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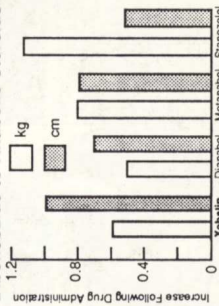
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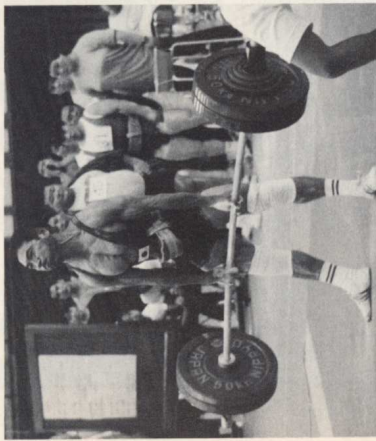
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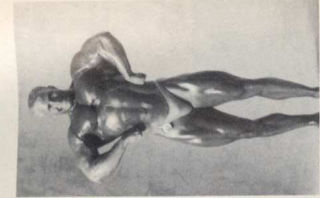
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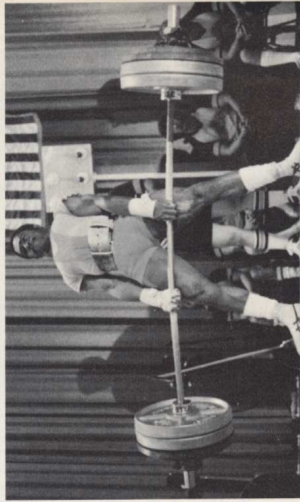
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THE RETURN OF KAZ

as told by Tony Fitton

UNEQUIVOCALLY BILL KAZMAIER IS "THE STRONGEST MAN THAT HAS EVER LIVED." A bold statement for such a quinescent quality that has so many parameters, but a statement that with reasoned debate may seem less difficult to refute. Kaz believes this to be true now, he believed it back in 1982 when interviewed by the late Donny McLeod for the British Broadcasting Corporation's television program of the 1982 "World's Strongest Man" competition. Kaz had just won the first two events (truck pull and log lift), the interview went:

BBC: Do you rate yourself as the World's Strongest Man right now?

KAZ: Yes, I actually think I'm the strongest man who ever lived."

BBC: The strongest man who ever lived?"

KAZ: Yes, I'll make that statement." Said quite emphatically.

BBC: Silence, as an experienced broadcaster sought in vain a retort to contradict an obvious truth.

Well, after a four year absence from competition, the indomitable Kaz is back in action again. Not as heavy as before, but nevertheless just as imposing as remembered. His sights are now set more on being the most massive decathlete of strength ever. Everything Kaz applies his immense muscles to, the vast variety of strength challenges he accepts, continue to put him one more step above all others in a collection of credentials justifying such an ostensive claim.

In a recent interview for the British magazine, "Strength Athlete," Bill Kazmaier recounted some early thoughts when asked what his perceptions were 9 years ago in winning the 1978 Junior and Senior National Powerlifting Championships:

"At the Juniors I did 2035 at 275 pound bodyweight. I did 2121 eight weeks later at the Seniors, again in

the 275 pound class. At the time I was on a course, I believed I could squat 1000 pounds, could deadlift 900, and bench press 700 pounds. I knew that I would make strength history, redefine the meaning of strength. I had sights on some big numbers. I was a strength fanatic, could have gone on and on.

A "strength fanatic," indeed, is what he has proven to be. Way beyond the bounds accomplished by any other strength luminary, in powerlifting, weightlifting, strongman contests, or the latest spiritual/transcendental hogwash that has been given credence in many magazines. Anyone that was under-standing of the Senior Nationals, and had an understanding of the stakes and intricacies of powerlifting, had to know that Kazmaier had the potential for down-to-earth devastation as far as strength was concerned. Apart from this sheer awe-inspiring presence, the indication of this fact in preparation for his winning deadlift of 804 pounds.

Kaz's coach was obviously as psyched as Kaz himself. To emphasize the importance of the attempt, Bud Rowanoff, the coach in question, hit Kaz twice to both sides of the head. Apart from being blous that would have rendered the average person comatose, they apparently affected Kaz's equilibrium. Pulling on the 804, the bar was a good six inches out from his knees, a success defining position, yet Kaz pulled it in, and pulled it up. One of America's leading biomechanic experts was filming the attempt. Laboratory analysis afterwards deemed the recovery as impossible. In that small fact Kaz had redefined human capabilities, restructured the realms of impossibility. It was to be a feat that Bill Kazmaier was to repeat time and time again.

In his powerlifting heyday Kaz had a charisma and portentous power that provoked imagination, a strength that was surreal. Sure Ed Coan has proved a prodigious powerlifting force at a relatively light bodyweight. Doug Furnas approached the total record that Kaz still holds, but no one has approximated the overall power, massive musculature, inhuman and inexplicable presence that Kaz portrays. He stands head, and shoulders, and shoulders, above all other athletes that have engaged the strength quest, with his special brand of uniqueness.

Twice Senior National Champion, twice World Powerlifting Champion, and bombing unrepentantly in two other Seniors going for the "big one." It was the two other Seniors that were enough for a legendary legacy beyond others. Inaba and Gant may close the world title stakes, Pacifico and Ron Collins close behind, impressive for sure, but even with less exposure, one seem - never forgotten is the impression Kaz etched in his wake.

Bill Kazmaier has not restricted his incredible attributes to powerlifting alone, he has attacked and virtually dominated every strength challenge designed. During a span of nine years he has accepted a more diverse and potentially destructive range of strongman disputes than anyone, and weathered injury and debilitation, yet maintained the inspiration, ability, and drive to excel. Even after a break of almost four years he is back in the fray of things once more, and back once more a champion of personally new proportions. Again, it takes an almost immortal personage to have succeeded the way Bill Kazmaier has.

In powerlifting, regardless of not having the leverages suited for the sport, except perhaps in the deadlift, he exceeded all others. His total of 2425, performed in 1981, still stands as an official world record. He built such massive upper body musculature that getting under the permitted dimensions of the squatting bar was almost a greater task than squatting itself. At his powerlifting pinnacle he nonetheless squatted 925 of focused on achieving the total, a slight injury with the 925 allowed caution to prevail, passing up his third attempt. That same day he bench pressed 661 (in my opinion, the all-time most impressive performance on that lift) and deadlifted 837 to eclipse the highest total previously ever made. He additionally made a very close attempt at an 887 deadlift going for yet another world record. The resulting 2425 total still stands almost seven years later, one of the longest lived records on the I.P.F. record books.



KAZ at his last Powerlifting meet, the 1983 Worlds

Bench pressing was Kaz's true powerlifting forte, not just from the prodigious poundages he pushed, but from the majestic manner of his performance, the totality of muscular effort involved, the perfection. Watching Kaz bench press was a sight to behold. His 661 lift culminated a string of world records over an 18 month period. First at 617 at the 1979 Seniors, then 622 at the following World Championships. 634 was pushed up in 1980 in the World Series of Powerlifting at Auburn, Alabama, a lift performed after having just severely torn the quadriceps in one of his thighs. Then followed what was to become his enforced swan song, a 639 and the 661 back-to-back in the January 1981 meet. Two bench presses, the total, and a performance deadlift world record in the same meet, almost unparalleled in powerlifting's superheavyweight history. A few months later, Kaz horrendously tore his left pec, total muscle bonding a steel bar in the "World's Strongest Man" contest, so ending the progress he had envisioned towards a 700+ pound bench press. For sheer explosive power and muscular application, Kaz remains singularly distinguished. He bench pressed heavy weights like no other. Lowering the bar with excruciating slowness, absolute control, positioning the bar exactly on his chest for that furious surge back to arm's length. Films and analysis of Kaz's bench pressing undertaken at the National Strength Research Center at Auburn University are a revelation. Bill was shown to bring the bar down with a maximum acceleration of no more than 103% of the actual weight of the bar. (Most lifters lower the bar with an acceleration of 130-140% of actual weight). The essence of his lift is the start, the incredible acceleration of the chest, and half-way up the above are repositioned and the lift is ridden out from this huge surge of momentum from the traps. Unique, he certainly is; his bench pressing form actually looked like what the researchers were used to seeing when the film was played in reverse.

To present day only one other person has eclipsed this 661 pound monument of bench pressing. Ted Arcidi, with his Hawaiian exploits surrounding the 700 pound barrier. Borne from whatever emotions, Kaz views Arcidi's lifts with a dose of umbrage. Kaz never specialized on the bench press, worked it in along with the demands of squat and deadlift, detrimental demands when it comes to singular ability. Arcidi at the best paid occasional and cursory attention to the other two powerlifts, primarily concentrating solely on the bench press. Kaz specialized once, for eight weeks on the deadlift. It was a lean, easy official world record 887 lift. A faltering grip precluded a further attempt at over 900 pounds, however, Kaz did pull a 904 in exhibition later.

Mingled with this strength mania on the powerlifting scene, was also involvement with a variety of other strongman contests and displays. From the sadistic and torturous "World's Strongest Man" contests, exhibitions of dumbbell pressing and forearm strength, to participation in the Scottish Highland Games. After an unvictorious introduction to the televised "World's Strongest Man" contest in 1979, Kaz was omnipotent the following three years, not just winning, but totally dominating most of the ten events and the overall prize. In recalling that powerful era Kaz made the following comments, again in the interview for "Strength Athlete":

"When I left 'World's Strongest Man' competition in 1982 I was on top. I couldn't be beaten, there was nobody in my class. I was actually told by the people at Trans World International (the promoters of the World's Strongest Man) that no one wanted to compete against me.... I was never invited back anymore. I see my excommunication as a reflection that I was too dominant. In the ones I won, attempts were made by the organizers to find some ways of reducing my dominance, but they couldn't....

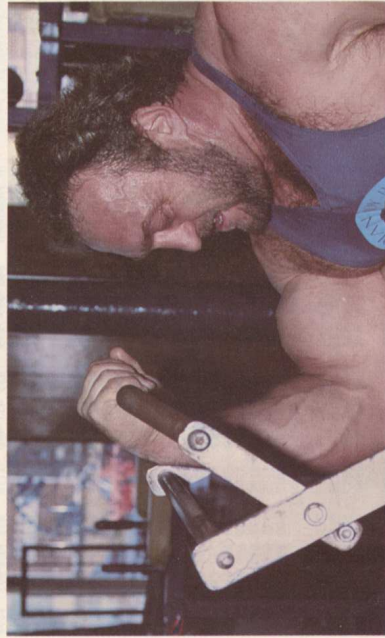
It's still astonishing, to this day, remembering these "World's Strongest Man" contests, reminiscing about the action and complete dominance that Kaz exuded, the efforts that really were made to demote his amazingly introduced. One classic example was the leg bounding event that was first introduced in 1981. Twelve 160-pound beer kegs were arranged in two rows of six, the kegs positioned eight feet away from the back of the truck. The kegs were to be jumped over and onto the truck as fast as possible without colliding with them. Nine contestants struggled, earned shoulder, capped the kegs into the truck. Kaz, in the last heat of the event, flung them, literally picked up the kegs, the foremost six were similarly dispatched after a few steps. It was perhaps the single most awe inspiring strength feat ever posted. Seeing him was believing, the power displayed provoked credibility. Kaz was a wide margin. The now defunct York publication, "Strength & Health" was equally impressed in it's report. "In contrast, Kazmaier excelled his brute, and somewhat frightening, power as he simply reached down, grabbed the barrels and hauled them onto the truck. Furthermore, Kaz threw them halfway toward the front of the bed."

The event was again included in the 1982 "World's Strongest Man" contest, however, the kegs this time were positioned almost twice the distance as previously from the back of the truck. The extra distance was obviously designed to preclude Kaz's unique loading performance, and transfer the emphasis to endurance. Kaz did not win the event under these conditions, but still easily won the overall competition. His rugged regimen of brute strength was undaunted.

Many people wanted to beat Kaz in their own way, his fellow competitors, the officials and promoters. It was a mixture of envy and respect. Ernie Hackett, one of powerlifting's and America's finest strength athletes and gentlemen, summed the feeling up well during an interview for BBC's televised edition of the 1982 "World's Strongest Man." Ernie and Kaz had both strained with the same weights in the Silver Dollar Lift, both deadlifting 1052 and missing 1085 pounds. "Ernie was explaining his motivation - 'I'll tell you, 90% of the psyche I have is to beat Bill Kazmaier, always has been. Bill and I go way back. Three years ago in a British Strongman contest I came third to him, with Kaz winning it. Since then I've always wanted to beat him in one thing I came close today... at least we tied.'"

It is often hard for Kaz to bridle or restrain his power. His performers, the officials and promoters. It was a mixture of envy and respect. Ernie Hackett, one of powerlifting's and America's finest strength athletes and gentlemen, summed the feeling up well during an interview for BBC's televised edition of the 1982 "World's Strongest Man." Ernie and Kaz had both strained with the same weights in the Silver Dollar Lift, both deadlifting 1052 and missing 1085 pounds. "Ernie was explaining his motivation - 'I'll tell you, 90% of the psyche I have is to beat Bill Kazmaier, always has been. Bill and I go way back. Three years ago in a British Strongman contest I came third to him, with Kaz winning it. Since then I've always wanted to beat him in one thing I came close today... at least we tied.'"

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KAZ is working on all aspects of his lean, efficient strongman physique. Photograph courtesy Tony Fitton.



KAZ managing the 'deadlift', Ultimate Challenge style. Photo by STRENGTH ATHLETE

was intense and maximal. The site and surroundings of the contest was the Playboy Club in Vernon, New Jersey. The simulated squat event required lifting a bevy of bunnies on a platform. Eight appropriately dressed and costumed "playmates" were positioned on the platform. Kaz stormed the apparatus engaged, ferocious as a maddened bull. He raised the load explosively, banged it back down with a jolt, setting about fleshy vibrations in the assembled resistance of bunnies that deluded even the tightest confinement. Cameramen were delighted, a couple of bunnies were perplexed and embarrassed, Kaz was oblivious, and the attempt was cut from the final broadcast. The next year large breasted bunnies!

In the early part of the Eighties Kaz also participated in many other strength extravaganzas. He "cleaned and jerked" 374 pounds in the Strongbow (a company producing alcoholic cider in Britain) Superman contest. Actually he pulled the bar to a position about forehead level, brought it back down somewhat to his chest, and pressed it. He entered the Scottish Highland Games, threw a world record 163" on his first ever encounter with the 56 pound weight throw for height. He could hardly become acquainted with the technique for shouldering heavy cabers, moderately sized tree trunks honed smoothly and tossed so that they are flipped over end, but pressed on in his pursuit of everything that strength encompasses. Later he threw the 56 pound weight an unapproachable 183". Has more recently not only shouldered the very heaviest of cabers, but flipped it as if a grand master of Scottish tradition. The caber he recently tossed has been "tuned" by one or two other persons.

In an authenticated exhibition in 1981 Kaz clean and pressed a pair of 155 pound dumbbells for 10 repetitions, and a pair of 165s for 5. A pressing feat of a "KAZ" article by Tony Fitton continued on page 87

I.P.F. WOMEN'S WORLDS

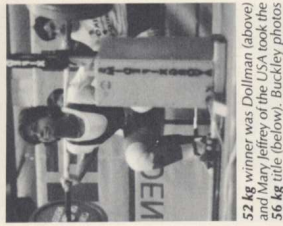
as seen by John Buckley

This year's I.P.F. Women's World Powerlifting Championships were the largest ever with 17 countries and 99 lifters taking part. The meet was directed by Hugo Degraue in Brussels, the capital of Belgium and considered by many to be a blending of all the styles of Europe into one. Some of the many sights to be seen include the Grand Place. It cannot be seen from afar. You must walk down narrow cobblestone streets that suddenly open up into a great plaza that contains the 16th century Town Hall and numerous other examples of what many believe to be the greatest surmount of medieval architecture.

Most of us did not expect a blend of nations, the meet together and it ran smoothly, as far as I could see, no hitches that interfered with lifting itself. Unfortunately, there were problems with accommodations. In order to get reduced rates and an attractive travel package, meet promoters must guarantee a certain number of rooms to the meet hotel, finalizing these commitments prior to the meet. All countries were notified that if they were not going to stay at the meet hotel they must give notice to that effect. Some countries did this and, according to Hugo, some did not. This caused financial hardship for him as he had to cover the cost of their rooms when they did not. He had to make other arrangements without notifying him. The meet hotel (Holiday Inn) was quite good and it was also quite expensive. Since many athletes had to pay their own way I can see why they try to save money, however, since running a meet of this sort is usually not a profitable financial venture, we must show consideration for the meet promoter or we may run out of people to run these meets.

Judging was very strict throughout all three days of the competition. As with the lifting, the officials are the best in the world and generally they see everything and call everything Human nature being what it is, we sometimes only notice this when our lifters are on the platform, but believe me it did not work out that way. I must say that while I disagreed with some of the calls, I always agreed with at least one official on the platform and could always recognize why the lift was turned down. In my opinion the judging was strict, consistent, and right by the rule book. In this class Hisako Yoshida of Japan made all three squats and finished with 297 which gave her a 22 lb. lead. After the bench she had a 27 lb. lead which she held onto for the win. Last year's winner Anna Frinkkala made only four attempts and finished with a disappointing 2nd. During the final round of deadlifts there was quite a bit of jockeying for position, yet not much of chance, as only one lifter succeeded with a third deadlift. Ann Leverett did some fine lifting in her second straight bronze medal. With her attitude and fighting spirit, she will have her turn on 187 kg. The winner here turned out to be Irma Rii, who has impressed her way to the World Championships by 110 lb. one of the last two years. Spurn Burns of the USA finished with 211 lbs, missing her first two squats and narrowly missed her first two squats and just got her third. After that she lifted only one more, her third deadlift.

52 kg. Sisti Dallmann of the Netherlands was able to capture this year's title quite easily when last year's champ Mary Jeffrey moved up a class.

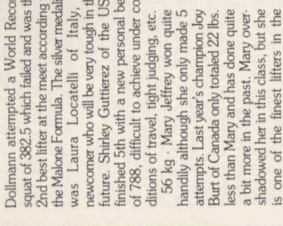


52 kg winner was Dollman (above) and Mary Jeffrey of the USA took the 56 kg title (below). Buckley photos.



Dollmann attempted a World Record squat of 382.5 which failed and was the 2nd best lifter at the meet according to the Malone Formula. The silver medalist was Laura Locatelli of Italy, a newcomer who will be very tough in the USA. Shirley Gutierrez of the USA finished 5th with a new personal best of 788, difficult to achieve under conditions of travel, tight judging, etc.

36 kg - Mary Jeffrey won quite handsily although she only made 5 attempts. Last year's champion Joy Burr of Canada only totaled 222 lbs. less than Mary and has done quite a bit more in the past. Mary overshadowed her in this class, but she is one of the finest lifters in the world. The bronze medal went to Jenny of Great Britain who was only 59 kg behind Joy Burr and almost pulled enough to win the silver medal. This class had 3 of the top 10 lifters as the championships according to the Malone Formula.



56 kg winner was Dollman (above) and Mary Jeffrey of the USA took the 56 kg title (below). Buckley photos.



60 kg medallists (l-r) Wallen, Bollmann, Bikra. Photo courtesy Fittoni/Foto DeGreef

60 kg medallists (l-r) Wallen, Bollmann, Bikra. Photo courtesy Fittoni/Foto DeGreef



60 kg medallists (l-r) Wallen, Bollmann, Bikra. Photo courtesy Fittoni/Foto DeGreef



and muscular in appearance. In one of the big surprises of the meet Vicki Stearnord of the USA bombed out when she was unable to get her 363 lb. opener in the squat. Her first attempts were quite high, then she was unable to recover when she took it low enough. Marilyn Wallen was a silver medalist for the second year in a row and with the

same total as last year, although she moved up a class. According to pre-meet speculation on this side of the Atlantic, Liz Odenahl of the Netherlands was a sure Gold Medalist in this class. She did some very impressive lifting in the European Record of 407 and 248.5 in the bench and squat with a personal best of 429. Unfortunately for her, she was up against Jackie Peacor, who was phenom with a personal record total of 1097. Jackie missed her second squat of 413 on depth then merely took it a little deeper for a successful



67.5 kg... Jackie Peacor took an Odenahl! Photo courtesy Fittoni/Foto DeGreef.

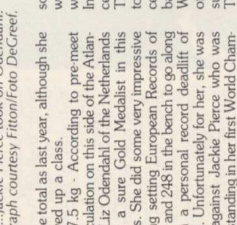


lift. Her third bench press was a little too heavy as was her third deadlift of 501, although by that time she had already won and undoubtedly some of the lifters were quite high, then she was unable to recover when she took it low enough. Titles if she maintains her interest in the sport.

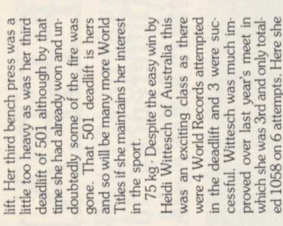
75 kg. Wirtesch (above, Buckley photo) and Geddhor, psyching up before a deadlift (below photo) had a record busting pull in the deadlift



75 kg. Wirtesch (above, Buckley photo) and Geddhor, psyching up before a deadlift (below photo) had a record busting pull in the deadlift



75 kg. Wirtesch (above, Buckley photo) and Geddhor, psyching up before a deadlift (below photo) had a record busting pull in the deadlift

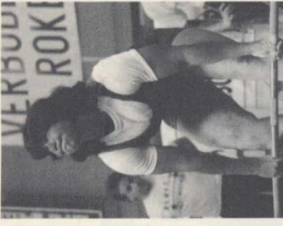


82.5 kg winner Judith Oakes. Photograph provided by John Buckley.



82.5 kg winner Judith Oakes. Photograph provided by John Buckley.

82.5 kg winner Judith Oakes. Photograph provided by John Buckley.



90 kg... Lorraine Costanzo cruised to the title off a WR squat, even though she missed her 2nd squat. Team Coach Dave Jeffrey was bedridden by the of the judging at the meet, and not just against USA lifters. (Buckley photo)



90 kg... Lorraine Costanzo cruised to the title off a WR squat, even though she missed her 2nd squat. Team Coach Dave Jeffrey was bedridden by the of the judging at the meet, and not just against USA lifters. (Buckley photo)



90 + kg - This class featured another newcomer, the personable shot putter, Myrtle Augue of Great Britain. Talk about raw talent, this girl is loaded. This was her third competition. She was discovered a few months ago by Tony Stevens benching with the boys at a local club and the rest is as they say 'history'. All her lifts were either European or World records. First she powered through 3 squats ending with 468 then it was on to the bench where she opened with 286 then missed a World Record 297 on her second and came back and made it on her third attempt. On the deadlift she almost met with disaster. She missed her first two lifts (462) simply because she had her hips back upon competition when she was to lift. She then took the weight on her third and easily made the 4th attempt of 484 and was successful with it for another new Euro Record as was her total of 1229. Gael Martin of Australia put together some fine lifts to finish the 1190 kg. Barbara Crocker of the USA finished 4th, with her best lift being 11096 which is a fairly commendable considering the trip, tight judging.

The USA is to be commended for the showing as several lifters came away with personal records and of course the team title. They missed out on the experience of mingling with the lifters from the other nations at the banquet following the competition, however. As far as dancing goes, the Norwegian team took that unofficial team title with ease at the championships. The worst aspect of these championships is that there will not be another Womens World Championships for another 18 months when for the first time Canada will host both the Men's and Women's Worlds together in November of 1989 at Sidney, Nova Scotia.

90 kg... Lorraine Costanzo cruised to the title off a WR squat, even though she missed her 2nd squat. Team Coach Dave Jeffrey was bedridden by the of the judging at the meet, and not just against USA lifters. (Buckley photo)

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POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Physiological Differences in Female Powerlifters by Lori Ugolik

Physiological differences in female athletes has been of growing concern during the past decade, due to the increasing number of competitive women powerlifters. There are, in fact, sex-specific sex differences in physical performance which should be taken into account for female athletes. In this article, an emphasis on the physiological aspects of female powerlifters will be discussed. Any nutritional and exercise program for women should take into consideration sex differences in anatomy and physical performance capacity.

Although genetic or hormonal abnormalities may alter the development of the sex organs, the sex chromosomes are the ultimate test of whether a person is male or female. Sex chromosomes are responsible for anatomical differences that give males a performance advantage. The differences are prevalent in muscle mass, heart size, body fat and possibly psychological traits. The determination of sex chromosomes serves as the basis for gender identification in major athletic competitions. This is performed by a buccal smear and histologically identifying the sex chromosomes (by microscope). In the female one of the X chromosomes contains Barr bodies which stain darkly during the histological exam. Sex tests have proved necessary over the years because of men posing as female athletes.

The hormonal changes during puberty affect the body composition of both sexes, with girls showing a greater growth of fat, and boys showing a greater growth of lean tissue. These changes are due to the increased secretion of gonadotrophic hormones from the pituitary (controlled by releasing factors in the hypothalamus). These hormones act to increase estrogen levels in girls and androgen levels in boys. Estrogens tend to increase adipose tissue and have a slight retardant effect on lean body mass, whereas androgens tend to increase lean tissue and inhibit the development of body fat.

The difference in muscle mass is due largely to the androgens. Levels of testosterone in prepubertal boys and girls are similar (approximately 20 to 60 ng/dl of blood). However, during adolescence, male testosterone levels rise to adult levels of 600 ng/dl, whereas females remain at prepubertal levels. In females,



Women like Hisako Yoshida, 1988 I.P.F. Women's World Champion at 97 lbs. (flanked by Ann Frinkkala of Finland - left, and Ann Levrett of the USA) have special physiological characteristics to consider when training for athletic competition. Hisako trained for years before winning her gold medal, and hopes to continue. She and her husband Susumu credit top USA lifters ("They all are our teachers.") for her training methods. Photograph provided by Yoshida.

percentages than the general population, but since powerlifting is an anaerobic sport, a powerlifter is usually not as lean as a triathlete or marathon runner. There is no evidence as to indicate an average fat percentage for a male or female powerlifter. Ideal fat percentages are dictated by individual interpretation of health, and by natural fat deposition patterns.

Differences in body fat composition affect the work capacity and performance capability of women. Women are at a definite disadvantage in lifting because of propelling more body fat with less muscle mass. The greater body fat also gives women a disadvantage in releasing body heat during exercise. A lifter should try to keep her bodyfat as low as possible without sacrificing muscle tissue loss, or menstruation (which will be discussed further). Bodyfat can be reduced to extremely low levels in women endurance athletes or bodybuilders to approximately 12 percent. An anaerobic female athlete (such as a powerlifter) averages 16 percent. Measuring by hydrostatic weighing or ultrasound is the most accurate means. Fat calipers are much too subjective to get an accurate recording.

Men exceed women in maximal oxygen consumption by about 20 percent. Training can equalize or reverse these differences. Differences in V_{O2} max can be attributed to greater cardiac output, blood volume and oxygen-carrying capacity.

Because of a larger heart size and volume in the male, his heart enables greater myocardial contractility and a greater end-diastolic volume. This gives the male an advantage with a larger maximal stroke volume and larger maximal cardiac output during training.

Resting, submaximal exercise and maximal exercise heart rate tends to be higher in women. The female heart must be faster to make up for its lower pumping capacity. In similarly trained individuals, there is little difference in maximal heart rate between the sexes. Males tend to have a higher systolic blood pressure during maximal exercise, due to their larger maximal cardiac output. Heart rate recovery is slower in women because their hearts must beat faster to produce a particular cardiac output.

Pulmonary ventilation is higher in men, due to the difference in body size. There are no sex differences in pulmonary diffusion capacity or hemoglobin saturation at rest or during exercise. However, males do have a higher hemoglobin concentration, giving their blood a greater oxygen-carrying capacity, by an average of 15%. This is due to the effect of androgens on hemoglobin production, and the effects of menstrial blood loss.

Some women are prone to iron deficiency and iron deficiency anemia because of the combined effects of low dietary iron intake, limited rates of iron absorption and iron loss during menstruation. These women can benefit from dietary iron supplementation. However, administration of iron supplements to non-anaemic women athletes has no effect on hemoglobin.

Males have a 20 percent greater capacity for high intensity exercise (short duration or oxygen) due to body size and oxygen transport capacity. Sex differences in powerlifting intensity are even greater due to the difference in body mass.

Males experience similar effects from training, providing that these factors are controlled and equal: initial fitness, frequency, and total caloric expenditure. (article continued on page 67)

As the last lift in competition, the deadlift usually decides who will emerge the winner. Because of the relative simplicity of its execution, it is easy to understand and follow. The guy with the really big pull can sometimes make up for a lower subleveled competitor. This adds excitement and drama to many power lifts, because it ain't over till the bar hits the floor.

Before the real start of powerlifting, there was a man from Tennessee named Bob Peoples, who hefted the then unheard of weight of 719 at 180 pounds bodyweight for a world best. It wasn't until about 2 decades later, when a superheavyweight lifted 730, that Peoples record was surpassed. The sport has never looked back since. Don Cundy was the first to officially break the 800 pound mark, and at that the lift really took off. There were guys named Cole, Kuc, Freeman, Cundy, and the human crane, Vince Anello, who showed that a world record should be done. Don Cundy was able to lift another in the 181, 196 and 220 all time best up to 882 in 1972. That year, Kuc wasn't far off with 845. Vince Anello set one record after another in the 181, 196 and 220

classes with loads of 800+ pulls later in the decade and early 80s. A few new guys on the block in the 80s named Jim Cash, Walter Thomas, and Lamar Gant kept the lift going up and up. In 1982, Dan Wohlbecker became the first man to break 900 in competition, with a 904. Soon, a new guy named Coan did the well too.

But, who is the best of all time? To answer this question I combined both the Reiser and Schwartz formulas to get a winner and ranked the places. Use the formulas with the following reliability of the lift. I will increase the time bests in each class as standards. As you can see, the results of two formulas did not vary all that much. The winner and still deadlift champ of the world is Lamar Gant and his pull of 638 at 123 pounds. By the way, Lamar's 132 class pull of 672 in Hawaii this year is Number Two; talk about an antitrust. Next is a three way tie between Ed Coan, Hidetaki Inaba, and Dan Austin. Ed Coan is guilty of a little monopolizing too, as he holds all time best in 3 weight classes. The all time highest percentage belongs to 6 foot 7 inch Gary Heisey. His all time best is a staggering 910 pounds. If you get a flat and forget your car jack, this is the guy to get. As you can see, most of the top deadlifts go to the smaller guys showing that the big guys' higher bodymass is not as beneficial in the deadlift as in the squat and bench. Some are just too big to get in a good pulling position or their hands are too heavy to hold on to near half ton weights. These problems will probably slow the growth of the upper deadlift ranges as compared to the bench and squat, where increased mass usually can mean a higher lift. There are many good pullers in competition today that will challenge the top guys, big and little. There's Eiseyman, Kenady, Carr, Russell,

Godgins, Malinen, Noren, Chaillet, Wilson, Driscoll, Coppin, and Cash. The 165 class seems to be the hotbed of the lift with Virtanen, Inzer, Alexander, Bridges, Cavalier, and Craun to name a few. Right now, Mr. Gant is in a class by himself without question the best ever in the lift. There is speculation that he can take the record at 132 up to 7000 and beyond in the very near future. Tom Eiseyman has locked out 804 at 181, but didn't get it passed. Ed Coan is not far away from 900 in the 220 class. There is also speculation that Lars Noren can take the deadlift to the unreal percentage of 1000. Gary Heisey could take the record up many more pounds. Many of the lifters on the list are still active, so more is to come. Obviously, gravel can be defied.

DOUG DANIELS
Box 148, Hammond, IN 46325

THE DEADLIFT

The Greatest Deadlifters in Powerlifting History as told by PL USA's Doug Daniels

Class	Name	Lift	Reshel Rank	Schwartz Rank	Composite Score	Composite Rank
114	Inaba	523	3	5	8	3
132	Gant	638	1	1	2	1
132	Gant	672	2	2	4	2
148	Austin	694	5	3	8	3
165	Virtanen	734	8	7	15	7
181	Coan	791	6	6	12	6
198	Coan	859	4	4	8	3
220	Coan	870	10	10	20	10
242	Kuc	870	10	10	20	10
275	Wohlbecker	904	9	9	18	9
999	Heisey	910	11	11	22	11

year, Kuc wasn't far off with 845. Vince Anello set one record after another in the 181, 196 and 220



Lamar Gant - The Greatest of the Great Deadlifters is now available for Weight Training Seminars and Powerlifting Exhibitions. He can also fill your suit, wrap, and weightroom equipment needs. Additionally, personalized training programs are available from the TWELVE TIME WORLD CHAMPION at a charge of \$30.00 per lifting course. Learn how to blast your lifts upward from the first man to total 12 times bodyweight, the first man to set world records in ALL THREE lifts. Contact LAMAR GANT at 1662 Vrain, Denver, Colorado 80219, 303-936-9123 and look for a major series of articles on Lamar's training & lifting history in POWERLIFTING USA!

POWER PROFILE

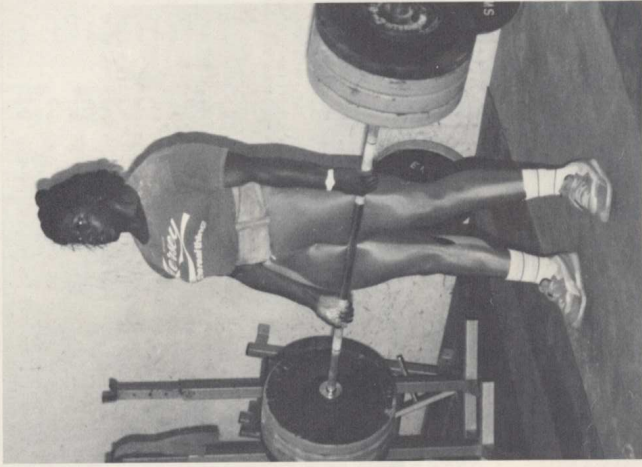
MYRTLE AUGEE BRITAIN'S STRONGEST WOMAN as told by POWERLIFTING USA's Andy Kerr

Shot putters have dominated the heavier classes of British women's powerlifting since its inception. They form a very powerful and fierce group of athletes and include Judith Jones, Kerr, 296kg squat, Vanessa Nerrev, 413kg deadlift, and Sandra Smith, 440kg deadlift. To this elite group must now be added a new star who threatens to achieve more in powerlifting than all the others put together. Her name is Myrtle Augee.

Her talent was first spotted by her school teacher, Angela Littlewood, who, having represented Britain in the Olympic Games in the (almost inevitable isn't it?) shot put. At the age of twelve or thirteen, young Myrtle was the best in her class at running, jumping and just about every game going. She had athletic ability in the family; her father was a heavyweight boxer. Even in an untrained state Myrtle's natural strength and potential for great strength was readily apparent to the trained eye of Miss Littlewood, a physical educationist.

She told her friend John Hillier about her first find. Not, John is, surprise surprise, not a shot-putter but a 200kg discus thrower who has since become one of Britain's leading throws coaches. He began training Myrtle. He adopts a very conservative training method for young athletes, with an emphasis being on fun with a total absence of "high-pressure" training. John's justification for this approach is that throwers reach their peak in their late twenties, or even later, (Powerlifters too) and that too much severe training too soon results in the athletes dropping out of the sport prematurely. Until the age of seventeen Myrtle had only been allowed to play around on machines with light resistances. When John started Myrtle on proper weight-training she proved very strong right from the start and furthermore improved at an almost unbelievable rate. Soon she was lifting, with ease, poundages that had taken Angela Littlewood many years of dedicated training to achieve. Inevitably Myrtle became an international track and field athlete, number two to eight times national champion, Judith Oakes. Although Myrtle improved her personal best in the shot to 597 last year she has yet to be crowned British champion. The track in 1988 are to beat Judith to become Britain's number one putter at last and, of course, to take part in the Seoul Olympics.

Last year Myrtle was doing her weight training in the London Weightlifting and Powerlifting Centre which is located in the Crystal Palace National Sports Centre. This location has the advantage of offering a full range of sports facilities available on one site. Her prowess in the gym did



Myrtle Augee Britain's New World Champion Star. Photos courtesy Kerr.

not go unnoticed. Tony Stevens, who was at the time taking a break from competition training, took an interest in her lifting technique and suggested she have a go in a forthcoming powerlifting contest. Tony's persistence overcame Myrtle's reluctance to try an unknown sport and she entered The Greater London Women's Championships in December 1987. Her debut was a sensation. She smashed all the British records out of sight with a 429kg squat, a 275kg bench and a 457kg deadlift to give a total of 1161kg. It could have been more as she pulled up a 468kg deadlift only to drop it from knee height as she had become over-excited.

After this success it was not too difficult to persuade her to enter the British Championships which were to be held almost three months later in Cambridge on the 27th of February. It must be said straightaway that the only change she made to her normal training was to add a few deadlifts to

she may well decide to concentrate her efforts in that direction. Whichever direction she chooses I am sure she will be successful. Myrtle is a pleasure to meet, always polite and amiable, a credit to her sport.

Myrtle Augee At the World and European Championships

Seven contestants started at 90+ in Brussels, one of the biggest fields ever. Of these only Gael Martin, a former world champion and record holder, Taina Hakala-Hajala former European champion and holder of all the European records and Myrtle Augee were in contention for the medals. All three women made all three squats, a very unusual occurrence. Martin was in the lead with 485 followed by Augee on 468 with trailing on 451. Hakala then fell further behind despite equalling her best bench of 248. Martin made 264 but failed twice at 281. Augee started with an easy 286 then called for 297 for a new world record. She misdirected the bar and failed. On the third attempt she made no mistake. Now at the sub-total stage Augee led with 166 followed by Martin on 749 and Hakala on 699. Hakala made a 440 deadlift and her total of 1141 was a 22-pound improvement on her own European record. Unfortunately she was now in a bigger game and had to be content with third. Martin opened with an easy 440. Augee pulled 462 up with ease but in two movements and so received red lights. Myrtle is keen to have another go next year. Certainly if she got in some specialized power training she would become a worthy opponent for Louise Costain.

Myrtle's Best Lifts
In the squat she has done 468 for a single, 402 for 3 reps, 352 for 5 reps, and 308 for 10 reps. In the front squat she has done 352 for a single, 286 for 3, 264 for 5 reps, and 220 for 10. In the Bench, she has done 308 for one, 281 for three, 253 for 5 reps, and 214 for 10. In the Deadlift she has done a 485 single and in the snatch she has made a

single with 198, a triple with 165 and 5 reps with 154. In the clean, she has made 264 for a single, 242x3, and 235x3.
Feb. 15 Cleans 5, 5, 3, 2, 220x2, 242x2, Bench 253x3, 270x2, 281x2x2, Squats 352x2, 374x2, 396x2, Dumbbells, Sit-ups
Feb. 16 Throw, run 40x6
Feb. 17 Snatch 165x2, 176x2, 187x1, 170x1, Narrow grip bench 353x1, 264x1, 220x3, Front Squat 286x2, 308x1x2, Deadlift 396x3, 440x2, Sit-ups, Dumbbells
Feb. 19 Clean 220x1, 231, 242x1, Bench 308x2, 286x1x2, Squat 363x1, 385x1, 418x1, 441x1, Dumbbells 3 Sets, 40x10, 118x1
Feb. 21 Throw, run 40x6
22, Sit-ups 37x3, 40x1, 418x1, Bench 264x1, 281x1, 292x1, Dumbbells 408x1, 440x1x2, Sit-ups, Dumbbells
Feb. 23 Throw, run 40x6
Feb. 24 Squat 5, 5, 3, 2, 165x1x2, Bench 10, 5, 3, 2, 264x1, 281x1, Squats 5, 5, 3, 2, 1, 1x281, Sit-ups, Dumbbells
Feb. 28 British 440 303 485 1129

for a 485 fourth attempt for a new European record. She pulled it up like it was 132!

So that was it, she had broken all the European records, including putting no less than 110 pounds on the total. She had set a world record on the bench and had taken the world title at the first appearance, but left it to the last attempt to snatch triumph from disaster. Myrtle is keen to have another go next year. Certainly if she got in some specialized power training she would become a worthy opponent for Louise Costain.

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Feb. 01 Clean 5x7 to 187, Bench 10x1, 5x6 to 198, Squats 5x7 to 286, Dumbbells 8x1, 3x4 to 60, Sit-ups
Feb. 02 Throw, run 100x5
Feb. 03 Clean 5x6 to 154, Bench 10x1, 5x5 to 231, Front Squats 5x6 to 242, Dumbbells 4 Sets, Sit-ups
Feb. 04 Throw, run 100x4
Feb. 05 Clean 5x6 to 220, Bench 10x1, 5x5 to 253, Squats 5x7 to 319, Deadlifts 5, 3, 396x2, 440x1, 485x1, Sit-ups 20x3
Feb. 07 Jumps, Circuits x4, Throw
Feb. 08 Clean 5, 5, 3, 209x2, 225x1, 242x1, 259x1, 264x1, Squat 5, 5, 3, 352x3, 385x2, 402x1, 418x1, 429x1, Bench 5, 5, 3, 253x2, 275x1, 286x1, 297x1, Dumbbells, Sit-ups
Feb. 09 Throw, run 60x4, 40x3
Feb. 10 Snatch 5, 3, 2, 176x1, 187x1, 192x1, Front Squats 5, 3, 3, 2, 1, 292x1, 308x1, 330x1, 352x1, Bench 10, 5, 3, 2, 2, 264x2, Dumbbells 5x5, Sit-ups 15x3
Feb. 11 Throw, run 100x6
Feb. 12 Clean 5, 5, 3, 3, 209x3, Bench 10, 5, 3, 3, 2(2), Squats 5x3, 3x2, 363x3, Deadlift 5, 3, 2, 402x2, 418x2, 440x2, Sit-ups 15x3, Dumbbells 5x5, Press behind neck, 5x5 to 121

Feb. 14 Mobility, Jumps, Circuits, Throw



Overhead Strength...Myrtle could do very well in Olympic lifting also.



Two of Britain's Greatest...new champion Myrtle and author Andy Kerr

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Sport in the Year 2001

by Dr. Judd Biasiotta and Army Ferrando

During the last few years, I have found considerable evidence that HGH can enhance size, strength, and mass. For instance, a number of studies revealed that animals that were given massive doses of HGH sometimes grew to twice normal length, with a 250% gain in muscle weight and a 40% reduction in body fat. There were a number of scientists who felt the hormone could produce similar effects in human beings.

Case in point: Dr. Williams J. Taylor at the National Convention of the American College of Sports Medicine, stated that there was little doubt that it's possible to give a youngster, who under normal conditions would reach a maximum height of 6 feet, sufficient growth hormone to cause him to grow to 7 feet or even 7'6" with a corresponding increase in bulk. In other words, according to Taylor, a "selective gigantism" could be produced with HGH. Other scientists agree with Taylor's assessment that HGH has the capacity to significantly increase size and strength.

Strong stimulants, pain killers, and mind elevators will also be commonly and unfortunately abused by the athlete of the twenty-first century. Not only will there be drugs that are specifically developed to enhance athletic performance, but techniques and/or drugs will be developed to mask their use. Consequently, athletes will be able to use illegal substances to enhance performance without fear of detection.

Even more disturbing is the likelihood that many athletes will develop a physical and mental dependence upon such drugs. As drug usage increases, so will the discovery of harmful side effects such as cancers, cardiac difficulties, and sexual dysfunction.

Surgery will be performed on athletes not only to repair their bodies but also to improve them. Healthy athletes will use scalp knives to have their joints reconstructed, their tendons strategically placed, and their cartilage grafted to enhance biomechanical efficiency. Such techniques have already been used with success on a number of professional baseball players (Tommy John of the New York Yankees is a prime example). By the year 2001, athletes in other sports will be using such surgery to enhance their performance. Also according to O'Neil, sports scientists will begin serious experiments with bionics by the year 2001. Once again the research will be designed to repair and enhance human anatomy. Eventually, athletes will be fitted with sophisticated bionic devices intended primarily to enhance performance beyond human development. Such practices will lead to a great ethical debate over the propriety of using bionics to improve athletic performance. However, according to the above mentioned publication, new developments relating bionics and the enhancement of athletic performance will proceed in spite of it.

Athletes will use biofeedback machines to learn to control their heart rate, muscle tension, respiration and brain waves. Also electronic computers will be used to help athletes set their goals, design their training programs and evaluate their progress. Computers will also be used to analyze athletic techniques and prescribe new techniques, such as corrective surgery, to athletes who wish to improve their performance. Computer programs will also be used to help athletes increase their aspirations, maturation, and self-confidence. They will also help athletes to cope with fear, and anxiety and to devise workout strategies.

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Have you ever thought about what it's going to be like by the year 2001 in the field of sport? Will future athletes be significantly bigger, stronger, and faster than today's super stars, or have we reached the summit? According to Dr. Marvin Scaife, as Director of the Sports Science Department at the University of Denver, we still have a long way to go.

Using a computer program to predict the physical dimensions of future athletes, Scaife estimates that today's average super stars are probably 200 pounds and 1 1/2 feet short of their optimum. Not only will future superstars be bigger, stronger and faster, but they will also possess extraordinary skills and intelligence. Even more interesting is the high probability that future athletes will be scientifically developed.

The classic line that athletes are born and not made may lose all of its credibility by the year 2001. Over the next few decades, scientific and technological discovery will change the field of sports forever. No longer will an athlete be able to excel simply through hard work and determination. Future superstars will be scientifically created, and their performance will be far beyond what most of us imagine possible. We are already on the threshold of a new era in sports, the era of technology and superhuman development. Here is a glimpse of just a few things that may be commonplace in 2001.

Electricity. According to the Omni Future Almanac, scientists are using electricity to mend broken bones, unite severed nerves, repair ripped muscle tissue, and believe it or not, regenerate lost limbs. Most of the credit for the aforementioned work is given to Dr. Robert O. Becker of the Veterans Administration Hospital in Syracuse, NY. Becker was trying to discover how an injured salamander could grow back his tail, which could account for one third of its body mass. His research led him to so-called injury current, a flow of electricity that occurs at the site of an injury. When a salamander is injured, it produces an injury current that is significantly strong and more enduring than other reptiles. Becker concluded the strong electric current is responsible for the regeneration.

Becker went about proving this theory by removing a rat's leg and then treating the wound with an electric current similar to the one produced by salamanders. Within a few hours, the rat's limb started to regenerate. According to Becker, the electric current draws cells from the bone marrow toward the injury. Enroute, the cells evolve into specialized cells needed to rebuild damaged or lost tissue.

How prevalent electric healing will become in the area of sports is not yet known. Already athletes with broken bones and torn muscles have been successfully treated with a technique known as Electro Acupuncture. Still further research is required to determine if damaged nerves, tendons and muscle tissue in humans can be healed through elec-

as cancers, cardiac difficulties, and sexual dysfunction.

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The year 2001 - the future is closer than you think.

POWER PROFILE

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

DAWN RESHEL - 633 327 604 1564!



Strongest Woman of All Time!...at the APF Wisconsin Open, Dawn Reshel made the biggest squat ever for a woman - 633, a 327 bench press (4th best all time), a 604 deadlift - the all time high for a woman in powerlifting, and the all time best total in history with 1364. Photo by Wayne Prohaska.

In spring she was informed she would replace the National Champion at the Worlds in Vienna. Unfortunately, Dawn suffered an injury. She fractured her left humerus while squatting 455 lbs. It had bothered her since the Nationals, but was misdiagnosed as a muscle pull instead of a spiral fracture encompassing about one quarter of her upper arm bone, and occurred 6 weeks before the Worlds, so Dawn declined.

Dawn is remarkable for her perseverance. One week after she fractured her arm, she squatted 415 lbs. one handed with her husband acting in place of her left hand. She died 300 lbs. with one arm, and as soon as the cast was off she was benching the bar. Twelve weeks following the fracture, she benched a PR 220!

Dawn always wanted to improve and through hard work her totals increased. However, she made the mistake most novices make; she overtrained with a vengeance. She would work so hard in the gym that by the time a meet arrived, she would only get openers. Her totals still went as follows: 1019, 1162, 1265, 1223, 1290, 1260; from January 1985 to November 1986.

After her disappointing performance at the APF Worlds in Hawaii, Dawn decided it was actually time to undertrain and she really took off! At the APF Women's Nationals in February 1987 she totaled 1340 with the all time women's squat mark. In April 1987 - 1380, June - 1400, October - 1405 at 181 and November 1987 - 1438 at 159. Dawn broke the all time women's squat record 4 times in 1987, but a P.R. for her.

times in 1987 and recently regained it in May 1988 at 633 weighing 191 lbs. At that same meet, she went on to bench 327 (4th highest all time) and deadlifted 604 (the highest ever by any woman). Her total of 1564 surpasses any female regardless of bodyweight and places her at the top of women's powerlifting worldwide.

A significant thing about Dawn is her attitude toward the sport. She watches no one else, while simply trying to keep improving consistently without recognizing specific limitations. Her goals are simple, 1 just want to be the best I can be.

Many lifters who have achieved significant ego problems as well. However, Dawn talks openly with lifters of any level and really helps others. She believes she is 'no better than anyone else.' She just has good genetics and leverage, and is exploring her talent.

Dawn also has a full time job. She has a B.S. degree in Biology and is a federally licensed wildlife rehabilitator. Dawn works for the Wildlife ARC, a division of the Wisconsin Humane Society in Milwaukee. The center handles nearly 7000 animals per year, wildlife that are victims of urban contamination. These animals include everything from chipmunks and rabbits to peregrine falcons, snowy owls, vultures, opossums and raccoons. Dawn's normal routine is to include as many as 30 wild animals in her home at one time! Somehow she has managed to work full time, care for all her animals at home, and still maintain a 3 quality workouts every week, 3 to 6 hours.



Dawn at the 1986 APF Worlds held in Hawaii. Wayne Prohaska photo.

"Drug Use and Detection in Amateur Sports"

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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/handling.

UPDATE FOUR This update concentrates on the controversies surrounding drug testing. Included is an in depth discussion and analysis of the deficiencies of the present anabolic steroid testing protocols. Other topics covered are growth hormone (clinical trials using the new synthetic growth hormone), growth hormone stimulators, a critique on the arsenal of drugs used by modern bodybuilders and powerlifters, and medical advances in the treatment of male baldness and female hirsutism (facial and body hair)

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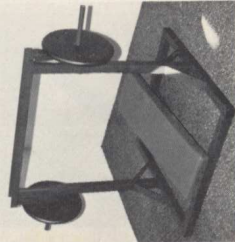
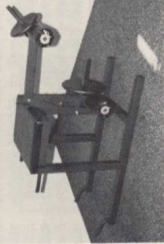
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Ask the Doctor

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 KOK 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: Some weeks ago I heard from a friend of mine that products made with Nutrasweet, the artificial sweetener, detracted from optimal protein metabolism. The reason he gave me was that Aspartame, the registered trade name for aspartic acid, was itself an amino acid and that its intake in large doses would therefore screw up the balance of amino acids that optimal protein metabolism requires. Because this explanation makes sense to me, I have been bending over backwards to avoid Nutrasweet, meaning you guessed it - taking in Saccharin instead. Because I am not that keen on Saccharin, I would greatly appreciate knowing whether this is in any way true. I'd also like more information on artificial sweeteners. **Hans S.**

DEAR HANS: There's still a lot of controversy over the benefits and risks of both artificial sweeteners and sugar. Aspartame is now the main sugar substitute used in North America - although Saccharin and cyclamate are still widely in use (The USA restricts the use of cyclamate and allows Saccharin to be used freely, while in Canada the opposite is in effect). Saccharin is made from petroleum products and is about 300 times sweeter than sugar. Cyclamate is a synthetic chemical, which although not as sweet as Saccharin (it is 40 times sweeter than table sugar) does not leave the bitter aftertaste so familiar to Saccharin users. As with Saccharin some research studies have shown that it may have cancer causing potential. Cyclamate may also have mutagenic properties (causing genetic damage). Aspartame, the newcomer to the sweetener market (it's sweeter than cyclamate but not as sweet as Saccharin), is a man-made substance made of three products, two naturally occurring amino acids, phenylalanine and aspartic acid, and methyl alcohol. All three of the ingredients of Aspartame are broken down by the body into natural components - unlike Saccharin and cyclamate which are broken down into synthetic chemicals. Aspartame actually contains the same amount of calories as sugar (about 4 calories per gram), but since its far sweeter than sugar (about 200 times) we use much less. Twenty years of extensive research testifies to Aspartame's safety in healthy persons.

There is, however, a small group of people who should not use Aspartame. Any one who is sensitive to phenylalanine, such as those with phenylketonuria (PKU), must not take this sweetener. Recent studies have shown that some people are emotionally affected by large doses of Aspartame, likely due to the central nervous system effect of the large amino acids of the two amino acids more research needs to be done on this before we know what the mechanisms of this are. Taken in moderation Aspartame is harmless. Even in large quantities Aspartame will have no effect on M.G.D. (metabolic metabolism) (unless your daily intake of protein is abnormally low).

DEAR MAURO: I have been reading your column for a long time now and trust your judgment. Do you know anything about Ralgrig (trade name) or Zeranol. This product is used to put weight on cattle before slaughter. I know some top lifters who sweat by it and they say it has no harmful side effect but tends to produce a gonadotropic effect on the pituitary. What's the truth? It sounds scary to me. **Jim C.**

DEAR JIM: I wrote Ralgrig up in my book "Drug Use and Detection in Amateur Sports" - on page 97. No one really knows how the compound works although I've given a few possible mechanisms in my book (such as increasing growth hormone production and acting as an anabolic steroid and as an estrogenic compound). I contacted the company a few years back and couldn't get a satisfactory answer from them as to Ralgrig's mechanism of action - they didn't know either. Since it's targeted for cattle and not people, there's no active research going on which is likely to give us an answer as to its safety and effectiveness in humans.

I would not consider Ralgrig any more dangerous than any of the other drugs used by athletes, but it's not a drug I would recommend that you use because I'm not sure just how it works and what the long term effects are. There is some strong evidence to show that Ralgrig, in some people, has a significant estrogenic effect (increasing the chance of water retention and possible feminizing side-effects - like gynecomastia). **M.G.D.**

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: Hope you don't find your switch to bodybuilding too hard. Damn diet! My question regards the number of meets one should enter. Some enter 4 meets a year. A lot of lifters enter three meets a year. Others - top lifters like Coan and Jacoby - enter two meets a year. Do you mean that the stronger you get the more you should cut down on your number of meets? Also, how come some lifters seem to train and diet right, enter fewer meets and yet seem to lift the same thing almost every year? **Gilbert M.**

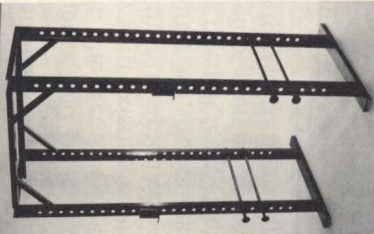
DEAR GILBERT: The number of meets that a person lifts in will depend on what stage of lifting he is at. In general, younger lifters lift in more meets per year than do the more experienced lifters. The reason a younger lifter would want to enter more meets are many. One: He must learn the rules and how a meet is run. Two: He has to learn how to warm up correctly. Three: He must learn to lift in a different setting than his home gym. Four: He must learn the strategies of the game. Five: He must learn how to make adjustments without having a negative effect on his lifting. Six: He must learn to use different equipment.

Once a lifter has learned all of these things then he can concentrate on two or three major meets a year. I would estimate that over 90% of the national competitors lift in no more than 3 meets a year. The reason for such a limited number of meets is due to the fact that it takes total dedication of a person to lift at the national or international level, so there is no time for extra meets or distractions.

Your question about some lifters having slow improvement over the years is best answered by studying the anatomy and physiology of the human body. You will see that we all have limits. Best Wishes, **Roger Estep.**

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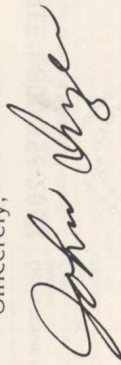
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ADVANCE DESIGNS

One of the overlooked services provided by POWERLIFTING USA is that it is the "community bulletin board" of the powerlifting fraternity. Although there have been a few attempts to launch new publications devoted strictly to powerlifting, only PL USA has held up through the years, and it has always been the leader in its field.

The fact that one can pick up any issue and truly get a feel for what is happening in the game is an attraction, but a careful reading of the contents, including all of the advertising, presents a very complete picture. Trends, the direction in which various aspects of powerlifting are heading, become obvious if one takes the time to go through each magazine carefully. It is also becoming obvious that there is more than meets the eye to this activity, and many individuals who contribute in diverse ways. The stars, through training and always there, but others too, behind the scenes or contributing in different ways, make one sport what it is.

On a number of occasions, Steve Johnson, Nebraska, has had ads in PL USA. A his very good barbell lifting coach and a very common sense, strong man. He has been very helpful in the three continental towns, and has made quite a name for himself, inspiring others in the area to train for strength.

Enjoying the barbell, but realizing too that one can get strong in many ways, he has spent years lifting in an organized and progressive manner, barrels, beams, logs, flywheels, concrete blocks, and other common,

More From Ken Leistner

easily available items. We once discussed his idea for the creation of a gym where one could enjoy the many, varied strength building items he has used so effectively. Picture if you can, a ramp, which one would ascend and descend with concrete "suitcases"; an area for lifting logs overhead; and in a bench press position, various sized and shaped rocks and barrels which would be lifted in different positions.

Steve has done all of these things and has become an exceptionally strong and powerful man, capable of feats that would be impossible for most powerlifting champions. His most recent innovation consists of two spring devices. He initially developed this idea to enhance his arm wrestling strength, but found that they served well as an upper body conditioner. His White Bull is a spring machine while the Black Bull pushes and pulls on these very heavy duty spring mounted handles, but twists them in rapid circles, keeps his arms both extended and close to his body, pulls and pushes some more, and continues with timed surges to simulate arm wrestling movements. He has found that simulating a bow draw movement, too, has been effective for the upper body. In short, it would be ideal for wrestlers, arm wrestlers, and almost any other athlete, and most importantly, indicates that one can use different adjunctive exercises to supplement their usual powerlifting fare.

As most readers know, I have long advocated the lifting of beams, anvils, and other "odd items" to become stronger. While some "experts" claim that one should concentrate on nothing but the lifts, it is important for injury prevention, and what might be termed overall bodily strength, to do more than the three competitive movements, especially in the off season. It is too easy to become stale and/or overtrained, and/or injured when doing little else but the three lifts all year round. Steve Justa's barrelling, spring twisting, and rock lifting programs are great changes of pace and/or supplements to one's regular training, and a heck of a lot of fun.

Although some readers don't care for "too much" advertising, much of the advertising in PL USA is instructive. Ad copy is meant to entice the reader to buy something, but still can be instructive if read carefully. I have mentioned often that one should purchase the various booklets and courses from the champions and non-champions, even if one disagrees with their approach. Every time I read anything about someone's program, I learn something that might be of use or, with some modification, can be useful, if not in my program, in one of another lifter or patient. Two very

musculature is hard to argue with, even in light of today's so called modern approach.

Richard Luckman's book is powerlifting from a completely different perspective. I remember Lucky as a great deadlifter who was trying to get permission to leave prison in order to lift in some major meets in the late seventies and early eighties. Again, the story of his career, on the platform and behind prison walls, is extremely instructive, and holds many messages. It is another one to add to one's library, even if it is not a "powerlifting manual" in the strictest sense of the word.

My point is obvious. PL USA has personality profiles, programs from the leading lights of the sport, but much more if one is willing to look. Dr. Ken Leistner

Dennis A. Dase died recently, a fact that will not register with the powerlifting community. In Cincinnati, however, Dennis Dase and the legend of strength that surrounded him, will live for many years to come. As a high school football player at the now defunct Central High School, he dominated the opposition in a manner rarely seen at that level. It was literally a case of a man playing with boys. When the best high school players in the Cincinnati area were assembled for a newspaper photo prior to the start of the 1958 season, Dennis sat by himself until it was time for the photographer to do his work. As one who attended that event and did someone else's hair, I can attest to a loud impact that was heard about the preceding but continues to ring in my ears to this day on the field. The soft spoken Dase said, "When they lay later in the press, I'm gonna win you worse than your daddy." And he did, which pretty much set the pattern for almost everything he did. Dennis would decide to do something, and then go ahead and get it done.

At Arizona State University, he appeared to be a certain bet to earn a starting position following his freshman season. Tragedy struck him down, however, and he returned to Cincinnati. When I first heard of him, he owned a bar near the campus of the University of Cincinnati, and I wondered about this giant whose left upper extremity, reminiscent of a polio victim, was dwarfed by his right side. He had what must have been one of the few legitimate twenty inch arms in the world in the mid Sixties, and he used it to win a number of regional and national level arm wrestling championships.

I was told by some that he suffered from a brain tumor, which resulted in the withering away of part of his body. Others claimed it was a stroke. It mattered not, for Dase remained a remarkably strong man who could one-handedly do things that many very strong men could not. His bar was unusual because he had any number of heavy dumbbells strewn about, which were used for impromptu lifting contests. Arm wrestling tables were available for locals to practice their craft, challenge those who came in from other neighborhoods, or be used when he hosted area and regional contests. On some evenings, one could stroll past the doorway of the bar and take note of muscular men shaving their heads on the arm wrestling table, getting themselves psyched to the maximum for the arm wrestling season.

Dennis Dase gave much of his time to the community, sponsoring athletic teams, and teaching area high school students the fine art of arm wrestling. More importantly for me, he was a symbol, one that very much blows in the face of the powerlifting community's view of sport and life, but one which all truly strong men respect and love. Dennis A. Dase was the walking, living proof that many of the strongest men on this planet remain unknown; that they themselves remain uncaressing about the type of competition that usually determines "who is strongest"; that the three competitive powerlifts and assistance movements that are done by the majority in this sphere are not the only way to judge a man's worth as a "strong man". Dennis Dase represented the strongest and toughest man in every town and city in the United States, who takes the time to pass on his knowledge, not for money or fame, but for the love of strength and the love of seeing others enjoy it. He was the strong man that was known by all, yet unrecognized by those who do things "officially".

While there are many men and women, perhaps in more gyms than we care to admit, that "talk a good game", never compete, yet consider themselves "lifters" or "strongmen", and who in fact earn the contempt of all who slave under the barbell with the desire to become strong, yet are just as many who are content to be unbelievably powerful, yet remain part of the backdrop. Dase was such a man, but for me, and many like me, he was a whole lot more.

Dr. Ken Leistner

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



Reuben Trujillo of Pueblo, Colorado has lifted drug free for 20 years from high school, through the University of Northern Colorado and to the present. He has competed in over 100 meets, won 55 titles, Colorado National Drug Free title, Colorado State Championship and Region 10 Family Athletic Club in Pueblo. Photo & info provided by Reuben.



Allen O'Kelley, 17 years of age, of Longville, Louisiana has been powerlifting since November of 1987. His best lifts to date are 462 squat, 242 bench, 101 deadlift for a total of 1205 lbs. He has competed in 1988 and 1989. He is planning to compete in the Louisiana Drug Free State Championship and Region 10 Family Athletic Club in Longville. Photo and information provided by Coach Chad DeRousselle.



Norm "Space Shuttle" Bajda is from Hammond, Indiana. He has won the A.P.F. Junior Indiana State title and is also a top A.D.F.P.A. lifter in Indiana with best lifts of 606 374 611 at 242. He is the owner of the Power Emporium Power Club in Hammond. Photograph and information provided by Doug Daniels.



Ron Buchanan, 45 years of age, has been Cincinnati's finest pure drug free powerlifter and bodybuilder for 23 years. He won Mr. Cincinnati in 1964, Mr. Hall of Fame in 1977 and Mr. YMCA America in 1979. He was Ohio State Powerlifting champion in 1966 and 1969, and ADFFA National Masters champ at 198 in 1985 via lifts of 510 330 375, and he set a National Masters record in the deadlift. Photograph by Greg Pickett.



Top Gun Masters team leaders Tom Eldridge and Danni Hartmann have twin 1988 Corvettes with Tom's personalized license plate indicating "Top Gun Power" and Danni's "Top Gun USA". As they say, "we love our team!"



Bud Daily (left) and Dennis Thompson (right) both competitors at the 1988 USPF National Masters Championships, have been friends since the 2nd grade, but their relationship goes deeper. Bud had several vertebrae crushed by a tractor that overturned on him in 1970, and was immobilized by the accident, but Dennis took a year off his own life to literally get Bud back on his feet. Dennis physically carried Bud to the weight room every day, and together they developed a system of exercising that enabled Bud to walk again and eventually throw away his back brace. Bud continued working with people who could benefit from his rehabilitative training techniques and established Daily's Olympian School. In 1986, this center, totally dependent on grants and donations, was closed. Bud relocated to a retirement community in Arkansas and found a ready clientele for his services. Arline Anderson (center) and her husband Don accompanied Bud to the Masters Nationals. She suffered impaired function on the left side of her body as a result of a fall from a horse 22 years before. She was in rehabilitation programs for 11 years, but "everyone just gave up on her." Bud has been working with her and saw improvement in only 2 weeks.



On Sunday, February 14th, when much of the country was engaged in romantic frolic, Dave Gonzales (r) of Denver, CO was lifting in the USPF National Nationals, and blew away the national record in the bench press for 198 pounders, by 55 lbs, with his 440. He placed 2nd overall, and will be moving to the 220s soon. Thanks to Bob Chapman (l) for photo.



Chris Byrnes of Sidney, New York, has entered 23 meets since 1984, and has won the New York State Teenage Championships, the New York State Men's Championships and the New York State Open Bench Press Championships. His best lifts at 320 squat, 270 bench, 363 deadlift and 927 total in the 123 lb. class. Thanks to Chris for photo.

The most admired objects of all bodybuilding and powerlifting fans are the big benchers, who frequently have the attention of everyone during their workout sessions. Perhaps because of this focus, a lifter can easily become overtrained with all of the assorted assistance exercises that are available, so you must be conservative. Still, you want to maximize the lift because there is nothing like the confident feeling of hitting a big bench press before going into the deadlift. This twelve week training cycle is for a hypothetical lifter who made a 400 lb. bench press in his last contest. This workout is done twice once a week for the last six weeks of the training cycle.

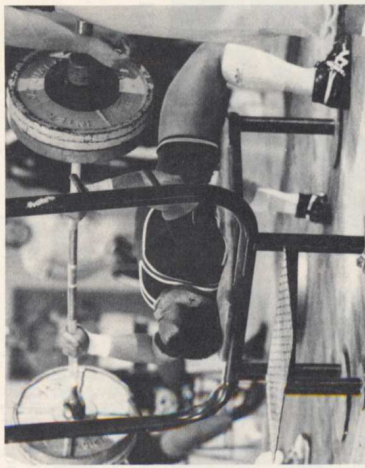
In the first 8 weeks, assistance exercises such as the dumbbell flies, military press, dips, triceps press, and pushdowns are preferred for three sets of six to eight reps. In the last 4 weeks of the cycle, only pushdowns are included, for 3 sets of 8 reps.

Always include some warmup exercises and flexibility work to prepare the area for a productive workout. Allow yourself 15-20 minutes to properly warmup.

Week 1: Bench 135x8, 205x8, 240x8x4. Dumbbell Flies 50x8, 60x8, 70x8x3. Military Press 135x8, 170x8, 190x8x3. Dips 25x8, 45x8, 70x8, 90x8. Triceps Press 90x8, 110x8, 135x8x3. Pushdown 90x8, 100x8, 120x8x3. (These suggested exercises will need to be adjusted

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throughout the training cycle.)
Week 2: Bench 135x8, 205x8, 225x8, 250x8, 275x8x3, 250x8, 225x8, 260x8, 290x8x3, 260x8, 260x8, 305x8x3, 260x8, 225x8, 260x3, 305x3, 320x6x3, 260x8, 260x3, 315x1, 340x5x3, 295x6, 275x3, 315x1, 360x4x3, 300x6, 315x3, 315x1, 380x3x3, 315x6
Week 9: Bench 135x8, 225x6, 315x3, 340x1, 390x3x3, 330x5, 315x3, 360x1, 405x2x2, 350x5
Week 11: Bench 135x8, 225x6, 315x3, 360x3, 380x3, 315x5, (Allow five days rest prior to the contest.)

Week 12: Contest - Warmup poundages: 135x5, 225x5, 315x1, 350x1; first attempt 390; second attempt 415; final attempt 420-430.

Gene M. Bell Jr. is a two time World Champion, four time National Champion, and A.P.F. World Record Holder, and a U.S.P.F. American Record Holder. At the 1988 Armed Forces Championships, he benched 512 in photo at left) and less than 2 months later at the Budweiser Hawaii Record Breakers meet he moved that up to 523, so his routines work. At the 1987 Armed Forces meet he got 545 at 198 lbs.

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STARTIN' A special section dedicated to the beginning lifter

A Squatting Primer as told by 'DR. SQUAT' Fred Hatfield, Ph.D.



Dr. Squat - Fred Hatfield ready to descend with a squat in World Championship competition.

notably powerlifters but certain misdirected athletes as well, similar adaptation occurs. Because of the nature of competition (most competitive sports are inherently dangerous, making injury potential omnipresent) maladaptive forces tend to negate the beneficial aspects. For example, some powerlifters suffer athritis after their competitive career ends. Others do as well, but the culprit can be excessive heavy squatting during their competitive years.

For these indomitable souls, I make no apologies or excuses. They paid the price of athletic glory. Besides athritis, bone spurs, calcium deposits, torn cartilage, bursitis and a host of other stress injuries often plague them long into retirement. That, unfortunately, is the nature of competitive sport, pushing your body to limits beyond a normal record performance. Most career athletes would rather have changed anything. They went into sport with open eyes, knowing the inherent dangers.

Even competitors could have avoided most of their problems, however, with some proper guidance on both technique as well as post-care trauma, often on training methods. Such as a near-cramping intensity, can often be avoided.

Those who recommend against squats never recognize the vast majority of weight trainers who have benefitted from them. They see only those who come to their clinics with problems. The healthy people go unnoticed. Healthy athletes, you see, don't go to the doctor much.

With so many different types of machines on the market today that tend to minimize inherent dangers associated with putting a heavy chunk of iron on your back and descending into a full squat position, it doesn't seem unreasonable to ask, "Why squat?" Leg press machines, hack squat machines, leg curl machines, leg extension machines, in/out thigh machines, the list is long, all have their place in a regimen, but none can replace the intensity afforded by squats. This intensity is essential for complete development of the legs, either for athletic reasons or for bodybuilding balance.

There must be balance between the extent that you isolate a muscle and the amount of intensity applied. Too much isolation and the muscle is placed at such a leverage disadvantage that little weight (therefore, little strength) can be lifted. (article continued on page 71)

Over the years, my ego has taken some pretty good "shots" concerning my physique. It's been said that I have the body of an 11 year old stamp collector and that my legs are so skinny that I look like a pair of pliers in shorts. In fact, one national sports publication had the nerve to suggest that I give up lifting and become a cosmetologist. Even my friends think that most famine victims are better built than I am.

What these people are obviously not aware of is that earlier in my career I was a champion bodybuilder. That's right. Approximately eight years ago, I won a fairly prestigious bodybuilding championship weighing less than 132 pounds. Well, it wasn't exactly a bodybuilding championship, it was a powerlifting/bodybuilding championship combined. The way the competition was set up, you could enter either the powerlifting or the bodybuilding, but in order to win the overall title of "Iron Man", you had to enter both. An elaborate scoring system was used so that points were awarded on the basis of the athlete's performance in both championships.

The athlete with the most points after both championships was awarded the overall title. I had no intention of entering the bodybuilding championship. However, after the powerlifting, I was so far ahead that if I finished dead last in the bodybuilding championship, I would still win the overall title of "Iron Man."

Consequently, my coach, Fred Glass, insisted that I enter the bodybuilding. Since I didn't come prepared for that, we had to improvise. The first thing we had to do was remove my body hair. We used a hair remover called "Nair" to do the job. Take my word for it, "Nair" works! Not only did it remove my hair, but in my case it burned the hell out of my nipples, belly button, and ankles. I had to wear band-aids on my nipples for a month afterwards. After I removed my body hair, Fred and I spent several months learning and rehearsing their routines. I learned mine in less than five minutes, no sweat. I was roasting and ready to go, except for one little detail. I didn't have any posing trunks. Actually, that was no big deal either.

You see, I wear "scant" underwear. They're always black and always clean. My mother makes sure they're clean just in case I'm run over by the semi-truck and have to go to the hospital. She thinks a prerequisite for hospital admission is clean underwear. I'm sure most doctors inspect your underwear before they admit you. This guy has dirty underwear, we can't treat him, or "Plan that semi really messed this guy up, but look how clean his underwear is." Believe me, if I ever get hit by a semi, my underwear is going to be anything but black. That's why I always wear black. With black you can't tell if they're clean or not. Take my word for it, with black underwear you can get into any hospital. The only drawback is that black underwear attracts a certain kind of male nurse.

This time my underwear was both

Dr. Judd



Bodybuilders Show Their Appreciation for Dr. Judd Bastiano's, the former MISTER IRON MAN, physique accomplishments. Photo courtesy, Army.

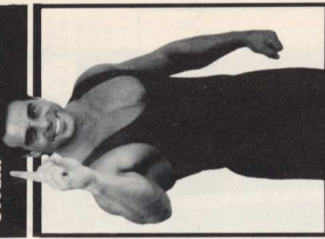
I think about it, the more certain I am that it had to be a certain kind of male nurse who invented this game. Well, my posing routine didn't take me long. I performed a 3 minute routine in less than 30 seconds. I know that must be some kind of record.

What do you expect? With my body it was like going to war with a peashooter. Even at my best, I looked more like a hockey stick with hair than I did a lifter. I had nothing to show but my underwear.

All in all, everything worked out great. I got the chance to experience something new and although I finished close to last in the bodybuilding competition, I scored enough points to take the overall title. What can I say? When you've got it, you've got it. I know, you're thinking that I'm 'doin' brags. "Why would anyone go out on a stage in his underwear to exhibit a smurf-like body? It has

to be dein bramage, right? Maybe, but being crazy isn't so bad. When you're crazy, you can do just about anything and get away with it. Me, I want to do everything. I don't want to stand on the sideline observing life. I want to participate in life fully. I want to experience everything. If I have to look bad now and then to enjoy life, so what? I'm not going to avoid it. I hope you feel the same way. If you don't, try being crazy now and then. You'll like it. Besides, life is just too beautiful to miss out on any of it.

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EUROPEAN Men's Championships

by John Buckley, ELITE SALES

This year's championships were held in Murnau, West Germany which is a small town about 60 miles south of Munich, in the section of Bavaria, from Murnau it is just a short ride through the Alps to Innsbruck, offering some of the most spectacular scenery I have ever seen and it was worth the trip in itself. The meet was directed by Manfred Poschmieder and went through the entire three days without a hitch. The level of lifting was quite high with four World Records attempted and one being successful. The most disappointing aspect of the championship was that Lars Noren of Sweden did not show up.

In the 52 kg class John Maxwell of Scotland (competing for Great Britain) made a spectacular deadlift of 496 to wrest the Gold Medal from Kari Ojalanto of Finland. I believe this is the third highest deadlift ever in this class and Maxwell looked to have quite a bit left, although with the sumo style one's limit pops up very quickly. This was Maxwell's first international title ever and since he had a higher Schwarzs formula total than Eddie Pengelly it gave him bragging rights over his friend. Maxwell won

Men's European Championships

15 May 88 - Murnau, WG (kilos)	
52 kg	DL Total
J. Maxwell-GB	175
K. Vihkari-FIN	170
D. Skrifvars-CZH	175
J. Ferrel-AUST	140
F. Jendrych-CZE	125
M. Namura-IRE	125
C. Simez-GB	210
M. Vries-NLD	190
F. Ambrosini-ITA	190
C. Smith-NLD	175
G. Tromp-NLD	160
L. Dutaré-FRA	185
A. Mikolajczyk-POL	185
R. Lopez-ESP	195
T. Warha-IRE	205
B. v. Doellen-WG	190
V. Vangelich-GBR	245
P. Lou-WG	220
M. O'Connor-IRE	205
F. McCubere-POL	175
J. Vitanen-FIN	300
E. Cruz-ESP	275
V. Okabe-GBR	255
F. Buttigieg-FRA	252.5
H. v. Brandt-NLD	255
P. Andreatta-ITA	255
G. Mayer-AUST	235
D. Scott-IRE	185
K. Bradie-ITA	302.5
M. Malinen-FIN	260
D. Canton-ITA	312.5
J. Gunnason-SWE	300
C. Jonasson-SWE	272.5
F. Schramm-WG	285
Dobrowski-UGR	290
Gunderson-NOR	200
C. Ardiini-ITA	280

the title on bodyweight despite the fact that he must have consumed 10 kg of German beer in the 2 days before the competition during our tours of the region.

In the 56 kg class World Champion Gerard McNamara of Ireland won the Gold despite not having a very good day and the fact that he was closely pursued by Gary Simes of Great Britain. Gerard Tromp of the Netherlands had an outstanding day in capturing the 60 kg class despite having an off day and being a little miffed when he had to re-rack the weight low on his back. In the 75 kg class Jarmo Virtanen of Finland won by 100 kg. He missed his first two squats because apparently the bar rolled on his back during his recovery. As it should be in international competitions judging is always tighter and some rules that local lifters don't even know about are enforced (lifters from Baldwinville, NY and Nashua, NH ... there is a rule in the rulebook on where the bar can be placed on your back). His squats are always something to behold as setting up is so difficult and important since he uses an ultra wide stance and his hand grip on the bar is so narrow. Depth is usually no problem for him, although it is with most wide stance squatters. He finally managed to get his third attempt in with 661. In the deadlift he

Y. Hittinen-FIN	310
F. Domenech-ITA	290
O. Hansen-NOR	270
J. Schneider-NLD	285
J. Berg-NOR	255
L. Leib-AUST	265
A. Kasplajer-FIN	320
F. Erath-GER	305
H. Himan-NLD	320
G. Mortagne-BEL	287.5
A. Toke-AUST	285
J. Moss-AUST	260
C. Radwan-YUG	250
I. Novak-IRE	270
D. Pessemier-BEL	245
C. Nilsson-SWE	340
G. Mortagne-BEL	287.5
C. Drabik-WG	310
R. Mørth-AUST	300
B. Ota-SP	270
I. Morera-IRE	270
D. Pessemier-BEL	245
I. Vitanen-FIN	310
O. Eriksson-SWE	325
Poschmieder-WG	325
A. Tachio-ITA	320
K. Kasplajer-FIN	310
125 + kg	335
R. Kuster-WG	335
I. Stenlund-SWE	340
S. Eriksson-SWE	320
F. Mercer-GB	305
F. Treglio-GB	300
W. Backlund-IRE	290
T. Olsen-NOR	320

the popular meet director Manfred Poschmieder who made some fine lifts. I remember Manfred squatting at the 1984 Worlds in Dallas without wraps and a belt. I am told he does very well at Stone throwing and other Strong Man contest stunts.

It is always nice if the host nation can win at least one weight class. It is especially nice if the win is in the Supers, the class which usually attracts the most attention. This was the case here as Rudolf Kuster of Germany won the Supers by pulling a fine 826 deadlift to take the title on bodyweight from Thomas Stenlund of Sweden. Truly this was a fitting climax to a fine meet.



Jarmo Virtanen of Finland bumped up the 'IF' World Middleweight Record in the deadlift on a 2nd attempt, and had two near successes with 30 on 3rd and 4th attempts. John Buckley/ELITE SALES photo.

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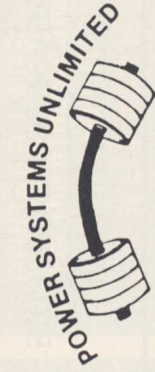
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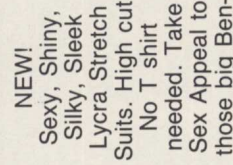
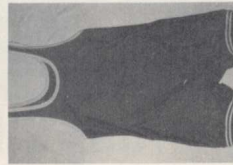
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Our last article, a two-part series called "Nutritional Shades of Gray," dealt with the area of an ideal program of diet nutrients for the athlete. The nutrients were designed to aid in performance enhancement, growth catalysts, and natural steroids, amino acid supplementation and, of course, the basis of any sound nutritional program, a balanced vitamin/mineral regimen.

When we closed that two-part series, we said that there are perhaps a number of other considerations, such as health maintenance, well-being, and disease prevention, that athletes should take into account when designing their sports nutrition program.

In this article we'll be covering supplementation designed to provide you with optimal cardiotoxic health.

One of the major causes of death in the United States, which has now reached epidemic proportions here and throughout the western world, is atherosclerosis. It is a degenerative condition of the arteries characterized by the clogged deposits called plaques within the walls of the arteries. These plaques consist largely of lipids (mainly cholesterol, usually complexed to protein and cholesterol esters), connective tissues, and smooth muscle cells shed from arterial walls.

The atherosclerotic plaque represents the end point of a complex process. Due to the insidious nature of the disease, the plaque will develop quietly over a period of several years. It is usually not diagnosed until there is an interruption of the normal flow of blood. As the plaques increase in size, they narrow the channel that allows blood flow, therefore progressively compromising blood flow, leading to vascular insufficiency or thrombosis. If this occurs in arteries involved in supplying the heart, the result is a heart attack. If the artery supplies the brain, the result is a stroke or other cerebrovascular accident.

The best treatment for atherosclerosis appears to be a comprehensive prevention program involving diet, exercise, and lifestyle modification. As we mentioned in previous articles, your daily diet is the key to optimum performance and optimal supplement utilization. As we have in previous articles, we will highlight some of those dietary considerations.

As a preventive matter, you would want perhaps five to ten percent fat in your diet (the type of fat you choose should be such that it is the high density lipid known as "friendly fat" that will actually protect against the formation of fat. A good example is the use of olive oil instead of saturated fat). Carbohydrates should be the complex type, with a strong consideration given to eliminating simple sugars. Protein, essential in any diet—especially when you're considering a powerlifter's special nutritional needs—should be of the lean meat variety. If it's not possible to eliminate red meat from the diet, then restrict its intake, and always select the lean cuts. Your best sources of

Alfalfa also decreases cholesterol levels and has a stimulative effect on atherosclerotic clots.

Cayenne, available in shaker form, powder, or capsules, prevents the accumulation of thrombi, the aggregation of platelets, and also lowers cholesterol levels. Cayenne's most recognized ability is to increase and regulate blood circulation, thereby quickly dispersing mucus. After cayenne is brought into the system, the cayenne immediately to the heart where it is oxidized into the arteries, capillaries, and nerves; hence, herbs intended for regions around the heart are generally taken with cayenne.

The minerals that factor into good cardiotoxic health are chromium, copper, magnesium, and selenium. Chromium might be a surprise mineral to be in this category but it has been linked to reductions in blood glucose, serum cholesterol, and serum triglycerides.

In the vitamin area, equal amounts of choline and inositol combined with equal amounts of methionine make an excellent supplement for combating cholesterol. Dosages range anywhere from 1000 to 3000 mg a day and are available in tablet and sometimes capsule form. Within the last year many medical doctors and health specialists are suggesting the use of 1500 mg or more a day of Nicacin to help in reducing and controlling cholesterol levels. This expensive nutrient has gone a long way to help people in reducing cholesterol levels for many years throughout their life. The fact that the medical community is getting strongly behind the use of Nicacin, means it is destined to become more popular as years go by.

Bromelain is a proteolytic enzyme of the pineapple plant which has been shown to inhibit platelet aggregation and inhibit angina pectoris. It also reduces blood pressure and hypertension and breaks down atherosclerotic plaque.

What we've given you again is a capsule view, but with some very accurate information on a good cardiotoxic program. Enough emphasis cannot be placed on this aspect of good nutrition. Cardiovascular disease is one of the major threats, not only to the general public but to many athletes. Dosages may vary, but they should be taken in decent quantities to allow you to maintain good cardiotoxic health. If you want more specifics on these products and others that we speak about, please call or write, and we'll pass along the latest information to you.

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

Advanced Concepts in NUTRITION

Cardiotoxic Health

by George Zangas, MARATHON DISTRIBUTING



Cardiotoxic Health through proper nutrition is an important long term factor to great strength athletes like Lars Noren, as well as average powerlifters.

We'll start with the herbal approach to good cardiotoxic health. All of the herbs mentioned, by the way, are available either in capsule or liquid form, and can be taken individually or in combination. The first and probably most important herb for good cardiotoxic health is Hawthorn berries. Hawthorn berries prevent and reverse atherosclerotic plaque functions, reduce serum cholesterol levels, dilate coronary arteries, increase blood flow to the heart muscles, increase the force of contraction of the heart, and lower high blood pressure.

Ginkgo biloba, derived from the ginkgo tree is relatively new to this country, having been introduced in the marketplace within the past year. Ginkgo increases blood supply to the brain and prevents platelet aggregation. It is particularly useful in cases of vascular insufficiency, cerebral vascular insufficiency, and peripheral vascular insufficiency, and angina pectoris.

Another good old standby, Garlic, is available in liquid or capsules, and, by the way, deodorized, has been shown to significantly lower total serum cholesterol and triglycerides while increasing HDL (the "friendly" cholesterol levels). In addition, garlic is capable of lowering blood pressure and preventing thrombus formation.

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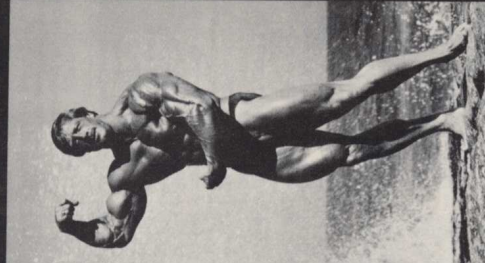
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Message from the U.S.P.F. President

Dr. CONRAD COTTER, PRESIDENT, USPF
Post Office Box 18485, Pensacola, Florida 32523
 (Source: N.C., July 4, 1986)

or anabolic steroids shall be disseminated as soon as possible by the Sports Medicine Committee and semi-annually thereafter. Such information must be made available to at least four months prior to each world and international contest. All lifters aspiring to qualify for the U.S. team. (Source: N.C., July 4, 1986)

I. Adopt "Guidelines of Responsibilities for U.S. Teams" at IPF-sanctioned international events.

12. INTERNATIONAL SELECTION COMMITTEE
 D. Require the Selections Committee to publish and distribute prior to the Women's Nationals the criteria required to guarantee a place on the U.S. team. (Source: N.C., July 4, 1986)

E. Provide that male athletes representing the USPF in international competition be selected by the Selections Committee, taking into consideration the following criteria: performance at the appropriate national championship, demonstrated ability to pass the IPF doping controls at that championship, available funding, and the maximization of team points. (Source: N.C., July 4, 1986)

F. Provide that female athletes representing the USPF in international competition be selected by a Women's Selection Committee, such selection be subject to review by a Reviewing Committee, selected from among the members of the USPF Executive Committee, provided further that the Reviewing Committee be no larger in members than the Women's Selection Committee. The following criteria will be considered: performance at the appropriate national championship, demonstrated ability to pass the IPF doping controls at that championship, available funding, and the maximization of team points. (Source: N.C., July 4, 1986)

19. NATIONAL CHAMPIONSHIPS
 T. Peters moved that, starting in 1988 the "Natural Nationals" held in February be the qualifying meet for the United States team to the Junior World Powerlifting Championships. Hatfield seconded. Passed unanimously. (Source: E.C., June 19, 1987)

U. Hatfield moved that, at all national championships the meet directors be required to use the USPF logo as a major design element in the official meet shirt. Peters seconded. Passed unanimously. (Source: E.C., June 19, 1987)

V. Hatfield moved that the winners of the Women's Nationals during the last three years be deemed qualified for the Women's Nationals provided that the lifter's total meets the qualifying total of the Women's Nationals for which the lifter desires to be qualified. Black seconded. Passed unanimously. (Source: E.C., July 12, 1987)

W. On July 12, 1987 the National Committee adopted the following proposals:
 1. A lifter may use his total at the last previous national collegiate powerlifting championship to qualify for the next collegiate nationals.
 2. [As amended]. Winners of the Men's Senior Nationals in the previous three years who posted a total higher than the current qualifying total shall be deemed qualified for the Men's Senior Nationals Powerlifting Championships.
 3. Women and teen-age state and regional champions shall be deemed qualified to lift in their respective national championships.
 4. The Armed Services Powerlifting Championships shall be sanctioned as an official USPF national championship meet. (Source: N.C., July 12, 1987)

X. Black moved that the team trophy at drug-tested national championships be awarded at the conclusion of the meet, but held by the meet director and not delivered until after the results of the drug testing are known. Haley seconded. Passed unanimously. (Source: E.C., July 12, 1987)

Y. Hatfield moved that at all national championships the meet directors be required to use the USPF logo as a major design element in the official meet shirt. (Source: E.C., June 19, 1987)

Z. The President was instructed to have the Law and Legislation Committee amend the USPF Bid Specifications so as to add a liquidated damages clause or as to require the posting of a performance bond in any contract the USPF may make with the successful bidder. (Source: E.C., November 2, 1987)

23. PRESIDENT AND TREASURER
 D. The report carried with it a recommended strategy for conserving the liquid resources of the USPF. Of first priority is the need to maintain the USPF office in order to be able to respond to legal requests and to take care of day-to-day business. Second priority was assigned to the maintenance of funds sufficient to respond to legal emergencies and to provide seed money for promotion and attracting contributions. Third priority was to preserve our administrative structure by continuing the state chairman's reimbursements. Fourth priority was assigned to funding U.S. teams. (Source: N.C., July 4, 1986)

This addendum is arranged on the same scheme as the USPF National Committee Meeting and Executive Committee Meetings as they appear in the Referee's Textbook. Items in this addendum should be considered an integral part of these headings and should be included in the proper place.

3A. COACHING TECHNIQUES

A. Provide for the creation of a national coaching staff, which shall consist of the coach and assistant coach of the U.S. Teams at the Junior World Powerlifting Championships, the Women's World Powerlifting Championships, the Masters World Powerlifting Championships, and the World Powerlifting Championships. The head of the staff shall be the coach at the world Powerlifting Championships. (Source: N.C., July 4, 1986)

B. The duty of the national coaching staff shall be to assist in the preparation of each team member by means of disseminating information relating to improving performance capabilities. Such information shall come from the head of the coaching staff, and be implemented by the staff members. It shall be the duty of each member of the national coaching staff to attend one approved coaching and training seminar each year. (Source: N.C., July 4, 1986)

C. Provide that the coaching staff of a male team representing the USPF in international competition be selected by the Selections Committee, from among those applying on an application form, which will be provided, and submitting a resume with written references, taking into consideration the following criteria: powerlifting coaching expertise and commitment to the sport. (Source: N.C., July 4, 1986)

D. Provide that the coaching staff of a female team representing the USPF in international competition be selected by a Women's Selection Committee, such selection being subject to review by a Reviewing Committee, selected from among the members of the USPF Executive Committee, provided further that the Reviewing Committee be no larger in members than the Women's Selection Committee. The coaching staff will be chosen from among those applying on an application form, which shall be provided, and submitting a resume with written references, taking into consideration the following criteria: powerlifting coaching expertise and commitment to the sport. (Source: N.C., July 4, 1986)

E. Cotter was again instructed to form a Coaching Techniques Manual review committee, consisting of Foster, Henshek, Doyle Kennedy, Hatfield, and Frank Costello. (Source: E.C., May 15, 1987)

6. DRUG TESTING
 M. Black moved that all future agreements with drug-testing laboratories be in writing. Hatfield seconded. Passed unanimously. (Source: E.C., August 3, 1987)

N. Hatfield moved that the questions of whether to test for 19-nortestosterone (nandrolone) and what ratio to adopt for testosterone/epitestosterone testing be referred to the Sports Medicine and the Law and Legislation Committees for their recommendation. (Source: E.C., November 2, 1987)

O. Provide for a reorganization of the USPF national meet system using the following criteria. The USPF is to hold nine national contests each year: High School, Teenage, Collegiate, Womens, Masters, Natural Program, Juniors, Nationals, and Seniors Nationals.

Drug testing at the Junior Nationals will be decided on a year-to-year basis by the National or Executive committee with the qualifying totals being set by the Executive Committee. Previous winners of the Juniors, Nationals and Seniors are ineligible to enter the Juniors. Winners of the current year's USPF-sanctioned regional and state championships, if not otherwise excluded, shall be deemed qualified for the Juniors regardless of total.

The Nationals will not be drug tested; its qualifying totals will be set by the Executive Committee; and it will be open to all lifters who obtain a qualifying total in a USPF-sanctioned contest.

The Senior Nationals will be drug tested in accordance with procedures established by the National or Executive committee; it will be used to select the U.S. team that will represent our country at the World Championships; and its qualifying totals will be set by the Executive Committee. (Source: N.C., July 4, 1986)

P. Provide that a doping control shall be conducted at the Senior Nationals, the Women's Nationals, the Collegiate Nationals, the Teenage Nationals and the High School Nationals at USPF expense. The nature and extent of the testing is to be determined by the Executive Committee, but should be similar to that done at the 1986 Seniors with any variances being the number of places tested and the types of laboratories used. (Source: N.C., July 4, 1986)

Q. Restrict the testing at the 1986 Senior Nationals to reflect our budgetary constraints but providing minimally that each winner and each member of the U.S. team be tested. (Source: N.C., July 4, 1986)

R. Lifters testing positive for psychomotor stimulants or anabolic steroids at any national or international competition shall be suspended from all USPF competitions for a period of three years. (Source: N.C., July 4, 1986)

S. Information on how to avoid testing positive for psychomotor stimulants

INTERVIEW

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

VICTOR KENNEDY as interviewed by BOB GAYNOR

I love powerlifting, and I love to move "heavy iron", but drugs have never been from will they ever be part of my program.

BG What is your diet like?
 VK In my diet I try to avoid things like the policeman's trail mix (this consists of Doritos, Fritos, pretzels, potato chips and beer nuts). I try to stick to a high fiber, high carb and high protein diet. I load up on chicken, tuna fish, etc. I have recently lost 30 lbs. by eliminating processed sugar.

BG As a drug free lifter, how do you handle supplementation?
 VK For any athlete, but especially the drug free athlete, supplementation is very important. The proper use of supplements ranks right up there with proper diet, rest, equipment and training. As far as supplements go, I swear by Inosine. I feel that it is a must, especially at a meet. I take vitamins, but I go with a mega-dosing.

BG What are your best lifts?
 VK In the gym 924 SQ, 507 BP, 705 DL. In competition 859 SQ, 479 BP, 675 DL.

BG What are some of the titles you have captured and records you have set?
 VK As far as titles: Maryland State USPF and ADFFA, World Police & Fire Champion 1985, 2nd USPF Seniors 1987, 4th IPF Worlds in 1987, I hold both USPF and ADFFA State Squat Records.

BG What are your future goals?
 VK To win the 1988 USPF Seniors and then best Lars Noren at the Worlds. I would also like to break the current IPF World Squat Record (981 lbs.) at the Seniors. I also hope to squat 1000 lbs. within a year or so. I want to hit the greatest drug free squat ever, either at the USPF National Nationals or the ADFFA Nationals. I am going to be much leaner at upcoming meets and may even return to the 275 lb. class.

BG Vic, what are your thoughts on steroids and drug testing?
 VK I know that I sound like a preacher when I voice my opposition to drugs, but I feel that drugs (steroids included) are the greatest evil facing America today. The list of people who have destroyed their lives by using drugs is long. It is a shame that people do not learn from the mistakes of others. Steroids pose a similar threat, in that such drugs pervent the concept of fair and honest competition. I understand why lifters use behind steroid use. My lifts are mine, and mine alone; done with training and God given ability.

Drug testing is a must, but a way must be found to counteract technological advances in beating analysis. I'd like to see every lifting organization use the polygraph and analysis, especially at the International level.

VK John Davis has always been my idol. He was not just a world and olympic champion, but also was a walking example of strength and determination. I'm sure the olympic lifting community misses him greatly.

1987 was a great year that allowed me to be present when guys like Lamar Gant and John Hizer pulled World Record Deadlifts. That was a joy to watch.

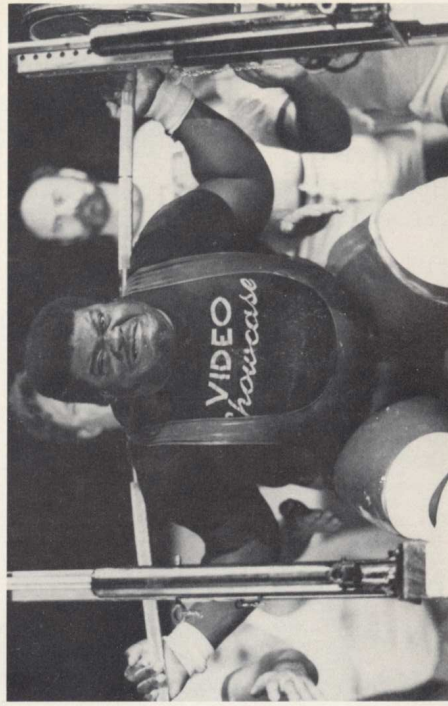
Oh yeah, there's that "little guy" from my neighborhood "title guy" of Delaware, what's his name.... Hal! I think I probably had the record for consecutive losses to Mike, but he's a gracious winner and credit to the drug free movement.

BG What other hobbies or interests do you have?
 VK I financially support the City of Memphis, Tennessee. I own over 100 Elvis albums. That's the one luxury I allow myself.

BG Vic, are there any other comments you would like to make?
 VK Powerlifting is a great sport with a great future. I think the "Pure Division" meets is a great idea that was overdue.

The Masters Division has never looked better. It is great to see older lifters in their 40s, 50s, 60s and up still going strong. I hope these positive things continue in the years to come.

BELOW...Vic Kennedy grifts out a big squat at the 1987 USPF Senior Nationals promoted by Ralph Jesso. This Olympic lifting meet is being held in Las Vegas at Rich Peters' USPF Senior Nationals. Vic is one of the friendliest Big Men you'll find and he supports drug free competition wholeheartedly, regardless of the lifting association that promotes it.



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Bulletin Board

Directory Update for the U.S.P.F. is a new address for Athlete's Representative Lamar King, 1662 Vrain, Denver, CO 80219, 303-936-9123... A clearinghouse for needed lifting equip-

Upcoming National Meet Qualifying Totals

Table with columns for Men's Contests, USPF Teen Nationals, USPF Teen Nationals, USPF Teen Nationals, ADFPA Men's Nationals, USPF Open Nationals, ADFPA Women's Nationals, and Region III ADFPA Championship.

meet the smoothest one ever run in Hinesville... except for mechanical failure with the... the Georgia State Meet on Sept. 11, 1980 there...

Virginia Prison Championship 21 May 88 - Burkeville, VA. Table with columns for SQ, BP, DL, Total and names of participants.

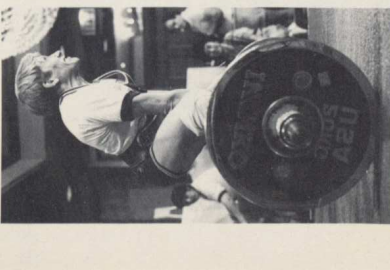
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AD.F.P.A. TOP 20. Table with columns for SQUAT, BENCH PRESS, and TOTAL, listing names and weights.

AD.F.P.A. TOP 20 52 kg. 114 lb. Advertisement for the A.D.F.P.A. Top 20 competition, including a photo of a lifter and contact information.



Roger Thompson and Miguel Castro... two of the best competitors in this month's A.D.F.P.A. TOP 20 ranking list for the 114 lb. class.

mediate attention to prevent endometrium overstimulation, which increases the likelihood of endometrial cancer. The female athlete with any menstrual irregularity should consult a gynecologist, preferably one that specializes in infertility or amenorrhea. The doctor will test for appropriate serum hormone levels and usually prescribe estrogen/progesterone therapy or revise the athlete's training program, and advise her to discontinue the use of anabolic steroids.

Dysmenorrhea (painful menstruation) affects 90 percent of the female athletes at one time or another. Symptoms range from irritability, headache, abdominal cramps, backache or nausea. It has a negative effect on performance. It is not aggravated nor cured by training, but it appears to be less common amongst athletes than in sedentary females. It seldom prevents a high-caliber athlete from competing. It is often treated by exercises, chiropractic adjustments, or the administration of hormonal an- tiestrogens or antiprostaglandins. Prostaglandin F is being implicated in dysmenorrhea because of its role in initiating gastrointestinal and uterine contractions. Inotropic anti- inflammatory abilities.

Participating in powerlifting should have no effect on menstruation. Conversely, menstruation has only a minimal effect on performance. Women have achieved record-breaking performances during every period of the menstrual cycle, but the best performances seem to occur be- fore the immediate postmenstrual period until the fifteenth day of the female athlete.

In conclusion, there are differences in performance and physiology that present conflicts unique to women powerlifters and athletes, but the nature of training and adaptation are the same for both sexes.

Lori L. Ugelvik is a chiropractic stu- dent at Life Chiropractic College in Marietta, GA. She completed her Bachelor of Science degree at Ohio State University, majoring in Health and Sport Science, and did graduate work in exercise physiology, with a thesis in amenorrhea. At Florida State University, she is also a national-caliber bodybuilder and regional bench press champion.

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2. Shargold, M. THE COMPLETE SPORTS MEDICINE BOOK FOR WOMEN. Simon & Schuster, Inc., New York, 1985.

can be the same spirit of cooperation with the other associations as I have with Jeff Copland and the A.P.F. If we can let the sport of powerlifting flourish, we will be able to support our ego then the men can take care of their own.

ing and won't best lift. The Auburn YMCA won the team title. I'd like to thank Jerry Welch, Joe Kurlup, Bill Henning, Mike Rose and Mark Warrick. I'd like to thank the staff at the gym, thank Bob Gould. I'd also like to thank Coach Bob Gould. I'd also like to thank Coach, and the Greenville High School Football Alumni Association who sponsored and helped me out. On a personal note, I'd like to thank the lifters. On Sunday some lifters's lift made. Leon Humphrey dominated this day's lift.

What was lacking in numbers, however, was made up for in enthusiasm. There were some 175 lifters on the bench and 181 set records in the women's division who set records in the deadlift and total. Her father, Bruce, at 181 set a new record (45-90) in the bench and deadlift. I'd like to thank the lifters. On Sunday some lifters's lift made. Leon Humphrey dominated this day's lift.

Physiological Differences article continued from page 14

Sweat rates during exercise in the heat are generally less in females, but the ability to acclimate and control body temperature are similar. Women may rely on circulatory mechanisms, such as altering vascular tone, to achieve the same degree of thermoregulation as men. Fitness level rather than sex differences are more important in determining heat tolerance and acclimating.

In equally trained athletes (male or female), muscle glycogen, blood lactate levels, and muscle fiber composition are similar. However, biochemically, males have a slightly greater ability to metabolize fats. They also have a greater muscle glycogen production, which is stimulated by testosterone.

Body weight accounts for much strength. Male muscle can develop more tension per unit volume. Males are 50 percent stronger in most muscle groups. Muscle fibers are similar in male and female lifters, both histologically and in their distribu- tion. All fiber types in females have smaller cross-sectional areas than male fibers. Women with higher testosterone levels possess greater strength than women with normal testosterone levels. Women gener- ally gain strength by improving their ability to recruit more motor units rather than to alter the contractile structure of the muscle. Males and females both possess fast and slow twitch muscle fibers. A genetically gifted powerlifter (male or female) is apt to have more fast twitch fibers, which would aid in the short, ex- plosive movements required for any of the lifts. Each muscle group con- tains a certain ratio of both slow twitch and fast twitch. Research is being done as to how an athlete can increase the power of this or her fast twitch or slow twitch muscle fibers, or if more of the slow or fast twitch fiber but can not increase the number of those specific fibers. This is a con- troversial matter.

Sexual maturation in the female is marked by the onset of menstruation. This usually occurs after the peak of the adoles- cent growth spurt and the ap- pearance of secondary sexual characteristics. The onset of menarche can be brought on by attainment of critical body weight or at premenstru- al amount of gonadotropic hormones. Athletes tend to reach menarche later than non-athletes. Whereas non-athletes experience their first menstruation at 12.9 yr, athletes usually experience it at 13.5 yr. Eastern European females attain menarche later than Western

female lifters. The Auburn YMCA won the team title. I'd like to thank Jerry Welch, Joe Kurlup, Bill Henning, Mike Rose and Mark Warrick. I'd like to thank the staff at the gym, thank Bob Gould. I'd also like to thank Coach Bob Gould. I'd also like to thank Coach, and the Greenville High School Football Alumni Association who sponsored and helped me out. On a personal note, I'd like to thank the lifters. On Sunday some lifters's lift made. Leon Humphrey dominated this day's lift.

Some weekend also held down the entry list. What was lacking in numbers, however, was made up for in enthusiasm. There were some 175 lifters on the bench and 181 set records in the women's division who set records in the deadlift and total. Her father, Bruce, at 181 set a new record (45-90) in the bench and deadlift. I'd like to thank the lifters. On Sunday some lifters's lift made. Leon Humphrey dominated this day's lift.

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Table with 4 columns: Name, SQ, BP, DL, Total. Lists names of lifters and their scores for various lifts.

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NEW A.P.F./A.M.P.F. Membership Application form. Includes fields for name, address, city, state, zip, age, sex, and registration fee (\$18.00). Also includes a membership card with fields for name, address, city, state, zip, and club number.

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- NATURAL ATHLETE'S PAK** - Super High Potency Vitamin/Mineral/Glandular Pak. Designed for the athlete who wants the very best. 30 Day Supply \$27 60 Days \$50
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- NATURAL GROWTH** - Growth hormone releasers to stimulate muscle growth and burn body fat. (L-Arginine-500 Mg - L-Ornithine-250 Mg) 250 Tabs - \$27 500 Tabs - \$50
- FREE FORMING AMINO ACIDS** - L-Conformation of the 8 essential amino acids. Rebuilds torn down tissue and gives you that ripped look. 150 Tabs - \$29 300 Tabs - \$55
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- "INOSINE"** Pure form. A great energy enhancer. Handle heavier weights for more repetitions because of enhanced cellular ATP levels. Pharmaceutical MD approved. 500 Mg. 90 Caps - \$13.00
- GAMMA ORYZANOL** The new powerful steroid alternative, develops greater strength and lean muscle mass "highest potency available". 60 Mg. 100 Tabs - \$9.00

POWER BELTS

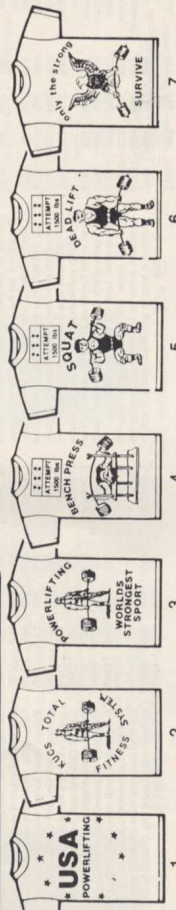
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Top Grade Suede \$60

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POWER ACCESSORIES AND BARS

Quantity	Description	Size	Price	TOTAL
	Lifting Suit - Reversible		\$18.00	
	Wrist Wraps		5.00	
	Lifting Straps		5.00	
	Chalk (1 lb.)		9.00	
	Ammonia Caps	10 for 5.00		
	Super Wrap II	1 Pr. - 6.00 3 Pr. - 16.00		
	Super Wrap 10	1 Pr. - 13.00 3 Pr. - 30.00		
	Dyna Wrap	1 Pr. 9.00 3 Pr. 25.00		
	Deadlift Slippers		9.00	
	Puma Deadlift Shoes		30.00	
	Nike Squat Shoes	Hi Cut 82.95		
	Texas Power Bar		189.00	
	PA Power Bar (1500 Lb. Capacity)		189.00	
	310 Lb. Set w/PA Power Bar		330.00	
	Olympic E-Z Curl Bar		55.00	
	Miracle Bench Shirt (Give chest size relaxed)		35.00	

(SQUATTING PRIMER by Fred Hatfield continued from page 32)
The stress) is applied. Of course, this situation diminishes overall training effect. On the other hand, resorting to the use of compound exercises, exercises that involve several muscle groups, often rob the target muscle of needed stress because it is obscured by the other muscle groups.

Squatting properly, with upright torso, knees extending over the feet, and to a position near or below parallel, centralizes the majority of the stress in the quadriceps. The hamstrings, glutes and erector spinae receive some too, but not enough to rob the quads of major affect.

There's nothing wrong with compound exercises, providing the target muscle is made to be the weakest link in the chain. You ensure this by adjusting technique accordingly. Then, being the weaker of the muscles acting in the movement, it receives overloaded stress, while the others are relatively unaffected by compound squats. Squatting properly ensures that the quads will receive overload stress to the extent that no other exercise can afford.

There are three reasons for squatting: 1. stabilizer, muscular link, strength, power and energy. Even requires a different technique and an array of different techniques.

LEG SIZE. The holistic bodybuilding approach to squatting is best applied for improved muscular size of the upper legs. Variation is the key. You should perform your squats with the following approach:

1. heavy weights (85 percent 1 RM) for 4-6 reps. 3-4 sets.
2. moderate weights (75-80 percent 1 RM) for 10-15 reps. 3-4 sets.
3. light weights (50-60 percent 1 RM) for up to 40 reps. 3-4 sets.

The heavy sets should be performed with compensatory acceleration, moving the weight out of the hole as fast as possible every inch of the way up, but "putting on the brakes" near the top of the movement to avoid throwing yourself off balance. This will ensure maximum effect upon the fast twitch fibers, and also provide high quality overload for every rep, even set, and for most of the movement in each rep, maximizing myofibrillar growth.

The moderate weights should be moved with both compensatory acceleration as well as with controlled, rhythmic cadence. One or two sets of each technique is recommended. This will help both red (slow twitch) and white (fast twitch) fibers achieve maximal myofibrillar growth as well as sarcoplasmic.

The light weights should be handled with slow, continuous tension movements, never pausing at the top or bottom of the squat. The continuous tension provides improved capillarization to the muscle cells (bringing in more oxygenated blood), and maximum growth (in both size and number) of the mitochondria in the muscle cells.

Bodybuilders who try this approach consistently report to me that

pen to any noticeable degree. The quadriceps share a common tendon of insertion at the knee joint, making differential contracture from foot spacing either unlikely or minuscule in effect. My opinion is that you'll do as well with a foot position that you're comfortable with in squatting, and to apply a variety of squatting techniques.

Greater all-around leg development will result.
TYPE OF BAR. For the average fitness freak or bodybuilder, the kind of bar you use for squats will make little difference, so long as it's sturdy and fitted with safety collars.

However, for the behemoths among us, the bodybuilders, athletes and powerlifters who are using tommye only dreamed of back when Olympic weightlifting was the only game in town, you'll have to be a bit more careful about the bar you use. Your bar should not whip up and down excessively, as this can cause muscle tears or spinal injury from being thrown off balance when stepping backward with the bar. Choose a sturdy bar, preferably one measuring at least 25 millimeters in diameter, and with center fluting to prevent the bar from slipping on your shoulders.

The plates should sit on the bar loosely, and the collars should not be too tight. Tight collars against the bar absorb the energy and cause the bar to whip more. Loose fitting plates, the rattling that is caused absorbs the energy, thereby presenting dangerous whipping to the lifter.

SPOTTEERS. When I walk into a gym to get in a squat workout, most of the guys know what's going to happen. "Oh, no! Hatfield's here! He's open to ask me to spot him!" Well, that's the breaks of the game, fellow ironhead. Gym etiquette dictates it, and I'd do the same for you. I can't help it if it takes five of you. It's amazing how many "bad backs" or torn muscles show up when I ask for assistance. Be a nice guy, won't you?

Help your gym partners when they need spotting assistance. It could be YOU who gets hurt from lack of adequate spotting.

MISCELLANEOUS. You may find that wide wraps help in holding the bar firmly on your back or shoulders. Also, heavy squatting can injure your wrists over time by disrupting the carpal tunnel, the passage through the small wrist bones through which your hand's nerves pass.

Your shoes should have strong lateral support to prevent rolling outward on your feet. Old, worn sneakers or bare feet are definitely recommended against when squatting. They're dangerous.

Maintain a clean, litter-free area for you and your spotters to have a clear track back to the rack.
Don't wear bells, wraps or super suits when squatting with under 80 percent of your max. Doing so robs close stance squats develop the outer thigh (vastus lateralis). In all my years of training, I have never seen this

needed support that will force them to

adapt. Personally, I refrain from wearing any supportive garb until I'm over 85 percent of my max. The whole point of training is to deliver adaptive stress to your body so it'll get stronger, bigger or more enduring. Always, absorbing the stress with supportive garb is silly.
Once you get super heavy, which shouldn't happen any more than one to three weeks prior to the end of a cycle, then you can do so at that point. But not before.

ADPPA New York State

13,24 Apr 88 - Ballston Spa, NY	214 lbs.	300	200	330	830
S. Sand	175	110	225	510	
S. Hogan					
R. Hawker	250	210	360	820	
W. Fromire	305	145	350	800	
M. Houston	425	330	475	1130	
M. Pallas	475	225	425	1030	
P. Wallis	55	295	390	740	
D. Naughton					
J. Audia	480	335	515	1330	
R. Marro	360	300	440	1100	
R. Rawlin	390	255	430	1075	
M. Rowton	375	265	435	1075	
M. Pallas	340	240	400	980	
B. Fancher	300	215	380	895	
R. Post	350	190	345	885	
C. Flynn					
A. LaPolla	530	320	520	1380	
K. Baddle	440	220	520	1180	
181 lbs.					
R. Boudreau	550	405	530	1485	
T. Brango	525	350	530	1405	
A. Pizzo	510	320	550	1380	
B. Marchetti	485	300	575	1300	
M. Pallas	480	245	520	1245	
M. Guido	415	315	470	1200	
J. Darab	415	315	470	1200	
J. Baglio	455	255	455	1165	
405	255	550	1160		
198 lbs.					
R. Winton	580	325	605	1510	
C. Fitzgerald	510	345	545	1400	
A. Boudreau	510	345	545	1400	
A. Boudreau	495	310	520	1330	
J. LaCarra	465	280	500	1245	
G. Allman	450	315	420	1185	
171 lbs.					
J. Daboby	650	415	645	1710	
S. Downs	600	360	700	1660	
B. Ipanask	560	395	600	1555	
D. Kibbe	530	410	575	1515	
L. Dicemo	425	360	625	1410	
D. Cotto	500	325	550	1375	
R. Stanton	475	330	535	1340	
R. Stanton	475	330	535	1340	
242 lbs.					
J. Danahy	610	415	590	1615	
J. Martin	585	430	570	1585	
M. Cochran	600	350	600	1500	
A. Jastemski	500	350	500	1350	
J. Weissburger	525	300	525	1350	
J. Spinnell	490	285	475	1200	
275 lbs.					
J. Martin	635	505	600	1760	
D. Toiv	615	420	675	1710	
J. Tomaski	640	430	635	1720	
D. Ballow	650	430	670	1650	
D. Spinnell	560	355	540	1455	
705 lbs.					
J. Kristel	705	400	700	1805	
P. Giensid	670	430	660	1760	
Women					
S. Suddis	250	110	200	560	
J. Suddis	128	25	110	250	655
D. Devost	118	135	140	200	475
M. Kosmer	129	20	150	30	710
Vanderharr	160	275	120	280	675
Masters					
C. W. Cosire	150	60	240	500	1210
D. Maier	147	410	215	460	1085
DiBarista	178	355	320	425	1100
P. J. 240					
S. Verdino	198	146	320	575	1485
Champion of Champions:	320	505	505	1285	
Danahy, Tom Champ:	West Harrison Fitness				
Highway year:	(Thanks to Dave Mitchell for				

World of Fitness - Piedmont, NJ
 165 lb. 340
 J. McElhin
 A. Ernest
 D. Arent
 190 lb. 440
 J. Moran
 Thanks to World of Fitness for results

16 Apr 88 - Abbotsford, WI
 132 lb. 190
 Jim Lawrence
 148 lb. 240
 Dan Busch
 180 lb. 350
 Joe Callery
 215 lb. 425
 Ed Weiler
 Gary Spillinger
 Dustin Hooge
 240 lb. 480
 R. Seagraves
 Thanks to World of Fitness for results

16 Apr 88 - Elmira, NY
 135 lb. 135
 Joe Luffan
 150 lb. 150
 Mike Lu
 170 lb. 170
 Todd Miller
 190 lb. 190
 Scott Smith
 210 lb. 210
 Aaron Geller
 230 lb. 230
 Joe Fabrigas
 250 lb. 250
 148 lb. 148
 Jeremy Hibbert
 165 lb. 165
 Brannon James
 185 lb. 185
 165 lb. 165
 Dewayne
 225 lb. 225
 Kevin Curren
 240 lb. 240
 Steve Ginn
 260 lb. 260
 Tom Tron
 James Garcia
 Mike Roedel
 285 lb. 285
 Travis Moebler
 300 lb. 300
 300 lb. 300
 Tim Skarles
 320 lb. 320
 Z. Chen
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 1000 lb. 1000

Young Explorers: Cathy Simko. The contest did not receive the high number of anticipated entries, as well as some personal records. There were 16 entries for the first place award, which was won by first, second, and third place awards. The winners were: 1st place - Cathy Simko, 2nd place - Cathy Simko, 3rd place - Cathy Simko. Thanks to the sponsors for their generous contributions to the contest. Thanks to the judges: Check, Joe and Charlie Brown Lomax and Kevin, Master of Ceremonies. Scores and everyone else who helped make the event a success. Thanks to all who participated in this event. I really would be lost. (Thanks to Mike Gutierrez, meet Director, for results)

LCI Bench Press
 31 Mar 88 - Lima, OH
 144 lb. Albinson 260
 Danio Aase 250
 James Bavelitt 220
 James Vallas 250
 220 lb. 220
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 260 lb. 260
 280 lb. 280
 300 lb. 300
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 480 lb. 480
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USPF Phillips College Teenage
 Class II & Masters
 19 Mar 88 - Augusta, GA
 114 lb. 114
 P. Bussett
 140 lb. 140
 P. Bussett
 165 lb. 165
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APF Wisconsin State Open

15 May 88 - Milwaukee, Wisconsin	SQ	BP	DL	Total
M. Stimpson	250	155	205	610
M. Stimpson	250	155	205	610
M. Stimpson	250	155	205	610
M. Stimpson	250	155	205	610
M. Stimpson	250	155	205	610

Stephanie Van De Weghe...with an APF World Record squat of 469 at 140 at the APF Wisconsin Open. Photograph by Wayne Prohaska.

gets our sincerest thanks. The 1988 Wisconsin State Open was our third, and biggest, meet to date. The meet was a one and a half day affair. The meet was a one and a half day affair. The meet was a one and a half day affair.

18 Apr 88 - St. Clouds Falls, NY (kg)	SQ	BP	DL	Total
L. 14-15	14	15	15	44
L. 14-15	14	15	15	44
L. 14-15	14	15	15	44
L. 14-15	14	15	15	44
L. 14-15	14	15	15	44

9, 10 Apr 88 - St. Clouds Falls, NY (kg)

9, 10 Apr 88 - St. Clouds Falls, NY (kg)	SQ	BP	DL	Total
L. 14-15	14	15	15	44
L. 14-15	14	15	15	44
L. 14-15	14	15	15	44
L. 14-15	14	15	15	44
L. 14-15	14	15	15	44

Georgia Women's and Master's 21 May 88 - Newnan, GA

Georgia Women's and Master's 21 May 88 - Newnan, GA	SQ	BP	DL	Total
Women's 105 lbs.	200	90	205	495
Women's 114 lbs.	200	90	205	495
Women's 123 lbs.	200	90	205	495
Women's 132 lbs.	200	90	205	495
Women's 141 lbs.	200	90	205	495

Uruguay Championships 19 Apr 88 - Montevideo (kilos)

Uruguay Championships 19 Apr 88 - Montevideo (kilos)	SQ	BP	DL	Total
Felices (102.3)	225	100	240	565
Mazzoni (123.5)	225	100	240	565
Gastro (90.0)	225	100	240	565
Quercia (90.0)	225	100	240	565
Dilucio (71.7)	225	100	240	565
Blanco (59.8)	225	100	240	565

Wichita Falls 16.2.5	100	192	455
M. Stimpson	250	155	205
M. Stimpson	250	155	205
M. Stimpson	250	155	205
M. Stimpson	250	155	205
M. Stimpson	250	155	205

Mike Burch deadlifting his way to a New York Sub-Masters Championship. Photo courtesy of Al Roberts

the oldest masters lifters in the country and one of the oldest masters lifters in the world. He has been lifting for over 40 years and has won numerous national and international titles. He is a true legend in the sport of powerlifting.

Super Spectrim is our only choice. You don't have to be as strong as these super champions to tell the difference between Super Spectrim food supplements and other food supplements. Ask them yourself. They still take Super Spectrim's Power Kit Pac!

ORDER YOUR SUPPLEMENTS AND SHIRTS TODAY!

Power Kit Pac - 30 day supply - all the supplements you may need for that super strength! - @ \$49.95

Sweatshirt - 3/4 sleeves, large neck opening, and tapered waist - M,L,XL, XXL - white, navy blue, pastel yellow, or red @ \$23.95

Tee shirt - S,M,L,XL,XXL - red, white, or blue @ \$9.95

ADD \$2.00 FOR SHIPPING



JAN HARRELL
385 bench at 185 bodyweight
Most ever by a woman!

RICK & DEBBIE POSTON
America Couples Champions

DAN MLODOZENIEC
630 bench at 233 bodyweight

DOUG FURNAS
985 squat at 265 bodyweight

SAM SAMANIEGO

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Bob O'Leary
P.O. Box 132
Scranton, PA 18504-0132
717-342-4984

West of the Mississippi:
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2666 Calle Manzano
Thousand Oaks, CA 91360
805-492-0455

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FREE WEIGHT LIFTER'S LOG BOOK

WITH EACH POWER KIT PAC ORDERED!



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Indonesia Junior Championships
21-26 Feb 1988 - Jakarta (kilos)

52 kg	172.5	115*	207.5	500
M. Vontje	170	85	170	425
D. Erdang	177.5	105.5	215	500
C. Henry	170	110	210	500
Sentori	180	110	210	500
B. Dewi	180	110	210	500
60 kg	205	110	215	530
U. Permana	182.5	110	195	487.5
Triyanto	257.5	120	270	647.5
67.5 kg	165	120	270	647.5
J. Barry	165	180	350	755
Waldiano	165	180	350	760
75 kg	230	142.5*	220	592.5
O. Sudardo	170	120	202.5	492.5
H. Setyo	200	142.5*	207.5	550
I. Kumoro	200	112.5	215	527.5
Neutral	200	112.5	215	527.5
90 kg	215	142.5	220	577.5
Yuwono	200	112.5	210	532.5
R. Mahasou	200	92.5	220	512.5
100 kg	230	142.5*	220	607.5
M. Ludman	295	100	175	480
110 kg	190	112.5	210	512.5
R. Farid	215	112.5	210	532.5
H. Tom	192.5	70	180	422.5
H. Sams				
* New Junior National Record. Exceeded junior meet was the largest yet. With over 20 competitors.				
** New Low Security Record. This winter powerlifting meet was an encouraging if not exciting competition. Thanks, thanks, thanks to: Monte Boston and				

Mezanote F. (Belgium), Best Lifter: Triyanto, Powerlifting Federation Technical Committee.

MSP Winter Meet
6 Feb 88 - Deer Lodge, MT

132 lbs.	SQ	BP	DL	Total	
C. Henry	250*	225*	300*	775*	
P. Ternes	200	180	280	660	
W. Normandy	200	160	280	640	
148 lbs.	R. Robbins (BU)	420*	225	499*	
K. Robbins (BU)	420	225	499*	1135*	
P. Ternes	225	180	350	755	
165 lbs.	J. Barry	280*	200	430*	
M. Hansen	250	205	350	760	
181 lbs.	E. Goettl	150	185	360	695
181 lbs.	300	255	420	975	
D. Curtis	250	210	405	865	
P. McKendry	225	220	375	820	
198 lbs.	390*	285	500	1175	
220 lbs.	W. Williams	425*	300*	601*	
R. Olson	300	260	480	1040	
R. Scott	300	275	510	1085	
R. Bigday	275	250	405	875	
C. Hoody	455*	250	555	1160	
R. Meyers	350	225	380	955	
D. C. Hoody	350	225	380	955	
* New Low Security Record. This winter powerlifting meet was the largest yet. With over 20 competitors.					
** New Junior National Record. Exceeded junior meet was an encouraging if not exciting competition. Thanks, thanks, thanks to: Monte Boston and					

Brad Huttinger - judge; Tom Hernandez, spotter; Ken Gorden for videotaping; Lynn Cihlar for sponsoring the meet; and all the lifters and inmates who helped organize the meet. (Thanks to Kenneth Robbins 18669, Secretary/Treasurer, Barbell Club, for results.)

Coors Region I Natural
30 Apr, 1 May 88 - Berlin, NH

112 lbs.	L. Chapin	441	220	402	1063
132 lbs.	T. Luther	347	220	402	969
G. Boudreau	435	292	435	1163	
J. Shirin	446	215	435	1096	
R. Sheehan, Sr.	253	189	275	711	
155 lbs.	496	303	512	1312	
M. Strain	490	270	501	1251	
B. Devanna	479	270	501	1251	
D. Strain	369	281	402	1053	
D. Drenth	181	181	181	543	
H. Gerard	551	314	584	1449	
T. Halliday	450	322	512	1285	
D. Labrie	463	319	512	1295	
H. Logan	402	242	501	1146	
180 lbs.	I. Rizza	623	275	551	1449
T. Weeks	540	297	523	1361	
M. Alutich	452	242	474	1168	
220 lbs.	M. Harrington	352	270	474	1097
R. Rogers	529	347	623	1499	

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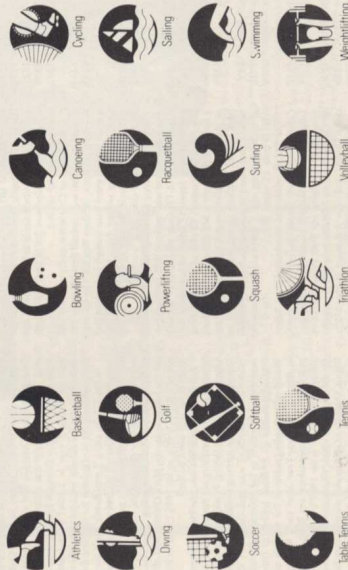
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MEET DIRECTORS...this list is a FREE service to publicize your contest to others. Send details in at least 3 months prior to your competition to: Coming Events, Box 467, Camarillo, CA 93010. For more information or a complete notice for your event, you'll reach MANY more entrants.

- 23 JUL, Pepsi Western New York Open, Steve Downs, c/o Lake Plains YMCA, 306 Pearl St., Medina, NY 14103.
- 23 JUL, Swanton Summer Festival Bench Press 65-88, 802-868-2729.
- 23 JUL, 2nd Annual TX State Fair and Regatta Bench Press, USPF, open, teenage, women, masters, Jack Burnett, 1321 Fourth Ave., Huntington, WV 25701.
- 28-31 JUL, IPF World Masters Championships, Alan Wilkins, 13 Gunmaker 641, ENGLAND.
- 30 JUL, New York State Power Press, 173 Maple St., Gens Falls, NY 12801, 518-798-5587.
- 30 JUL, ADPPA Mid American Summer Bench Press Extravaganza (open, pure, novice, women, high school, masters, collegiate, deadlift), Lifetime Fitness, 4001 11th Place, Des Moines, IA 50313.
- 30 JUL, Box State Bench Press (open, women), Greg Kasaban, Olympia Nauticals, 465 Main St., Wakefield, MA 01880, 617-245-9831.
- 30 JUL, North American Open Bench Press Festival, Iowa State, Novice, Women's Masters, Collegiate, High School, Metropolitan Conference, High School, Sports Promotions, 515-563-3064, Ames, Des Moines, IA 50001.
- 30 JUL, Louisiana Nautal Bench Press Championships (Bossier City) (pure and 1 year drug free), open, novice, women, masters, team, World Bench Press Congress, Scott Johnson, Courthouse Athletic Club, No. 1, 214-297-2322, Jive, Longview, TX 75605.
- 30 JUL, Arizona ADPPA Bench Deadlift Champ-ionships, Richie Werner, 633 N. May No. 26, Mesa, AZ 85201, 602-965-3833 (days).
- 30 JUL, Women's Teenage Nationals, Ricky Dale Crain, P.O. Box 1322, Shawnee, OK 74802.
- 30 JUL, Idaho Open Bench Press, 5544 31st St., Boise, ID 83724, 208-379-1540.
- 31 JUL, Southern ADPPA Bench Press, open, beginners, masters, women, team, Dennis Ference, Box 603, Hinesville, GA 31313.
- 31 JUL, AFF Illinois State State Championships, Doug Pool, R 1 Box 34, Central, IL 62625.
- 6 AUG, (new date) Central Virginia Bench Press Meet (open, masters, teen, women), Box 313, Oak Dr., Hopewell, VA 23860, 804-541-1691.
- 6 AUG, Summer Bench Classic, Erik Potter, 5631 W. Colter Ave., -2143, Glendale, AZ

Coming Events

- 85201, 602-934-2699 or Bill Wong 602-992-2061.
- 6 AUG, Decatur Celebration Bench Press Classic (open, women, masters, strongman), Laura Perkowski, YMCA, 151 W. Prairie, Decatur, IL 62523, 217-428-6606.
- 6 AUG, Cougar Classic Bench Press, Deadlift and 2 Man Deadlift (Open, master, teenage, women, masters), Jeff Smith, F., Lakewood, CO 80128, 303-988-7836.
- 6 AUG, California State Men's & Women's Championships (San Jose V), Don Armit, 2632 Great Highway, San Francisco, CA 94116, 415-566-5588.
- 6-7 AUG, U.S.P.F. Boy's Teenage Nationals, Houston, TX 77070.
- 7 AUG, American Deadlifting Championships, Dave Carmon, 2212 Seneca St., Flint, MI 48904, 313-233-8096 or 239-9622.
- 7 AUG, Granite State Bench (open), Scott Taylor, R.R. Box 213C, S. Royallon, VT 05068, 802-763-7135.
- 7 AUG, ICA Open Bench, Dave Campbell, 411 E. Third, Flint, MI 48903, 313-232-7634.
- 13 AUG, AFF Indiana State Bench Press Championships (master, open, teen), Ron Everett, Box 31, Middletown, IN 47356, 317-354-9205.
- 13 AUG, Louisiana USPF Championships for masters, juniors & women (to, women, juniors (prior won any open state title), class), Mike Reed, Rt 1 Box 226AW, Monroe, LA 71202, 318-388-0412.
- 13 AUG, N.J. Teenage Championships (Drug Tested), They Gym Sports Institute, 65 Democrat, A. Englewood, NJ 07631, 201-568-8538.
- 15 AUG, East Texas National Bench Press drug free (open, teen, women, 1 year drug free), Tom, Oklahoma, OK 73070.
- 13-14 AUG, U.S.P.F. Open Nationals Cincinnati, OH 45226.
- 13-14 AUG, ADPPA National Championships, John Petroff, 2412 Hardland Ave., St. Louis, MO 63114, 314-426-0205.
- 13-14 AUG, ADPPA Florida State (open, women, masters), Tom Trivosh, 41 Belmont St., West Palm Beach, FL 33411, 407-594-3264-494.
- 14 AUG, AFF Utah State and Washington Bench Press Championships (open, teen, strongman, masters, grand masters, police & fire), Joe Swale, 54 Chamberlain St., New Haven, CT 06512, 203-469-5212.
- 14 AUG, Swanson's Midwest Open and Masters Bench Press Championships, Jim Swanson, 6111 E. 81st Street, Lincoln, Nebraska Park, IL 61111, 815-877-2875.
- 20 AUG, 2nd annual Winona-Goochewik Bog

- 4 SEP, 11 annual WNPFF Legitimate Natural Metropolitan Open Bench Press (collegiate, open, masters, clean 5 years or more, mandatory polygraph, Canadians welcome), S.F.A.S.E. to New York, NY 10458.
- 4 SEP, Upper Midwest Law Enforcement BP (A), Bob Carlson, 6747 Explorer Dr., Racine, WI 53400, 414-886-3904.
- 4 SEP, ADPPA 2nd annual National Last Flight Bench Press Classic (open, masters, women), 6050 Dwyer Blvd, St. Louis, MO 63113, 314-663-9686.
- 4 SEP, ADPPA 2nd annual National Last Flight Bench Press Classic (open, masters, women), 6050 Dwyer Blvd, St. Louis, MO 63113, 314-663-9686.
- 10 SEP, Albert Leo Open (MN), Richard Peters, Box 1753, Norman, OK 73070.
- 10 SEP, USPF Graterford Open, Steve Barchio, Box 244, Graterford, PA 19426, 610-533-2222.
- 10 SEP, MCI N44 S. Postal Press (high school and/or) team guests invited at least 4 wk advance notice, Bruce Anderson, Box 43, Norfolk, MA 02056.
- 10 SEP, Downtown Pittsburgh First Annual Bench Press Championships (Open, masters, women, teen), Jeff Wright, 270 Curry Hollow Rd., PA, 412-663-9686.
- 10 SEP, Tulsa Bench Press Congress, Scott Johnson, World Bench Press Congress, Suite 1, 3000 Johnson, Courthouse Athletic Club, 214-297-2322.
- 10 SEP, Tyler Open Powerlifting and Bench Press, World Bench Press Congress, Scott Johnson, Courthouse Athletic Club, No. 1, 214-297-2322.
- 10 SEP, 12th annual Oklahoma Grand (Oklahoma City), Richard Peters, Box 1753, Norman, OK 73070 (include S.A.S.E.).
- 10 SEP, Tri State Power Meet (ME, NH, VT), Scott Taylor, R.R. Box 213C, S. Royallon, VT 05068, 802-763-7135.
- 11 SEP, (new date) ADPPA Baltimore Open Bench Press (beautiful awards, limited entries), Brian Washington, 3506 Essex Rd., Baltimore, MD 21207, 301-944-4002 after 7 PM.
- 11 SEP, ADPPA Georgia State Championships (open, teen, women, teen, masters), Dan Sepe, Box 603, Hinesville, GA 31313, 404-937-4474.
- 11 SEP, AF, teen, Joe Swale, 54 Chamberlain St., New Haven, CT 06512, 203-469-5212.
- 17 SEP, Recreation Recreation Department Class II Masters, Women, Teenage, Vicki Frick, 3305 Maple, Dallas, TX 75219, 214-670-7720.
- 17 SEP, 1st Annual Gulf Coast Bench Press (open, teenage), David Salinas Sr., 1914 Agnes, Brooklynn Ave., Ft. Wayne, IN 46804, 219-432-5227.
- 16 SEP, Master Class I and II Below Open Bench Press, Tom Trivosh, 41 Belmont St., West Palm Beach, FL 33411, 407-594-3264-494.
- 17 SEP, Recreation Recreation Department Class II Masters, Women, Teenage, Vicki Frick, 3305 Maple, Dallas, TX 75219, 214-670-7720.
- 17 SEP, 1st Annual Gulf Coast Bench Press (open, teenage), David Salinas Sr., 1914 Agnes, Brooklynn Ave., Ft. Wayne, IN 46804, 219-432-5227.
- 17 SEP, Master Class I and II Below Open Bench Press, Tom Trivosh, 41 Belmont St., West Palm Beach, FL 33411, 407-594-3264-494.

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October 15th, 1988

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Central Iowa Bench Press Contests presents 3rd annual Iowa State Fair Bench Press - Deadlift Contest

Saturday, August 20th, 1988

Featuring Drawing for \$1000 worth of prizes.
Grand Prize - 400 lb. olympic weight set
1st Prize - olympic weight bench
plus other prizes valued at over \$350

PLUS sculptured trophies for all 1st place finishers in open, masters, and women's divisions to both bench and deadlift contests. Other divisions offered in bench contest: novice, teenage, team, beginners.
For more information call JEFF BAIRD 515-280-8275

The World Bench Press Congress presents the World Invitational Dallas, Texas at the DFW Marriott Sept. 3rd, 1988, Saturday, 9:00 AM

If you're a spectator at only one bench press meet all year, this is THE ONE. Over 14,600 lb. of lifters, and at least 3 lifters will attempt 300% bodyweight lifts. So far, 9 world record holders have accepted invitations. Sanctioned by the WBC (No. 1024), the APF (No. 222) and the USPF

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19 NOV. Eastern States Bench, Scott Taylor, RR Box 213C, S. Royaltown, VT 05068, 802-767-7135

20 NOV. **IPF World Powerlifting Championships** (open, novice, submaster, master, veteran, youth, women, teen, children, prepubertal), Central Invas (Bench Press), Desford Productions, 19 Sausette Dr., Mt. Top, PA 18107, 717-474-6111

20 NOV. ADPA, All American Bench Press Championships (open, novice, submaster, master, veteran, youth, women, teen, children, prepubertal), 19 Sausette Dr., Mt. Top, PA 18107, 717-474-6111

20 NOV. ADPA, All American Bench Press Championships (open, novice, submaster, master, veteran, youth, women, teen, children, prepubertal), 19 Sausette Dr., Mt. Top, PA 18107, 717-474-6111

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1753. Norman, OK 73070

10.11 DEC. League Jr. Open, submasters, Masters, 1753 Norman, OK 73070

11 DEC. Columbia County Open Bench Press (teens 13-19), Jim Wheeler, Box 110, New Lebanon, NY 12125, 413-442-3220

11 DEC. (new date), Soccer Open, Rich Christmas Dinner for Needy Youth, Program and Relay, Craig or Van Fostering, Fairwood, WI 53122, 314-965-9622 (w) 977-6600 (h), 960-2400 (m)

11 DEC. (new date), Soccer Open, Rich Christmas Dinner for Needy Youth, Program and Relay, Craig or Van Fostering, Fairwood, WI 53122, 314-965-9622 (w) 977-6600 (h), 960-2400 (m)

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1988 APF World Bench Press Championships

Saturday Oct. 22, 1988

Days Inn Ballroom, Charlottesville, VA

1st-5th Awards - OPEN, 1st-3rd Awards - MASTERS

3 Teams - Entry Fee \$35.00

Entry will be received by Oct. 8th, NO LATE ENTRIES

Early weigh-ins, special room rates, free transportation from Charlottesville airport to meet hotel, the Days Inn T-Shirt \$10.00 + \$2 shipping

for more information contact:

JOHN SHIFFLETT, P.O. Box 303, Quince, VA 22965, 805-985-3932 (leave message)

6 NOV. Eastern States Bench, Scott Taylor, RR Box 213C, S. Royaltown, VT 05068, 802-767-7135

10.13 NOV. **IPF World Powerlifting Championships** (open, novice, submaster, master, veteran, youth, women, teen, children, prepubertal), Central Invas (Bench Press), Desford Productions, 19 Sausette Dr., Mt. Top, PA 18107, 717-474-6111

12.13 NOV. 8th Annual All American Bench Press Championships (open, novice, submaster, master, veteran, youth, women, teen, children, prepubertal), 19 Sausette Dr., Mt. Top, PA 18107, 717-474-6111

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Early weigh-ins, special room rates, free transportation from Charlottesville airport to meet hotel, the Days Inn T-Shirt \$10.00 + \$2 shipping

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22.23 October 1988

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22 OCT. Big River Classic - USPF (open, class II & below, women and masters) Mississippi County Community College Powerlifting Club, Dr. Duyl and Toby Johnson, Route 3, Box 28, Wynne, AR 72315, 301-763-9094

23 OCT. **Active Youth, Active Reserve, Armed Forces Veteran, Limited Entry, Sperto Tshontikidis, 11502 Brundidge Terrace, Germantown, MD 20874, 301-972-0021.**

23 OCT. **APF World Bench Press Championships** (5-10 years drug free), 19 Sausette Dr., Mt. Top, PA 18107, 717-474-6111

23 OCT. **West National Regional (Dernert), Rich Patters, Box 1753, Norman, OK 73070**

23 OCT. **Eastern USA Open** (open, class II & below, women and masters), 118 S. Kentucky, Lakeland, FL 33801, 813-687-6268

23.24 OCT. **World Corporate Games, Sports for Life Market St., San Francisco, CA 94111, 415-781-1988.**

23 OCT. **Gayle's Gym Bench Press Contest** (open, masters), R.L. Guiley, Guiley's Gym Inc., 919-785-0711, Goldsboro, NC 27530.

29.30 OCT. **All Natural USA Championships** (ANPPC sanction) polygraph testing, 5-10 years and lifetime natural, Lindenhurst, NY 11757, 516-957-7373.

29.30 OCT. **Police & Firefighters Powerlift & Bench Press Masters, grand masters, Dennis Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692.**

30 OCT. **Ocean State Bench Press Championships** (open), Doug Keith, Fitness Director, Panatier's YMCA, 20 Summer St., Pawtucket, RI 02860, 401-724-1100

30 OCT. **For West National Regional Section, CAI Rich Patters, Box 1753, Norman, OK 73070**

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17 SEP. Fall Tyler (TX) Open, Richard Peters, Box 1753, Norman, OK 73070

18 SEP. **APF Atlantic Open, Deadlift 1st, women, teen, Joe Steute, 54 Chambers St., New Haven, CT 06512, 303-469-5212**

23.24 SEP. **American Bookbinding Open** (open, novice, submaster, master, veteran, youth, women, teen, children, prepubertal), 19 Sausette Dr., Mt. Top, PA 18107, 717-474-6111

24 SEP. **Biggest Bench Press in the Midwest** (APF S-228) **Scott Taylor, R.R. Box 213C, S. Royaltown, VT 05068, 802-767-7135**

24 SEP. **APF Sub-Masters National, (APF S-228) Scott Taylor, R.R. Box 213C, S. Royaltown, VT 05068, 802-767-7135**

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Saturday & Sunday, 26 & 27 November, 1988. The Holiday Inn, Gaithersburg, MD

★ ★ ★ for more information, please contact ★ ★ ★

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(limited entries) (S.A.S.E.) (301)-972-0021



KAZ...hit this amazing 448.3 in the seated press, before undergoing successful surgery on his triceps, conducted by Richard Herick MD, back in April.

who were stumbling and totally exhausted as they crossed the line. Crossing the finish line Kaz's momentum couldn't stop, dumping the sack he crashed into the restraining cushioned stage, a collision that would have demolished the entire defensive line of any National Football League team. The platform lift is a treacherous test of strength, one with an affinity for training victims, traumatizing backs, and stopping dead in their tracks some of the world's greatest squatters. John Gamble suffered an almost complete triceps tear in 1994 after a 1000 pound squatting game, was powerless beyond half a bench again. Kaz back muscles were downed with his attempt at 1700 pounds, bringing more a tear of a grip strength, Kaz did not win but was there with a grip strength of 128 lbs. He didn't let the tested supreme body strength and tenacity to the maximum. This year is set to see Bill Kazmaier as again his supreme self, than ever before on the strongman scene. Kaz has already accepted an invitation to compete in the reinstated "World's Strongest Man" contest to be staged in Budapest, Hungary, in late August and early September. If Eastern European observers and strong men are present, he will certainly intrigue and impress them. He's had invitations to participate in Ireland's and South Africa's Strongest Men contests. He has weekly strength engagements in England and Scotland as well as a profession of appearances on the Highland Games circuit. Jon Pall Sigmarsson is scheduled for quite a number of the same competitions. It is to be a year of reality, as to who really is the strongest.

In 1985 Bill Kazmaier had become incensed by the claims of a stunt man from Massachusetts called John Wootton. Wootton was claiming to be the "World's Strongest Man," parading his various "tricks" of strength into an endorsement deal from a car company claiming, in a TV ad, the coveted title. Kaz went to court in an attempt to remove deception from a title he felt deserved more dignity. U.S. District Judge Joseph L. Tauro ruled over the issue in Boston. "The court's opinion is that no person is entitled to the exclusive use of that term. It is a descriptive one," was the judgment. Court ruling or no court ruling, there is an exclusivity to the title of "World's Strongest Man," it describes one person, Bill Kazmaier.

So, with the passage of time and an invigorated resurgence, the power potentiate is again back on top. He is champion once again. His power is truly omnipotent, his approach, character, and musculature as unique as ever. For the present, and who knows for how long into the future, Bill Kazmaier resides again as the spearhead of an exhilarating journey into strength's uncharted territory. With credentials unapproachable by others, he is, once more, the unquestionable "World's Strongest Man," and quite reasonably "The Strongest Man That Has Ever Lived!"

Just four events are the challenge in this attempt at recreating Canada's strength history. A 56-pound stone for distance, a devious and vicious platform lift (partial squat), a heavy wheelbarrow push, and a sack race with 200 pounds of sand on one's shoulders. Kaz won the stone throw and sack race in fine style. In fact, the speed achieved in the 200 meter sack race was considerable and contrasted with the other competitors

***KAZ* article by Tony Fitton continued from page 8)**
new dimension. Legendary strongman Chuck Atkins was reported to have privately pressed a pack of 200s, possibly included in a bunch, possibly arranged, certainly and reproducibly even with the debilitation of a severely torn pecoral and other ailments. Working out in his own gym in Auburn, Alabama, Kaz seated his breast 355x10, 385x5, 415x1, 425x1. In one workout during the latter part of 1987, this year, he pressed on and up even more amazing poundages; his best - a 448 triple in the seated bar press. In other exhibitions Kaz has toyed with a 12 pound sled hammer, holding it at the top with his hands wide and turning it over repeatedly, which is something no other person has done. He has even been known to try an 8 pounder, or 10 pounder. One such strength exhibition in Florida saw on observer to emailing Kaz in this sled hammer strength feat. Kaz wishes him luck, mimicry is the highest form of flattery. Kaz's forearm strength breaks the one weak link in the Kaz, blessed, or saddled, with small, meaty hands, the mechanics of which are not conducive to gripping ability. However, as far as forearms are concerned, Kaz has universal dominance. The late strength academic David P. Willoughby, anthropometrically measured Kaz's right forearm at 18.25 inches, outstretched, non-flexed, and un pumped. The largest muscular measurement he had ever encountered in all his days of recording.

What of Bill Kazmaier recently? Apparently excommunicated from further "World's Strongest Man" competitions, events that continued as big television productions in New Zealand and then Europe to top ratings in prime-time slots. Politics rather than inclination withdrew him. Prior to his return in 1987 Kaz's last public powerlifting/major strength performance was the 1983 World Championships, a contest won in both Kazmaier and Kazmaier form. The big bench was not there, relinquished to the vagaries and atrocities induced by "The World's Strongest Man" contests, but the strength could summon upon enough of his innate need for guest appearances, he traveled to South Africa on a couple of occasions, and again went overseas to the Scottish Highland Games. He trained on, with less emphasis on strength, more on condition and massive muscular definition. In 1985 he turned his attention to the arena of professional wrestling, spending a year training for the game in Canada, married, and also to his own father, this time spent away from home was far from enjoyable. He stopped the rough and tough world of wrestling to return to home, family, and gym in Alabama.

The years since 1983 had, in Kaz's absence, promoted two formidable strength athletes to "World's Strongest Man" fame. Geoff Capes, whom Kaz had beaten three times in such contests, had won two, and the Icelandic ironman, Jon Pall Sigmarsson, had also acquired two for himself. Both were gamblers quite a reputation for themselves in Europe. Jon Pall was especially engendering promotion and accolades as the current "World's Strongest Man." Kaz's and Sigmarsson's paths had never crossed. Kaz knew little of the Icelandic apart from his relatively meagre record, following performance at the 1981 World Championships, 744-685-782-2011, as a 275 lb. lifter. Apparently he had concentrated mainly on strongman contests

LATE BREAKING NEWS... Bill Kazmaier has accepted an invitation to compete in the newly revived Trans World International WORLD'S STRONGEST MEN contest to be held August 29th in Budapest, Hungary. He also just defeated Sigmarsson, Capes, Wollers, etc in the Muscle Power Classic strength contest in Europe, and has been invited to another strongman contest in Australia with \$200,000 in prize money. \$80,000 1st prize, and \$12,000 in prize.

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25 NOV, Central Iowa Bench Press, Deadlift, beginers, teen, deadlift, open, masters, women, limited entries), Jeff Beard, 3408 Fatlane Dr., Des Moines, IA 50315, 515-280-8275.
P.P.S. For information regarding the official bidding procedures for upcoming U.S.F.A. National Championship meets, contact Ralph Parkie, RR Box 231C, S. Royallton, VT 05908, 802-763-7135 (S.A.S.E.)

4 FEB, Green Mountain Bench Classic (open, teen, master, master bench, grand master), Scott Taylor, RR Box 231C, S. Royallton, VT 05908, 802-763-7135 (S.A.S.E.)
13 FEB, Jr. & Sr. Tennessee State Meet, Jeff Davis, RR Box 33, SW, Rockwell, TN 39502, 615-507-2883/6294
11 FEB, IPA Drug Free Masters National (5 year drug tested period, men and women, 40-44, 45-49, etc. limited entries), Spero Tshonkildis, 11502 Brundidge Terrace, Germantown, MD 20874, 301-972-0021.
11 FEB, IPA Drug Free Junior and Senior National Championships (5 year drug tested period, only open to teenage, Spero Tshonkildis, 11502 Brundidge Terrace, Germantown, MD 20874, 301-972-0021.
11 FEB, USAF Nat'l National (open, masters, women, limited entries), Bill Wong, 602-992-2061.
11-12 FEB, Can American Open, Northern Power Pros, 173 Maple St., Glen Falls, NY 12031, 518-798-5387.
11 FEB, USAF National Nationals (Duals, Bench, Over), Box 1753, Norman, OK 73070.
18 FEB, ADPPA National Bench Press Championships (tentative) (open, masters, women, limited entries), Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828.
25 FEB, Florida State Bench Press (open, teenage, women, limited entries), 11539 N. Florida Dr., Orlando, FL 32817.
4 MAR, Viking Invitational Meet (men and women - high school only), Steve Carnes, Umatilla High School, Box 131, Umatilla, OR 97582, 502-922-2261.
4 MAR, El Dorado Open & Greater Arkansas State Bench Press (open, men, women, limited entries), Jeff Beard, 3408 Fatlane Dr., Des Moines, IA 50315, 515-280-8275.
10-11 MAR, Polk/Trenton's New England State Bench Press Championships, Scott Taylor, RR Box 231C, S. Royallton, VT 05908, 802-763-7135 (S.A.S.E.)
10-11 MAR, Pennsylvania State Bench Press Championships, Scott Taylor, RR Box 231C, S. Royallton, VT 05908, 802-763-7135 (S.A.S.E.)
17 JUN, IPA Drug Free Women's National Championships (5 year drug tested period, men and women, 14-15, 16-17, 18-19, Junior teenage 14-15, 16-17, 18-19; Senior 30-34; Sub-master 34-39; Master 40-44, 45-49; Supermaster 50-54), Spero Tshonkildis, 11502 Brundidge Terrace, Germantown, MD 20874, 301-972-0021.
15 JUL, IPA Drug Free Outdoor Bench Press and Deadlift Championships (5 year drug tested period, women, teenage, masters, and IPA members, limited entries), Spero Tshonkildis, 11502 Brundidge Terrace, Germantown, MD 20874, 301-972-0021.
21-22 JUL, World Games Powerlifting (Karlshuhe, West Germany)
29 JUL, 6 AUG, World Police & Fire Games (Vancouver, British Columbia, Canada), World Police & Fire Games, P.O. Box 4850, Vancouver, BC V6B 1S1, Canada.
19 AUG, IPA Drug Free World Record Breakers Meet (5 year drug tested period, by invitation only), Spero Tshonkildis, 11502 Brundidge Terrace, Germantown, MD 20874, 301-972-0021.
19 AUG, 4th annual Iowa State Fair Bench Press - Deadlift (bench open, no time limit, men, women, limited entries),

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82.2 kg
D. Foss 680 490 705 1875
D. Foss 550 365 535 1850
M. Phillipi 610 430 600 1640
Mens Masters 40-49
R. B. Johnson 355 255 580 1285
R. B. Johnson 355 255 580 1285
S. Morris 440 315 405 1160
E. Dum 380 275 475 1130
V. Lovson 400 215 440 1095
Mens State Bench
123 lbs.
11. Buttans 200 148 lbs. 285
12. Christian 235 165 lbs. 285
13. C. Christian 235 165 lbs. 285
MSU Powerlifting Club - 6th straight team title.
17U state and 14 meet records broken. 72 competitors.
Bill "Bubba" Bentley. It was truly his day and I hope his state and meet records stand for a long time. (Thanks to Al Roy for results).

4th Annual Cross County Pull

30 Apr 88 - Mattoon, IL

W. Jones	315*	C. Bleicher	375
A. Jackson	265	J. Currier	320
T. Jackson	255	M. Walker	181 lbs.
T. Jackson	235	R. Franklin	(RI) 570
T. Warren	490	D. Bailey	475
T. Warren	360	T. Rice	475
R. Thompson	360	P. Hahn	370
T. Owe	185	P. Hahn	370
Master	575*	M. Raya	470
D. Latch	450	Bookwalter (BU) 650*	
T. Owe	440	J. Maurer	450
148 lbs.	480*	M. Waddell	450
J. Armstrong	440	D. Waldner	575
Geier-225	400	D. Neidhart	430
165 lbs.	525	D. Latch	575
D. Radford	525	242+ lbs.	
K. Belden-146	265	315	715
M. Newgard-142	250	130	275
M. Newgard-142	250	130	285

* denotes new meet record. (Thanks to Dr. Darrell Latch for results).

Quincy YMCA Bench Press

24 Apr 88 - Quincy, IL

D. Bowers	205
D. Bowers	195
132 lbs.	350
D. Connolly	155
L. Lyles	285
L. Lyles	285
N. Baker	445
J. Henry	405
R. Karfali	385
Deadlift	240
K. Caldwell	114 lbs.
R. Morris	225
M. Blackburn*	80
K. Chalmers (BU) 385	181 lbs.
D. Baer	350
R. Martin	335
S. Jones	325
M. LaRosa	310
L. Losey	290
R. Able	295
H. Hill	289
H. Hill	289
R. Ferguson	210
198 lbs.	210
C. Metely	400
J. Oldenly	315
J. Johnson	305
P. Jackson	290
W. Caron	250
G. Portz	250
220 lbs.	220
L. Burrell	430
M. Sears	370
J. Selby	360
J. Grogg	310
A. Beard	565
A. Beard	565
A. D. Latch	560
S. Groth (RI) 515	210

* 5 years old. Thanks to all of the judges, spotters, scenery, announcers and concession workers for making this a great event. This year's meet featured the bench press and deadlift on hand for the competition. Thanks to all who participated in the meet. Special thanks to the YMCA and the Quincy Weightlifting Club for their efforts in the preparation of the meet are greatly appreciated. (Thanks to Jeff Grogg, meet director, for results).

242 lbs.
D. Foss 680 490 705 1875
D. Foss 550 365 535 1850
M. Phillipi 610 430 600 1640
Mens Masters 40-49
R. B. Johnson 355 255 580 1285
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British Women's Championships

27/28 Feb 88 Cambridge (kilos)

SQ	BP	DL	Total
117.5	55	135.5	307.5
115	60	130	305
K. Walsley	100	70	197.5
H. Ramsey	175	90	182.5
J. Pepper	147.5	95	170
J. Kerr	147.5	95	170
4th attempt	200	137.5	220
M. Aage	200	137.5	220
C. Bonner	170	77.5	175
28 new British records. Amongst this galaxy of lifting, but attracted good crowds for both days.			

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From Our Readers...

I feel compelled to report the outstanding National Masters Powerlifting Championship put on by Jan & Lynda Shendow in Salt Lake City on May 13, 14, 1988. As a lifter and a referee, I found this to be the best I ever attended. The set up in the warm up room back of the elevated two platform stage made it easy to know exactly where you were in the line up and when you would be on the platform, as well as where you were in relation to your competition and other lifters. The audio system was loud and clear. Lifters without coaches had no problem (I didn't). Gatorade, water, bananas, oranges, apples, and even a meat 'n' start was provided to all lifters. Medical help was immediately available in the warm up area. This two platform meet was supported with five warm up platforms and plenty of plates. John Lufly and Serge Fendley did super jobs on the mike. The spotter/loaders were the best I have ever seen. Fast, efficient, very helpful, uniformly dressed and always on the ball. The whole set up was very conducive to helping the lifter perform at his best. The powerlifting community owes Jan, Lynda, and their personnel heartfelt congratulations. *Bill Decker, Master Lifter and Category 1 Referee.*



As many of you may know, I have established a "clearinghouse" for the collection and distribution of powerlifting equipment such as suits, wraps, etc. for powerlifting prison inmates. So far the response from PL USA readers has been less than I had expected. I have received letters from former inmates, and even a world champion lifter who wished to donate some old suits, etc. to inmates. To them I send thanks. Of course, these men have committed crimes and are paying the price for their actions. The responses from inmates have been sincere and they really are in need of any type of equipment. Perhaps we can participate in a small way in helping these men return to society through our sport. So, if any of you PL USA readers have any old wraps or suits, let me know what size they are and I'll send along info on where they can be forwarded. Don't send anything to me personally. Also, if there are any manufacturers or distributors who would wish to donate any of their wares, let me know. Even one squat suit or pair of wraps would be great. *Thanks, Doug Daniels, Box 148, Hammond, IN 46325.*

I was very interested in the recent article in POWERLIFTING USA on Larry Pacifico, in particular his suggestion regarding Pow-Lympic lifting and I thought Boyer has also made a positive comment on Larry's suggestion. I thought I might throw my two cents worth in. One of the problems as I see it is that if the idea took off and it was agreed to involve three lifts in such a competition some animosity could arise in choosing the lifts, i.e., two Power and

one Olympic or two Olympic and one Power lift. Let's face it, each sport is very jealous of their respective lifts and each would be looking to maximize their input. But in doing so could defeat the project before it got off the ground. Both controlling bodies must be completely happy with the final composition of the lifts. The resurgence of the All-around lifts and the formation of the International All-around Weightlifting Association could resolve the matter, one Olympic, one Power and one All-around lift. My suggestion would be: Two Dumbbell Press (hands together), Clean & Jerk, and Deadlift. No doubt the Powerlifting purists would immediately challenge this composition, questioning the omission of the Bench Press. I personally do not consider it an appropriate lift for this type of competition. We must be looking for lifts which the average Joe Blow in the street can relate to. While the Bench Press is a traditional lift it is not one that the average person can relate to. I am inclined to support the move in the formation of the World Bench Press Congress. It is a lift which can command its own competition without restrictions being imposed on it by other lifts. A competition involving the Dumbbell Press, Clean & Jerk and Deadlift could also be the basis of determining the Strongest Man contests. The current World's Strongest Man competition, while spectacular in its presentation, does not provide a basis where the average lifter can really make a challenge. Who wants to lift a bloody great stone over his head to prove how strong he is. For this new type of competition to be successful it would be necessary for each International organization to be consulted and get their support. This could ultimately bring a closer relationship between the respective strength sports, a situation which has been sadly lacking in the past. *Frank Lamp, Vice President, IAWA*

I have noted that some organizations claim everyone is tested at their meets. While this sounds good, I wonder how this is done if polygraph testing is used? Who administers the ADFPA tests everyone, the tests are rather extensive, taking 20-30 minutes each. If everyone was "tested" this would amount to 25 hours for a 50 lifter meet. If a brief, 5 minute, test were used, would it even be valid and reliable? There is a lot of confusion. Perhaps each of these different organizations should send in their methods and standards for readers to review and compare. Perhaps the readers could send in their comments on their testing experiences. Your new feature "From Our Readers" is a great idea. It gives the average lifter a chance to sound off when he doesn't know the official route or when he does and gets ignored. In particular, I enjoyed Joe Walden's letter. There are just too many organizations around and more coming. Some meet, some will, there are too many power and profit, but they may more mind killing the Golden Power Code! With all the different championships and records floating around the glory certainly has faded. *Joe Pyra*

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