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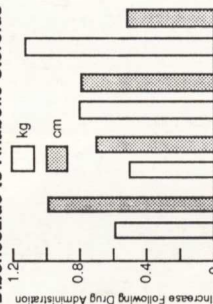
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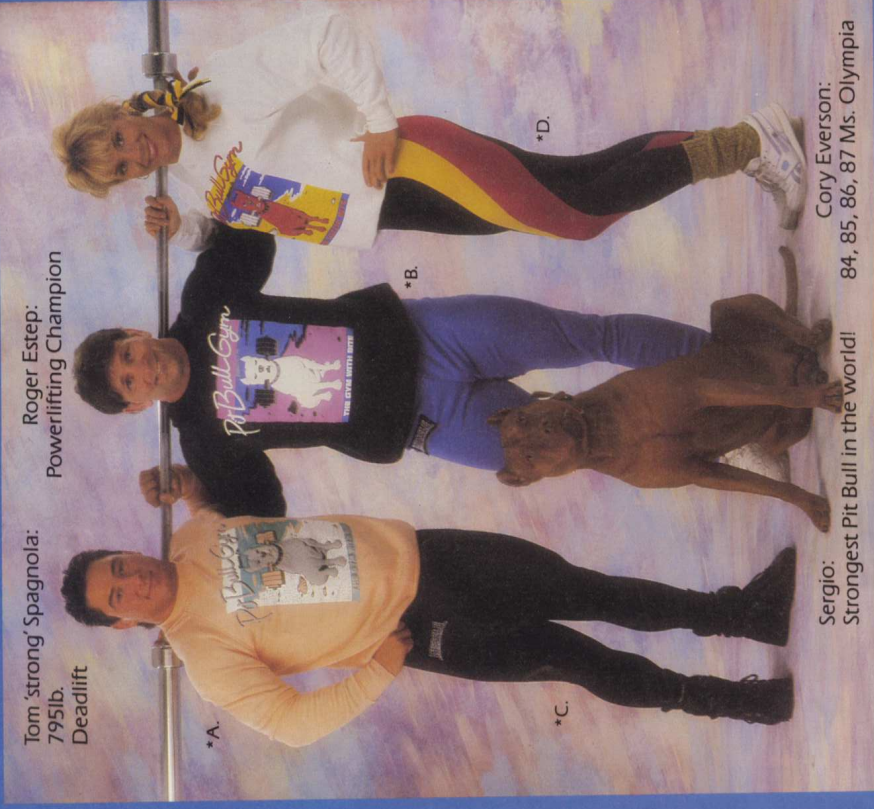
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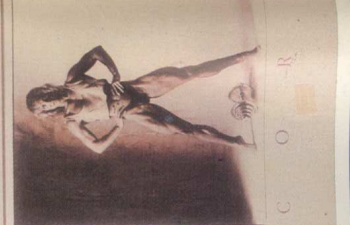
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ON THE COVER...Mike Bridges' triumphant return to the national spotlight at the ADEPA National Championships

NEXT MONTH...the DAVE PASANELLA story and the resolution of a murder case involving a 600 lb. benchner

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Bill Shannon was a stunning performer at this meet. The 198s were loaded with great A.D.F.P.A. lifters like Walter Thomas, Robert Craft, Richie Wenner, Victorian Rival, but



**Joe Ladnier** back all the way at 220 lbs. after a serious quadriceps tear.



**Bull Stewart** subdued that huge and happy, after his awesome lifting. Nutri-Power supplied the 1st three in each class with a supplement pak.



**Gerald Welch**, rapping his biggest of the meet 2:154 total off with a 777.

Bill had no national track record to on. Robert Craft had followed Bill's progress in his first few meets, but the top was surprised to see Bill, one of the lightest men in the class, open comfortably with near PR weights and going well beyond that point. His 470 deadlift was such a heroic effort that he stumbled into a heavy collapse afterwards on the platform. The final pull earned him the award for the season's Best Lifter.

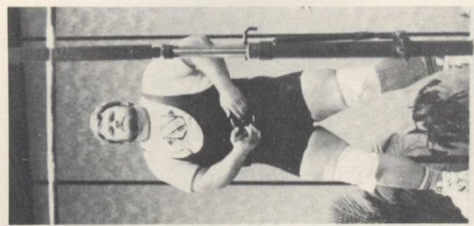
Walter Thomas will be back that still sells him as a major factor all the way, but his 490 bench came up unspoken and 705 was too much in the deadlift. Other challengers like Don Castellano, defending champ Gary Henton, and Ed Riley could not get a squat in. 4th attempt record squats at 716 were attempted by Castellano, Troy List, and Don Meyer.

At 220, massively constructed, Joe Ladnier returned to the national spotlight and built up a huge subtotal lead to take the title. Shayne Ferguson had to be the most surprising new factor in the class, finishing solidly ahead of title defender Shawn Cain and Tim Stiversen. Big armadillo Willie Austin was just a few made attempts out of a higher finish as well.

There was considerable discussion afterwards about whether Joe Ladnier would be on the A.D.F.P.A. team for the W.D.F.P.F. Worlds. When Khalid Abduljabbar of the Flint YMCA team did not show, that left a bare bones THREE competitors in the 242 lb. class, against 16 last year. Perhaps they had an idea of what kind of day Bull Stewart was planning to unleash on the iron. The man's desire was a 800 squat was all that made in the eyes of the judges, but he grinningly came back later to break that 800 barrier anyway in the deadlift. He jumped so high and danced so 'bad' after that 810, that if he would have been still been in pro football, the refs would have called the TD back on an excessive display of emotion penalty. In Powerlifting, however, we love that stuff.

Gerald Welch is some kind of magnificent lifter. 7 weeks earlier, overseas yet, he lifted for a world title, seemingly all out, and went 854/501/744/2099. He went back to all the comfort of July and August weather in Hackberry, Louisiana and then popped up 854/523/777 for 2154. Gerald challenged the crowd to fire him up to make that national meet record 777 deadlift. They did it and he made the lift. Ernie Sorell created an aura of suspense with his final attempt squat success, but totaled out a new A.D.F.P.A. Masters record. Ken Ulford took his best shot in the deadlift to catch him, however.

Dan McCain, at 393, got stuck with 870 once in the squat, but took it over for a strong success and total-ed out beautifully for the Supers title. Manny Burniel was up from the 275s, as was Pennsylvania State Champion Tom Schott, and they had a good go for the next place. Manny gave Tom a free shot by missing 677, but Tom could not get the little bit more, 644, that he needed to under-



bodyweight Manny into 3rd.

Manny was lucky to be in the meet and lifting so well. It wasn't too long ago that he was driving home late at night when his truck plowed into a car that a couple of inebriated partygoers had parked, not off the freeway, but lights out, in the slow lane! After the impact blasted the windshield, among other things, of the parke 120 feet down the road. Manny's truck went flying off the road. Manny, who is a safety officer for Pacific Gas & Electric, knew his thumb was badly mangled and his head bleeding, but had no chance to get into shock because as soon as he stepped out of his truck, he fell into the ten foot deep irrigation ditch (complete with water) that it had emerged relatively unscathed, though Manny's thumb, crushed against his steering wheel, bruised the seats of extensive surgery. The doctor told Manny that if he hadn't been in such good shape from lifting, that the impact would otherwise have ripped the



**Samson Equipment Team Champs - Outside the Hotel...** (left to right) Joe Catalano, Gary Henton, Miguel Castro, Ron Hoff, Rich Wenner, Ray Benemerito, Dan McCain, Joe Braca, Shawn Cain, Jim Cope, Bull Stewart, Bill Schmitt, and Coach Tim McClellan. Missing is Brad Olson. (Liamie Rusb)

Left...Big Dan McCain buckles up for a retry at 870 lbs. in the squat, while below the co-director of the competition, John Petroff, thanks everyone for their participation.



arteries right off his heart. The team competition at this year's meet was quite intense, but the team sponsored by Samson's, an excellent equipment manufacturer out of Las Cruces, New Mexico, and handled by ASU Strength Coach Tim McClellan was victorious again, for the THIRD year in a row. Second was the opponent, at least for 1988, Black's Health World group. John's team came in 2nd at the USPF Senior Nationals, 1st at the APFs, and another 2nd here. The Cleveland West Jaycees sponsored an August 21st benefit at Cleveland's Hard Day's Nite Cafe, soliciting donations and sponsorships to help John pay his powerful team travel bills.

John Petroff, along with Dr. Mike Cissell and an army of helpers can be proud of the job they did at this contest, and they will get another chance to exceed themselves with the upcoming (November 5th and 6th) A.D.F.P.A. National Masters, while this meet shifts back to Pennsylvania and Bob Gagnor for 1989. He put on the '85 meet in Wilkes-Barre, and should have a large turnout, because Pennsylvania is A.D.F.P.A. heartland as well. Most of these great competitors, will likely be there again, only stronger, and won't it be interesting to see which additional "new" faces they'll be up against next year.



**POWERLIFTERS IN RUSSIA!** In this photo supplied by Dr. James Stoven, lifters Ernie Frantz, Ed Coan and Jeff Magruder, pose with their awards, along with Russian officials in Leningrad after the 1st international powerlifting event ever held in Russia. Other USA exhibition and team lifters making the trip included Jessie Jackson, Israel Mendoza, Terry Dangerfield, Mark Almy, Mike Phillips, Jeff Chorprenning, Brad Stevenson, Rudy Malart, Pat Brago, Craig Tokarski, Jeff Huber, Scott Gabriel, Bill Miotke, Bert Rosenfield, Delcy Palk, Andrea Sortwell, Michelle Feece, Nancy Dangerfield, Diane Frantz, Laura Dodd and Dawn Reschel. Ed Coan lifted in the first meet, in Leningrad, where he squatted 804 but found the olympic bar and bumper plates too whippy to give anything more a try. Jeff Magruder was able to get 600 up in the bench as well. The Russian lifters were not all out world beaters, and it was said that their best lifters were "on vacation", but one very impressive 242 pounder squatted around 730, benched around 550 and deadlifted, with an overhead grip, well over 700, all without a tight suit, knee wraps, or a heavy lifting belt. Dawn Reschel set APF World records at 181 in both meets with lifts of 573 286 551 1410 and 578 292 536 1427. Attempts were limited to two, and sometimes only one attempt per lift, and there was a lively discussion about which team won the first meet, when the Russians felt one bomb on the USA team lifted in the 5th lift clearly won the next meet in Moscow. 1200 seats to the meet were sold, and the USA team drew 10,000 people. Greg Reschel felt that Russian Powerlifting was at least 10 years behind the US, but Ed Coan felt this was a good first step. Thanks to Ed, Greg, Dr. Stoven, and Jeff Chorprenning for info.

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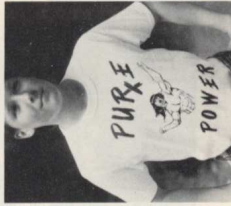


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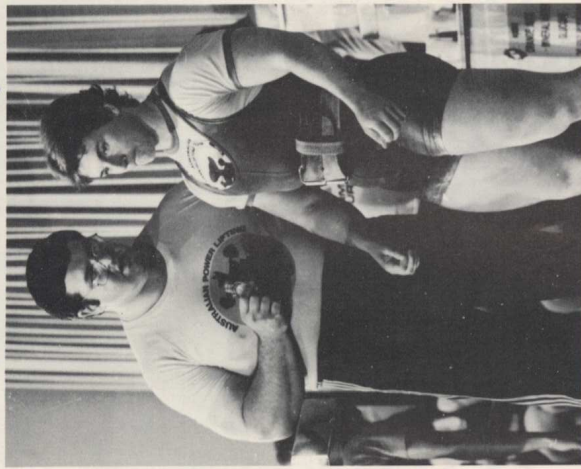
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# Power Fun

## Sin, Squats, and Shakespeare



Women Powerlifters are now widely accepted by the male lifting community.

It was the afternoon of my 48th birthday, and I was sitting in my office with my red-headed 148 pounder on my knee discussing squat suits, when LaVonda Sue announced that the Reverend Harley had come to see me. (I always preached to writing classes at the school that they should begin their stories and essays with an arresting opening sentence, just thought I'd demonstrate - and mention that if not arrested for taking such a personal interest in my students I could have gone fired for over zealous personal coaching. You literary types out there who see a parallel to a line from Anthony Burgess are entitled to a free "Shrug" course, just name the novel.) I straightened up real quick and prepared for the worst. The Good Reverend was a local gadfly who had taken on himself the mission of saving the area from rock 'n roll, drugs, communism, feminism, the Tri-lateral commission, humanism, jello hair-do's and the Democratic Party.

Brother Harley slammed a copy of the latest Weider mag on my desk and demanded to know who was paying me to infiltrate women's bodybuilding and posing briefs on the campus in the guise of wholesome fellowship. When told that we were competing in a strength sport, he real-ly got exercised, for him. (The populist Padre hadn't hit a lick except for seconds at church pot-lucks in twenty years.) EVERYBODY knew, said he, that women were not to presume on male domain. It was in the Book, and he didn't mean one of Fred Hatfields. Women were not supposed to assume male roles or attempt to compete in an-un-natural, for them, activities. Why, if this kept up, high school girls would want to go out for football! I told him that there were National competitions for women and that some of the teams around the country were sponsored by Christian organizations.

He couldn't take it. Collapsed in a chair by the door and stared at a picture of Bev Francis on the bulletin board. Then he noticed the 148 pounder who was busy filling old meat notices. Took a look out the door into the outer office at LaVonda Sue (you were wondering, right?) busy playing secretary while reading *PI USA* and munching liver tabs. "Amn! she a cheerleader?" The Reverend allowed as how that was a proper role for a young lady. "Uh, Brother Harley, she took second at the Aik-La-Tex last March," said I. "Squatted double bodyweight."

To his eternal credit, the Rev took me in the eye and admitted that perhaps things have changed a little since he played tackle for the Warner Cats, back when the school field-ed a football team, that is.

I "hepped" the old boy out of his chair and suggested that we walk over to the field house where he could observe the situation first hand. As we went out the office door, he eyed the LaVonda Sue. "Amn! that the girl I seen over to Lope Deik's bar room the night they did the bench press contest?" You may recall me writing about the bright idea that old

up with or best others is not only succumbing to false pride, one of the seven deadly sins of the Bible and weight training, it's just flat stupid." I about half expected him to pass the plate at this point.

"Now what you need to do, kid, is stay at 405 until you can do five reps right, and then go to 425 or 30 for a double or triple. Work it from there. Add weight, add reps. It's in the Book." The Rev was in kind of a trance at this juncture. The big kid looked liked he'd been drilled between the eyes for twenty minutes by an ivory-billed woodpecker. (I know they're extinct, but I swear I saw one back in '82). "And after that, drop back to 315 or so and grind out 15-20 reps. If you can't, stop for a couple months 'til you can. Forget trying to prep for two-three months." Brother Harley was standing wrong way behind an angled preacher curl bench by this time, using it for a pulpit. I knew the organ music I heard was from the Baptist Student Union across the way, wasn't it?

"I shall close now by saying that you should forget about 45 pound and 100 pound plates when what you need are 5's, 10's, and 25's. It is closer to God to succeed with a pair of two and a half than to fail with 45's for thy ego's sake. Remember, as it says in the Bible, 'to thy ownself be true, and it follows as the night the day that thou canst not be false to any...' He sort of peered out at this. I sat there feeling like woodpecker and Great Blue Herons were working on my forehead. Shakespeare? Old Testament? How much could Hamlet and Laertes bench?

The Good Rev had never heard of figuring percentages for setting up training loads. He thought Dr. Squat was a pro-wrestler and *PI USA* was some sort of subversive organization. May be. But somewhere along the way he had picked up some good advice. Train, and live, within your capabilities, and be true to your own potential. That ain't bad. Rich Peters should put out a T-shirt bearing that device.

Brother Harley hung around the gym for an hour or so; eventually he got up and coached a couple of beginners in how to hold their mouths right when backing out with a squat. He watched the interaction between the men and women lifters and felt the sense of purpose as they prepared for the Region Nines. As we walked back to his car he "owned up." "This day has been instructional for me. I've been so busy lifting at windmills the last few years old. Why are you about aspiring to greater heights. I've not been flapping at straw men and not dealing with real men. Had taken a position with a seminar up in Dallas, had ordered a couple thousand dollars worth of weights and machines and started a campus charter of one of the Christian athlete's associations. I'm going up to see him soon. I want to learn what the other six deadly sins of weight training are. I'll let you know.

PAUL KELOS

As is often stated, "you are what you eat." A better way to elaborate on that statement is to say "your body is going into what it can properly digest."

As powerlifters and strength athletes we are constantly seeking better and more sophisticated nutritional programs to help us in our quest for greater strength, lean muscle mass, bulking up, and increased recuperation. First and foremost, it should be emphasized and re-emphasized that our daily food intake of dietary protein, carbohydrates, and a small amount of fats is the basis of all good nutrition. It is of great importance to point out, though, that even with the best balanced diet you can create, extra supplementation for a very necessary requirement for today's competitive athlete. Powerlifters and strength athletes today have a tremendous array of supplements to choose from: amino complexes, individual amino acids, protein powder, weight gain, fat free liver tablets, vitamins, minerals, and the list goes on. Added to all of this is our regular daily intake of food which is sometimes spread over five meals to optimize caloric intake. Obviously, with such an ongoing intake of food and nutritional supplements throughout the day, digestion, utilization, and uptake become of concern. Whenever we think of increased muscle growth, supplements that "feed our muscles," the amino acids and proteins are the first thing which come to mind. There's been a lot of advances in this area in the past 8 years, especially with the advent of free form amino acid complexes, but one thing we must realize is, whenever we take a concentration of protein or amino acids there must be enough digestive enzymes present to help in the breakdown and, therefore, the utilization of these products. If you're an individual who's looking to gain muscular bodyweight, you're probably following your meal with extra amino acids or even a protein drink. To insure proper digestion, especially if you've experienced discomfort after taking large quantities of protein, a couple of betaine hydrochloride tablets will go a long way to insure that the protein is in digestible form before it leaves the stomach and therefore much more easy to assimilate in the intestinal tract. In order for the intestinal tract to function properly, the presence of friendly bacteria, which greatly enhances the assimilation of nutrients through the intestinal wall and into the bloodstream, is necessary. Under normal conditions and good diet, the presence of friendly bacteria should not be a problem. On the other hand, friendly bacteria can be rapidly knocked out by such things as preserved foods, chemicals, and illness. An even more rapid depletion of friendly bacteria can happen when using antibiotics, corticosteroids, and a variety of other drugs. The best way to replace friendly bacteria, aside from suffering over a long period of time, is the use of a very inexpensive supplement called acidophilus. Although it comes in capsule form,

# Advanced Concepts in NUTRITION

## DIGESTION: A Key to Optimized Gains by George Zangas, Marathon Nutrition



LARS NOREN is one of today's super athletes who has taken advantage of modern nutritional products. Here he is pictured with his latest, official I.P.F. World Record. Lars declined the opportunity to lift in the Hawaii meet, due to a lingering illness, but two days after that meet, he lifted in the Swedish Nationals, where he was able to pull up the 894 pound record lift. (Photo by Urpo Palmen, provided courtesy of Jari Tahminen). His coaches felt the 894 was easier than his record lift in Norway, and hoped he would go for 914 or 925; but because he felt ill, he did not try it. Lars did not lift in the European Championships, and is reportedly "retired"; but will the slow up Australia, or perhaps at next year's Irwindale meet, where he'll see if he could provide some more than serious competition for him? We'll see.

The liquid in many times more potent and will go to work faster to restore friendly bacteria in the intestinal tract. I might also mention that acidophilus has been included in some dairy products, especially milk. The only thing we can tell you about that is the amount of acidophilus in milk is so minuscule that it's only there to enable the manufacturer to make claims. If you're looking for a dietary source of acidophilus a good quality, plain yogurt will have a good amount, but not nearly the concentration of the effectiveness of acidophilus liquid. Therefore, utilizing two to three tablespoons a day of acidophilus liquid will insure the ongoing presence of friendly bacteria in the intestinal tract. If you've just come off of an antibiotic or another drug, you might want to consider taking two or three ounces twice a day to restore the friendly bacteria in your intestinal tract and therefore insure that proper digestion will again take place.

On the subject of proteins, and more importantly, amino acids, taking 50 to 100 milligrams of vitamin B6 in conjunction with your amino acid tablets, whether they are free form or otherwise, will help a great deal in their uptake. As we mention-

athletes that we've talked to over the years prefer and have had great success with what are known as full spectrum type enzyme products, that is, one product that would contain a variety of enzymes, such as amylase for starch digestion, protease for protein digestion, and lipase for fat digestion. The usual intake is two or three tablets following their meals. As we mentioned earlier, you could also add betaine hydrochloride if it is felt that protein digestion was still a concern. It's worth mentioning at this point, that certain nutrients, no matter how many enzymes you take, are not designed to be digested or broken down in the stomach, and therefore will properly be utilized unless they bypass gastric digestion altogether. In particular, and of recent note, dibenzoyl, the natural, non-steroidal anabolic agent, belongs to the B-12 family. Therefore, when taken in capsule form, the ingredients of the capsule should be specially treated with an entic or stabilized coating to allow passage through the stomach undisturbed for eventual breakdown in the intestinal tract where proper assimilation of dibenzoyl takes place. The other way to bypass the stomach is by using a sublingual liquid, which is held under the tongue and passes directly through the mucosa into the bloodstream. Please note that placing the term sublingual on a label does not necessarily make the product a sublingual. It has to be specially treated, and the same is true with the term stabilized. When it comes to capsules, what makes it stabilized is special coating that allows the powder to pass through the stomach undisturbed. Other nutrients such as small officals are also best used in sublingual form. In both cases, optimum utilization will be realized when taken in the proper form.

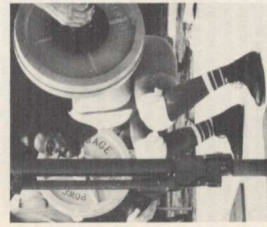
To summarize, will all the planning and expense that goes into arranging your diet and purchasing nutritional supplements, it would be well worth it to add a few enzymes and nutrients to insure proper digestion, utilization, and uptake of your food and supplements. Enzymes and digestive aids will go a long way in insuring the proper breakdown and help of nutrients. I hope we do utilize some in this area, as we receive a number of calls and letters concerning this subject. Please feel free to call or write me personally. George Zangas, 1229 Via Landella, Palos Verdes Estates, CA 90274, telephone 1-800-321-5064, or in California 1-800-231-4070.

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 titles from 1976-1980). George is also a member of the Executive Committee of the U.S. Powerlifting Federation.

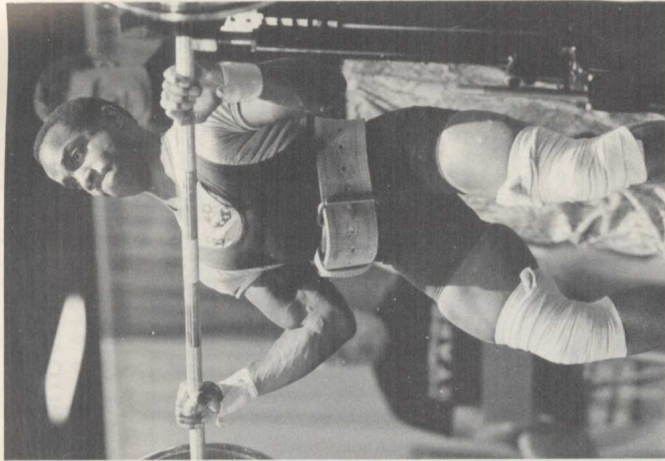
# Power Pictorial

## LAMAR GANT, Part 1 How He Won His First 4 World Titles

If there is one figure in American Powerlifting history who is routinely taken for granted, it has got to be Lamar Gant. No one in the annals of USA lifting has won 12 world titles, let alone 10 in a row. He is also the first man to total TWELVE times his own bodyweight, with his 1587 performance at 132 in the 1988 Budweiser World Record Breakers meet in Hawaii. He is also the only man anywhere, anytime to go more than FIVE times bodyweight in any single lift, and he's done that several times. For those who accuse him of



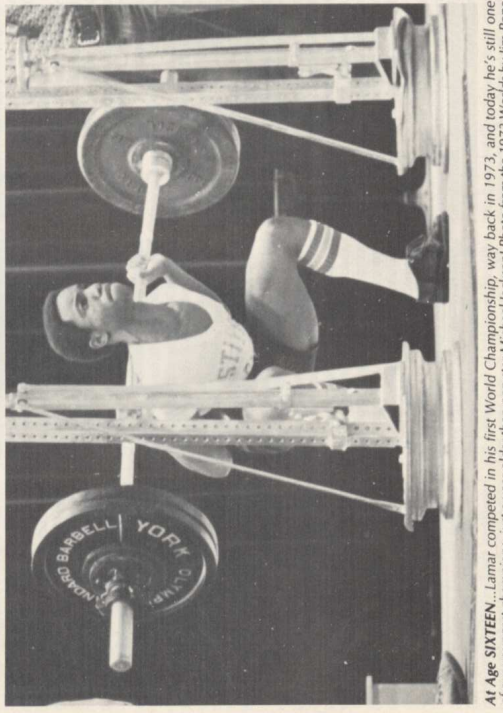
**Lamar's Been There...** at all the big meets you can count, transcending one era of Powerlifting history after another, from the early 70s to the near 90s, including the 1978 Seniors in Los Angeles, California, where Gary Vatanabe took this photo.



**LAMAR GANT** is the USA's winningest lifter in international competitions, with TWELVE official I.P.F. World Powerlifting Championships to his credit. journeyed to Harrisburg, PA for the World Championships, the youngest person in history to represent the USA on that level. Only a year before, he had to fib about his age just to get into a contest. His eyes were opened in many ways at this meet. He competed against Precious McKenzie, who won the title at 123 with an 1180 total. Lamar went 360 210 500 1070 for 2nd. Lamar continues to admire Precious to this day, and remembers meeting the great Don Blue at this meet as well. He picked up many inside tips about lifting that he had never seen before.

In 1974, at the Seniors in Ft. Worth, he went against his domestic archrival, Mike Cross, but could not even budge a 450 deadlift and bombed out, in front of relatives at that. 3 weeks prior he had apparently exhausted his back by offloading a truckfull of shingles. Still, he wanted to go to the Worlds again. In a situation that still rankles him, he was told that his entry had not been received, and so Lamar did not make the trip, although, reportedly, his name appeared in the program and on the scoreboard for the event, which John Bojarski won with 1041.

1975 brought redemption, and a Senior National victory at 123 with lifts of 380 264 540 and 1185, with world records that got him on the team that would travel to Birmingham, England for the Worlds.



**At Age SIXTEEN**, Lamar competed in his first World Championship, way back in 1973, and today he's still one of our youngest champions, just a year older than pop star Michael Jackson! Photo from the 1973 Worlds by Jim Pope

This was Lamar's first trip in a jet, his first trip overseas, and further opened his eyes about the way of the world. Again, he was in the 123 lb. class and up against Precious McKenzie, the classiest lifter he has ever met, but now Precious was lifting for New Zealand, and Lamar was shocked at how his former friends and countrymen, the British, were coming up and encouraging Lamar to beat him soundly. Precious made the point moot by bombing out.

Lamar was feeling pretty cocky at this meet. Even though he was only 18, all of his other teammates were over 30, and Lamar felt like he had to go out anywhere and pick a fight if he wanted to become the likes of Don Blue. Many Phillips and Bud Ravenscroft would back up Lamar. Lamar also remembers Don Blue hounding as being both unbelievably huge and nice. Back then, it seemed like the bigger you were, the more macro you could eat, but Don was a gentleman athlete. The title with lifts of 341 264 512 1118 over Issakainen of Finland, and his roommate Enrique Fernandez, with raincoats, remembers Lamar, to help the streets of London, they roamed the streets of London, together, and Lamar recalls as they were riding a double decker bus, the people around him were chatting and eventually he began picking up a few words of their conversation, and he realized that they were actually speaking in English, but with a big different accent than they had in Flint.

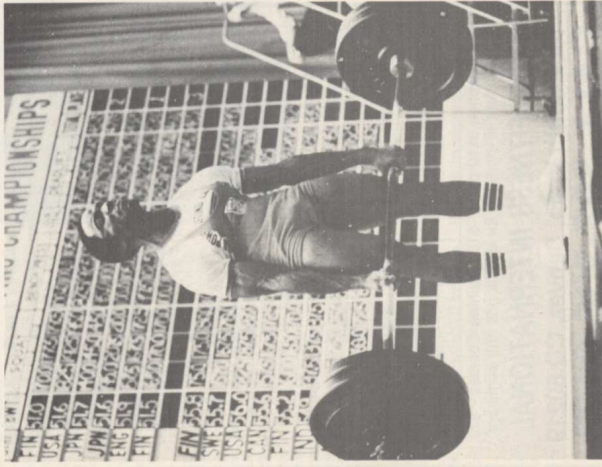
In 1976, the Senior Nationals were



**FIVE times Bodyweight...** Lamar's 661 pull at 132 lbs. was just one of many such lifts. (Brad Shaw photo)

held in Arlington, Texas and Lamar won again with lifts of 370, a 280 world record, bench, 480, and an 1130 total. From there it was back to York, Pennsylvania for the 1976 World Championships. Here he became more closely acquainted with Bob Hoffman, who was as much a part of the show as the lifters. Lamar determined that Bob's surprising true love in sports was Softball, followed by Olympic lifting, but Bob still did many great things for Powerlifting.

Lamar cracked the 400 lb. barrier in the squat at this meet, with a 402, followed by a 280 bench, and 534 deadlift for a 1216 total and 127 lb. victory over his next competitor,



**His 2nd World Title...** came in 1976 at York, in the 123 lb. class. (Pope photo)

Heaven of Finland. Despite Lamar's world victory, there were several controversial situations at this meet and the USA lost the team title to Britain for the first time.

In 1977, the Seniors were held at Santa Monica Civic Auditorium and it was an extravaganza, with a parade to celebrate with elephants, etc. Lamar went down to the beach and bought some shark jaws, and then put up a ten times bodyweight total of 1234 (402 292 540) to take the 123s again, making the US team that would journey to Australia for the Worlds.

These were the first World Powerlifting Championships to be nationally televised back in the US; Bryant Gumbel was on hand to handle the broadcast, which included the indelible image of Paul Jordan exclaiming out of his wads in the squat. Once again, Lamar was up against the charming Ambassador of Powerlifting, Mr. Precious McKenzie. It bothered Lamar that so many people still considered Precious to be the "champ," so he put up a world record in the bench (297), to go with his 418 squat and 534 deadlift, for a world record total of 1250 33 lbs. beyond his challenger. Lamar had a great time in touring the opal mines and getting some bargains, but he really hit his stride in the discos (could dance then!). On one particular entrancing evening, he came back to the hotel accompanied by so many "ready to party" young ladies, and so late, that his roommate, Vince Anello, was convinced that Lamar had been "paid off" by the Brits to keep him awake the night before he lifted!

Lamar earned his shot at World Title Number Four by competing at the 1978 Senior Nationals held at the Hyatt House Hotel, just outside Los Angeles International Airport, but he changed things by moving up to a class. It seems he didn't take too kindly to the "welcome" party that met the US team in Australia the year before, namely Eddie Pengelly and Paul Jordan and their "I am the King" t-shirts. Eddie had defeated Lamar's close friend, Phil Trujillo, in the 132s down in Australia, and Lamar wanted to get even next time.

Lamar's lifts moved way up to 462 303, a world record 617 in the deadlift, and another world record total of 1383. He was selected for the team that would journey to Turku, Finland for one of the finest World Championship presentations ever. Meet Director Jaska Parvainen saw to it that everything the lifters need to have in one location, the hotel Hotel Lamar was amazed, the hotel had a pub (7 different bars in all), a disco, a ballroom, live band, etc. You could select a different form of entertainment every night, and every room had the lifting on closed circuit TV. You could even sit in the bar and watch the lifting in the 1000 seat auditorium from there. The spectators loved the sport of Powerlifting, and were really "with the lifters," rhythmically clapping and chanting



**Lamar Congratulates** his competitors at the 1977 Seniors: left to right, Julio Nunez, Bob Lech, and Ernesto Milian (Hwang photo)

Lamar was feeling his oats again at this meet, and toured the weigh-in area munching a big chocolate bar, to let Pengelly and the rest know that Lamar had no problems making weight or of any other sort. Just to take the edge of Lamar's cockiness, Larry Pacifico came up with the story that Pengelly had pulled 800 lbs. with straps in training, and well over 600 without. He bore down and got together lifts of 479 in the squat, 308 in the bench press, and then a world record in the deadlift, 622, for a bar-busting world record total of 1410. Pengelly pulled only 551 and totaled 1355 for 2nd, and Lamar's revenge was sweetly complete.

(NEXT ISSUE: Lamar takes another 4: the World titles of 1979-1982)



**Lamar** has just started a lifting equipment supply operation, and would love to hear from you. Take down his number from the ad on the following page and give him a call.



# INTERVIEW

## DOUG HEPBURN the 1953 World Weightlifting Champion and Pioneer of the Powerlifts interviewed by Robert O. Smith, CFMI Radio, in Vancouver, British Columbia, Canada

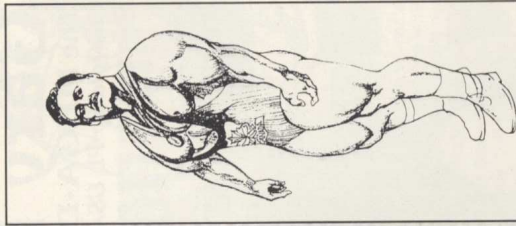
make a person move faster than they normally would. Even a slow moving person could be forced to move faster if they, for example, used electrodes in the muscles of his arm. If he got a shock, his arm would jerk very quickly. Why then could he not make it jerk that quickly, or explode into something lacking in the transfer of that impulse to the muscle itself. Before you can 'explode', you have to comprehend what the word means. What I experience when I do a lift, if I was to explode, and I've done it many times with a heavy press, is when I commence the lift, I don't know anything until it's over my head. I'm unaware of what happens at the start. I go black. The concentration of my mind becomes so pinpointed that the sense of awareness of the outside environment disappears. This constitutes a complete 'direction' of power. Another thing I could do, which powerlifters can practice, is sit in a chair, motionless, in front of the barbell that I was going to lift, and do the standing press and lift like whatever it was. I'd sit and look at it and not move a muscle and I could bring my pulse rate up to about 130. It was repetitive psyching, and, as with Pavlov's dogs, it became a conditioned response.

I would say that the greatest force can only result from a state of complete relaxation, mind and body, and his all-out effort, which he should be under a state of complete relaxation. If the muscles are relaxed, you have a greater length of contractile drive. If you get more speed from the start of the contraction and more distance to contract at the point when you push the bar through the lift, I say don't get yourself tense when you

start, but begin from a point of complete relaxation, mind and body, and then suddenly explode.

**RS:** When I asked Doug about summed up a wise philosophy for lifters.

**DH:** This is a fact of diet. I'll try and put it as simply as I can. When you get over a certain age in life, certain life processes reverse themselves. When you're younger, let's say before the age of 50, the more you eat, the stronger you can get. When I was young I used to eat and my system could absorb it and I used to build up strength. However, but when you get over a certain age in life, it varies with the individual depending on constitution, mental outlook, and so on, there's a reversal that takes place where the body is literally, to some extent, dying more than it's living. From birth to death we have the two extremes. Somewhere in the middle of these two extremes is a point where the latter portion of one's life is taking precedence over the beginning. What I discovered is this: if a person continues with the eating habits they acquired building



Doug Hepburn, was credited with amazing strength feats by Dave Willoughby: 2 hand press, off rack - 440; 2 hand military curl - 260; bench press 535 (in 1954, weighing 290, 580 wide grip); squat - 760, deadlift - 705, one hand deadlift with the Cyr dumbbell.

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

strength, beyond the age of between 40-50, the process will reverse itself, and they won't get stronger from it; they'll make themselves sick.

The strength in the latter age of life comes not from the food you eat, that's secondary. It comes from vitality. Vitality is dependent upon the amount of food you eat. If you overeat, you detract from your vitality. For example, if somebody could eat to transplant and put the internal organs of the young man into my body, the muscle, even at 62, would begin to develop. What happens is you become older, your body loses the ability to absorb food. If you keep putting it in, and there's no absorption taking place, it builds up toxic waste, which causes disease. Most people literally eat themselves to death. I've experimented on myself, and I've found out that if I've gone all day and eaten very little, I'm stronger than if I eat a lot.

Through the conditions of our society, the way that we live, and the way that we're brought up, we form habits, including eating habits. They go much deeper than we think. For example, a man of 50 years may be sitting at the table and he's actually eating too much, but his children there, and his wife is a wonderful cook, so he's gobbling it up and digging his grave. What would people think if the man suddenly threw up his hands and said 'This is it. I'm not going to do this route and end up sick. I don't want any more. I want to eat when my body tells me to eat. Now, this is a very important thing. When a man's older, he should only eat when his body tells him, to eat. You do not eat just because it's a certain hour of the day, and it's supposed to be breakfast, dinner, or supper time. That's a killer.

**RS:** As powerlifters we have idols like Doug Hepburn, Paul Anderson, Bill Kazmaier, Larry Pacifico and the others.

**DH:** You know, who my idol was? John Grimek. Yes sir, that was my idol. That's the man, when I was young, who influenced me more than any other. I've been in John Grimek's house and he cooked breakfast for me when he was my idol.

**RS:** What about Ed Hoffmann?

**DH:** I met Ed Hoffmann when I went to York. He did an awful lot for weightlifting, but he was very particular about his American team. Being a Canadian, he accepted me, but I still wasn't one of his boys, let's put it that way. He did say to me through your lifting and what you've done, your internal organs are not as good as those of an ordinary man.

**RS:** What did that mean?

**DH:** He meant that that digestive system, my heart, my lungs were those of a 40 year old. Partially from genetics, but he was squatting in fluencies those internal organs, they

function better, you get taller in there. Especially in the apparatus that develops muscle tissue in the body.

**RS:** Today, his close friends know Doug as a singer, poet, reader of fine literature, avid bike rider, cartoonist, non-drinker, non-smoker, and an inventor. He has a gadget for sale similar to the Marine Corps exerciser of yours, but more versatile and compact, and something that's serious exercise equipment, the Dynatron. It's not to be confused with the Dynatron. It's not to be confused with the Dynatron. It's not to be confused with the Dynatron.

**DH:** The Dynatron will build muscle. It will pump it even more than a weight sometimes. I have guys make gains on it. It's more than what it seems to be. I've got the United States patent granted on it. I also own all the tooling, the injections molds and so forth. With backing I could turn out about 4800 of those units every 2 days. To some extent it will replace the barbell, and I'm not just saying that because I invented it. For instance, he able to do a bar lift but you could do a front squat. By holding the bar up it will work your legs. If you don't have to stop the exercise to change the load, you can keep going. It gives you a new dimension in training because you can do a set, turn the dial back, and continue. In a given period of time, you can almost double your workload.

I have other machines I've invented. There's something that once came to my mind, a powerlifting machine. It's a big bar, on chains, with a big dial in the middle. You can set the dial to be done in 2000 lbs. A 100 lb. bar would be done in 1000 lb. squats in the living room of his house. This machine would allow you to do something that's very unusual. You could pull yourself down into the squat. Ever use those muscles I found out. I'll tell you what I found out. A guy was training on squats heavy, but he didn't have the physical condition to go through a routine on the machine. It was too thing. It was harder.

**RS:** Have you built a prototype?

**DH:** I built them before. I had a man who was going for the Olympics in weightlifting. He was a Canadian and he was very strong. I had a machine that would go right out. When you're squatting on it you can't speed it up, you've got to fight it all the way, full resistance, like pushing against a hydraulic machine. It's very thing. The Canadian coach told me the somebody was interested in developing it, and they wanted to give me a small amount of capital, not much, maybe a couple thousand dollars. I'd build a prototype. They would share in this prototype. It would be theirs.

**RS:** What about support gear?

**DH:** What are these fellows trying to prove by doing this? You know, the next thing is the guy will have springs under his armpit. Then, in the next step, they're going to have some bionic batteries in their back or something. I did a cartoon on that already. What are these men trying



Doug gets acquainted with PL USA. Among his many talents, Doug is an excellent singer and has done some recordings. Robert O. says he almost sounds like Elvis!

to prove? We're getting away from it. We'll get all these different brands and simply say that the man with the best 'spring' won on the bench because he's got this new rubber from the Burmese jungle and it's putting 5 lbs. 2 oz. more drive on his press. This poor guy's still standing there, he's a computer. All they're doing is putting them on and there's no lifters anymore; it's a battle of products. It's like the Indianapolis. The driver who goes the farthest will win or lose the course?

**RS:** How about your training courses?

**DH:** I sold quite a few of them. It's a cheap little book, just information. In IRON MAN I mentioned the names of 2 young boys that had bought my bench press book, unknowns. One was Pat Casey. The young kid bought my course on the bench when he was nothing. He says, 'I used that.' Paul Anderson asked me for training advice. He once wrote me a letter from England asking me for a training device for strength.

**RS:** Doug Hepburn, being the kind of guy you are, you would be interested in competing in a pure masters over 60 meet and would like to have all of you fans out there should write him at 38 E. Fourth, Vancouver, B.C., Canada V5T 1E8, and encourage him in his comeback. Also, if you are interested in the Dynatron, or are the backer for the powerlifting machine we wished for earlier in the article call Doug at (604) 873-3684.

That's his junky warehouse, and the home of 'Sir Hepburn, the real masters champ of the holy arm press. I am very happy to be able to do the job. I'll be in the States by many of us in the past, is still happy and strong, alive and well, and ready to break some more records.

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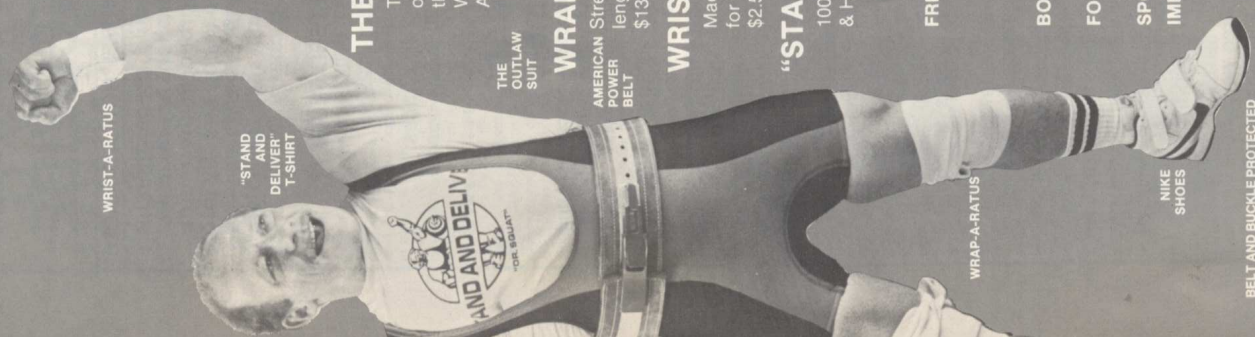
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## ★ WHO'S WHO IN POWERLIFTING ★

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



Mei Iolowitz, 37, has been training for 19 years. Having formerly participated and officiated with several U.S. Powerlifting organizations, he moved to Jerusalem 3 years ago, opened Samson's Gym, and through the gym's sponsorship of meets, he introduced Powerlifting to Israel, where it is now growing rapidly.



SGT Al Guidry, 1987 Jr. National Champion, is a welding instructor at Aberdeen Proving Grounds in Maryland. He prefers drug tested competition, and previously set several California State records in that category. His other hobby is refurbishing his 1974 Chevy Truck. (Photograph by Eva Rice, US Army)



The Classical Body Gym Team, of Tazewell, Tennessee, recently won the Team Trophy at the Kingsport Nautilus Bench Press contest. Team members are kneeling, left to right) Chris Brooks and Mike Bussell (gym owner), standing: H) Gary Scott, Jim Shipley, Richard Neely, Jr. Barnes.



Tina Woodruff started Powerlifting in December of 1987. She lifts in the 114 lb. class and holds all the Louisiana State Teenage (14-15) records in that division. Her best lifts are 181 99 264 545. Thanks to Coach Chad DeRousselle for this photo and info!



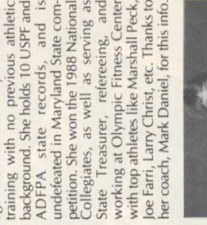
Without help from the likes of Don Seratte (left) and John Kennerson (right), untraveling the wires for the testing lights at the California Drug Tested Open, many "meets" would not get off the ground. We salute these "behind the scenes" people.



Ted Adams, left, and Clayton Mack, right, are both pure drug free lifters training at the Cincinnati Y. Ted has made a 395 lb. bench in training, and Clayton has made the PL USA TOP 100 twice at 165, with benches of 365 and 380 lbs. (Pickett photo)



Christine Perrotti, 21, attends the University of Maryland. At 5' 3/4", 109 lbs., she won the ADFFA Teenage Nationals after only 8 months of training with no previous athletic background. She holds 10 USPF and ADFFA state records, and is undefeated in 1988 NSU State Comp. She is a member of the NSU College Collegiate, as well as serving as State Treasurer, refereeing, and working at Olympic Fitness Center with top athletes like Marshall Peck, Joe Farris, Larry Christ, etc. Thanks to her coach, Mark Daniel, for this info.



Lt. Col Larry G. Floren of Ft. Knox, KY has been competing for 1 year, and despite injuries, he won his division at the USPF National Masters. While serving as Inspector General at Ft. Irwin, CA, he helped establish a team that won the California Novice title. He has been an inspiration to many lifters on active duty, and is regarded as a true asset to the U.S. Army and Powerlifting itself.



Shawn Lake, 14, has been lifting for a year, in both olympic and powerlifting, representing the Canaan Power Club in NY. In 20 olympic meets, he has won 20 1st place medals, and qualified for the Jr. Olympics. In 5 powerlifting meets, he's won 4 1st places, and placed 2nd in the New York State meet. His best power lifts are 185 135 225 445 in the 114 lb. class. Thanks to Jim Wheeler for info.



Bill Thompson, 30, has benched 415 in the 181.5, 405 in the 165.5, and is one of the best bench pressers in the State of Florida. He also took 3rd in the 1987 Jr. Florida Bodybuilding Championships. (Louis Baltz building)



Tommy Yelardo, 8, of Anson, Maine, is lifting 60 lbs. for the first time he ever lifted. He hopes to compete alongside Ed Coan in the future, but right now he is earning As and Bs in the 3rd grade and playing soccer. (Gronet photo)



Phyllis Larkin, backed up by son Don Larkin (an accomplished lifter himself), began lifting at age 68, and at 72 recently set American Masters records with lifts of 130 90 220 440. The third generation of the Larkin family currently lifting, along with her grandsons, she's also a bowler and still does her own lawn work!



Bryan Nester, 27, of Dallas, TX, is being called "The New Doug Furnas" after emerging when he squatted 600 lbs. He has gone from a 600 squat to a gym best of 875. Bryan won the 1988 USPF Nationals with a conservative 848 462 744 to total 2055 and win the Champion of Champions award. He trains at the Austin Gym and is coached by former National Champ Bryan Wadde, (John Hoffman, who supplied this info, says look for a 900+ squat from Bryan very soon.)

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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, please to your question send \$15 to cover office and secretarial expenses. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of privacy or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

**DEAR MAURO:** I've been using growth hormone for the past three months along with injectable testosterone and oral Dianabol. I got great results the first few months, but I haven't been doing so hot the past five or six weeks. The growth hormone I had been using came from Europe, but the last batch I got came from the USA. The guy I got it from said that it came from an American pharmaceutical company. The price was right (\$300 a vial) but the results haven't been that great. Do you think this stuff is bogus? **Ken R.**

**DEAR KEN:** There are a lot of possibilities as to why you've stopped making progress. Because you're using both growth hormone and anabolic steroids (a common practice except before drug tested meets, when growth hormone is often used alone, along with nutritional supplements), it's difficult to say if it's the anabolic steroids you're using that are bogus. Or perhaps you're expecting too much from the drugs when you should be hitting your workouts harder from the extra calories you're eating. And with the increased sophistication of the producers of these products, it's getting impossible to tell the good from the bad by depending on the looks of the package or pills.

I've heard from a lot of people who are growing normally in detail. Update Four to my book "DRUG USE AND DETECTION IN AMATEUR SPORTS" (at ap price in this issue), in Update Five, which should be coming out late this summer, there's an update regarding the growth hormone you're using. I'll straighten out a draft for Update Five. **Humatrope** (from Lilly) has become available on the black market. Apparently the pills are unlabeled, or poorly labeled. Rumor has it that the vials are pulled off the production line before they are labeled and then put on the black market at a much reduced price (as low as \$250 a vial) compared to the black market price of Protropin by Genentech (up to \$900 a vial). Products from both Endo (under the name Somatropin) and Sweden (Kabivutrum) are also available. The growth hormone from Sweden is apparently readily available for slightly more than the Humatrope. In Canada about 300 vials of growth hormone were stolen from McMaster Medical Centre. The only difference among the various synthetic growth hormones is that some, like Protropin have an extra amino acid (methionyl group) at the end of the growth hormone molecule, while some (such as Humatrope) do not. Both types of synthetic growth hormone are equally effective. The problem of how to transport the growth hormone which finds its way to North America from England has apparently been solved and keeps its activity high. Regardless of the label and price, the consumer should be wary since some of the black market growth hormone is bogus, while some (because of storage problems) is ineffective.

Bogus anabolic steroids are also a problem. Recently I came across some vials of nandrolone (Deca) that were made by the Lemmon Co. in Pennsylvania. Both the vials and the labels looked legitimate. However, Lemmon doesn't make nandrolone and hasn't made testosterone esters for three years.

The only way to be sure that what you're using isn't counterfeit is to have the drugs scientifically analyzed by a competent laboratory. Since this isn't always practical, you're just got to have faith in the black market system; although it might be easier to be an atheist in Iran. **M.G.D.**

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## NEW: UPDATE FIVE TO "DRUG USE AND DETECTION IN AMATEUR SPORTS" BY MAURO DI PASQUALE, B.S.C., M.D.

This update concentrates on anabolic steroids (effects and side effects), with a realistic look at their effects on the mind and on serum cholesterol, and their use for treating chronic injuries), anabolic steroid substitutes (including Smlax Officialinals, Diben, cozide, Yohimbine, and Cyclohex), and growth hormone. As well, I examine what's now being used by the more sophisticated pharmacologically minded athletes (including transdermal testosterone, Gelamin, Primidone, EPO, Parafold, and others) and the latest techniques being used to escape detection (with a special section on Probenecid).

The price of **Update Five** is \$11.00 U.S. Funds, Plus \$1.00 Postage and Handling

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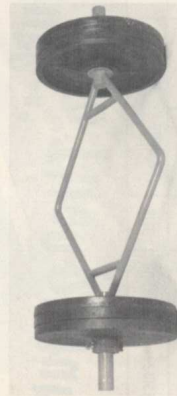
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## Question & Answer

Your training questions, answered by Roger Ester, 1979 St. National Champ, World Record Breaker at 198 and 1965 Mr IRON MAN. For a personalized answer, send \$15 to Roger Ester, 1413 Hologate, Anaheim, CA 92802

**DEAR ROGER:** I live in a small town in Korea and have to work out alone with a few pieces of equipment made in a little welding shop down the block. At present I have 390 lbs. of weights and I have to work out outside when the weather is nice and in the winter I have to bring everything inside and after working out, I had to put back outside. I have an adjustable squat rack with the rollers. Then I have a bench with a low rack about 10" above the bench at an angle. Then I have a bench with a high step and then with a 2x4' and extending about 12" back. To start my bench presses I have to do a sort of modified trap extension, set the bar on my chest and then slide my hands out to the upper arms. Then I have a bench with a 2x4' and then I have hanging traps like hell. Working out alone as I do, I can flip the weight on to the low rack and getting pinned under the weight with no one to help. For calf work I can only do seated calf raises. I sit on a high step and then with a 2x4' under my toes to give the proper range of motion, lift the barbell onto my knees and go at it. Although I could use much more weight if I had the proper equipment I find that about 220 lbs. is all my knee caps can stand.

There is no place for more equipment as the neighbors are hatching about stumbling over stuff in the dark. I would really like to have a leg curl and bench press machine, but besides the space problem, I doubt my friend, the welder could ever figure out how to make one. So, what exercises could I use in place of the leg curl and leg extension. And what about calf raises? Balance is such a workout in standing calf raises, you just can't use enough weight to get any kind of workout. I have some long dumbbell handles that I can put quite a bit of weight on and a while back started doing heavy dumbbell bench presses. I set the dumbbells on my knees then lift my legs and roll back on the bench. When I do calf and forearm work using the sets & reps recommended by yourself and most others, after a month to six weeks, the muscles just won't recover. Strangely enough, if I take a long enough warm up I can keep increasing the weight. The strength gains are there, but there comes a point where I just have to lay off for two months or more until the pain leaves my forearms and calves. Why could this be? I have read weight training books for a long time and have never read of anyone else having this problem. I can work any other body part like a dog and recover normally. At times, it's really hard to stay motivated, but it I don't miss workouts. If it's raining or the temperature is almost 100° F, as it has been for the last 6 weeks I'm still out there hitting the weights. Besides all this, I'm sure I'm considered some kind of nut. This is a small place, but we do have a 6 story skyscraper that the people from the countryside marvel at. Then when these country folk see a "round eye" lifting weights they crowd around to watch. Suppose it makes a good story back in their home village. **Bob Wedeking**

**DEAR BOB:** I know it is hard to work out alone and under the conditions you described, but just remember that some training is better than no training. The equipment you are using is probably very similar to the equipment used by such greats as Steve Reeves, John Grimek, Joe Weider and Reg Park when they started out, and I would say they developed some impressive physiques. I trained for many years with only a set of weights, squat racks, and a bench. While not winning any national physique championships, I was able to build 20" arms and some pretty good size legs. You need to update your equipment some. Take your squat racks for example, I find it hard to believe that you can't find someone with a drill who could straighten your bars. The bench you described sounds like a disaster, so order a new one. I'm sure Joe Weider would be glad to deliver one to you in Korea.

Your question about leg work is simple. You don't really need the leg curls and extension, unless you are getting ready for a major contest. Take a look at all the powerlifters, how do you think they developed their massive thighs? They are all heavy squatters. If you squat heavy enough, your thighs can't help but grow. You might need to buy a few more weights, but they won't take up much room. For your calves, use as much weight as you can handle off your squat racks and increase the number of reps. The calves respond very well to rep work. Your forearm problem is due to borderline overtraining. You don't need to do much forearm work unless the rest of your body is so big that your forearms look small. Back down on large amounts of arm work unless you want to look like Popeye.

To keep your motivation up, travel to different cities to see their gyms. The Koreans have a fine olympic lifting team, so I know they have good facilities throughout the country. You'll probably find other Americans training in the gyms there, and I'm sure you could get some personal help from them. What would help your motivation more than anything would be a training partner. I'm sure someone in your village is getting strong. Find that person and help him, and in turn, he will help you. Best Wishes, **Roger.**

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# INTERVIEW

Personal dialogue between  
PL USA Magazine and the  
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## JOE WHITE as interviewed by Bob Gaynor

Joe White's competitive lifting career has spanned over 20 years. Many remember him as an up and coming Super in the late 60's and early 70's. Others remember him as the 350 lb. plus mountain of a man from the mid to late 70's. It was during that time that Joe was attempting squats in the 1000 to 1100 lb. range. He was able to handle these tremendous weights, but never to the satisfaction of the officials.

In the early 80's Joe began competing for the ADFFA in the 220 lb. class. He has now moved back to the 275's, and is as active as ever. During the years Joe has had as much tough luck at meets as anyone. Something always seems to go

and a 760 lb. deadlift.  
**JW** I personally feel steroids can injure you both physically and psychologically. I don't feel they should be used.  
**BG** How about drug testing?  
**JW** I feel there should be testing at all meets. I would like to see a better unrealized test developed.  
**BG** You have been able to greatly vary your bodyweight over the years. How is this done? Note: Joe has gained and lost over 100 lbs.  
**JW** I change my caloric intake and my training methods. That's it.  
**BG** What does your current diet consist of?  
**JW** I try to consume only good, healthy foods. I rely heavily on fresh fruits and vegetables, raw grains, fish, chicken and turkey. I also take some form of protein and the usual supply of vitamins and minerals.  
**BG** Other than the protein and the vitamins and minerals, do you use



other supplements?  
**JW** I currently take Vita Fuel, Amino Fuel, Orlich, Arginine and Ornithine. They seem to be working well.  
**BG** What are your in season and off season training routines?  
**JW** There isn't much difference. I am usually training for something. My training is always centered around the three powerlifts. I do change the auxiliary exercise and the weights and reps, but the three lifts are always the cornerstone.  
**BG** What advice would you give a beginner?  
**JW** Begin light and make sure you develop proper form and technique. Be patient. Don't expect miracles overnight. Pay strict attention to your diet, get enough rest and don't overtrain. Also, try to keep lifting in the proper perspective. Don't live for your lifting alone. Train for your health and stay clean.  
**BG** Who are some of your heroes or those you admire in the sport?  
**JW** The list is endless. Jon Cole, Don Reinhardt, Jim Williams, John Kuc, Brother Bernet, Hugh Cassidy, Paul Wrenn and many more.  
**BG** What are some of your other interests or hobbies?  
**JW** I enjoy reading, swimming, boating, and hiking.  
**BG** Do you have any final comments?  
**JW** Lifting can be an outlet or an obsession. As an outlet it is a useful tool and can be a source of enjoyment. As an obsession it can at times be very frustrating and stressful. I also want to thank you and Powerlifting USA for letting me express my views.

got one white light for his effort.



wrong. What sets Joe apart is the way he handles this adversity. He does not complain, throw tantrums or blame others. He accepts what happens as a gentleman and continues on. He is a prime example of good sportsmanship.  
**BG** What is your current age and where are you living?  
**JW** I was born 6/12/47, so that makes me 41. I am still living in Columbiana, New York.  
**BG** And your current occupation?  
**JW** I work for New York State as a recreation supervisor in the State Correctional System.  
**BG** You have been around a long time. When did it begin?  
**JW** I have been training for 24 years and I have been competing for 23 of those years.  
**BG** How did you get your start?  
**JW** As a kid I saw one of my neighbors lifting. I gave it a try and I was hooked. I have been training ever since.  
**BG** Over the years you have attempted some tremendous poundages. What are your best competitive lifts?  
**JW** My best competitive lifts are a 920 lb. squat, 570 lb. bench press

There used to be an old song that went, "If you wanna be happy for the rest of your life, make an ugly woman your wife, yes, from my personal point of view, pick an ugly woman to marry you." Sexism aside, for both male and female powerlifters to be happy for the rest of their lives, all they have to do is take care of their rotator cuff muscles. The reason behind that is the rotator cuff muscles (and tendons) go bad, real bad, you can forget about benching, squatting, deadlifting and just about every other kind of lifting.

The rotator cuff muscles consist of the supraspinatus, infraspinatus, teres minor and subscapularis, or SITS for short. These four muscles surround the shoulder blade and wrap around to attach on a ridge to your large upper arm bone, the humerus. However, there's nothing humorous when they get inflamed, swollen, tender, frayed, weak and sore, which is often the case with powerlifters, after a few years of heavy lifting.

You'll know if you have rotator cuff problems with a few very easy tests. Like, try to pull upright and reach around and pull your bicep out of your back pocket or while driving a car back behind you into the back seat and try to lift something (it doesn't matter if it's light or heavy... it'll still kill you!). If your shoulder aches (sometimes it's in the front, sometimes in the back, sometimes all through the shoulder and it's deep... deep, deep) after doing bench presses or lat pulldowns or inclines or even deadlifts and curls, you probably have some cuff muscle involvement (secondarily, you may also have biceps tendinitis and subdeltoid bursitis, and inflammation of the bursa).

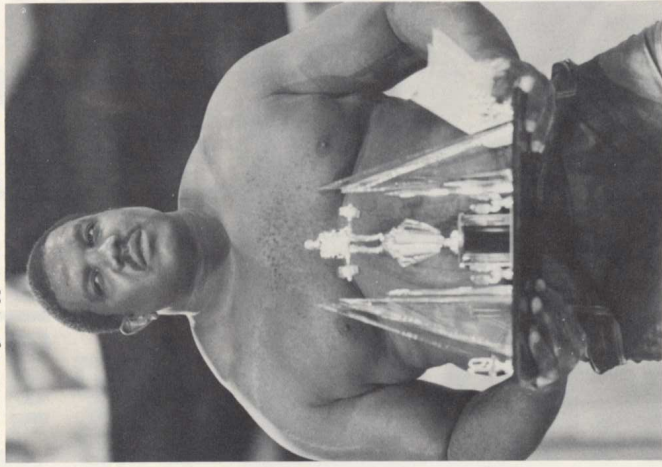
Most powerlifters who have done a lot of benching and pressing movements over the years suffer from some degree of rotator cuff damage and may or may not have had some shoulder surgery in their careers. Of course, there are myriad reasons one develops shoulder pain including, but not limited to cumulative micro-trauma that has led to scarring and fraying of the musculotendinous junction, muscle imbalance between the deltoid, pectoral group (internal rotators and protractors) and the scapular group (external rotators and retractors), mineral imbalances at the cellular level, nervous impingement, lack of flexibility and fatigue leading to acute or chronic strain, but the primary reason for cuff syndrome in powerlifters is simple anatomy. When the arm is flexed and abducted and combined with varying degrees of rotation (and internal rotation seems worse) the tendons of the cuff muscle must pass through an extremely narrow space in your shoulder joints which often leads to impingement. If it's relatively easy to find out which of your cuff muscles are most involved and/or weak.

The supraspinatus muscle seems to be involved most often. If you raise your arm out to the side to a hair past 90 degrees, then lift up or flex the arm forward another 20-30 degrees or so

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### Take Care of Your Cuffs as told by Jeff Everson, Ph.D., R.P.T.



**Shoulders...** deserve all the care they can get, because rotator cuff problems will rob you of the total you deserve. Big O.D. Wilson had a bothersome shoulder at this year's U.S.P.F. Senior Nationals, where he got a 462 versus a 456 opener and two tries at 556 at the Inter-Service Championships 5 months earlier. In the meantime, O.D.'s squat had risen 50 lbs. and his deadlift 32. Without the shoulder problem, he might have gone 2,300+.

and then turn the whole arm and hand inward (internal rotation) that's your supraspinatus. If you sit with your elbow at your side pressed into your side with your arm flexed at 90 degrees and then have someone resist external rotation, that's your teres minor and infraspinatus. If they resist internal rotation, that's your subscapularis. If any or all of these motions produce tenderness and/or pain or clicking or weakness, you can tell which muscles are injured.

So how bad is your involvement and what are the courses of treatment if you are injured? Doctors divide damage to the cuff into four basic groups, but it's not always easy to diagnose one into the correct category, especially with athletes who are adept at muscle substitution and have very high pain tolerances.

Basically, your cuffs can give you a lot of grief without actually being torn, just through inflammation and thickening of the tendons (scarring)

ed and will take long time periods to respond to conservative therapy and may come right back as soon as you start an offending movement again. Class Three and Four cases involve more or less cuff tearing and scar tissue and might only respond to surgery. Surgery for the cuff is usually very successful.

In my experience, ice, deep, deep massage, medication and rest will control Class One and Two cuff problems, but with worse cases the problem might go away, and eventually re-emerge at a later date, especially if you keep doing benches and inclines!

How can you strengthen a rotator cuff or what steps can you take to avoid cuff problems? Well, the bench press being what it is, anatomically, such avoidance is difficult, but there are ways to help avoid problems.

The two fundamental therapies are stretching and strengthening, but, and this is critical, it has to be done very specifically. Here's how to strengthen them:

1) Subscapularis - Lay on your back with your weak arm close to your side, elbow pointed in towards your body at a 90 degree angle (flexed). Grab a light dumbbell (believe me, if your cuff is bad, you may only handle one or two pounds), and repetitively go through internal rotation (lifting the dumbbell up while keeping the elbow stationary) and lowering the weight slowly (external rotation working in a negative fashion).

2) Infraspinatus and Teres Minor - Lay on your side with your upper arm bent at the elbow to 90 degrees and keep your elbow fixed, lift a light dumbbell through external rotation (flor up).

3) Supraspinatus - sit with your arm flexed horizontally some 25 degrees and abducted at 90 degrees. Internally rotate (turn your arm in). Raise and lower your arm through a full range of motion in this same position while holding on to a very light weight.

How to stretch. One simple way is to stand with the backs of your hands on your lower erectors. Keeping your hands there have someone gently push forward and relax. You can use PNF stretching in this position too.

Two ways to actively stretch are:  
1) Lay on your back on a solid, high table. Place your arm in a bench press position (abducted to 90 degrees with 90 degrees of elbow flexion (bent)). Now, keeping your elbow fixed, internally and externally rotate holding on to a light weight as far as possible. You can use assisted or PNF stretching here too.

2) The same position as above but this time lift your straight arm up and back all the way over your head and stretch down as far as possible. When you do this keep your arm in lateral rotation (thumb and hand turned out). Gradually do this with the palm up and not turned in to your body.

You should do a series of these specific stretches every day and the specific strengtheners every other day, in addition to your regular workouts!

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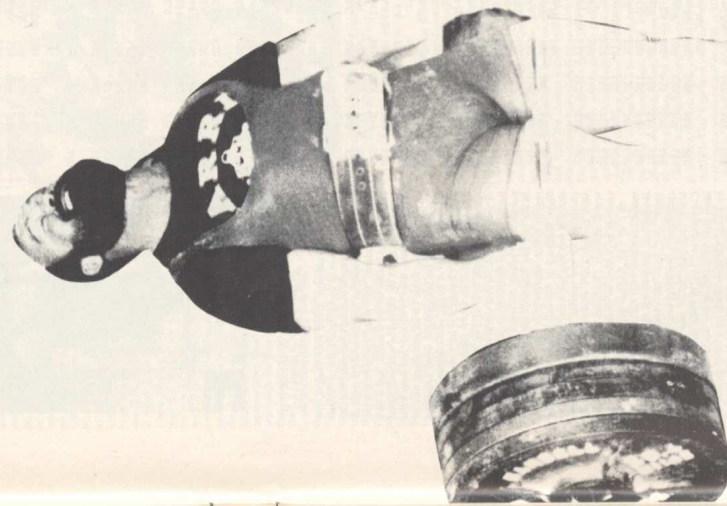
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## Message from the U.S.P.F. President

Questions frequently arise at USPF-sanctioned powerlifting meets whether a particular piece of lifting gear is legal for use under the USPF Technical Rules. This causes difficulties for the lifter, who may have trained diligently with a piece of equipment or attire, only to have it declared illegal at a meet. It causes headaches for the meet officials, who must often make controversial, on-the-spot judgments. Finally, this complicates matters for equipment and attire vendors, who would like to be able to advertise with confidence that their products are legal for use in USPF-sanctioned competition.

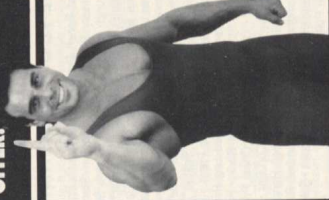
As part of this year's By-law revisions, the USPF National Committee has implemented a new set of product standard-setting and certification procedures that address these issues. First, Article VIIA of the new By-laws sets forth procedures for the adoption of product standards to cover disputed items. The product standards adopted under these new procedures will double as USPF Technical Rules with respect to lifting equipment and attire.

Second, Article VIIB states that once a product standard has been adopted, equipment and attire manufacturers and distributors may obtain a certification that their products are legal for USPF com-

petition. USPF-certified products will be listed in a nationally-circulated powerlifting publication and will be certified to display an appropriate certification seal and number. USPF meet officials will be given a master list of certified products, to prevent disputes about counterfeit certification seals. There will be no question in the lifter's or the meet official's mind whether a product is legal, as long as it is USPF-certified. Equipment and attire vendors will be able to advertise with confidence that their certified products are legal for use in USPF-sanctioned meets.

As the USPF begins this program, the existing USPF Technical Rules remain in effect. The existing USPF Technical Rules with respect to powerlifting equipment and attire will be considered the USPF's current Product Standards. The Technical Committee will consider proposals for change in the Technical Rules/Product Standards governing equipment and attire under the procedures set forth in Article VIIA and recommend

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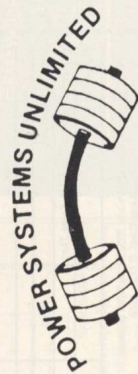
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## Message from the U.S.P.F. President

agreed-upon changes to the National Committee. Pursuant to Article VII B, it will also consider requests to certify products as legal under the existing Technical Rules/Product Standards.

The procedures set forth in Articles VIIA and VIIB of the USPF By-laws are designed to ensure that all USPF product standards and certifications are adopted in a fair and impartial manner with a full opportunity for interested parties to participate. Any questions concerning these procedures should be directed to Mike Reed, USPF Technical Committee Chairman, 2278 Red Cut Road, West Monroe, LA 71291.

The USPF invites active participation in the standard-setting process by anyone having an interest in the USPF Technical Rules. The USPF also invites all powerlifting equipment and attire vendors to contact Mike Reed for additional details about how to obtain USPF product certifications.

Dr. Conrad Cotter

President, U.S.P.F.

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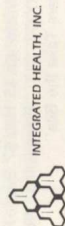
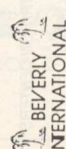
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# Dr. Judd

## LESLIE Vs. HUNTER A Confrontation to Remember by Dr. Judd Biasiotta, World Class Enterprises

things that no one else was aware of. First of all, he had seen Hunter lift in a way no one else had seen before. He had seen Hunter lift in a way that had been sanctioned by the National Caliber Powerlifter vs. World Class Bodybuilder.

In case you don't know, Curtis Leslie, the world's first powerlifter, was the "Black Atlas." At six feet, two hundred and twenty-three pounds, Leslie has more muscle mass than your average Brahmin bull... and that's no bull. It's been said that when Leslie was born, he picked his doctor up by



Curtis Leslie, pulling in a victory at the APF Seniors.

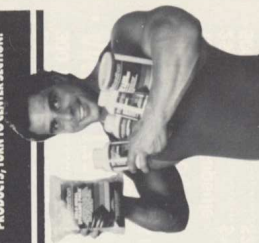
the feet, slapped him on his ass, and then took a taxi to the nearest gym. Apparently, he's been residing there ever since. The guy's not only big, he's also Powerful, and I do mean with a capital P. Believe it or not though, as big as Leslie is, Hunter was even bigger. Reportedly a former amateur Mr. America, Hunter had muscles in places that I couldn't even find on a human anatomy chart. In all honesty, I have never personally seen a human being with that kind of muscle mass. I swear, the guy looks like he could bench press a small apartment complex.

Although Hunter's physical appearance would probably get him 10 to 1 odds against Leslie, no one gave him much of a chance to beat Leslie. No one, that is, except Hunter himself. From the very start, he ran off at the mouth with abandon. "You ain't nothing, I'm going to bury you, I'm the best..." and so on and so on. The guy talked so much garbage that he needed a trash compactor afterwards. Surprisingly, Leslie never retaliated. He just sat there and took in everything Hunter had to say.

There was a reason for his muteness. You see, Leslie knew a few

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Curtis had even started warming up for his bench press.

Instead, Leslie told Hunter about his injury, and actually went to great lengths to talk him into finishing the meet.

As it turned out, the competition between the two Titans went right down to the wire, with Hunter winning on body weight.

It was the worst case of psyching out an opponent I've seen in my entire life, but the best case of sportsmanship. I've been a Curt Leslie fan ever since.

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Off season training is of critical importance to the powerlifter. In actuality, the incorporation of proper and well thought out off season training methods will ultimately determine a lifter's success.

Powerlifting is a sport where tests of strength are measured via lifts which tax large muscle group areas. It is my opinion that the majority of a pre-meet cycle should be comprised of the competitive lifts themselves. Supplementary movements should be limited in scope and volume and primarily concerned with the correction of slight weaknesses or areas of muscular imbalance.

The off season is the time to use a wider variety and volume of supplementary exercises. In addition, the off season can be used to maximize overall muscle density and thus increase the lifter's efficiency and overall effectiveness.

I have also found the off season to be an excellent opportunity to experiment with variations in the more technical aspects of the lifts.

An example may be to perform your squats with an inch wider foot spacing on both sides with the toes turned out at a slightly greater angle.

Bench presses can be performed with a slightly wider grip, or foot positioning can be experimented with. Obviously, great technique variations cannot be incorporated overnight, but should be worked into gradually.

Another area of training which can be varied is workout frequency or the particular days on which to train.

I have had success with a number of frequency variations such as 3 days a week, 4 days a week, 2 days on and 1 day off, 2 days on and 2 days off, every other day, etc.

For some lifters, it may be that one particular frequency variation is perfectly suited for them. Personally, I believe it is best to vary your workout days occasionally. This is another means to bring more overall variation into your training routine.

Variability is a key component of any off season power routine. Typically, I will train four days per week in the off season and three days per week when in a pre-contest cycle. This is an individual matter and needs can be adjusted accordingly.

I have always felt it is very important to have off season goals as well as competitive goals. While it is not necessary and probably not beneficial to achieve personal records on the powerlifts during the off season, there are other methods available to keep your training moving forward.

Here are some of the methods I have used:

(a) Achieve new maxes in particular supplementary exercises i.e. (new max in the incline press, new max in the leg press, behind the neck press, etc.)

(b) Achieve new rep maxes for a particular exercise, i.e., best set of five ever for close grip bench, best set of eight ever for bent rows, etc.

(c) If you have access to such a facility, have your body fat percentage calculated occasionally. This will tell you if your training is providing the necessary stimulation.

(d) Use the mirror as a guide, even if you're a powerlifter. Are you developing more quality muscle? Is your efficiency as a lifter increasing?

(e) Use your intuitive instincts as a guide. Are you able to handle weights with more ease and confidence? Do you have more control with the weights?

It is very important to remain motivated and focused in the off season period. It serves no purpose to cruise through your off season training without a well formulated strategy to improve yourself as a lifter.

Different individuals, as well as different muscle groups respond to various repetition schemes differently. You must find what particular repetition schemes and at what frequency works best for you. However, I really don't believe that repetitions of more than 8 ever serve a useful purpose in terms of powerlifting, except in rare circumstances.

The off season can also serve as a means to specialize on a particular lift. I believe it is possible to maximize or peak a particular lift while maintenance is employed on the other two. It is generally best to concentrate on your relatively weakest lift. The more balanced a lifter is in the powerlifts the better his chance for ultimate success. Few lifters today are truly good in all three lifts. Obviously anatomical and other physical factors come into play here. However, many lifters simply don't train certain lifts as hard, or as consistently as others.

If your ultimate desire is powerlifting success, balanced lifting and well thought out off season training will bring you this goal.

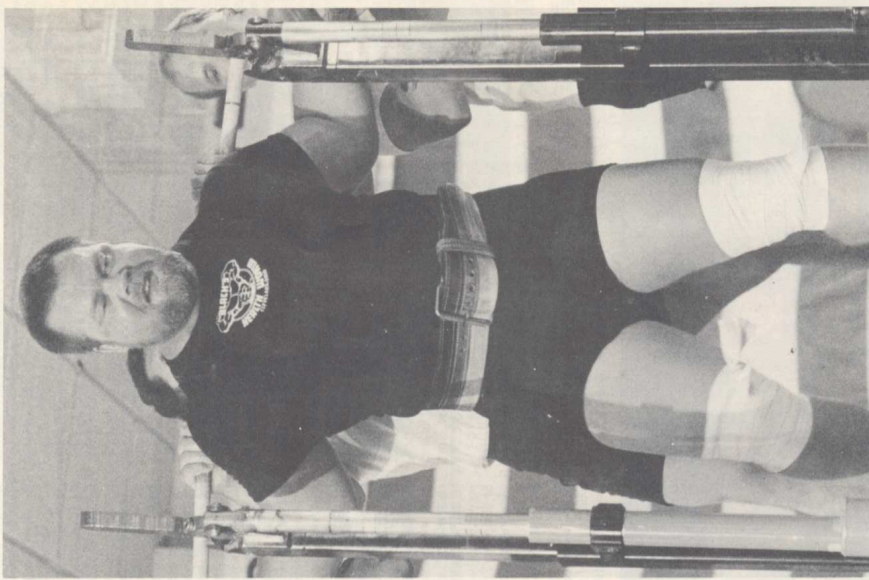
One of the new accessory movements my training partner and I have been using is the "Magic Leg Machine" as-

# STARTIN' POWERLIFTING

A special section dedicated to the beginning lifter

## Off Season Training

by JOHN S. WARE, Strength Coach, NMSU



When the Big Meet is Over...top lifters like author John Ware, as well as novice lifters, look forward to off season training, in order to build a base for the next year's even bigger lifts.

All-American offensive lineman for me, here at Northwest Missouri State.

The sport of powerlifting will expand and lifts will be greater than ever when football players embrace powerlifting. Powerlifters beware.

squatted 727. Kevin Ur- batesch, my other training partner, is benching in the mid 400's, now and deadlifting over 600. Both of these men finished up their college football eligibility this past year and were All-Conference and

In only his second competitive meet, Kevin Gorgal, one of my training partners,

# The Strongest Man in PRO FOOTBALL

as told by SOPHIA MARIE HERRICK

Normally you would see these guys facing each other on a football field, bashing bodies, striving for a team goal. Yet, on one hot and muggy Saturday in June they were tackling several different "opponents" within the cool confines of Boutwell Auditorium in Birmingham, AL. The contest: the Strongest Man in Pro Football. The cause: to help raise money for the King's Ranch Crisis Shelter/Child Abuse Prevention Center in Birmingham's West End, King's Ranch, the brain-child of Tom Owen, an avid powerlifter from Chelsea, Alabama, is a dream come true. Tom and wife Linda founded this "Christian neighborhood for kids" in 1976, building the first home themselves with funds they earned through hard work and wise investments. They now boast with pride about their 17 homes at nine different locations housing almost 200 boys and girls from across the state of Alabama. They give hope for a future to unwed mothers, provide a real family setting for orphans, and counseling for disturbed and abused children. With the unselfish support of seven great men of Pro Football, Tom has seen funds raised for another service project so desperately needed in metropolitan Birmingham. King's Ranch is now tackling the idea of providing a way to prevent child abuse, neglect, or exploitation, before the act. Their goal... "to make a difference... one child at a time."

Who are these giving men, the NFL's giants of heart and mind, and from where do they hail? They are: Tom Coefield, Outside Linebacker, Kansas City Chiefs; Scott Mersereau, Lineman, New York Jets; John Renstra, Offensive Guard, Pittsburgh Steelers; Ken Rose, Linebacker, New York Jets; Mike Ruth, Lineman, New England Patriots; Steve Mott, Center, Detroit Lions; and Ron Solt, Lineman, Indianapolis Colts. Unfortunately, both Steve Mott and Ron Solt were unable to participate in the competition due to injuries, but both attended the function. (Steve covered the event for ESPN, and Ron

was there to help promote the event). However, two notable spectators ofered to step in and add a competitive edge and to have a little fun: Calvin Alexander, a dynamic powerlifting competitor who has won the United States Marine Corps and the meet's Head Blaster, Tom Zupancic; "The Arm Breaker," John Renstra; "The Log Breaker," Mike Ruth; and "The Belt

Not surprisingly, "The ZUP," who psych'd himself up for the first event, the Bench Press by rannning his head against the side of a truck, won the overall champion. (Herrick photos)

Bench Press officially, beating out the eligible competition, with 13 reps with a bar weighing 345 lbs. He then placed second in the Truck pull event, a 40 yard "dash" with a pick-up truck carrying 4 young ladies in its bed harnessed to his body by a chain attached to a weightlifting belt. "You can't really train for this," stated Coefield after he finally completed the event. Tim exploded so fast at the start that he blew out 2 belts before one was strong enough to withstand the explosive energy in those legs. Despite all of that expended energy he was still able to make the pull in an impressive 17.5 seconds. Shortly after this he impressed the spectators again by guiding a hefty wheelbarrow loaded down with 1000 lbs. for 20 yards in a mere 6.7 seconds. Although he did not win the last two events, he was able to capture second place in each. Not bad for the former All-Rookie. In the end he described the day best, "It was wild, and it was rough."

"I've always wanted to be involved in a strength-type contest. It's everything I thought it would be. I feel I did well for a little guy, I guess." This came from the overall second place winner, Ken Rose, the littles guy in the bunch weighing in at only 205 lbs., who proved that size wasn't everything in this competition. Ken won the next event in which he streaked down the floor, first carrying a burtop bag weighing 200 lbs. for 40 yards, then sprinting backwards during the 40 yard drag in an outstanding time of only 16.57 seconds. Ken may have gotten only 4th place in the wheelbarrow event, but he definitely won the award for the longest distance as he cartwheeled left, then right, then left again down the 20-yard stretch, scattering the officials and photographers in all directions. "I wanted to make sure the camera caught my best side, which ever one it is," he quipped after catching his breath.

The final event, the loading of six 120 lb. barrels into a truck 10 yards away, was won by one of the big guys, Scott Mersereau. When it was (article continued on page 91)



**Tim Coefield** (Kansas City Chiefs) signing autographs with the author, Sophia Marie Herrick, was the overall champion. (Herrick photos)

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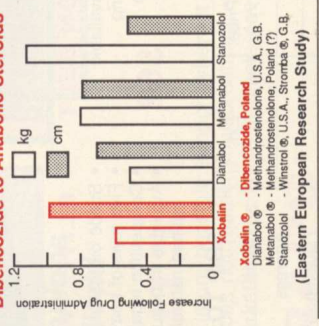
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**The Contesters** (left to right): Ken Rose (New York Jets), Scott Mersereau (Pittsburgh Steelers), Tom Zupancic (Indianapolis Colts), Mike Ruth (New England Patriots), D.D. Nichols (New York Jets), John Renstra (Pittsburgh Steelers), Calvin Alexander (New York Jets)

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Rank	Name	Weight Class	Division	Rank	Name	Weight Class	Division
1	964 Coan, E.	112/287	DEADLIFT	61	705 Meza, M.	121/287	DEADLIFT
2	2378 Coan, E.	112/287	DEADLIFT	62	705 Meza, M.	121/287	DEADLIFT
3	2040 Goggins, S.	12/6/87	DEADLIFT	63	705 Meza, M.	121/287	DEADLIFT
4	2165 Drigo, G.	12/12/87	DEADLIFT	64	705 Meza, M.	121/287	DEADLIFT
5	2042 Dugan, C.	1/3/88	DEADLIFT	65	705 Meza, M.	121/287	DEADLIFT
6	2055 Nestler, R.	6/5/88	DEADLIFT	66	705 Meza, M.	121/287	DEADLIFT
7	2044 Wagner, S.	6/25/88	DEADLIFT	67	705 Meza, M.	121/287	DEADLIFT
8	2052 Austin, W.	1/1/88	DEADLIFT	68	705 Meza, M.	121/287	DEADLIFT
9	2022 Galt, L.	3/2/88	DEADLIFT	69	705 Meza, M.	121/287	DEADLIFT
10	2005 Immekus, P.	1/18/87	DEADLIFT	70	705 Meza, M.	121/287	DEADLIFT
11	2000 Feight, M.	12/19/87	DEADLIFT	71	705 Meza, M.	121/287	DEADLIFT
12	2044 Feight, M.	12/19/87	DEADLIFT	72	705 Meza, M.	121/287	DEADLIFT
13	1973 Belmont, D.	12/6/87	DEADLIFT	73	705 Meza, M.	121/287	DEADLIFT
14	1973 Siler, C.	7/17/88	DEADLIFT	74	705 Meza, M.	121/287	DEADLIFT
15	1965 Carroll, J.	6/25/88	DEADLIFT	75	705 Meza, M.	121/287	DEADLIFT
16	1956 Roberts, L.	8/16/87	DEADLIFT	76	705 Meza, M.	121/287	DEADLIFT
17	1956 Roberts, L.	8/16/87	DEADLIFT	77	705 Meza, M.	121/287	DEADLIFT
18	1956 Roberts, L.	8/16/87	DEADLIFT	78	705 Meza, M.	121/287	DEADLIFT
19	1951 Dike, B.	7/17/88	DEADLIFT	79	705 Meza, M.	121/287	DEADLIFT
20	1945 Kelly, L.	7/17/88	DEADLIFT	80	705 Meza, M.	121/287	DEADLIFT
21	1934 Dotson, R.	3/27/88	DEADLIFT	81	705 Meza, M.	121/287	DEADLIFT
22	1929 Berry, D.	2/28/88	DEADLIFT	82	705 Meza, M.	121/287	DEADLIFT
23	1918 Schmidt, M.	12/12/87	DEADLIFT	83	705 Meza, M.	121/287	DEADLIFT
24	1912 Rogers, J.	2/1/88	DEADLIFT	84	705 Meza, M.	121/287	DEADLIFT
25	1906 Hopper, T.	6/88	DEADLIFT	85	705 Meza, M.	121/287	DEADLIFT
26	1901 Baird, M.	12/12/87	DEADLIFT	86	705 Meza, M.	121/287	DEADLIFT
27	1860 Brown, Z.	2/14/88	DEADLIFT	87	705 Meza, M.	121/287	DEADLIFT
28	1860 Brown, Z.	2/14/88	DEADLIFT	88	705 Meza, M.	121/287	DEADLIFT
29	1860 Brown, Z.	2/14/88	DEADLIFT	89	705 Meza, M.	121/287	DEADLIFT
30	1860 Brown, Z.	2/14/88	DEADLIFT	90	705 Meza, M.	121/287	DEADLIFT
31	1860 Brown, Z.	2/14/88	DEADLIFT	91	705 Meza, M.	121/287	DEADLIFT
32	1860 Brown, Z.	2/14/88	DEADLIFT	92	705 Meza, M.	121/287	DEADLIFT
33	1860 Brown, Z.	2/14/88	DEADLIFT	93	705 Meza, M.	121/287	DEADLIFT
34	1860 Brown, Z.	2/14/88	DEADLIFT	94	705 Meza, M.	121/287	DEADLIFT
35	1860 Brown, Z.	2/14/88	DEADLIFT	95	705 Meza, M.	121/287	DEADLIFT
36	1860 Brown, Z.	2/14/88	DEADLIFT	96	705 Meza, M.	121/287	DEADLIFT
37	1860 Brown, Z.	2/14/88	DEADLIFT	97	705 Meza, M.	121/287	DEADLIFT
38	1860 Brown, Z.	2/14/88	DEADLIFT	98	705 Meza, M.	121/287	DEADLIFT
39	1860 Brown, Z.	2/14/88	DEADLIFT	99	705 Meza, M.	121/287	DEADLIFT
40	1860 Brown, Z.	2/14/88	DEADLIFT	100	705 Meza, M.	121/287	DEADLIFT



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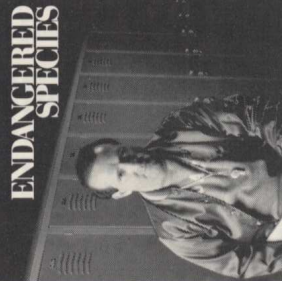
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**Chiropractic** is not the only choice in achieving optimal athletic performance, nor does it answer all the questions powerlifters and athletes alike come across, but let me state vehemently that the rationale behind chiropractic is biomechanically and physiologically sound and essential for muscles, tendons, ligaments, and fascia to remain healthy. Traditionally, sports medicine has concerned itself with passively active joint movement, as most injuries are typically sprained ligaments, tendonitis, fractures, etc. Although most athletes accept this, some are not satisfied with poor performance when returning to their sport. Consequently, they seek a second opinion from a sports oriented chiropractor. Chiropractors recognize a type of movement, other than passive or active, called joint end play. This can be seen by pulling the proximal phalanx away from the metacarpal bones. The joint has to separate only a few millimeters from the muscle to achieve motion. Thus, specific joint end play motion is attained. The degree to which joint dysfunction affects voluntary muscular activity depends on the normal joint end play. If normal joint motion is not present, the range of active motion is reduced and muscles cannot be trained to their fullest. For example, a loss of joint end play in the sacroiliac joint will cause tightening of the hamstring and quadriceps. Both these antagonized muscle groups will be affected due to the movement of the quadriceps (agonist) which will tear the hamstring (antagonist) due to its inability to relax.

The primary cause of joint end play, hypomobility is a previous inflammatory response due to trauma such as a sprain or strain or overuse microtrauma. To ensure that muscles will return to their pre-injured state, the athlete is treated by physiotherapy and exercise. Joint end play is rarely considered and often remains abnormal after rehabilitation is completed. Due to joint dysfunction, the athlete will experience severe pain after a short period of activity. Rest will relieve the pain, but it returns with activity. The pain is undiagnosed, has a sudden onset, and is often limited to a primary joint. Sometimes it is implied that the symptoms are psychosomatic and the athlete is "hung out dry".

Take the squat as an example. In the lowest position the hamstrings are at maximum usage and the pelvis undergoes the greatest amount of stress via shear at the sacroiliac joints (upper more or lower). The hamstring originating on the ischial tuberosities (the bones you sit on when seated) which comprises part of the ilium initiates pelvic and lower limb flexion. The sacrum, which is the pyramidal structure the spinal column rests upon, is usually stationary when squatting and has ligaments attached to and from the ilium.

When descending, the knees flex, the pelvis is locked, and the ilium moves, allowing the stationary base, the sacrum. If the sacroiliac joint cannot accommodate the necessary pelvic shear, you have an overloaded hamstring, potentiating trauma.

The sacroiliac joint can easily be checked through motion studies for upper and lower joints and for flexion and extension which the joint goes through while squatting. First a there is a stiff, locked pelvis. Then, as parallel is passed, a subtle change to extension occurs for the ascent. Without a flexion extension check of both joints, by comparison, the injury risk factor increases.

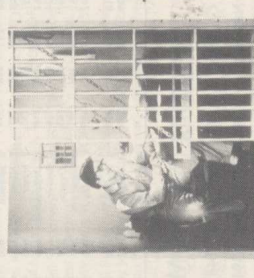
Preventative treatment of all athletes should, as a normal and intermittent procedure, be exhausted by a chiropractor to ensure that all joints have normal end play. These examinations eliminate lost time and poor performance caused by post-traumatic joint dysfunction. If an athlete does not exhibit normal joint motion, the biomechanical potential will be cut short. Along with joint dysfunction comes compensation which will increase stress factors.

With proper chiropractic diagnosis and care, athletes will increase range of motion, increase normal muscle efficiency, increase balance, and decrease injuries. The aspiring powerlifter should be treated to allow inherent potential to be reached and for careers to be prolonged. Dr. Bruce Passwall

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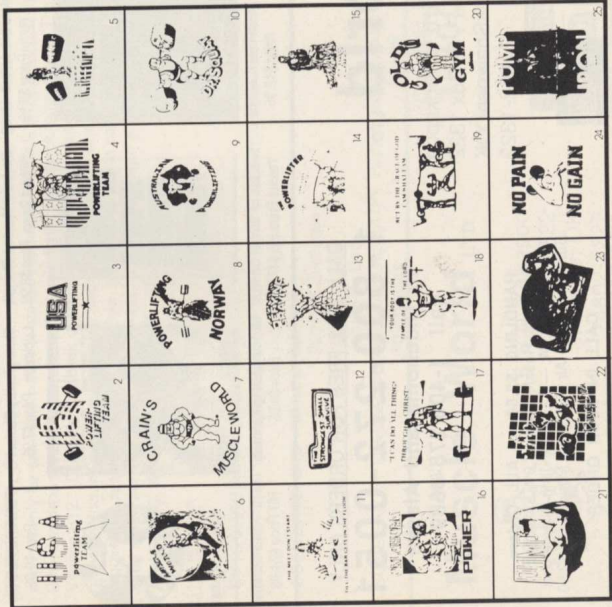
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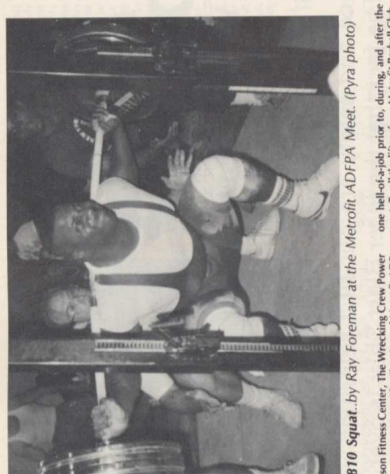
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Camp Pendleton Meet 25 Jun 88 - Camp Pendleton, CA. Table with columns for event, name, weight, and total.



810 Squat... by Ray Foreman at the Metrofit ADPPA Meet. (Pya photo) one help-to-job prior to during, and after the meet.

Southern California Bench Press 5 Jun 88 - Granada Hills, CA. Table with columns for event, name, weight, and total.

Illinois ADPPA Qualifier 27 Mar 88 - Chicago, IL. Text describing the event and listing participants with their names and weights.

West Coast Junior Championships 18 Jun 88 - Fresno, CA. Table with columns for event, name, weight, and total.

First Annual Metrofit ADPPA (kilos) 21, 22 May 88 - Pelham Manor, NY. Table with columns for event, name, weight, and total.

West Coast Junior Championships 18 Jun 88 - Fresno, CA. Table with columns for event, name, weight, and total.

Application for registration in the United States Powerlifting Federation. Includes fields for personal information, referee status, and a registration fee of \$20.

West Coast Junior Championships 18 Jun 88 - Fresno, CA. Table with columns for event, name, weight, and total.

ADPPA Colorado State Teenage Division. Table with columns for event, name, weight, and total.

Advertisement for 'WHAT'S THE NO. 1 LIFTING SUIT FOR COMPETITION & TRAINING?' featuring a photo of a muscular man and text about a special offer.

ADPPA Colorado State Teenage Division. Table with columns for event, name, weight, and total.

ADPPA Colorado State Teenage Division. Table with columns for event, name, weight, and total.

ADPPA Colorado State Teenage Division. Table with columns for event, name, weight, and total.

# INZER ADVANCE DESIGNS

We Make Power Gear A Science

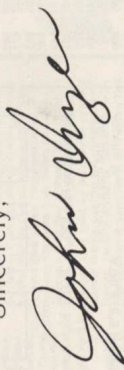
Dear Powerlifter,

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

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

We enjoy helping you with the sport of powerlifting.

Sincerely,



John Inzer  
Owner

**INZER**  
ADVANCE DESIGNS

### 31st National Wheelchair Games July 88 - Edinboro, PA

Light  
M. Knutson-103 280  
I. Turney-260 285  
K. Cornwell 375  
C. Mendenhall 425  
L. Fitzgerald-427 175  
J. Russell-124 300  
M. Ward-242 320  
E. Hazell-125 260  
W. Burnett-174 260  
T. McDonald 320  
P. Nurgaster 300  
C. Padova-111 200  
D. Brennan-156 270  
G. Lyford-79 120  
K. Saunders-148 225  
M. Banks-70 65  
Heavy  
K. Krutch-157 230  
T. Jackson-180 95  
D. Woodring 325  
L. Hano-123 70  
Thanks to Roger Gedney for results.

### Rutland Open Bench Classic 10 Jul 88 - Rutland, VT

Teen (14-15)  
D. Mark 200  
M. Starnard 185  
S. Eastman 180  
Teen (16-17)  
P. Audette 185  
Teen (18-19)  
C. Clark 330  
D. Dornboler 325  
181 lbs. Division  
L. Bonnano 120  
D. Harvie 375  
V. Pardo 100  
H. Barbic 165  
165 lbs.  
L. Croser 145  
E. Schatzel 300  
Master  
R. Cote 420  
242 lbs.  
N. Mackay 330  
C. Higgins 295  
Best Lifters: Mike-Michael Dimaggio, Female-Louise Bonanno, Team Awards: I. PEP'S Gym-Salem, MA, Iron Masters Gym-Ludlow, VT.

### Best Lifter in the 31st National Wheelchair Games

Mrs. Mark Knutson lifted a bodyweight of 101 lbs. AD/PA American Record setter at 148, Jerry Milhouse (right) will represent the USA along with Mark and 5 others in the Paralympic Games in Seoul this October. Photo courtesy Gedney.

Masters of Ceremonies: Jayne Taylor, Timekeeper/Scorekeeper: Jayne Taylor & Steve Wainwright, Judges: Steve Wainwright & Paul Garwood. This meet had a nice turnout considering the fact that it was over 100 degrees outside. The meet was held at site for a meet. The Spa is air-conditioned which really helped out on such a hot day. 35 lifters from many of the eastern states turned out for the meet. The meet was on an APF format (England). The meet was on an APF format which the lifters enjoyed. The women's division turned out some very fine competitors. One

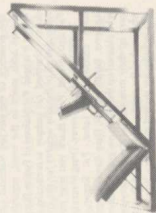
which really stands out is Virginia Parks, Virginia is a grandmother who began competing only recently and who is getting better with each meet she enters. The teenage divisions had some very good lifters. The 150 lb. division was won by one of these young lifters and the weights they are already lifting amazes me. I can't wait to see what some of them will be lifting in 5 or 6 years. The 123 division at a bodyweight of 120 lbs. Patrick Audette benched 285 which was quite an impressive lift. All of the divisions in this meet were very interesting. I would like to give special thanks to the Spa who provided the best spot-ting and spotting for the meet. I would also like to thank my wife for doing such a great job as Master of Ceremonies. Without her help my meet would not be as successful. Thanks to all the lifters at this meet for a fine job well done. (Thanks to Scott Taylor, Meet Director, for results).

### Texas Girl's High School Meet 16 Apr 88

105 lbs.	SQ	BP	DL	Total	
D. Stephenson	225*	75	225	525*	
R. Crockett	155	10*	235*	480	
R. Crockett	155	85	210	480	
114 lbs.	D. Marshall (OU)	280*	115*	275*	670*
L. Purley	215	105	220	540	
L. Knutson	205	100	230	535	
K. Buchanan	205	100	230	535	
123 lbs.	N. Marchal	240*	115*	280*	635*
R. DeGoven	185	85	230	500	
S. Bonner	185	85	230	500	
J. Quatroz	165	105	210	480	
132 lbs.	S. Barth	220*	105	255*	580*
S. Barth	190	105	205	500	
S. Tidwell	185	85	220	490	
W. Calvert	165	110*	200	475	
N. Payne	135	85	200	420	
148 lbs.	I. Ayala	290*	100	290*	680*

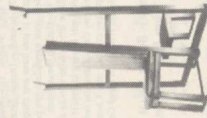
### Central Louisiana Bench Press 9 Jul 88 - Pineville, LA

Women's Division  
165 lbs.  
B. Tarver 185\*  
L. Davis 180  
C. McElroy 165  
Masters Division  
198 lbs.  
L. Purley 335\*  
L. Knutson 260  
220 Subgriffa 380  
Open Division  
123 lbs.  
S. Halpen 225\*  
132 lbs.  
S. Halpen 225\*  
S. Ryan 225  
H. Lemaine 230  
148 lbs.  
M. Johnson 290\*  
B. Whitehead 275\*  
M. McElroy 405  
415\*  
405  
out-thanks to all those who helped in this event. Our sponsor, 1st Security National Bank, the Judges, Mel Lacour, Jim Starr, and Duane Masters of Ceremonies, Debbie Carroll, and the Leaders, Darrell Carter and Russell Pope. (Thanks to Marvin Hall for results).



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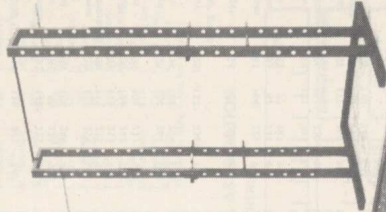
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**Hawaii Weightlifters Shoppers Bench Press Classic**  
17 Jul 88 - Honolulu, HI

Open Division	350
N. Ho	260
M. Lockfield	265
148 lbs.	181
K. Kawabata	270
S. Sato	275
165 lbs.	198
L. Kahala-BL	390
L. Kato	390
B. B. Quinn	390
198 lbs.	315
C. Ishihara	315
220 lbs.	315
D. Apuna	385
275 lbs.	475
C. Williams	490
H. Ahloio	490
242 lbs.	480
M. Waihele	480
Teenage Division	114
114 lbs.	114
K. Ito	275
132 lbs.	285
K. Otogiri	185
165 lbs.	285
132 lbs.	315
181 lbs.	315
L. Villalora	175
198 lbs.	315
M. Young	200
F. Wakakuwa	330

**Most Outstanding: Open Lifter-\$500.00, Novice Lifter-\$300.00, Teenage Lifter-\$200.00.** The competition was held at the Hawaii Athletic Club, Kailua, Hawaii. (Thanks to Sam Kellison, Hawaii Weightlifters Shoppers for results)

**APF PAC Bench Press Championship**  
23 Jul 88 - Brooklyn, NY

Teenage	355a
S. Mariani	300
J. Kaplan	340b
C. Russell	270
150 lbs.	245
S. Batts	275
G. Lewis	405
C. Mirabile	360
B. Grater	100
198 lbs.	100
M. Zimberg	578
440 attempt	578
P. Genick	335
255	242
J. Carl	235
162 lbs.	235
R. Salmeron	55d
J. Kaplan	340

**Most Outstanding: Open Lifter-\$500.00, Novice Lifter-\$300.00, Teenage Lifter-\$200.00.** The competition was held at the APF PAC, Brooklyn, NY. (Thanks to Sam Kellison, Hawaii Weightlifters Shoppers for results)



**Bench Winners** from the Hawaii Weightlifter's Shoppers Bench Press Classic include, left to right, Chad Ikeri (Teen), Carl Waihele (Novice), and Lance Rabakal (Open). Thanks to Sam Kellison for this photograph.

**APNYS Teenage Record** 18-19 yr. olds, 181 lb. class, record of 200 lbs. set by Steve Genick. The first ever sanctioned meet at Paradise Athletic Club of Brooklyn, NY drew a competitive A-couple of bench pressers. A couple of lifters were present. A couple of lifters were present. A couple of lifters were present.

W. Gidder	424	319	501	1245
V. LaSosa	435	292	457	1185
K. Elmore	275	248	380	903
181 lbs.	551	297	463	1532
T. Mehl	335	330	644	1302
T. Wiseman	355	270	529	1322
198 lbs.	688	467	705	1862
J. Johnson	519	314	522	1492
R. Davis	474	319	424	1218
R. Gosha	418	292	440	1151
D. Nostriant	220	185	264	669
148 lbs.	448	463	804	2116
J. Walker	451	303	518	1273
242 lbs.	771	501	705	1978
F. Patterson	373	402	600	1576
E. L. Ross	848	501	804	2155
275 lbs.	705	463	627	1846
L. Ross	628	485	435	1548
S. Simpson				
Women				
123 lbs.	259	137	306	732
K. Adams	270	93	224	522
132 lbs.	170	99	231	501
B. Anthony	392	132	303	727
148 lbs.	286	143	297	727
T. Burney	264	115	292	672
L. Harrison	453	198	341	963
148 lbs.	189	110	214	507
E. Kost	264	110	264	639
C. V. Torres	195	115	292	582
165 lbs.	154	148	275	578
D. Estrum				
M. Flora				

**1 May 88 - Ft. Hood, TX**  
Total 457 281 457 1196  
B. Adams 248 237 325 810  
K. Mettler 341 297 424 1063  
K. Martin 275 248 341 865  
M. Felicity  
162 lbs. 562 330 518 1410  
Q. Guzman

**Ft. Hood Meet**  
1 May 88 - Ft. Hood, TX  
SQ BP DL Total

**Open**  
B. Adams 457 281 457 1196  
K. Mettler 248 237 325 810  
K. Martin 341 297 424 1063  
M. Felicity 275 248 341 865  
162 lbs. 562 330 518 1410  
Q. Guzman

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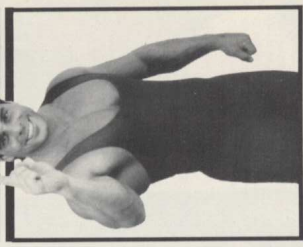
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Women's Open Division	Women's Novice Division	Men's 114 lbs.	Men's 132 lbs.	Men's 150 lbs.	Men's 175 lbs.	Men's 205 lbs.	Men's 245 lbs.	Men's 295 lbs.	Men's 345 lbs.	Men's 405 lbs.
1. Heber 325 2. Clark 295 3. Morgan 275 4. Williams 265 5. Hill 255	1. Pierrosi 320 2. Clark 285 3. Morgan 270 4. Williams 260 5. Hill 250	1. Pierrosi 320 2. Clark 285 3. Morgan 270 4. Williams 260 5. Hill 250	1. Pierrosi 320 2. Clark 285 3. Morgan 270 4. Williams 260 5. Hill 250	1. Pierrosi 320 2. Clark 285 3. Morgan 270 4. Williams 260 5. Hill 250	1. Pierrosi 320 2. Clark 285 3. Morgan 270 4. Williams 260 5. Hill 250	1. Pierrosi 320 2. Clark 285 3. Morgan 270 4. Williams 260 5. Hill 250	1. Pierrosi 320 2. Clark 285 3. Morgan 270 4. Williams 260 5. Hill 250	1. Pierrosi 320 2. Clark 285 3. Morgan 270 4. Williams 260 5. Hill 250	1. Pierrosi 320 2. Clark 285 3. Morgan 270 4. Williams 260 5. Hill 250	1. Pierrosi 320 2. Clark 285 3. Morgan 270 4. Williams 260 5. Hill 250

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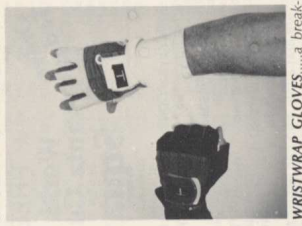
IF UNDER 18 MUST BE ACCOMPANIED BY PARENT OR GUARDIAN AND SIGNATURE IN THE AREA OF PARENT/GUARDIAN IS REQUIRED.

CONFIRM THAT THE ABOVE ANSWERS ARE CORRECT AND COMPLETE IN ACCORDANCE WITH THE RULES OF THE A.P.F./A.M.P.F.

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## ADEFA Potomac Nationals

Table with columns: Name, Age, Weight, and Performance metrics (SQ, BP, DL, Total). Includes names like C. Conner, C. Crafton, D. Baker, etc.

## ADFEA Potomac Nationals

Table with columns: Name, Age, Weight, and Performance metrics (SQ, BP, DL, Total). Includes names like C. Conner, C. Crafton, D. Baker, etc.

## ADFEA Liberty Univ. Championships

Table with columns: Name, Age, Weight, and Performance metrics (SQ, BP, DL, Total). Includes names like L. Hunter, P. Buentz, etc.

## Tygart Valley Open Bench

Table with columns: Name, Age, Weight, and Performance metrics (SQ, BP, DL, Total). Includes names like R. Velez, M. Demery, etc.

## New England States Bench Press

Table with columns: Name, Age, Weight, and Performance metrics (SQ, BP, DL, Total). Includes names like D. Sujdak, M. Smith, etc.

## Greater Peoria YMCA/ADFEA Central USA Open Bench Press III

Table with columns: Name, Age, Weight, and Performance metrics (SQ, BP, DL, Total). Includes names like D. Taylor, J. McCloud, etc.

## New England States Bench Press

Table with columns: Name, Age, Weight, and Performance metrics (SQ, BP, DL, Total). Includes names like D. Sujdak, M. Smith, etc.

## Spanish Championships

Table with columns: Name, Age, Weight, and Performance metrics (SQ, BP, DL, Total). Includes names like R. Lopez, A. Vela, etc.

is one of the few 114 lb.ers on the scene at this time. American record BP holder Donald Kob...  
and the LW's, Stewart Carville won his very first 14...  
place victory by winning the 220's. Steven...  
to say won him the Outstanding Lifter Award for...  
the HW's, Jack Shuck from Nitro, WV, won the...  
275's as he edged out Britt Beasley a newcomer...  
ed in the 275 Open. (Beasley's name was added...  
ble in both the Master's and Open...  
Category. Last but not least, Matt Pownski of...  
his best lift was in the W.Va. teenage powerlift...  
ing record holder in the 275's, Willie Williams...  
pre-attending "Physique" contest. He had a successful lift of...  
repositions. I must emphasize once again what...  
safety-related event that is next year someone...  
there in Fairmont in 1989. (Thanks to Paul Sui-...  
phin for results and reports.)

Meet Director: Tim Slumick, Officials: Paul Sui-...  
phon, John Wilk, Mike Nick, Outstanding Lifters:...  
Donald Robbins and Steve Hamilton. For the se-...  
cond year in a row, Tim Slumick hosted one of...  
the best meets in the country. The meet was...  
the site for the competition and to say the...  
least, this facility may be one of the most...  
elaborate training gyms in the entire East. Now...  
trants in the Women's Division, their perfor-...  
mance captured a great deal of attention as...  
they have become a large part of the meet...  
ing. WV continues to improve and as a result...  
won 1st place in the Master's Division. Rommie...  
containing the Teenage Division. Behind Rommie...  
was Joseph Skursky and once again Stewart Car-...  
side in 3rd place who also lifted 2 weeks prior...  
In the Open for the 2nd year in a row, Ben...  
ling the 194's for the 2nd year in a row. Ben

Power Rack...  
Bench set in...  
Home gym set...  
All equipment is custom...  
manufactured at no extra...  
charge. This is the best hard...  
core heavy duty weightlifting...  
equipment you can buy! If you...  
have any questions about any...  
equipment, please call!

ADFEA Liberty Univ. Championships...  
2 May 88 - Lynchburg, VA...  
132 lbs. L. Hunter-1 270 150 365 785  
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West Virginia Baseball Championships

Table listing West Virginia Baseball Championships with columns for Division, Date, and Winner.

Power Publicity

...Dave Brem of Vesper, Wisconsin was the only winner from the central Wisconsin area at the 1988 Wisconsin Men's and Women's Open ADPPA Championships.

After the many articles he has been able to generate in his neighborhood paper, he usually gets it the first round or third page of the sports section.

Table listing winners and scores for various events like '220's editing out Boss Smith', '195 350 545', etc.

Queen City Open

Table listing Queen City Open results with columns for Player, Score, and Position.

Table listing California Firefighters Olympics results with columns for Name, Score, and Position.

Table listing L.L.I. Powerlifting results with columns for Name, Weight, and Score.

Pro Football

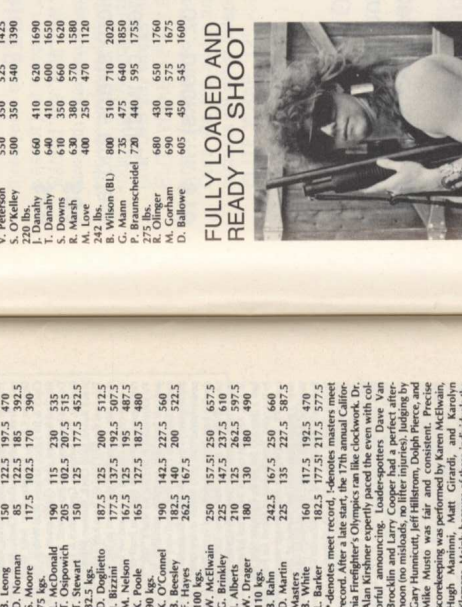
They are not the flashy, million dollar bread earners of the NFL, but they sport 14 karat gold NFL rings.

Not everybody had such a good trophy winner from Boston College, struggled through each event with the perseverance of a true athlete.

Table listing 1988 Strongest Man in Football Competition results with columns for Player, Weight, and Score.

FULLY LOADED AND READY TO SHOOT

Where Were You Shot? - 1988 USPF Women's Nationals, 1988 USPF Natural Nationals, etc.



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KORRECTIONS

Ohio State Teenage Championships, J. King was mistakenly listed as J. King in the 242 lb. class.

Another hometown favorite Bob Taylor won the Ohio State Teenage Championships, J. King was mistakenly listed as J. King in the 242 lb. class.

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