 501, 705 and totaled 2061 to crack the 2000 barrier. In 1985, Bill took the Juniors at 242 with 821, 501, 760 for 2083. Bill followed up with a third place finish to Jacoby and Hatfield at the USPF Seniors with a 821, 512, 749 for another 2083 at 242. With this great string of totals, Bill established himself as a force to be reckoned with at 242, as well as a threat to set some squat records.

That's just what Bill did. In 1986, he was invited to Redfish's Record Breakers Meet in Hawaii where he set a new world squat standard with 870. He missed two tries with 909. In the process, he benched 507 and deadlifted 749 for a big 2127 total. Bill's streak of big totals came to a halt two weeks later after he blew a quad in training and had to pass the 1986 APF Seniors. He soon recovered and registered a new personal best ever total with a 912, 525, 765, 2202 fall. The 912 squat was another world record, exceeding his previous mark.

1987 started off big at the Midwest Record Breakers. Bill squatted an awesome world record of 950 and added a 530 bench and 730 deadlift to also set a world record total of 2210. In the process, Bill beat the incredible Steve Wilson, who tore his bicep on a deadlift attempt. Bill is one of a handful of men who have surpassed the 1000 kilo mark at 242.



**959 Squat** at the 1987 APF World Championships, by light 275 pound champ Bill Nichols Sports 3, Naperville, Ill., 60505, 312-892-1491.



**Arm in a Sling** after the World Meet, but Bill Nichols is available for exhibitions and seminars, contact Jim Frantz, Sports 3, Naperville, Ill., 60505, 312-892-1491.

Contrary to the belief of many of my patients, the most important piece of equipment in my office does not include the specialized tables for manipulative therapy nor the physiotherapeutic modalities. It does not include the progressive resistance machines designed for the rehabilitation of specific muscular regions. The most important "implement" is my very old jukebox. The "mood" it plays throughout the working day, keeps me relaxed, focused on my work, and allows me to enjoy the day.

This jukebox, purchased from Frantz, has a "classical" or "romantic" selection. It is a Rowe copy of an old jukebox that I bought in 1962 and on which I spent a great deal of money. It is a Rowe copy of an old jukebox that I bought in 1962 and on which I spent a great deal of money. It is a Rowe copy of an old jukebox that I bought in 1962 and on which I spent a great deal of money.

Wood, the strength and conditioning coach of the Cincinnati Bengals, and was one of many the owners. He too, is appreciative of craftsmanship and quality.

Kim and I share many similar interests, being that a few revolve around the same thing, and certainly out of fashion. However, we both expect something to deliver what it promises, and to do so for years to come. Most of the rehabilitative and training equipment in my office was chosen for the function, durability, and quality provided. Price truly was secondary, for the old adage the "long lack of quality, will be noted" is very true.

Powerlifters spend a lot of money training and competing. They certainly spend a tremendous amount of time and energy planning their training traveling to and from their training site, thinking about alterations in the training program, experimenting with new routines and equipment, and talking and dreaming about record lifts. Nutritional supplements may cost up to one or two hundred dollars per month, while time and money will be spent procuring the freshest produce, meats, and poultry, so the training results will be optimal. Yet so many lifters, in an attempt to either save a little bit of money or due to a lack of concern over real quality, use inferior equipment to train with, and/or for wearing apparel.

Certainly, there are many "good" lifting suits on the market. Each manufacturer has legions of lifters who swear by their brand of suit. There are certain advantages one may have over another, while the second suit will compare favorably to a third. The benching shirts also differ a bit, if comparisons are made between different manufacturers shirts, and almost every lifter has an opinion, pro and con, about all of them. Include wraps in this discussion, too, and truthfully, it is very difficult to judge the quality of a particular type of

## More From Ken Leistner

wrap. Either it fits too tightly, too loosely, says after just a few wearings, or seems to be okay. However, there is one thing that is just as essential as the fit of the wrap, and that is the quality of the material. It is not just the quality of the material, but the quality of the construction. It is not just the quality of the material, but the quality of the construction.

I have always believed that bodybuilders who wear their ten cent belts throughout the duration of a workout, they obviously lack the physiological understanding which dictates that the belt should not be worn for every exercise, and that in the long run, this practice will prove to be a negative one for the athlete. The powerlifters, who understand that a belt must be worn as tightly as is possible in order to produce that wanted increase in intra-abdominal and intra-thoracic pressure, understand, too, that this is a practice that must be done for the squat, may be done for the deadlift, depending on one's style, and should not be done for most movements. Where support is needed for overhead lifting moves, a firm bench offering that support should be used, not a belt!

Like the suits, wraps, benching shirts, bars, benches, and squat racks, there are many "good" belts on the market. However, most lifters make this critical decision based primarily on price, and price alone. Most of the belts look alike, and may even feel similar. At meets, I've heard lifters say that "Yeah, it's a good belt, I mean, it feels pretty tight." Craftsman, the fact that this one relatively expensive and distinctive item should last for many, many years, and the "little" touches that give it an individual look are often lacking, and less often missed.

Recently, I bought a belt for my nurse, Linda Jo Balsito. I believe that every lifter must feel great in their lifting gear, and should have equipment that allows them to feel very positive about themselves while on the platform. Giving consideration to every belt on the market, I turned to a source renowned for individual craftsmanship and care, just as I did many years ago when I bought a belt for my wife, for myself, for Lyle Alzado, and for other friends. As stated before, there are many good belts on the market, but I recommend searching for quality. Such a belt might be a little more expensive than some, and much more expensive than others, but when I see a lifter who has worked long and hard for months, tightened his belt that has holes that are torn out, whose suede is peeling off, and which might be stretched through the effects of sweat and individual use, I wonder about that individual's perception of himself. Knowing that the manufacturer will be there to hear complaints,

and durable, if only to accommodate the demands of this massive, 400 lb. Superheavyweight bodybuilder, whose training is going great, he is headed toward what the feels will be HIS year - 1988!!!

and then take steps to satisfy them is also vitally important.

Equipment that is inferior has no place in the lifter's training program or at the meet site. The physical danger imposed by inferior benches, bars, and wraps is obvious. Powerlifting equipment competitive standards can be weak, have with one's prospective total. In Diego, the benches, and one in San Diego comes to mind, where, in 1968, we had to bench on a wooden bench that was neither level with the existing floor, nor adjustable for rack height. Rudy Lozano, a top rated 148 pounder from Zuercher's Gym, got off the bench as he completed a successful attempt, smiled at me and said, "I can't wait to see three inches when that sucker swags three inches to either side once you put your big butt on it." Dangerous? Of course, and also disconcerting, a sure way to destroy one's mental preparation.

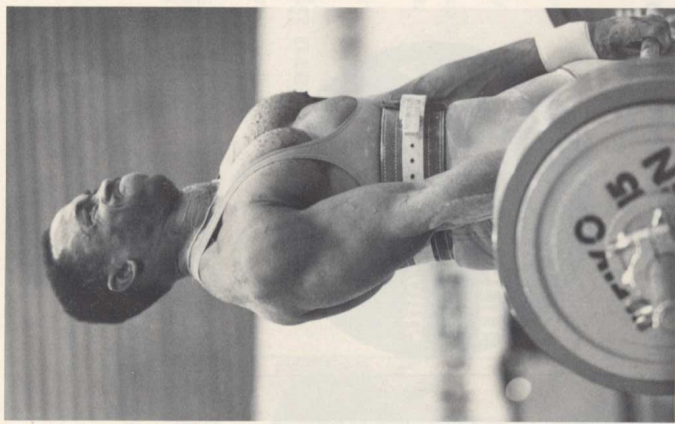
Your bench must be firm and well constructed, and as importantly, of official size. The racks should be adjustable, even if you train alone. It is a good idea to take an occasional workout where the racks are a bit too high, and another where they are set purposely low. This can help to prepare you for those meets where the equipment is not of expected dimensions, although this problem is not nearly as common as it was in the "old days." The squat rack or power rack pins, too, must be adjustable if you have training partners who lift with you, and very sturdy. There is no excuse for using a rack that is neither strong, nor stable. Having the racks sway as you dig into the bar for your squat, can scare the heck out of you, and anyone standing in the immediate vicinity. Again, with all of the quality equipment available on the market today, and the number of manufacturers in every part of the country, there is no reason, price included, to ever skip on one's equipment, especially when one considers the cost of an injury.

Use Powerlifting USA as your guide, not only for training, but as a source for information. Contact every equipment manufacturer or distributor and request a catalog of their offerings. Ask for specifications, sizes, whether or not it will fit through a standard doorway or down your basement steps. Inquire about time of delivery and freight charges, the weight of the item, and the type of upkeep it might require. Your training equipment is a vital part of your powerlifting program, and should be treated as such. Ask the manager of the club you train in to perhaps get one official size "powerlifting" bench, that has all of the features you and your training partners want and require in a bench. This will only enhance the club's reputation in the community, and serve as a focus for the lifters and those interested in hard core heavy training. Remember, your apparel and your training equipment, for physical and psychological reasons, should be first rate. You deserve it!

Dr. Ken Leistner

# Power Fun

by Victor Horne



Even The Greatest of lifters like IPF World Champion Gene Bell had to start somewhere, and the memories of his and every lifter's first meet will last long after the lifts themselves are forgotten.

A fair amount of material, some of it good, has been written about the beginner's first meet. Unfortunately, too much has been written by world caliber lifters, giving an unrealistic of what local meets are like. What the inexperienced lifter needs is a somewhat true to life account of a local meet. Being myself a lifter on the way up (who unfortunately never broke parallel) I am prepared to offer an account of the Coolesme fourth annual "Dance With Who Brought You Championships" for lifters who have not yet reached a level of warrant disallowing their training methods.

I threw my gym bag over my shoulder and headed to the Coolesme gym just in time to witness the arrival of Bubba Purdy, local lifter of some repute. He was wearing the novice division 242.5 three years running. Bubba angled his pickup into the door, two hand-capped spaces near the door, smiled at himself in the rearview mirror and disappeared inside. He would lift tomorrow, but today he would just help the younger lifters (Bubba was 15), relax, and read his latest issue of *WOSICLES*.

AND PERMS:

Inside, the meet was beautifully set up: TV cameras, scorekeepers, hydraulic squat racks, announcer—the works. As I entered, the meet director was trying to get the lifters to judge. So far he had offered five meet permits and a refund of admission fee. Several of the folks seemed willing enough but were holding out for a leg of lamb dinner.

Red Lieberth was checking equipment. As I entered he was using equipment. He was a little nervous, but he was a teenager with a hatchbackfully stopping the heels off his new Reeboks. Seems they extended 3mm or so laterally. Red is most knowledgeable of the rules and will call every infraction in the book during the course of the meet. My own ragged belt was testimony that 4 inches is a bit more than 10 cm.

I got weighed in, breathed a sigh of relief, and made a bee-line for the car. The 3 packs of Red Man had left my mouth like cotton and I downed a quart of apple juice and assorted goodies (I'd been stashing away for this event. Shortly afterward, I made the first of numerous runs to the restroom).

As I walked into the rules meeting I saw a bewildered kid with a brand new set of wraps trying to figure out how to put them on. One of the Master lifters walked over to the kid and I heard him say "Son, a figure eight works much better than spiraling your wraps." The boy's reply was "Thanks man, I appreciate the help. You know, my grandmother is giving me a trip abroad for graduation. I'm going to a Bulgarian training camp. I'll learn all about lifting and maybe I can use the locker to get some really potent stuff." The older lifter walked away, shaking his head in disbelief.

With the rules meeting over it would soon be time for the meet to begin. I had carefully plotted my warm-up attempts. Thirty minutes before the meet was to begin I started my warm-up stretching. Twenty minutes prior to meet time I walked into the warm-up room. There were two bars and they were both loaded to 540 lbs. There were 45 lifters and about 55 people clustered around the bars. Since I couldn't get to the bar at the moment, I stepped back out into the

stopwatch at me. One minute. No lift, but 3 white lights for experience.

On my second attempt, I made sure to be ready and waiting. As the bar was loaded, I pulled my straps up, tightened my belt and went to work. Everything went fine until I hit bottom and then I heard a loud RRRIP. I had blown it! I dumped the bar onto the startled spotters and backed off the platform. Then realization hit. It wasn't me. It was Bubba. He had blown his T-shirt. I was upset and embarrassed. Thinking it over, I figured I may as well go for it. A personal record was what I was here for.

One of the spotters was being carried away while the meet director appealed to the crowd for a replacement. I soon after, the time of reckoning arrived. I approached the bar, shouldered it and stepped parallel on my form. I felt I had broken centration on my form. I felt I had broken through the sticking point until the bar seemed to pick up speed. I made it! "RACK," I stepped forward, watched and saw a thumb up from Red. As I started to leave the platform, he reached into his pocket, pulled out a notebook and pen, and wrote something in it. I could swear the guy keeps a running log of every white light he gives.

But wait. As I looked at the side judge he was looking to the other side of the platform, dumbfounded, shaking his head first yes, then no. Finally he put his thumb down. I turned and saw the other judge violently shaking his thumb at the floor. Now, I'm sure he was just trying to get the mayonnaise from his Whopper off his thumb but, for whatever reason, I got two red lights. I had bombed out of the meet.

Making the best of a bad situation, I sat back to watch the bench presses. All of the sudden there was a commotion near the door. Someone screamed "after him, we've been robbed!" Some kid had been trying on a T-shirt when he gulped a bottle of Quick Carb, jumped on his skateboard and rocketed down the stairs. The entire 181 lb. flight plied into Bubba's pickup and were in hot pursuit. Crackpack Billings, who was in the process of getting his bench shirt on, effort didn't quite catch the truck, and in his effort to get onboard looked like a giant to the front, flopping up and down.

As things normalized, I realized I was witnessing one of the most impressive performances I had ever seen. With 18 lifters remaining a banner around the score table forming a banner what "George" is going to do, girls do the scoring table bobbed, weaved and led x-ray vision to keep a perfect record of everything that happened on the platform. It was awesome.

Bill Durham was having the day of his life. He was 100 lbs above his sub-everyone else had finished. He bombed total, and didn't start his deadlifts until everyone else had finished. He bombed in spite of myself. I noticed a bumper sticker that said "I'd Rather Be Fighting." I hope someone thought to tell the folks who worked so long and hard to make the meet a success how much we appreciate it... otherwise, next year at this time, all of us just might be out fishing, instead of powerlifting!

# POWER PROFILE

## JOHN WARE

### as told to PL USA Editor, Mike Lambert

John Ware has been moving up the Superheavyweight rankings steadily in recent years, but has yet to receive the kind of publicity that his accomplishments merit. His performance at the Midwest Open (940 squat, 590 bench press, 820 deadlift and 2350 total) should get some attention, since it passes up such big names as Doyle Kennedy and Dave Waddington on the all time list, but John is not finished yet. He felt good for more in each lift at that early December meet, especially in the deadlift. A few days prior, at the APF Worlds, he had been primed for a 2400 total or better, and still feels that his 2nd squat at that meet was unquestionably good, but that's history. Now he feels that he and Lars Noren are the two best Superheavyweights in the World, and John feels that either of them could get the all time total record in the near future. He'd love to meet Lars at the Hawaii meet this year to settle the issue, since he doesn't know if he will lift in the USPF or APF Seniors this year and thus might not have another chance to take on the Swede in 1988.

At 6'3" and 325 well carried pounds of muscle, John fits the Superheavy role well, but the 28 year old has also been successful in other venues. He was an All Missouri Valley lifter from 1979 to 1981, an Honorable All-American, played in the 1981 Blue Gray All Star Game, and had a tryout with the San Francisco 49ers, making it to the last cut. Through his old chances to try out for pro football again, he had gotten into Powerlifting by then and was hooked.

John has earned a Masters Degree in Psychology and hopes to explore the mental aspect of sports preparation in the future. Meanwhile, he puts his education to work at Northwest Missouri State University, where he became the full time offensive line and strength coach for the football team in 1985, and where he also teaches physical education classes. His professional responsibility of training athletes in strength and the scientific discipline of his intellectual background has produced some well thought out training philosophies.

SQUAT: John seldom ever goes more than reps of 5-6 on any set of off season, but only once a week in his pre-contest phase, a 10 week cycle which consists of 4 weeks of sets of 5s, 3 weeks of 3s, 2 weeks of doubles, and 1 week of 96-98% singles. He never maxes out in training, leaving those kind of attempts for the contest platform. He also includes leg curls (2-3 sets of 10-12 reps) and leg presses (3-4 sets of 6-8 reps) in his leg training. Recently, he has begun using the Magic Leg Machine, ala Hatfield, but it is too early for him

to make a definitive comment on its effectiveness. Contrary to Hatfield, he does not find high bar squats particularly beneficial, feeling that it is a different enough movement to cause him to lose his groove on the regular power squat. Recently, he discovered a slight technique adjustment that he feels will help his squat move up. As a tall lifter, he tends to lean forward a bit when squatting, but if he concentrates on sitting back with the weight, almost on his heels, he feels it helps in both form and in achieving the proper depth.

BENCH PRESS: his bench press preparation is very similar to his squat routine. In the pre-contest cycle, he benches only once a week, 4 weeks of 5s, 3 weeks of 3s, 2 weeks of 2s, and one week of 96-98% singles. In the off season, he benches twice a week, one day doing extremely high reps (12-15), and the next day 5s. He believes the high reps help to stimulate muscle hypertrophy which will be conducive to a bigger bench down the line. Other exercises he uses include dumbbell front raises (23 sets of 10-12 reps), dumbbell side laterals (2-3 sets of 10-12 reps), low incline benches (3 sets of 3-6 reps), and tricep pushdowns (4 sets of 12, 10, 8, 6 reps). John has probably, at one time or another, used every bench press assistance exercise in the book, but has found the preceding ones to be the most efficient in his train their bench. You do need to train hard and heavy, but you also need to allow sufficient time for recuperation. John feels it is also important to analyze your anatomical strengths and weaknesses, and adjust your bench style and training routine to accommodate the variables.

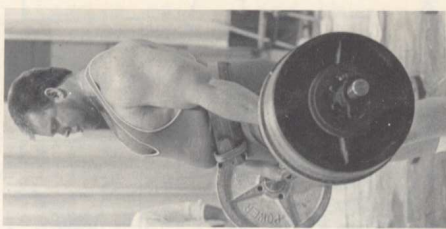
DEADLIFT: During both his off season and pre-contest cycles, John trains his lift only once a week. Off lift only once a week, off lift only once a week, and in his 10 week pre-contest training period he works triples for 5 weeks, and then in a final week he benches (96-98%) single in Week 10 to assess his strength level.

He believes the biggest reasons for his recent improvement in the deadlift have been an overall improvement in his lifting form and polishing up some of the more technical aspects of the

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

have other aspects to their lives. "Too many Supers and other athletes are in no way athletic and probably have trouble running across the street."

John's best training lifts include a 960 squat, 610 bench press, and 845 deadlift, and in competition he has hit all time total record, and to continue to help others achieve their goals in strength. To that end, he will be writing a manual on Powerlifting in the near future. As parting advice, John points out that Powerlifting is a sport of peaks and valleys, and you must not become too overwhelmed by the peaks, nor too distraught in

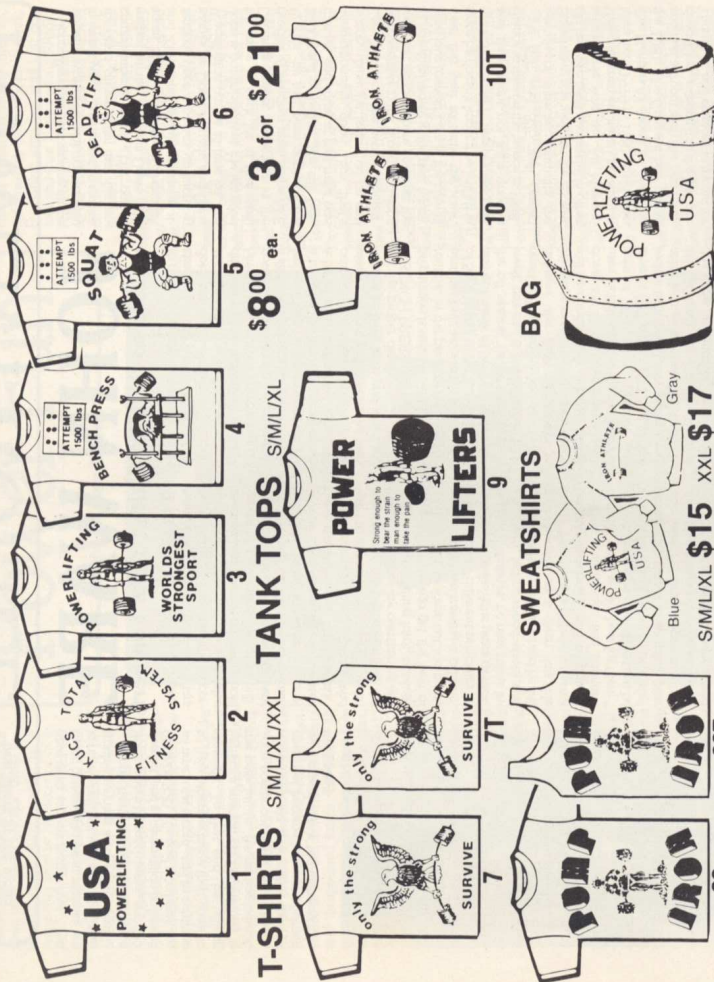


He's got the Big Squat and expects to become one of the few great ones to be squatted over 1000 soon, but he is also moving up his deadlift nicely (right) and in the bench press he has a good shot at the 600 barrier at a bench meet last summer. (left) Ware failed to note on the TOP 100 list for Superheaves. Below, John en route to victory lane at the U.S.P.F. Juniors.



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

There is still contention in powerlifting circles about the results of the Ernje Frantz lawsuit. It is time to set the record straight. Those who still believe that Mr. Frantz and the APF won their case against the USPF are wrong. Anyone who has taken the time to review the court records knows on this point. Anyone who repeats it here -- the APF and Ernje Frantz lost their case against the USPF. All of the claims against the USPF were dismissed by the District Court in November, 1986. The only thing that Mr. Frantz and the APF accomplished was to make the USPF spend large sums of money defending itself. Since the court dismissed the claims against the USPF, however, the USPF has been pursuing Mr. Frantz, the APF, and their lawyers through the courts, not the other way around. Some seem to think to recover as much of the USPF's legal costs as possible. The USPF was disappointed when the District Court denied its first request for an order requiring Mr. Frantz, the APF, and their lawyer to reimburse the USPF, but our attorney successfully appealed this decision. On December 31, 1987, the Court of Appeals held that the District Court must reconsider its denial of the USPF's request for attorneys' fees.

No one can predict for certain what the District Court will do when the USPF renews its request for an award of attorneys' fees and expenses. But, the USPF is optimistic that it will win a favorable result and recover its legal costs from Mr. Frantz, the APF, and their lawyer. ...

Increasingly, members of the APF are expressing a desire to return to the USPF fold. As they do so, USPF members are beginning to question the propriety of welcoming APF leaders back, without sanctions, as if nothing had happened. Certainly, the USPF has been grievously hurt by the APF over a period of three years. Any recovery of attorneys' fees and expenses can be no more than mildly assuasive. Since the lawsuit was filed, for instance, our teams have been only partially financed. Some of our lifters, otherwise qualified, were thus deprived of the opportunity to represent our nation in the world championship. The USPF leadership was sidetracked as it found itself devoting more and more time to the lawsuit. Our list of injuries could go on; the wound may take years to heal. To facilitate that healing, I would offer the counsel of Elder Gordon B. Hinckley, speaking at the October 1980 general conference of the Church of Jesus Christ of Latter-day Saints. "I would submit that it takes neither strength nor intelligence to brood in anger over wrongs suffered, to go through life with a spirit of vindictiveness, to dissipate one's abilities in planning retribution. There is no peace in the nursing of a grudge. There is no happiness in living for the day when you can 'get even'. Refusing to forgive is self-destructive. I conclude with a scriptural admonition. "...he that forgiveth not his brother his trespasses standeth condemned before the Lord; for there remaineth in him the greater sin." (Doctrine and Covenants 64:9)

### Open Letter to the Natural National Regionals Lifters

This letter is written for several reasons to the lifters who completed in the regional program of the Natural Nationals. I have received hundreds of complaints for these meets, but have also received a few complaints on these meets. This letter is directed towards the complainers.

We had a great increase in the Natural Regionals this year. In fact, we had a 450 percent increase over last year. We had anticipated about a 100 percent increase over last year, but in no way could we have predicted the turnout this year. This caused several problems for us. We had to run 1 day meets in Las Vegas (93), Dallas (160), and Cincinnati (157). We only had 1 platform (93), 2 platforms in Dallas and Cincinnati.

The complaints we received were that we didn't have enough warmup rooms, not enough warmup weights, and not enough personnel to run the meets, and too many lifters for a 1 day meet. These complaints were all true to a certain degree.

Let me explain the circumstances. When we planned these meets we were going by last year's turnout. We had the following turnout last year: Dallas (67), Kansas City (43), and Ohio (47). We planned for a 100 percent increase. Instead we got a massive turnout in all 3 meets. When we realized this, we tried to make these meets 2 day meets, but what many people don't realize is that many lifters fly to these meets and have to book their flights at least 30 days in advance. They also booked to return on the Sunday after the meet. If they change their flight in any way they lose their ticket, which means hundreds of dollars in losses. Also we had to book these meet sites several months in advance, and all of these meet sites were booked on the following day (Sunday). We could not cut off late entries because many of the lifters had trained for several months for these meets, and many entries are a way of life for powerlifters.

So when these massive meets began taking shape we had several choices. We could change to 2 days, which we tried, but several lifters would have had to drop out and lose their airfare money. We could have booked these for 2 day meets, but the hotels were already booked for the other day. My choice was simple. We would just rough it through this year's regionals and hope for the best. All went well, until we did the Dallas and Cincinnati meets. There were just too large. Las Vegas was also big, but we could have gotten by using another warmup platform.

Let me explain to the lifters the changes they may expect in next year's program to prevent this from happening again. 1. We have expanded next year's regionals to 11 sites to relieve some of the congestion. We are predicting about a 200 percent increase next year. These sites are: 1. 9-24-25 Houston, TX, 2. 10-1-2 Cincinnati, OH, 3. 10-8-9 Richmond, VA, 4. 10-15-16 Atlanta, GA, 5. 10-22 Denver, CO, 6. 10-29-30 Sacramento, CA, 7. 11-5-6 Las Vegas, NV, 8. 11-12-13 Kansas City, MO, 9. 11-19-20 St. Louis, MO, 10. 11-26-27 Dallas, TX, 11. 12-3-4 Madison, WI. Please notice that these meets have all been made 2 day meets. We will use 2 platforms in all meets over 100 lifters, with 3 warm-up platforms. All one platform meets will have at least 2 warm-up platforms.

The Natural Nationals will be the most prestigious meet in the world this year to lift in, simply because of the qualification procedure. There will be lifters winning classes that up to 200 lifters completed in.

I hope that the lifters understand the situation I was in this year. I simply did not know how many lifters would complete this year. I do promise to try harder next year and do a better job of running these meets, now that I can at least predict the turnout. Ding free lifting is the way of the future, and as long as the natural lifters of America show interest I will continue to be here. I believe in ding free lifting and will do everything in my power to promote it. I just need the lifters to understand and remember that I do travel these meets and bring the equipment and personnel to these meets. In some cases the lifters do not come things. They are: 1. Please enter early, so we can plan. 2. Know that these meets should be over by 6:00 PM. 4. Realize that a large part is on the lifters, but it is not a cake walk for the workers. 5. Realize that for us to change in the sport around for the drug free lifters, we will all have to make changes. It is an compromise, not all who completed in this program this year think you understand the situation we were in, and remember, we were there and we did it; please do not laugh it out and by the grace of God we made it. Good luck all dvas free lifters and keep showing your support for good, clean powerlifting. We'll be back bigger and better than before. Rich Peters



Natural Nationals Masters... some of the winners from the Las Vegas Regional. George Manly, 3rd from right, should actually have been credited with a 222.5 deadlift and 550 total at that meet. Photo provided by Rich Peters

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POWERLIFTING USA presents the

WOMEN'S TOP 20

the TOP 20 women powerlifters in the United States, for each weight class, lift, and total, containing results available to us from January 1987 through December 1987. If any errors in this list are noted, please notify POWERLIFTING USA, Box 467, Camarillo, CA 93011, and we will print a correction in a following edition of the magazine. We handle a large volume of information in order to compile these lists and we make some errors on our own in the process, however, there are other sources for errors and omissions as well. Some meet results do not identify female competitors or indicate the bodyweights of female competitors, so we don't know which class to credit the lifts to. Some meet results are not sent in to us, but most meet directors are very helpful in providing the information we need to make up this list. If you are concerned that your lifts may be left off your future list, do not hesitate to ask the meet director to be sure to note female competitors and their bodyweights on the results he submits, or to be doubly certain, send in individual female results yourself.

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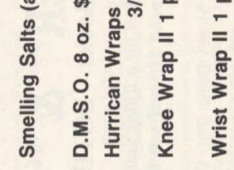
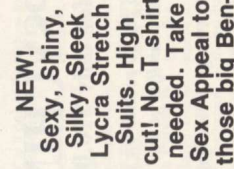
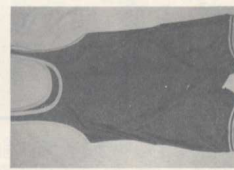
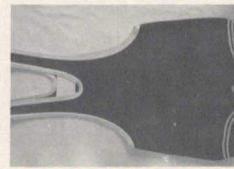
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# POWER-RESEARCH

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## Views from Future Hopefuls by Dr. Judd Biasiotto & Army Ferrando

If you've been reading Powerlifting USA for the past couple of years, there's a good chance you know what's on the minds of most of the superstars in the sport of Powerlifting. Every month the readers of Powerlifting USA have the opportunity to hear from some of the greatest names in the sport: Fred Hatfield, Aubrey Alexander, Ricky Crain, Ruthie Alexander, Lamar Gant, Eddie Coan, Danny Austin, Debbie Poston, Randall Kea, Chuck Dunbar, Roger Estep, Mike Bridges, and Walter Thomas are just a few of the powerlifting giants who have been featured in Powerlifting USA. But what about the future superstars in the sport, athletes who have just started their journey to stardom, what are they thinking? What is their perception of the sport? In an attempt to find out what these athletes are thinking, the authors interviewed over one hundred Class II or below lifters. Here are some of the opinions which we felt represented the majority of the athletes we interviewed.

**I love powerlifting. It breeds a positive attitude, determination, and self-confidence. The only dissatisfaction I have with the sport is the reality of the drug mentality. Steroids are debilitating - psychologically and physically. Too many athletes forget that this is an athletic event, a way of improving your body and your inner self - not an ego trip. They forget that they have a responsibility to themselves as athletes to compete clean - to set an example for other athletes to respect their bodies. In my opinion, the lifter on drugs is like any other junkie.** Michele Galban

**I think the sport is great, but I think it would be publicized more. A lot**

more." Jeff Wilson  
**I wish there were more drug free lifts. As a nurse and as an individual, I am against the use of any drugs. Besides, to me it's a much better feeling to have done my absolute best and know that I did it... not the drugs.** Mary Geise

**I realize that at present women represent a small segment of the lifting population, but I still feel that they should receive more publicity than they are presently getting. Seldom does Powerlifting USA have feature stories on women. I'd like to see that change.** Tracy Gardner

**I don't feel like the little man is represented well in the sport. Everything that is voted on is at the Nationals. Consequently, the only people who are voting on issues are national and world class athletes. I feel that if I'm a cardholder of an organization, I should have the right to vote on things without driving 700 miles to do so. Why not send each lifter the issues to be voted on so that everyone has a say? I'm sure most lifters would be glad to procure the expense of mailing rather than attending to the Nationals." Kelly Gray**

**Before I got into competitive powerlifting, my view of the sport was not very good. My thoughts of powerlifters were as drug users who had no brain cells left. I was about wrong. I'm not very intelligent... formulas engineered for the purpose of enhancing performance in training and competition, and building greater strength and leaner, denser muscle mass at the same time.**

**I like the sport because it's objective. There's no excuses either you lift the weight or you don't. The best man always wins." David Heath**

**Powerlifting is one of the truest forms of human athletic competition. The sport needs more exposure on a national and international level. It can be exciting spectator sport if the public is properly informed. If powerlifting becomes an Olympic sport, this would be a tremendous boost for the sport. More people would respect it for what it is. A great test of mind and body." Jim Dieker**

**I think it's neat that you're doing this. The only people who ever get publicity are world class athletes. There's a lot of athletes who work just as hard and who are just as dedicated, but who don't fare as well. This type of thing is good for them. I hope you do more of this type of reporting." Sheri Gehman**

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With the breakthroughs in nutrition that we've seen in recent years, it's evident that the old concepts of product innovation have gone by the wayside.

Years ago, when manufacturers found a product, they would analyze it for its particular nutritional breakdown, then try to find a situation to which to apply its nutritional formula. A good example of this would be in the early 1930s, when protein was marketed for the first time as a supplement. The buyer had to settle for whatever particular balance of Amino Acids existed in that particular protein source, as opposed to balancing the Aminos in the most efficient manner for a specific type of athletic endeavor or nutritional purpose.

Since that time, however, we have come light years, especially in the past 7-8 years. Instantized carbohydrate drinks, such as Carbo Fuel, would be examples. They would instantly mix with water to provide "instant" energy (within one to two hours) prior to a workout. This spared the athlete the physical discomfort of having to eat inordinate amounts of carbohydrate-rich foods. The carbohydrate drink is not only convenient, but very efficient, and goes to work much faster than eaten carbohydrates, without the uncomfortable side effects and excess calories.

By no means are we saying to eliminate a balanced amount of carbohydrates from your daily diet. We're referring to gorging oneself with excess carbohydrates in the hope of satisfying one's energy needs for workouts.

But even as recent as the introduction of the instantized carbohydrate drinks was, we have now entered an era that can truly be called "engineered nutrition" - formulas engineered for the purpose of enhancing performance in training and competition, and building greater strength and leaner, denser muscle mass at the same time.

This "new nutrition" is the result of significant advances in sports nutrition in the areas of muscle growth and recovery, and utilizes such sources as readily-digestible protein, fat, and carbohydrates. The idea behind the "engineering" is going out and finding or building nutrients to accomplish specific tasks that are required by such elite strength athletes as powerlifters, and then clinically demonstrating the nutritional results. Engineered nutrition is, in other words, finding the nutrient for the particular job you wish to accomplish, and, if you can't find it, building it by combining various natural components. Not the shotgun approach, but rather using a carefully-aimed, high-powered nutritional bullet.

The three main categories that we'll discuss are Branching Glucose Polymers, Succinates, and Medium Chain Triglycerides (MCT's). Ideally combined in an instantized powder form, these metabolic optimizers are the base ingredients of the new, preferred source of nutrients for before and after workouts, post-

## NUTRITION by CORNER

Jack Digangi

### Engineered Nutrition For Enhanced Performance and Greater Strength Advanced Concepts in Nutrition by George Zangas



**'Engineered Nutrition' is one of the reasons for the success of the great military champs of Powerlifting, like '87 All Service Champ Robert Pittman!**  
workouts.

workout intake of these nutrients be speak later in this issue.

First, however, let's break down and explain the three main ingredients of this super formula:

#### Branching Glucose Polymers

Your muscles' preferred energy source during such anaerobic activity as powerlifting. The improved action of the glucose polymers allows for very rapid and fast absorption into the muscle. Combined with a special timed-release action, Glucose Polymers provide an ideal source of long term energy for those sometimes grueling power

workouts.

#### Succinates

Succinates, another ingredient, are natural energy metabolites. U.S. and Soviet sports scientists discovered the amazing ability of Succinates to stimulate the body's main energy source to twice normal levels. For more than 20 years, research has shown that by utilizing Succinates, you will have higher energy levels during heavy workouts, and increase your recovery between workouts.

#### Medium Chain Triglycerides

The final key ingredient of this unique group of engineered nutrients,

MCT's function like carbohydrates, yet provide more than twice the energy of carbohydrates to vital and specific areas that powerlifters will recognize immediately: the areas of highest concentration of red muscle tissue in the body; the back and legs. MCT's serve as carriers of fat-soluble vitamins, and also have the additional ability to shrink fat cell sites. MCT's, in other words, will not only help you build the strongest, they'll help you build the highest quality muscle tissue possible.

Although the Branching Glucose Polymers, Succinates, and Medium Chain Triglycerides are not the only ingredients in this unique formula, they are the ones that make it go, and the ones that will make a difference to you.

The best time to use this instantized powder is about 1 hour before working out. Take it in some kind of juice, for example, or orange or pineapple. Pre-workout use of the drink will give the muscle the nutrients it needs for maximum performance. This is an ideal drink, as are the carbohydrate drinks, to combine with your pre-workout dosage of coffee (3,000-4,500 mg) approximately one hour before a workout. Both Inosine and the drink mix are ideally taken at the same time and both are as absorbable as they compare with each other rather than in comparison with each other. In fact, the combination will enhance the action of both.

A very important area, as sports science has proven, is the post-training muscle growth and maintenance. Maximum muscle growth and recovery (approx. 70%) occurs during the best 2-hour period immediately following training. Here is where engineered nutrition comes in again. Branching Glucose Polymers, Succinates, and MCT's are specially designed for this important 2-hour period. Ideally combined with a high dosage of Gamma Oryzanol, and a good Amino Acid Complex, your recovery will be intensified. The result will be faster muscle growth and recovery.

There you have it -- for the best results during a workout, combine Branching Glucose Polymers, Succinates, and Medium Chain Triglycerides in powdered form, along with high-potency Inosine. And for post-workout, for fastest muscle recovery and growth, combine them with high-potency Gamma Oryzanol, and an Amino Acid Complex. You'll not only feel the difference, you'll see the difference, in training and competition.

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



# Preferred Stock!



## PL USA TOP 100 Achievement Awards



**Powerlifting USA TOP 100** Achievement Certificates acknowledge your lifting accomplishments in a way that you'll be proud to display for years to come. These certificates are beautifully done; printed in Red and Gold ink on exquisite paper stock, embossed with the official gold seal of Powerlifting USA Magazine, and personally signed by PL USA Publisher Mike Lambert. This is a distinctive award that certifies your lifts as authentic powerlifting accomplishments for all to see. Each certificate specifies your name, your Top 20, 50, or 100 ranking division, your weight class, and your actual numerical ranking in your class. The price for this CERTIFIED documentation of your achievements is \$5.00 each, however, we also offer the finest means to permanently display and protect your certificate, a rich wood grain plaque with a unique, crystal clear cover. There's no frame to hassle with, and each plaque is ready to hang, flush against your wall. The signed certificate, sealed as official by Powerlifting USA Magazine, with the deluxe display plaque are available TOGETHER for \$18.95 as a total package price. If you have appeared on a previous TOP 100 listing (even several years back) or have made the list since the last one was published for your weight class, you are eligible for these awards. (One lift per certificate is recommended). To order, send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. \$18.95 per certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. California Residents add 6% sales tax.

NEXT MONTH...TOP 123s

# POWERLIFTING USA MAGAZINE TOP 100

for USA lifters competing January 1987 to December 1987

114/52 kg.

Rank	Name	Weight	Year
1	501 Caldwell, J. 11/21/87	114	1987
2	502 Thompson, R. 8/1/87	114	1987
3	479 Nelson, M. 12/19/87	114	1987
4	480 Nelson, M. 12/19/87	114	1987
5	420 Rodriguez, J. 8/15/87	114	1987
6	418 Adams, B. 12/5/87	114	1987
7	415 Adams, B. 12/5/87	114	1987
8	413 Rodriguez, J. 8/15/87	114	1987
9	410 McDonald, D. 4/4/87	114	1987
10	402 Wierzy, D. 6/13/87	114	1987
11	400 Adams, B. 12/5/87	114	1987
12	391 Bauer, K. 6/20/87	114	1987
13	391 Wierzy, D. 6/13/87	114	1987
14	385 Catalano, J. 9/26/87	114	1987
15	380 Nelson, M. 12/19/87	114	1987
16	380 Nelson, M. 12/19/87	114	1987
17	375 Jeffrey, M. 11/21/87	114	1987
18	369 Rodriguez, J. 8/15/87	114	1987
19	363 Schmidt, J. 4/18/87	114	1987
20	363 Spencer, W. 12/12/87	114	1987
21	352 Fager, B. 5/9/87	114	1987
22	350 Beard, T. 5/9/87	114	1987
23	350 Beard, T. 5/9/87	114	1987
24	349 Beard, T. 5/9/87	114	1987
25	348 Beard, T. 5/9/87	114	1987
26	341 Flores, J. 5/23/87	114	1987
27	336 Jackson, W. 2/12/87	114	1987
28	335 Scott, S. 4/4/87	114	1987
29	335 Scott, S. 4/4/87	114	1987
30	330 Walker, W. 3/28/87	114	1987
31	330 Rector, G. 4/87	114	1987
32	330 Sabilla, J. 10/31/87	114	1987
33	329 Whitely, T. 12/5/87	114	1987
34	325 Villers, R. 2/12/87	114	1987
35	325 Dier, J. 3/14/87	114	1987
36	325 Dier, J. 3/14/87	114	1987
37	325 Jones, R. 5/9/87	114	1987
38	325 Castro, M. 8/1/87	114	1987
39	325 Campbell, G. 10/1/87	114	1987
40	325 Campbell, G. 10/1/87	114	1987
41	325 Moore, H. 12/6/87	114	1987
42	319 Box, P. 2/8/87	114	1987
43	319 Box, P. 2/8/87	114	1987
44	318 Hall, M. 11/22/87	114	1987
45	318 Webster, C. 11/14/87	114	1987
46	318 Webster, C. 11/14/87	114	1987
47	315 Barretto, D. 6/4/87	114	1987
48	315 Barretto, D. 6/4/87	114	1987
49	314 Thompson, R. 11/14/87	114	1987
50	314 Beebe, A. 2/7/87	114	1987
51	314 Beebe, A. 2/7/87	114	1987
52	310 Soudup, S. 10/3/87	114	1987
53	310 Soudup, S. 10/3/87	114	1987
54	310 Soudup, S. 10/3/87	114	1987
55	308 Fager, B. 5/9/87	114	1987
56	308 Fager, B. 5/9/87	114	1987
57	308 Fager, B. 5/9/87	114	1987
58	308 Fager, B. 5/9/87	114	1987
59	308 Fager, B. 5/9/87	114	1987
60	308 Fager, B. 5/9/87	114	1987
61	308 Miller, R. 6/6/87	114	1987
62	308 Parker, G. 11/7/87	114	1987
63	308 Parker, G. 11/7/87	114	1987
64	297 Thompson, R. 8/1/87	114	1987
65	297 Rector, G. 4/87	114	1987
66	297 Rector, G. 4/87	114	1987
67	294 Matthews, K. 4/12/87	114	1987
68	294 Matthews, K. 4/12/87	114	1987
69	294 Matthews, K. 4/12/87	114	1987
70	290 Franklin, H. 4/87	114	1987
71	290 Franklin, H. 4/87	114	1987
72	290 Smith, B. 6/14/87	114	1987
73	290 Hollowell, D. 12/19/87	114	1987
74	286 Miller, R. 6/6/87	114	1987
75	286 Miller, R. 6/6/87	114	1987
76	286 Miller, R. 6/6/87	114	1987
77	286 Miller, R. 6/6/87	114	1987
78	286 Miller, R. 6/6/87	114	1987
79	286 Miller, R. 6/6/87	114	1987
80	285 Taylor, W. 11/18/87	114	1987
81	285 Taylor, W. 11/18/87	114	1987
82	285 Taylor, W. 11/18/87	114	1987
83	285 Taylor, W. 11/18/87	114	1987
84	285 Taylor, W. 11/18/87	114	1987
85	285 Taylor, W. 11/18/87	114	1987
86	275 Dale, S. 2/28/87	114	1987
87	275 Webster, V. 3/87	114	1987
88	275 Jones, C. 5/15/87	114	1987
89	275 Jones, C. 5/15/87	114	1987
90	275 Jones, C. 5/15/87	114	1987
91	275 Booman, P. 6/20/87	114	1987
92	275 Campbell, D. 6/13/87	114	1987
93	275 Campbell, D. 6/13/87	114	1987
94	275 Mims, T. 3/21/87	114	1987
95	275 Boyer, A. 11/17/87	114	1987
96	275 Boyer, A. 11/17/87	114	1987
97	275 Mims, T. 3/21/87	114	1987
98	275 Price, M. 11/14/87	114	1987
99	275 Price, M. 11/14/87	114	1987
100	275 Leece, A. 12/3/87	114	1987

Rank	Name	Weight	Year
101	1146 Hill, P. 3/28/87	114	1987
102	1144 Nelson, M. 12/19/87	114	1987
103	1144 Nelson, M. 12/19/87	114	1987
104	1144 Nelson, M. 12/19/87	114	1987
105	1144 Nelson, M. 12/19/87	114	1987
106	1144 Nelson, M. 12/19/87	114	1987
107	1144 Nelson, M. 12/19/87	114	1987
108	1144 Nelson, M. 12/19/87	114	1987
109	1144 Nelson, M. 12/19/87	114	1987
110	1144 Nelson, M. 12/19/87	114	1987
111	1144 Nelson, M. 12/19/87	114	1987
112	1144 Nelson, M. 12/19/87	114	1987
113	1144 Nelson, M. 12/19/87	114	1987
114	1144 Nelson, M. 12/19/87	114	1987
115	1144 Nelson, M. 12/19/87	114	1987
116	1144 Nelson, M. 12/19/87	114	1987
117	1144 Nelson, M. 12/19/87	114	1987
118	1144 Nelson, M. 12/19/87	114	1987
119	1144 Nelson, M. 12/19/87	114	1987
120	1144 Nelson, M. 12/19/87	114	1987

Rank	Name	Weight	Year
121	1144 Nelson, M. 12/19/87	114	1987
122	1144 Nelson, M. 12/19/87	114	1987
123	1144 Nelson, M. 12/19/87	114	1987
124	1144 Nelson, M. 12/19/87	114	1987
125	1144 Nelson, M. 12/19/87	114	1987
126	1144 Nelson, M. 12/19/87	114	1987
127	1144 Nelson, M. 12/19/87	114	1987
128	1144 Nelson, M. 12/19/87	114	1987
129	1144 Nelson, M. 12/19/87	114	1987
130	1144 Nelson, M. 12/19/87	114	1987
131	1144 Nelson, M. 12/19/87	114	1987
132	1144 Nelson, M. 12/19/87	114	1987
133	1144 Nelson, M. 12/19/87	114	1987
134	1144 Nelson, M. 12/19/87	114	1987
135	1144 Nelson, M. 12/19/87	114	1987
136	1144 Nelson, M. 12/19/87	114	1987
137	1144 Nelson, M. 12/19/87	114	1987
138	1144 Nelson, M. 12/19/87	114	1987
139	1144 Nelson, M. 12/19/87	114	1987
140	1144 Nelson, M. 12/19/87	114	1987

Rank	Name	Weight	Year
141	1144 Nelson, M. 12/19/87	114	1987
142	1144 Nelson, M. 12/19/87	114	1987
143	1144 Nelson, M. 12/19/87	114	1987
144	1144 Nelson, M. 12/19/87	114	1987
145	1144 Nelson, M. 12/19/87	114	1987
146	1144 Nelson, M. 12/19/87	114	1987
147	1144 Nelson, M. 12/19/87	114	1987
148	1144 Nelson, M. 12/19/87	114	1987
149	1144 Nelson, M. 12/19/87	114	1987
150	1144 Nelson, M. 12/19/87	114	1987
151	1144 Nelson, M. 12/19/87	114	1987
152	1144 Nelson, M. 12/19/87	114	1987
153	1144 Nelson, M. 12/19/87	114	1987
154	1144 Nelson, M. 12/19/87	114	1987
155	1144 Nelson, M. 12/19/87	114	1987
156	1144 Nelson, M. 12/19/87	114	1987
157	1144 Nelson, M. 12/19/87	114	1987
158	1144 Nelson, M. 12/19/87	114	1987
159	1144 Nelson, M. 12/19/87	114	1987
160	1144 Nelson, M. 12/19/87	114	1987

Rank	Name	Weight	Year
161	1144 Nelson, M. 12/19/87	114	1987
162	1144 Nelson, M. 12/19/87	114	1987
163	1144 Nelson, M. 12/19/87	114	1987
164	1144 Nelson, M. 12/19/87	114	1987
165	1144 Nelson, M. 12/19/87	114	1987
166	1144 Nelson, M. 12/19/87	114	1987
167	1144 Nelson, M. 12/19/87	114	1987
168	1144 Nelson, M. 12/19/87	114	1987
169	1144 Nelson, M. 12/19/87	114	1987
170	1144 Nelson, M. 12/19/87	114	1987
171	1144 Nelson, M. 12/19/87	114	1987
172	1144 Nelson, M. 12/19/87	114	1987
173	1144 Nelson, M. 12/19/87	114	1987
174	1144 Nelson, M. 12/19/87	114	1987
175	1144 Nelson, M. 12/19/87	114	1987
176	1144 Nelson, M. 12/19/87	114	1987
177	1144 Nelson, M. 12/19/87	114	1987
178	1144 Nelson, M. 12/19/87	114	1987
179	1144 Nelson, M. 12/19/87	114	1987
180	1144 Nelson, M. 12/19/87	114	1987



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In the competitive vitamin and supplement business, advertisers in PL USA and elsewhere make a habit of claiming about having the "highest potency" formula available. What is described as the highest potency supplement available is read my-... (text continues)

Big River Classic

Table with columns for name, age, sex, weight, and other details for the Big River Classic event.

ADPFA "Raw" Meet

Table with columns for name, age, sex, weight, and other details for the ADPFA Raw Meet.

ADPFA "Raw" Meet

Table with columns for name, age, sex, weight, and other details for the ADPFA Raw Meet.

ADPFA "Raw" Meet

Table with columns for name, age, sex, weight, and other details for the ADPFA Raw Meet.

ADPFA "Raw" Meet

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ADPFA "Raw" Meet

Table with columns for name, age, sex, weight, and other details for the ADPFA Raw Meet.

A.D.F.P.A. TOP 20

This Top 20 list by Jim Callagher covers lifts made in sarcoplasmic adaptation from December 1, 1986 to January 1, 1988. Please send a copy of all ADPFA meet results to Jim Callagher, 301 Pine St., Glenolden, PA 19036. This will keep these lists as up to date as possible. Thank you. Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

Table with columns for name, age, sex, weight, and lift results for the A.D.F.P.A. TOP 20.

Table with columns for name, age, sex, weight, and lift results for the A.D.F.P.A. TOP 20.

Table with columns for name, age, sex, weight, and lift results for the A.D.F.P.A. TOP 20.

Table with columns for name, age, sex, weight, and lift results for the A.D.F.P.A. TOP 20.

Table with columns for name, age, sex, weight, and lift results for the A.D.F.P.A. TOP 20.

Table with columns for name, age, sex, weight, and lift results for the A.D.F.P.A. TOP 20.

Meet Correspondents

You are needed by PL USA to cover the many new national meets put on each year by the various Powerlifting federations. If you were thinking of going to one of the upcoming national meets, let us know your plans. We need people who can either take adequate photos or arrange to have them taken at meets, obtain meet results and report the facts on meet happenings. If you think you can help us in any way you can help PL USA at Box 467, Camarillo, CA 93011

Table with columns for name, age, sex, weight, and lift results for the Meet Correspondents.

Table with columns for name, age, sex, weight, and lift results for the Meet Correspondents.

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Upcoming National Meet Qualifying Totals. Table with columns for meet name, weight class, and qualifying totals.

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Ohio Natural Nationals Regional  
 28 Nov 87 - Columbus, OH (Kilbs)

Division (Pare)	SQ	BP	DL	Total
114 lbs.	102.5	75	132.5	310
121 lbs.	114	85	147.5	346.5
128 lbs.	121	92.5	160	373.5
135 lbs.	130	100	175	405
142 lbs.	137.5	107.5	182.5	427.5
149 lbs.	145	115	190	450
156 lbs.	152.5	122.5	200	475
163 lbs.	160	130	210	500
170 lbs.	167.5	137.5	220	525
177 lbs.	175	145	230	550
184 lbs.	182.5	152.5	240	575
191 lbs.	190	160	250	600
198 lbs.	197.5	167.5	260	625
205 lbs.	205	175	270	650
212 lbs.	212.5	182.5	280	675
219 lbs.	220	190	290	700
226 lbs.	227.5	197.5	300	725
233 lbs.	235	205	310	750
240 lbs.	242.5	212.5	320	775
247 lbs.	250	220	330	800
254 lbs.	257.5	227.5	340	825
261 lbs.	265	235	350	850
268 lbs.	272.5	242.5	360	875
275 lbs.	280	250	370	900
282 lbs.	287.5	257.5	380	925
289 lbs.	295	265	390	950
296 lbs.	302.5	272.5	400	975
303 lbs.	310	280	410	1000
310 lbs.	317.5	287.5	420	1025
317 lbs.	325	295	430	1050
324 lbs.	332.5	302.5	440	1075
331 lbs.	340	310	450	1100
338 lbs.	347.5	317.5	460	1125
345 lbs.	355	325	470	1150
352 lbs.	362.5	332.5	480	1175
359 lbs.	370	340	490	1200
366 lbs.	377.5	347.5	500	1225
373 lbs.	385	355	510	1250
380 lbs.	392.5	362.5	520	1275
387 lbs.	400	370	530	1300
394 lbs.	407.5	377.5	540	1325
401 lbs.	415	385	550	1350
408 lbs.	422.5	392.5	560	1375
415 lbs.	430	400	570	1400
422 lbs.	437.5	407.5	580	1425
429 lbs.	445	415	590	1450
436 lbs.	452.5	422.5	600	1475
443 lbs.	460	430	610	1500
450 lbs.	467.5	437.5	620	1525
457 lbs.	475	445	630	1550
464 lbs.	482.5	452.5	640	1575
471 lbs.	490	460	650	1600
478 lbs.	497.5	467.5	660	1625
485 lbs.	505	475	670	1650
492 lbs.	512.5	482.5	680	1675
499 lbs.	520	490	690	1700
506 lbs.	527.5	497.5	700	1725
513 lbs.	535	505	710	1750
520 lbs.	542.5	512.5	720	1775
527 lbs.	550	520	730	1800
534 lbs.	557.5	527.5	740	1825
541 lbs.	565	535	750	1850
548 lbs.	572.5	542.5	760	1875
555 lbs.	580	550	770	1900
562 lbs.	587.5	557.5	780	1925
569 lbs.	595	565	790	1950
576 lbs.	602.5	572.5	800	1975
583 lbs.	610	580	810	2000
590 lbs.	617.5	587.5	820	2025
597 lbs.	625	595	830	2050
604 lbs.	632.5	602.5	840	2075
611 lbs.	640	610	850	2100
618 lbs.	647.5	617.5	860	2125
625 lbs.	655	625	870	2150
632 lbs.	662.5	632.5	880	2175
639 lbs.	670	640	890	2200
646 lbs.	677.5	647.5	900	2225
653 lbs.	685	655	910	2250
660 lbs.	692.5	662.5	920	2275
667 lbs.	700	670	930	2300
674 lbs.	707.5	677.5	940	2325
681 lbs.	715	685	950	2350
688 lbs.	722.5	692.5	960	2375
695 lbs.	730	700	970	2400
702 lbs.	737.5	707.5	980	2425
709 lbs.	745	715	990	2450
716 lbs.	752.5	722.5	1000	2475
723 lbs.	760	730	1010	2500
730 lbs.	767.5	737.5	1020	2525
737 lbs.	775	745	1030	2550
744 lbs.	782.5	752.5	1040	2575
751 lbs.	790	760	1050	2600
758 lbs.	797.5	767.5	1060	2625
765 lbs.	805	775	1070	2650
772 lbs.	812.5	782.5	1080	2675
779 lbs.	820	790	1090	2700
786 lbs.	827.5	797.5	1100	2725
793 lbs.	835	805	1110	2750
800 lbs.	842.5	812.5	1120	2775
807 lbs.	850	820	1130	2800
814 lbs.	857.5	827.5	1140	2825
821 lbs.	865	835	1150	2850
828 lbs.	872.5	842.5	1160	2875
835 lbs.	880	850	1170	2900
842 lbs.	887.5	857.5	1180	2925
849 lbs.	895	865	1190	2950
856 lbs.	902.5	872.5	1200	2975
863 lbs.	910	880	1210	3000
870 lbs.	917.5	887.5	1220	3025
877 lbs.	925	895	1230	3050
884 lbs.	932.5	902.5	1240	3075
891 lbs.	940	910	1250	3100
898 lbs.	947.5	917.5	1260	3125
905 lbs.	955	925	1270	3150
912 lbs.	962.5	932.5	1280	3175
919 lbs.	970	940	1290	3200
926 lbs.	977.5	947.5	1300	3225
933 lbs.	985	955	1310	3250
940 lbs.	992.5	962.5	1320	3275
947 lbs.	1000	970	1330	3300
954 lbs.	1007.5	977.5	1340	3325
961 lbs.	1015	985	1350	3350
968 lbs.	1022.5	992.5	1360	3375
975 lbs.	1030	1000	1370	3400
982 lbs.	1037.5	1007.5	1380	3425
989 lbs.	1045	1015	1390	3450
996 lbs.	1052.5	1022.5	1400	3475
1003 lbs.	1060	1030	1410	3500
1010 lbs.	1067.5	1037.5	1420	3525
1017 lbs.	1075	1045	1430	3550
1024 lbs.	1082.5	1052.5	1440	3575
1031 lbs.	1090	1060	1450	3600
1038 lbs.	1097.5	1067.5	1460	3625
1045 lbs.	1105	1075	1470	3650
1052 lbs.	1112.5	1082.5	1480	3675
1059 lbs.	1120	1090	1490	3700
1066 lbs.	1127.5	1097.5	1500	3725
1073 lbs.	1135	1105	1510	3750
1080 lbs.	1142.5	1112.5	1520	3775
1087 lbs.	1150	1120	1530	3800
1094 lbs.	1157.5	1127.5	1540	3825
1101 lbs.	1165	1135	1550	3850
1108 lbs.	1172.5	1142.5	1560	3875
1115 lbs.	1180	1150	1570	3900
1122 lbs.	1187.5	1157.5	1580	3925
1129 lbs.	1195	1165	1590	3950
1136 lbs.	1202.5	1172.5	1600	3975
1143 lbs.	1210	1180	1610	4000
1150 lbs.	1217.5	1187.5	1620	4025
1157 lbs.	1225	1195	1630	4050
1164 lbs.	1232.5	1202.5	1640	4075
1171 lbs.	1240	1210	1650	4100
1178 lbs.	1247.5	1217.5	1660	4125
1185 lbs.	1255	1225	1670	4150
1192 lbs.	1262.5	1232.5	1680	4175
1199 lbs.	1270	1240	1690	4200
1206 lbs.	1277.5	1247.5	1700	4225
1213 lbs.	1285	1255	1710	4250
1220 lbs.	1292.5	1262.5	1720	4275
1227 lbs.	1300	1270	1730	4300
1234 lbs.	1307.5	1277.5	1740	4325
1241 lbs.	1315	1285	1750	4350
1248 lbs.	1322.5	1292.5	1760	4375
1255 lbs.	1330	1300	1770	4400
1262 lbs.	1337.5	1307.5	1780	4425
1269 lbs.	1345	1315	1790	4450
1276 lbs.	1352.5	1322.5	1800	4475
1283 lbs.	1360	1330	1810	4500
1290 lbs.	1367.5	1337.5	1820	4525
1297 lbs.	1375	1345	1830	4550
1304 lbs.	1382.5	1352.5	1840	4575
1311 lbs.	1390	1360	1850	4600
1318 lbs.	1397.5	1367.5	1860	4625
1325 lbs.	1405	1375	1870	4650
1332 lbs.	1412.5	1382.5	1880	4675
1339 lbs.	1420	1390	1890	4700
1346 lbs.	1427.5	1397.5	1900	4725
1353 lbs.	1435	1405	1910	4750
1360 lbs.	1442.5	1412.5	1920	4775
1367 lbs.	1450	1420	1930	4800
1374 lbs.	1457.5	1427.5	1940	4825
1381 lbs.	1465	1435	1950	4850
1388 lbs.	1472.5	1442.5	1960	4875
1395 lbs.	1480	1450	1970	4900
1402 lbs.	1487.5	1457.5	1980	4925
1409 lbs.	1495	1465	1990	4950
1416 lbs.	1502.5	1472.5	2000	4975
1423 lbs.	1510	1480	2010	5000
1430 lbs.	1517.5	1487.5	2020	5025
1437 lbs.	1525	1495	2030	5050
1444 lbs.	1532.5	1502.5	2040	5075
1451 lbs.	1540	1510	2050	5100
1458 lbs.	1547.5	1517.5	2060	5125
1465 lbs.	1555	1525	2070	5150
1472 lbs.	1562.5	1532.5	2080	5175
1479 lbs.	1570	1540	2090	5200
1486 lbs.	1577.5	1547.5	2100	5225
1493 lbs.	1585	1555	2110	5250
1500 lbs.	1592.5	1562.5	2120	5275
1507 lbs.	1600	1570	2130	5300
1514 lbs.	1607.5	1577.5	2140	5325
1521 lbs.	1615	1585	2150	5350
1528 lbs.	1622.5	1592.5	2160	5375
1535 lbs.	1630	1600	2170	5400
1542 lbs.	1637.5	1607.5	2180	5425
1549 lbs.	1645	1615	2190	5450

ADFA St. Louis Open

Table with columns: 6 Dec 87 - St. Louis, MO (kilos), 56 kg, 67.5 kg, etc. listing names and weights.



This was the scene at the Western Maryland Deadlift Classic, where Tom Bujut won the 198 lb. class and overall Best Lifter with a deadlift of 625 lbs. Photo and information courtesy of The Fitness Center, LaVale, MD.

Western Maryland Deadlift Classic
7 Dec 87 - LaVale, MD
114 lb., 265
148 lb., 435
F. Luptis 435
C. Dehaven 300
K. Cook 575
J. Smith 575
E. Warner 345
P. Harris 575
181 lb., 560
P. Storo 635
B. Reed 550
M. Seay 640
G. Skanholz 530
C. Dehaven 640
M. Jones 400
D. Anderson 525
D. Gorski 430
E. Erentout 465

sored by Michael Cissell. Lakeside scored 22 points in the national competition of South County who scored its points. (Thanks to John Petreff for results)

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FOR THE RECORD

Table with columns: QMNI 41 CLASSIC, ADFA (kg), EAST EUROPEAN (kg), CEZOSLOVAK RECORDS (kg), SOUTH IBERY RECORDS, MICHIGAN OPEN PENITENTIARY MEET RECORDS, MIDWEST OPEN MEET RECORDS, N. CAROLINA MEANS, N. CAROLINA TENAGE.

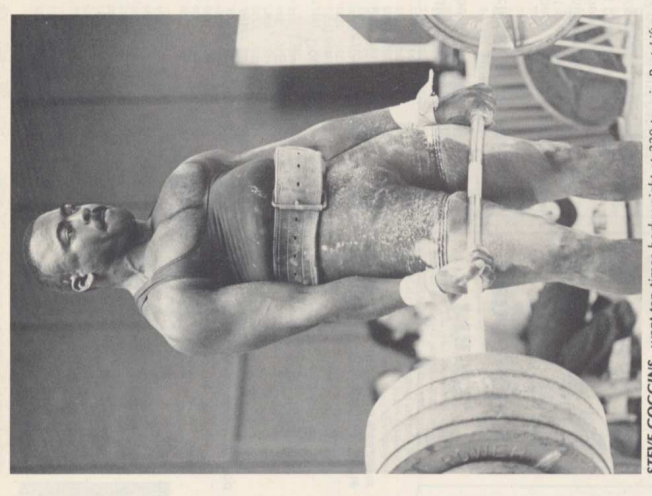
POWER HOTLINE is the special bulletin of Powerlifting and strength sports that comes out TWICE each month as a companion to PL USA. Each flash edition is sent out by FIRST CLASS MAIL, so you will get the news of the big lifts and big meets while it's still NEW! If you're impatient with the mails and waiting for each edition of PL USA, this is the in-between issue POWER SNACK that you've been looking for. Consistently, for over 6 years now, POWER HOTLINE has brought its readers the results of major meets worldwide; inside info on who's up in the sport, who's down, who's been busted for selling steroids, etc.; and tantalizing tidbits of interest that you won't find in any other publication on the face of the earth. More than once, we have had the results of big meets in the mail less than 24 hours after it has taken place, an incredible POWER HOTLINE record of serving the news-hungry needs of its readership. You can join the readership of POWER HOTLINE too, by sending a check for \$28.00 payable to Powerlifting USA, Box 3238, Camarillo, California 93011, (\$39.00 US for foreign, airmail subscriptions) for that fee you will receive ONE YEAR, 24 complete editions of POWER HOTLINE; rushed to you twice monthly. It's all money back guaranteed. If you don't like it, let us know, and we'll refund your money for issues not yet sent. Give it a try!

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9th Greater Texas Classic  
5.6 Dec 87 - Dallas, TX

Table with columns: Class II Division, SQ, BP, DL, Total. Lists names and scores for various weight classes.



STEVE GOGGINS...went ten times bodyweight at 220 to win Best Lifter (198-SHW) at the Greater Texas Classic. Photograph by Linda Finnegan.

132 lbs. Harris  
147 lbs. Jackson

Table with columns: Name, SQ, BP, DL, Total. Lists names and scores for 132 and 147 lb divisions.

Central Iowa Championships  
21 Nov 87 - Des Moines, IA

Table with columns: Name, SQ, BP, DL, Total. Lists names and scores for various weight classes.

176 plus lbs.  
185 lbs.

Table with columns: Name, SQ, BP, DL, Total. Lists names and scores for 176 plus and 185 lb divisions.

165 lbs.  
181 lbs.

Table with columns: Name, SQ, BP, DL, Total. Lists names and scores for 165 and 181 lb divisions.

165 lbs.  
181 lbs.

Table with columns: Name, SQ, BP, DL, Total. Lists names and scores for 165 and 181 lb divisions.

165 lbs.  
181 lbs.

Table with columns: Name, SQ, BP, DL, Total. Lists names and scores for 165 and 181 lb divisions.

165 lbs.  
181 lbs.

Table with columns: Name, SQ, BP, DL, Total. Lists names and scores for 165 and 181 lb divisions.



















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# THE FIRST NATURAL WORLDS

To be held  
**JUNE 25TH & 26TH, 1988**  
in Reading, England



**Men's Team:** All Class Winners from the 1987 ADFPA National Championships, held this past August in Chicago.\*

**Women's Team:** All Class Winners from the 1988 ADFPA National Championships, to be held April 23rd & 24th in Chicago.\*

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

1340 W. Irving Park #208  
Chicago, Illinois 60613  
(312) 334-1527

\*Clean period of three years required.

7 MAY, ADFPA Bench Meet (men, women, masters), Farnsworth, Jim Gallagher, Power Shack, Holly & E. Madison, Clifton Hts., NY 19018. 215-656-0228.  
7 MAY, USPF Louisiana Natural Championships (6 month & 1 yr. divisions), (Aboard), Breaux, K. J., 135 S. Westbank, Oak Brook, IL 60110.  
7.8 MAY, ADFPA Power Weekends, Ed & Lois Meier to benefit the Spinal Cord Society (open, women, masters), Tom Wojcik, 913 Park Ave., Winder, PA 15963, 814-467-5662.  
14 MAY, ADFPA Blue Gray Championships (open, novice, women, masters) sponsored by Casey Christian Academy and Coca Cola, John 36.116. 205-288-9264. 150, Montgomery, AL.  
14 MAY, Indiana State Meet, Rich Peters, Box 1753, Norman, OK 73070.  
14 MAY, PCPF British Columbia Championships (Campbell River), Rolf Scheitner, 1011 Johnson St., Victoria, BC, CANADA V8W 2N6 604-381-3813.  
15 MAY, USPF National Masters, Jan Shindler, 1968 W. 60th St., Roy, UT 84067, 801-776-1873.  
14.15 MAY, USPF High School Nationals (boys & girls), Power Pros, Al Roberts, Box 1246, S. Glens Falls, NY 12803, 518-668-4749.  
15 MAY, ADF Wisconsin State Open (men, women, masters), 1119 N. Sherman St., 98th St., Mt. Pleasant, WI 53222, 414-664-8204.  
20.21 MAY, Drug Tested USPF Maryland State Championships (women, open, masters, teen, high school), Spier Thomsen, Bullis School, Potomac, MD 20854, 301-299-8507.  
21 MAY, 7th Annual Big Fox Championships (men, women, masters, Class I & Open), Duane Hendricks, 11810 Greene St., Spokane, WA 99207, 455-7695.  
21 MAY, North Valley Bench Press Contest (open, novice, masters, women, teen), Dave Hart, 3430 Billigan Lane, Redding, CA 96002.  
21 MAY, B.E.S. Bench & Deadlift, David White, 1843 S.W. Monroe, Alma, MI 48801, 517-633-3820.  
21 MAY, Abano Open (San Antonio), Richard Peters, Box 1753, Norman, OK 73070

21.22 MAY, All Natural Long Island (NY) Open (AINPFC sanction), polygraph testing, 5.10 P.O. Box 101, Lindenhurst, NY 11757, 516-359-3737.  
21.22 MAY, 1st Annual Maricopa ADFPA Meet (open, novice, masters), Arnie Maricopa, 3015 Boardwalk Ave. Apt. 26, Bronx, NY 10463, 212-884-5757.  
21.22 MAY, 6th Annual Viking Open (ADFPA), (men, women, masters), Dennis & Sandi Brady, 5920 N. Ridge, Chicago, IL 60660.  
21.22 MAY, PCPF/AFSP/PC North American & Pacific Coast Championships (Victoria), Rolf Scheitner, 1011 Johnson St., Victoria, BC, CANADA V8W 2N6, 604-381-3813.  
28 MAY, Natural Novice (K.C., MO), Richard Peters, Box 1753, Norman, OK 73070

28.29 MAY, ADFPA Lifetime Drug Free Natural Championships (open only), to individuals who have never used strength inducing drugs

strict testing) Lifetime Fitness, 4041 11th Pl., Des Moines, IA 50313, 615-290-2940 Mike Fogga.  
29 MAY, ADFPA Towson Bench Press (beautiful awards, limited entries), Brian Washington, 3506 Essex Rd., Baltimore, MD 21207, 301-944-4022 after 7 PM.  
USA Oh., WNPFL Legitimate Natural Northern Division (open, novice, masters, masters, anyone 5 years clean or more) Mike Archibald.  
Box 61, Mount Carmel St., NY, NY 10458  
4 JUNE, Central Iowa Bench-Deadlift Meet (open, novice, women, masters, teenage, deadlift, team), Jeff Baker, 3048 Falkner Dr., Des Moines, IA 50315, 515-280-9275.  
4 JUNE, Michigan WNPFL Open Committee Meeting, 14500 Chub St., Littleton, CO, USA, 303-784-5300.  
Lansing, MI 48223, 517-332-5130.  
4.5 JUNE, Ultimate Fitness ADFPA Open, Joyce or Gary Versorio, Ultimate Fitness, 306 E. Du mond Ave., Hazelton, PA 18201, 717-455-0611.

4.5 JUNE, USPF Junior Nationals, MAC Nationals, Grand Nationals, Grand Nationals, TX 75100, 214-265-4822.  
5 JUNE, WNPFL Clean for Life Jr. Clean Championships: Sanitation Workers' Nationals, John Jameson, Box 425, Lodi, NJ 07644  
5 JUNE, New England States Bench Meet, Scott Telfor, Box 732, Springfield, VT 05156  
8 JUNE, Upper Lake Teenage Junior, Open, Masters, 10355 Hwy. 101, Sparks, NV 89436, 775-339-6622.  
S. Glens Falls, NY 12803, 518-668-4749.  
11 JUNE, (new date) New England States Novice (men, women, sub-masters, masters), Greg Kovacs, Box 367, Whitman, MA 02382, 617-447-6714.  
11 JUNE, Venice Beach Squat Contest, Darlene Galindo, Venice Beach Athl. Cl., 1500 Ocean Blvd., Venice, CA 90291, 213-632-2775.  
11 JUNE, National Senior Nationals, 15745 Lanta, SANJOE P.O. Box 639 Las Cruces, NM 88904, 505-523-3200, ext. 3289.  
11 JUNE, North Carolina USPF Drug Free State Meet (open, novice, masters), Bill Clay, 632-A Melanie Ct., Charlotte, NC 28205, 704-379-6193, evening 704-327-0045.  
11 JUNE, APF National Open (1st & 2nd National Championships), 5119 Worcester, Swartz Creek, MI 48473, 313-635-4206.

11 JUNE, Ohio Women's State, Masters Open Class II and Below, Chuck North, 45 Midway Plaza, Tallmadge, OH 44728, 216-633-2900  
11 JUNE, PA Police Olympics, Tom Miller, 14 Pennsylvania, 15322, 412-815-8150  
11 JUNE, Michigan Open (Novice, Master, Intermediate, Senior, Amateur, Women's), 280 E. Main, Warren, Michigan, 969-9 S. Chermont, Dearborn, MI 48124.  
11.12 JUNE, Muscle Beach Open (Galveston), Richard Peters, Box 1753, Norman, OK 73070  
18 JUNE, Fresno Open, Novice, Masters, Bob Babin, 2099 E. Ashlan Apt B, Fresno, CA 93706, 559-238-4584.  
18 JUNE, 4th Stockton Open (ADFPA) (novice and teenage awards also), Joe Randazzo, P.O. Box 10386, Stockton, CA 95210, 415-643-6677 (weekdays), 209-951-7624 (weekends).  
18 JUNE, APF Atlantic Coast Championships (men, women, teenagers), Frank Mansueti, Metrolift Athletic Club, 225 Mill St., Lawrence, NY 11959, 316-371-6000.

# ADFPA and ERNIE FRANTZ presents **MEN'S & WOMEN'S 1988 NATIONAL POWERLIFTING CHAMPIONSHIPS**



DATE: Saturday, April 23rd & Sunday, April 24th, 1988.  
LOCATION: Embassy Suites O'Hare Hotel 6501 N. Mannheim Rd., Rosemont, IL 60018 (312) 699-6300.  
WEIGHT IN: 6:00 p.m.-9:00 p.m. Friday & Saturday or 7:00 a.m. Saturday & Sunday. Lifting starts at 10:00 a.m. both days.  
ENTRY FEE: \$35.00 (Includes meet T-shirt). Team entry \$30.00.  
ENTRY DEADLINE: April 12th, 1988. Late entries \$50.00.  
RULES: Strict A.P.F. rules will apply. (A.P.F. memberships available at the meet. \$18.00)

QUALIFYING TOTALS:

114	123	132	148	165	181	198	220	242	275
970	1053	1150	1267	1380	1480	1560	1643	1698	1745

SHW WOMEN'S QUALIFIER: Any woman that has not won any National or World Championship.  
1819

SCHEDULE OF EVENTS:  
Friday, April, 22nd: Weight in 6:00 p.m.-9:00 p.m. for 114-181 lb. classes.  
Saturday, April 23rd: Weigh in 7:00 a.m. Lifting starts at 10:00 a.m. for 114-148 lb. classes. Afternoon session starts at 2:30 p.m. for 165-181 lb. classes. Weigh in at 6:00 p.m.-9:00 p.m. for 198 & up. SHW classes.  
Sunday, April 24th: Weigh in 7:00 a.m. Lifting starts at 10:00 a.m. for 198-220 lb. classes. Afternoon session starts at 2:00 p.m. for 242-SHW classes.

AWARDS: Men's - 1st through 3rd by classes. Best lifter heavy and light. Women's awards - 8 places by formula, plus Best Lifter award. Special memento award for all lifters.  
ADMISSION FEE: \$6.00 per day or \$10.00 for both days. Students \$5.00 per day or \$8.00 for both days.  
LODGING: Details on back of entry form.  
Make checks payable to: Ernie Frantz  
31 N. Broadway  
Aurora, IL 60505

For further information contact the Frantz Sports Center, 312-892-1491.

# BADDEST BENCH

In  
**TEXAS**

NEW DATE - May 7th, 1988  
Dual Sanction - USPF & World Bench Press Congress  
Divisions: Open, Novice, Teenage, Women, Masters, Team. Awards: 3 ft. trophies for 1st in each class.  
Overall men and women division winners will receive sculptured bench press trophies and \$100 worth of lifting equipment from Inzer Advance Designers.  
contact SCOTT JOHNSON  
c/o the Courthouse Athletic Club, #1 Courthouse Drive, Longview, Texas 75605, 214-297-2322





# 1988 New York State Powerlifting Championship

## Teenager - Junior - Sub-Master - Master

April 9 and 10, 1988

**Meet Director:** Al Roberts (518) 668-4749; Paul Bricoccoli (518) 793-9343  
**Eligibility:** Open to anyone registered with the USPF between the ages of 14-23; 35-39; 40 & over.  
**Awards:** Trophies will be awarded for 1st-3rd place for all weight classes and Divisions.  
 \* One best lifter trophy will be awarded in each division for light and heavy weight \*

..... T-Shirts: \$6.00 in advance, \$8.00 at the meet.....

**Checks payable to:** Glens Falls Power Pros.  
**Send entry to:** Al Roberts, Box 1246, South Glens Falls, NY 12803  
**Note:** All entries will be sent instructions with Hotel, Meet Location.

\*\*\*\*\*Schedule of events\*\*\*\*\*

Friday-April 8, 1988: 7:00-9:00 PM. Early weigh-in for Saturday competitors.

Saturday-April 9, 1988

- \*7:00 AM. Weigh-in for Competitors; All Women; age group 14-15; Wt. classes 52Kg through SHW.
- \*9:00 AM. Lifting begins; age group 14-15; Wt. classes 52 Kg through SHW.
- \*11:30 AM. Weigh-in for competitors; age group 16-17; Wt. classes 52 Kg through SHW.
- \*1:00 PM. Lifting begins; Age group 16-17; Wt. classes 52 Kg through SHW.
- \*2:30 PM. Weigh-in for competitors; Age group 18-19; Wt. classes 52 Kg through SHW.
- \*4:00 PM. Lifting begins; Age group 18-19; Wt. classes 52 Kg through SHW.
- \*6:00-9:00PM. Saturday ..... Early Weigh-in for Sunday competitors.

Sunday- April 10, 1988:

- \*7:00 AM. Weigh-in for Competitors; Age group 20-23. All Weight Classes 52 Kg. through SHW. Also open division Weight classes 52 Kg. to 75 Kg.
- \*9:00 AM. Lifting begins; Age group 20-23; All Weight classes 52 Kg. through SHW. Also open division Weight classes 52 Kg. to 75 Kg. Weigh-in for competitors; Age group Sub-Masters and Masters, all Weight classes.
- \*11:30 AM. Weigh-in for competitors; Age group Sub-Masters and Masters, all Weight classes. Also open division Weight classes 82.5 Kg to SHW.
- \*1:00 PM. Lifting begins; Age group Sub-Masters & Masters; All Weight classes. Also open division Weight classes 82.5 Kg. to SHW.

Meet: \$30.00 Team: \$30.00 Team Name \_\_\_\_\_  
 Age Male \_\_\_\_\_ Female \_\_\_\_\_ Weight Class \_\_\_\_\_ Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone \_\_\_\_\_ USPF# \_\_\_\_\_ Team Affiliation \_\_\_\_\_  
 In order to prepare the round system we would like your anticipated opening attempt:  
 Squat \_\_\_\_\_ Bench Press \_\_\_\_\_ Deadlift \_\_\_\_\_  
 Rack Height for Squat \_\_\_\_\_ Inches (measure from floor to shoulder height)  
 T-Shirt Size \_\_\_\_\_ Coach's name \_\_\_\_\_ (one coach free admission)

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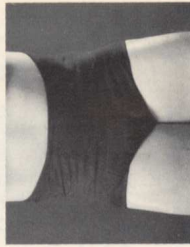


Our crotch has a unique new stitch that resists pressure and expands like no other seam. Many have tried this design but they all remain below our standard.



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



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

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 13.00 two pair  
 19.00 three pair



### Superior™ Wrap X

Same as Super Wrap 10.  
 11.00 a pair  
 20.00 two pair  
 26.00 three pair



### Superior™ Elite Wrap

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

### Superior Wrap B

Elastic  
 7.00 a pair  
 13.00 two pair  
 19.00 three pair

### TAILORING INFORMATION:

Are you a repeat customer? \_\_\_\_\_  
 Male  Female   
 Height \_\_\_\_\_ Weight \_\_\_\_\_ Hips (largest part) \_\_\_\_\_  
 Leg (largest part) \_\_\_\_\_ Overall (top of trap to 6" below crotch) \_\_\_\_\_  
 Chest \_\_\_\_\_ Arm \_\_\_\_\_



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# INZER ADVANCE DESIGNS

We Make Power Gear A Science

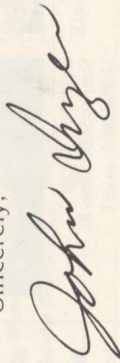
Dear Powerlifter,

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

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

We enjoy helping you with the sport of powerlifting.

Sincerely,



John Inzer  
Owner

**INZER**  
ADVANCE DESIGNS

## Tennessee ADFFA Championships 5 Dec 87 - Clarksville, TN

	SQ	BP	DL	Total
M. Cross	335	195	450	980
L. Brooks	255	150	285	690
L. Willford	455	295	450	1200
M. Poyer	390	300	485	1160
M. Pierce	410	275	350	1035
J. Clairday	355	200	385	940
C. Smith	600	300	530	1430
P. Hackney	450	300	450	1200
P. McLean	310	175	395	880
M. Froedge	535	345	615	1495
B. Nicholson	550	305	530	1385
M. Sartin	520	330	585	1335
M. Russell	500	345	500	1345
M. DeBerry	650	440	600	1690
Z. Foy	575	340	575	1495

Held at Austin Peay State University Intramural Complex. I'd like to thank Truly-Hughes who announced the meet, Karen Forrester who worked the meet, Karen Forrester who worked the meet, Truly-Hughes, and Jeff Higgins. Also, I want to thank Truly-Hughes and Cabra's Gym for the use of their equipment. Spitting was done by the APSU Football team. Truly-Hughes is a very fine powerlifter who world record deadlift holder, Mike Cross, who has been lifting for 20 plus years and lifted in the first Sr. Nationals in 1964. Island Brooks lifting form in the squat, Jeff Willford lift on the bench, going 6-9, has great potential. Willie Brown lifted in his first meet, he also left potential on the bench. Truly-Hughes has the potential to lift 5-9. Rick Poyer wanted some energy sleeping Mike Cross. Second was Mike Jovner who also went 5-9. Mickey Pearce hurt his back on his first lift, he was able to lift 181. Mickey Pearce's doctor not to lift, but Mickey wanted to lift and lift he did, going 9-9. 181 was won by my training partner Robert Froedge. He squatted

total a PR, also captured the best lifter award, weighing a very light 181. Charles Smith, a policeman from Memphis, lifted under a lot of stress, his partner was in the race earlier in the meet. Pat Wilson was a very good powerlifter in his first PR meet ever. Pat Wilson has great potential for this sport. Pat trains with us at APSU (former APSU football player), he will be a very good powerlifter. Mike Jovner is a very good lifter, he said he is saving his strength for 1988. Solid lifting and a fight for third from both Barry and Marve, Mike Bussett lifted 500 lbs. on the bench. Truly-Hughes is one of these lifters who brings the bar to the chest in slow motion and takes off like a bullet. Bobby DeBerry finished second with good lifting. Byron Brown lifted 500 lbs. on the bench. Truly-Hughes in PL and I wish him the best. (Thanks to Dan Austin, world champion, for results and report)

## Southside Jaycees Open Invitational 5 Dec 87 - Hopewell, VA

	SQ	BP	DL	Total
132 lbs.	365	280	340	985
148 lbs.	520	270	500	1290
H. Robinson	460	300	470	1230
J. Legat	345	250	455	1055
J. Underwood	325	165	—	—
165 lbs.	410	285	495	1205
W. Evans	400	235	440	1075
181 lbs.	585	400	625	1610
B. Spears	520	300	620	1440
T. Bononi	460	300	470	1230
C. Orizer	405	270	427	1105
R. Barker	405	265	390	1060
R. Wallis	330	315	380	1025
198 lbs.	300	190	530	1020
P. Alley	650	400	625	1675
H. Slias	525	380	670	1575
D. Wallace	480	390	460	1330
D. Williams	420	270	465	1155
L. Mason	475	—	—	—
C. Tull	315	—	—	—
228 lbs.	500	425	605	1530
S. Price	545	320	550	1415
M. Reid	475	310	550	1335
H. Bennett	—	—	—	—

C. Robert	500	310	500	1310
M. Keeney	485	365	—	—
242 lbs.	675	430	740	1445
N. Jabbar	590	365	530	1485
275 lbs.	500	355	645	1500
E. Anderson	530	305	475	1310
S. Burton	200	470	400	1070
SHW	—	—	—	—
M. Williams	635	475	600	1710
J. Tuller	570	325	615	1510

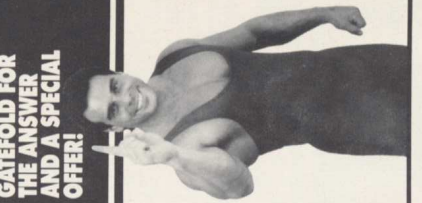
lifts to the top of the class. Truly-Hughes is a very fine lifter with more to come. Powatan Correctional Center won the team title. Truly-Hughes is a very fine powerlifter who world record deadlift holder, Mike Cross, who has been lifting for 20 plus years and lifted in the first Sr. Nationals in 1964. Island Brooks lifting form in the squat, Jeff Willford lift on the bench, going 6-9, has great potential. Willie Brown lifted in his first meet, he also left potential on the bench. Truly-Hughes has the potential to lift 5-9. Rick Poyer wanted some energy sleeping Mike Cross. Second was Mike Jovner who also went 5-9. Mickey Pearce hurt his back on his first lift, he was able to lift 181. Mickey Pearce's doctor not to lift, but Mickey wanted to lift and lift he did, going 9-9. 181 was won by my training partner Robert Froedge. He squatted

### Columbia County Teenage Bench 19 Dec 87 - New Lebanon, NY

114 lbs.	95*	C. Leon	180
S. Lake	95	R. Rockett	165
Robby Johnson	80	R. Gonzalez-BI	280
R. Johnson	80	R. Guillis	250
132 lbs.	195	J. Thompson	200
M. Birch	195	J. Thurnberg	180
P. Coltrips	160	B. Cardale	235*
148 lbs.	160	B. Cardale	235*
T. McGarvey-BI 215*	J. Walker	235	
T. Walker	S. Sharp	235	
T. Colburn	195	S. Sharp	245
B. Baldwin	195	E. Dodge	255*
D. Larkin	190	E. Dodge	255*

\*denotes meet record, sponsored by Canaan Power team. (Thanks to Jim Wheeler for results)

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