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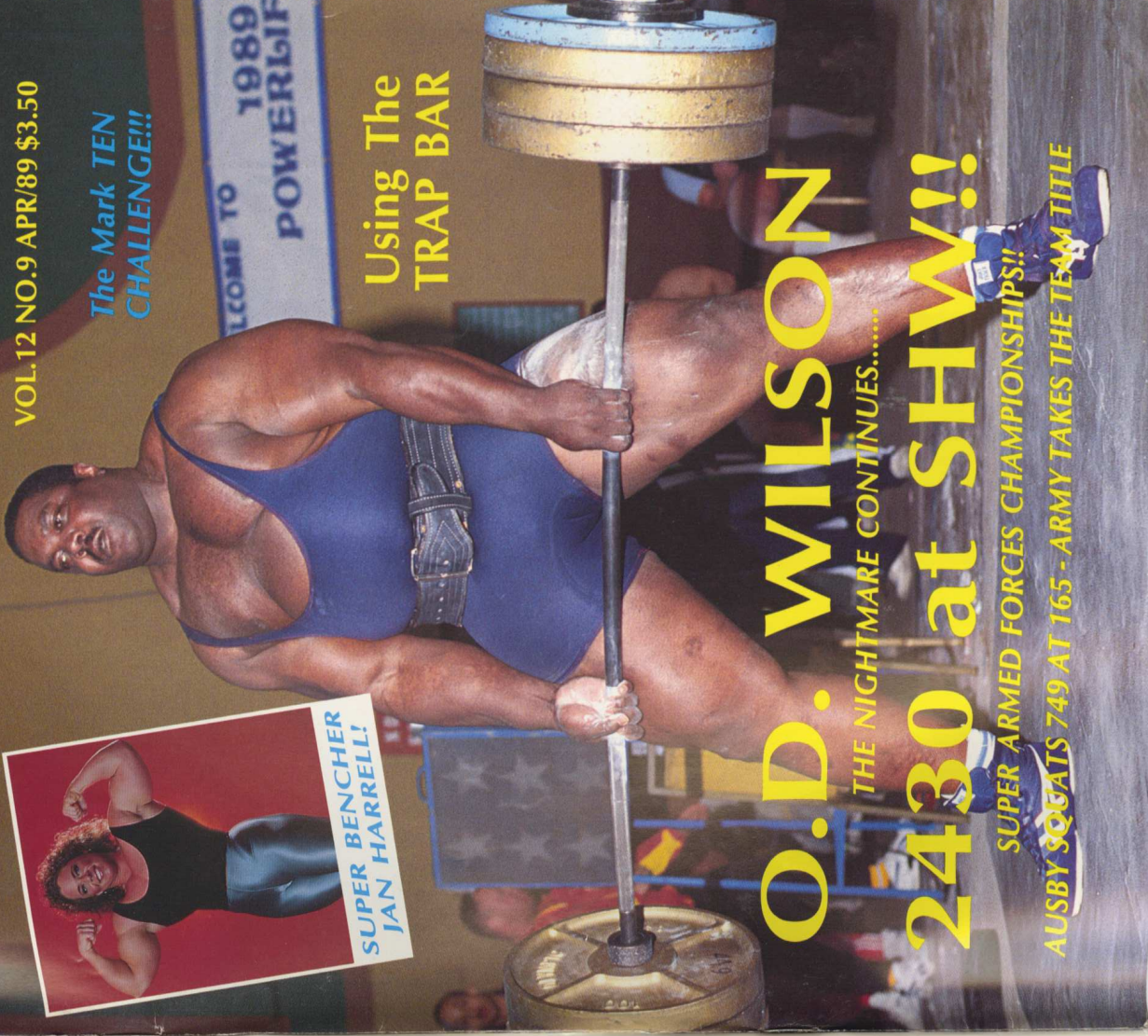
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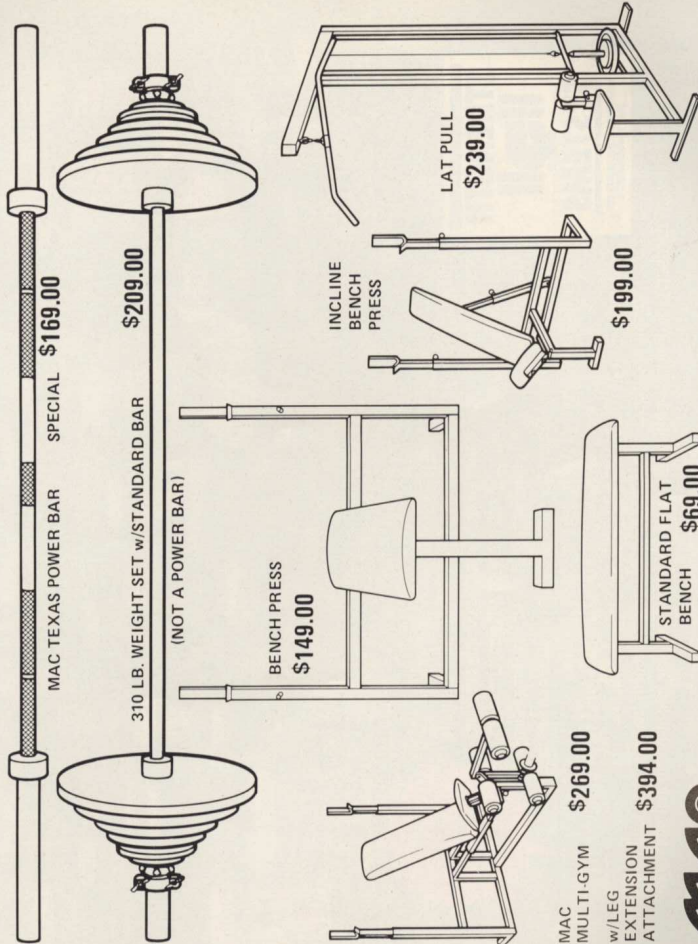
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ON THE COVER...O.D. Wilson on his way to the biggest total in history, inset of Jan Harrell taken by Ralph DeHaan  
NEXT MONTH...the ADFFA Lifetime Drug Free Nationals

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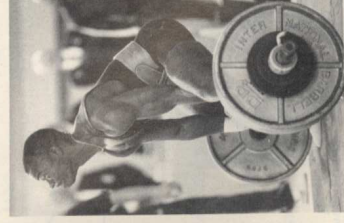
# ARMED FORCES CHAMPIONSHIPS as seen by Mike Lambert

The annual clash of our nation's military powerlifting teams was hosted by the United States Navy this year, through the good works of Athletic Director Marty Winfield and his assistant Tim McMahon at the Long Beach Naval Station. Gymnasium Four full teams, eleven men each, with no substitutes allowed, representing the Navy, Marine Corps, Army, and Air Force, took the field. This idealized, head-up team format is steadily bringing the best out of individual military powerlifters, and producing accomplished team players for the USA's international outings.

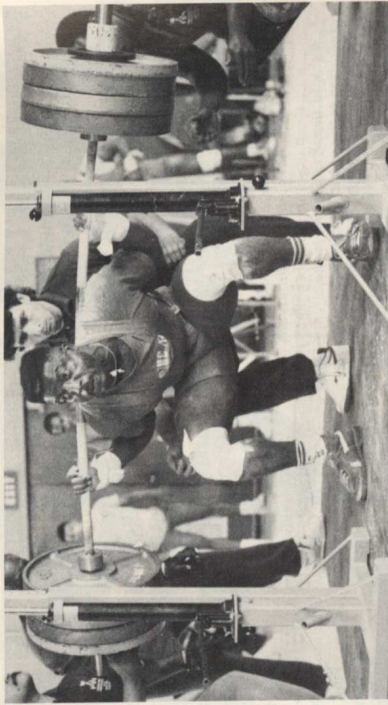
The team title is the target and tremendous amounts of pride are on the line. With a 5-3-2-1 scoring system, nearly every lifter contributes to the ferociously contested end result. If only one lifter bombs, the whole team's chances for victory are almost certainly shattered. Each of the teams is funded and supported according to the unique priorities of each branch of the services, and the Army, in particular, had been looking at some deep cutbacks, which did indeed affect O.D. Wilson's ability to travel to Perth for his I.P.F. SHW title. The physical skills of the team athletes are matched by the coaching skills of their handlers: Sean Scully/Ray Long, Air Force; Abe Roman/Marine Corps; Steve Murdoch for the Navy; and Jim Hart/Bruce Takala for the Army. They worked with their men and each other at the highest level of sportsmanship and integrity.

In the 114s, Garcia (former Marine) started an early Army surge, with precise attempts that kept his teammate Roosevelt Thomas reaching too far on his 3rd attempts.

Bobby Adams felt out this new weight class only a couple of weeks before, but he still peaked perfectly



**On Fire** the Army's Bobby Adams scorched earth en route to the 123 title. We miss-identified Bobby in the report of last year's competition.



**Ausby Alexander... dipped with this, all time best squat of 749 pounds in the Middleweights and rode it right up.**

In the 181s, Sly Anderson and Mike Barber came in with almost identical starting attempts and the focus was on them from the beginning. Sly met this challenge as well on a 4th attempt. 1988 ADFFA National Champ Herb Blake, representing the Air Force, was a frustrated 3rd. In the 132s, the Air Force made a move into the vacuum left by injured J.D. Carr of the Marine Corps, but Taylor came up injured as well, and managed no more than an opener in the deadlift. Ken Westbrook had squatted 540 only a few days before in taking the U.S.P.F. National Nationals title, so his record setting 552 (1/2 kilo washers for record purposes were available) was even more remarkable in the eyes of Coach Sean Scully. The Navy's tall and lean Bernard Johnson showed special potential in his own right.

In the 148s, the Army marched on, ward, with Taoy's well chosen and massive poundages, followed by Calliver's solid second place finish. Navy's hopes were boosted by Paison's tremendous benching and fine 3rd place total, over the ever smiling Marine, Charles Lawson, a veteran of many such contests.

At 160, Ausby Alexander was geared up for this meet like no other before. He squatted the weights as if they were plain resistance, and the judges didn't like his 722. He took 749 just a little bit lower and got the desired response from the crowd. Ausby is now doing things the hard way. He has to become the first middleweight to squat 800. He hoped for the all time best total in this class as well, but crumpled up on his last bench, and the uncharacteristically cool evening weather kept him crumpling up in the deadlifts. 710 moved up nicely, but he had to stop short with it and lay it back down.

The Army's Mike Hancock lost his last squat on time, but also appeared injured, and his 672 deadlift was an heroic effort to get some points away from the Air Force. A guided of the Marines was injured just before the meet or he might have mixed it up with these guys as well.

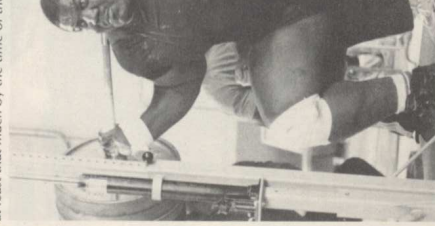
Armed Forces Championships/15, 16 Feb 89/Long Beach, CA											
	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
H. Garcia-A	374	386	413	214	225	235	639	380	402	413	1052
R. Thomas-A	358	380	402	209	225	236	606	396	418	451	1025
J. Dier-AF	275	325	352	192	203	225	578	325	354	374	903
B. Adams-A	429	462	485	281	303	314	777	437	490	507	1284
D. Pattaway-AF	429	479	501	214	225	236	705	490	514	578	1240
H. Blake-N	451	479	485	248	264	279	716	451	499	499	1168
C. Clark-N	375	375	319	203	220	231	540	352	374	402	914
I. Taylor-AF	440	440	468	308	325	336	804	501	523	523	1306
K. Westbrook-AF	451	523	551	225	237	242	788	451	485	518	1273
P. Weber-MC	352	402	440	264	281	297	722	396	424	435	1157
B. Johnson-N	341	369	391	203	220	231	540	352	374	402	914
M. Taoy-A	545	573	600	341	358	374	972	518	540	552	1537
J. Calliver-A	447	499	515	264	281	297	832	518	540	552	1537
A. Rollinson-N	440	440	468	308	325	336	804	501	523	523	1306
W. Lawson-MC	429	462	485	281	303	314	777	437	490	507	1284
C. West-AF	523	523	540	292	325	325	832	479	523	534	1366
165 lb.											
A. Alexander-MC	672	722	749	380	402	413	1151	683	749	749	1835
M. Hancock-A	567	644	644	352	369	374	958	589	606	622	1559
R. Thomas-A	440	440	468	308	325	336	804	501	523	523	1306
D. Muniz-N	440	473	512	330	347	363	859	407	429	429	1289
A. Destroches-N	424	462	473	242	259	270	733	473	518	534	1267
181 lb.											
S. Anderson-MC	699	744	774	413	429	435	1173	705	722	733	1907
M. Barber-AF	699	733	755	413	429	440	1172	705	722	733	1907
A. Rollinson-N	501	562	562	303	319	341	843	544	534	573	1377
198 lb.											
G. Bell-AF	777	771	810	507	523	529	1339	722	744	755	2094
R. Pittman-AF	733	771	793	501	518	529	1300	733	766	793	2066
S. Murdoch-N	622	666	699	429	441	452	1052	661	705	710	2000
G. Ferstler-N	607	644	699	402	418	434	1118	601	600	600	1719
G. Pampalin-N	607	639	650	402	435	435	1036	601	645	567	1581
220 lb.											
S. Grogins-A	755	826	887	451	468	479	1306	755	810	837	2116
J. Carroll-MC	705	744	774	446	485	504	1229	755	771	799	2028
D. Caldwell-AF	650	699	716	402	418	434	1118	601	600	600	1719
G. Pampalin-N	600	644	644	402	435	435	1036	601	645	567	1581
J. Bombardier-A	744	804	832	468	490	501	1333	716	738	760	2094
R. Patterson-A	705	744	774	446	485	504	1229	755	771	799	2028
M. Drew-AF	749	804	832	473	496	513	1333	766	716	716	2000
275 lb.											
G. Ward-AF	744	832	832	468	507	518	1262	649	815	884	2077
R. Stewart-MC	837	854	865	468	490	490	1322	755	771	771	2077
G. Ward-AF	672	710	733	429	462	479	1212	661	699	733	1912
D. Smith-MC	661	694	740	402	424	435	1118	661	694	740	1813
SHW											
I. Teaton-N	865	925	1003	479	529	551	1554	755	848	876	2430
1. Teaton-N	600	650	650	350	374	380	1030	507	531	584	1669

back problem brought on by an earlier attempt to convert to conventional style. He hadn't pulled heavy for weeks, but Dr. Sal Arma, the 1984 USOC Team Chiropractor for the Olympics, had O.D. up to Santa Barbara for some very effective treatments. O.D. looked bigger than ever, harder, and more muscular. His arms would make a great set of legs for any 198 pounder, and his traps look as if cannonballs are buried in his back. Referee Don Hasley went to weigh O.D. in, and the big man clambered off quickly, when the lights starting flashing. "Did I break it?" No, O.D. probably just stunned it. 380 was the world record in the total before the contest, but was expected to squat at least into the mid 9s. He remarked about Ware's lifting 2427, only days before, and how he had once

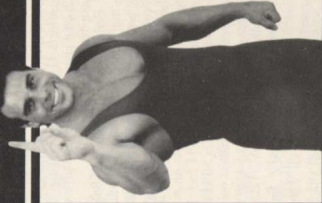
met Kaz and been so impressed with his incredible musculature as a Superheavy. O.D.'s squats were so strong. He had promised Ausby that if Aus got a record squat, O.D. would put 1000 on his back and go for it as well. He did and the lift was such that it was hard to tell how much more he might have in him. He squats upright, bar high on the traps, and depth is no problem. The 1003 actually weighed out (officially by Don Hasley) around 1002 and will go into the books as a new USPF American record, replacing Lee Moran's name. O.D., with the prompting from "message to Lars" with his 551 (actual 552 for an Armed Forces record), namely that O.D. has gotten his bench back. Apparently a bunch of the Swedes down in Perth told O.D. that Noren was going to come back next year and kick his butt, and



**2500 in 1990?** with all his lifts up, even his bench, O.D. is hoping for at least that much by the time of the 1990 Hawaii Record Breakers meet.



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



O.D.'s eyes lit up like when he was after Mike Hall. Actually, we hear Noren is beginning a bit of a comeback now, with 837, 485, 804 at a recent club contest.

After O.D.'s bench, the cognosciti were calculating how much he needed to go 2430 for a new all time total record. He nailed down 2400 first, then went to it. Preceded by the previously quiet crowd, the final pull for the record was tough, but he just kept pulling up and back until there was finally no further he could go. There was a moment of shock as the lights went on, and then O.D. started to dance, and then the switchboard at Dr. Richter's office got overloaded. 2430 now and who knows how much more at the Senators, the Worlds, Hawaii?

Ausby Alexander (USMC) took the coveted Champion of Champions award, but the Army, with seven 1st places, set a new record of 46 team points in taking the overall award. All of their lifters won medals, and the Air Force's Sean Scully had to admit they deserved each and every one of them. Bruce Takala and Jim Hart did a tremendous job and beat off every challenge, even the close ones. Sean did point out that the Air Force still leads the seven year series of this championship, with 3 victories to 2 each for the Army and Marine Corps. If Sean can dig up a good Super and a 140er by next year, he hopes to coax that lead. Now, in together for these guys will team up together for the USPF Seniors. John Black will have to have a great team to beat them.



# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Biomechanics of Powerlifting Series, Vol. 2, No. 1

## SPEED KILLS EVEN AT 5 MILES PER HOUR!

by Thomas M. McLaughlin, Ph.D., Biomechanics Inc.

This past weekend I was reminded of the critical importance of speed in Powerlifting. This important technique factor was very evident in the performance of the young Powerlifters I watched competing in this year's excellent Georgia 1 teenage meet put on by the fine group at Stack's Gym in Acworth, GA.

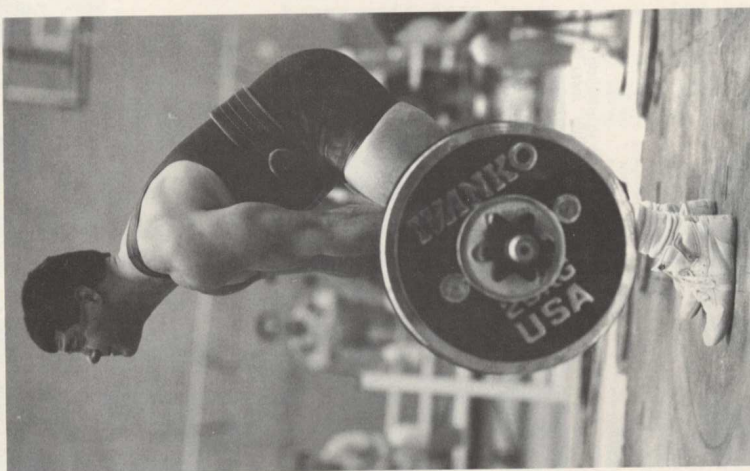
The importance of speed (vertical bar velocity) is especially critical during the lowering portion of the bench press and squat. Letting the bar speed up too much in either lift greatly affects: (1) how much you can lift, (2) your chance of injury and (3) even your training progress.

Perhaps most importantly, though, is that it doesn't take much in the way of bar speed to wreak havoc in these three areas. The lowering speed of the bar by world champions in the bench press and squat is on the average value of about 1.35 MPH (6). Increase this speed to 3.5 MPH (6), we've often seen in Powerlifters, we've analyzed with the POWERCOACH 2000 analysis) and it spells trouble. Let's take a look at these three effects of SPEED EFFECT #1.

How much you lift in the bench press or squat depends, in large part, on the speed you let the bar reach as you lower it during your lift. Studies we did years ago (ref. 1) proved very clearly that reducing the speed and acceleration of the bar on the way down, actually reduces the force you must exert to bring the bar to rest/reverse direction before the push upward.

Companions of world champions and intermediate caliber Powerlifters showed that world champions had to exert only 12% more than the bar's weight to stop the bar versus 49% for the less skilled. The difference in letting the bar speed up too much on a 300 lb. bench press means having to exert 336 lbs. or so for the champs, versus over 447 lbs. for the intermediate lifter, in order to slow the bar down to rest on the chest. The weight loaded on the bar is not the only weight you have to worry about! It is obvious, then, that by uniformly lowering the bar more slowly, at 1 MPH or so, you can reduce the force you need before the upward phase of the lift. Since you typically need to exert most of this "stopping" force near the bottom of the lift, it fatigues your muscles just at the same region of muscle lengths where maximal force is needed for the drive upward.

In our POWERCOACH 2000 analyses, we have found that most inexperienced lifters in the squat and bench press reach their greatest bar speed somewhere during the first 6-8 inches of descent. A color graphics symbol shows up on the bar path to indicate where along your lift path you reach maximum speed on the way down, as well as on the way up.



Analysis of lifts by the POWERCOACH 2000 system merely requires a video to tape the lifting at a competition from the side. See the ad for Dr. McLaughlin's POWERCOACH 2000 system on page 36 of this issue.

Better lifters reach this maximum speed lower in the lift, typically mid-way down. So, be careful to vary slowing the bar down from the very beginning of your lift!

Perhaps the most frequent cause of injuries in lift is also due to allowing the bar speed in the bench press and squat. We've all seen the bench press injuries in ourselves) and our group has even analyzed this effect in meet situa-

to be filming meets when an injury occurred, the bar's speed and acceleration was often as high as eight times greater than in past record attempts by the same lifter. Beware in the "heat of competition" of letting bar speed increase and letting your technique get out of control. It can have devastating consequences!

SPEED EFFECT #3: Your training progress depends more on speed than most people think. In fact, this is the most overlooked area for most lifters, since we think we don't have to worry as much about speed when using lighter training poundages. WRONG! WRONG! WRONG!

In the "old" days, when we didn't have POWERCOACH 2000 technology and had to use high speed film, analyzing all the reps in a set took weeks to do. While I had always believed that most lifters used simpler technique in their rep sets, it wasn't until I recently analyzed lifters doing, for example, 10 repetition bench press sets that I saw just how sloppy we are in set training. The biggest problem in set training has to do with, you guessed it, the speed in lowering the bar. Even though the maximum, the loads on the shoulders in a bench press or on your knees in a squat when going too fast are enormous. It's fascinating that most lifters I've talked to over the last two decades have said that many of their injuries have come during repetition sets. Wonder why!

WHAT TO DO: Above all, watch your speed as you lower the bar in the bench press and squat (and start doing this in the first 6-8 inches too). Even better, have your lifts analyzed with, for example, POWERCOACH 2000 to be sure that your bar speed during the lowering phase peaks at about 1 MPH or so and reaches it's maximum value mid-way down the bar's path (i.e., later in the lift).

To do so can help you in all three areas we've discussed where speed kills you...so you can lift more weight, reduce your injuries and keep your training progress moving along!

I appreciate the overwhelming response to our article and articles month on the POWERCOACH 2000 analyses. Hopefully, we can use this lifting technique technology to help all of us lift better and safer and with several meets aside the coming try planning. Hopefully insure that lifters can have this technology available, should they want it, at all times they need it most, when it's all on the line at a meet!

REFERENCES:  
(1) McLaughlin, T.M., *Bench Press More Now: Breakthroughs in Biomechanics and Training Methods*, 63pp., 1984.

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Nature's Best PERFECT program is a total family of amino acid supplements, offering superior growth due to the synergy of two factors. The biologically-ideal formula is derived from hydrolyzed egg albumin, the protein source proven to be utilized more efficiently by the human body than any other type. Plus, its exclusive blend of free form and peptide bond amino acids results in superior retention.

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Government tests prove: Egg albumin's higher Protein Efficiency Ratio (P.E.R.) builds 40% more mass than casein (milk protein); it also outperforms fish and beef as a growth source.

In feeding tests, egg albumin produces maximum growth. Plus, it's the protein source best used and digested by the body. Unduplicable blend of free form and peptide bond amino acids guarantees superior retention.

Well documented research has shown that amino acids in various forms offer different advantages—all vital to bigger, faster growth.

Free form amino acids, in the form of single, readily-absorbed molecules, are retained faster and more evenly, while peptide-bond-linked amino acids are retained more fully.

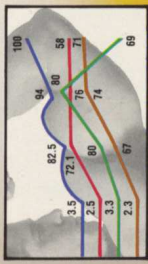
How to get 24-hour Muscular-Acceleration with the PERFECT program:

A.M. (Active Muscularization):

- Start the day with the PERFECT Metabolic Optimizer drink mix with Dibencozide
- At intervals, take the Tablets, each 1500mg. of highest-potency amino acids.
- Snack on the vitamin and mineral-loaded, fiber-enriched Chocolate Bar. Only 200 calories, it's 12,000mg. of amino acids spur growth any time.

P.M. (Passive Muscularization):

- Post-workout, take the refreshing PERFECT Amino Acid Drink Shoot. 16,000mg. of quickly-absorbed liquid amino acids to broken-down muscle fibers for rebuilding.
- At intervals, as well as at bedtime, take the tablets, for continuous muscle growth.



A. P.E.R. (Protein Efficiency Ratio)  
B. N.P.U. (Net Protein Utilization)  
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D. Chemical Score



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Developed in the lab.  
Proven in the gym.



# INTERVIEW

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

## JAN HARRELL interviewed by DOUG DANIELS



JAN HARRELL...has developed an incredible amount of functional muscle mass. (Ralph DeHaan photo)

**Doug:** How did you become interested in weight training?  
**Jan:** During college I weight trained for crew and swimming. Following college, I found myself looking for an outlet and joined a gym. It was there that I met my husband, Paul, who introduced me to powerlifting. I have been powerlifting, off and on, for 4 years. The first time I benched, I did 155 pounds at a bodyweight of 138. Two months later, I did 200. After nine months of training, I benched 300 at a bodyweight of 160.

**Doug:** You are regarded as the best female bench-er of all time and have best benches in 4 weight classes from 165 to super. Which one gave you the most satisfaction and why?  
**Jan:** The lift I achieved at the 1988 YMCA Nationals of 365 pounds in the 165 pound class. I feel especially proud of that lift because it is my personal best in a coefficient relation.

**Doug:** What are your goals in lifting for the next year or so?  
**Jan:** My lift in this year's USPF and APF Nationals in the 181 pound class. I would like to bench 400 pounds and then surpass that with between 425-450 pounds. Then, for my training towards a bodybuilding, I want to lift in a full year for my total.

**Doug:** Who has had the greatest influence on you in weight lifting?  
**Jan:** My husband Paul, who also doubles as my training partner. He's helped me realize my potential.

**Doug:** Could you give me a layout of your training program 8-12 weeks prior to a meet?  
**Jan:** I train every day, encompassing a push-pull leg on four week training cycles, where I do singles every four days, one week may look like this:  
Monday: Bench 135 x 3, 225 x 2, 295 x 1, 355 x 1, 370 x 1, Accessory Work - Cambered Bar BENCHES, Presses Behind the Neck, DB Flies, Pec and Shoulder Work  
Tuesday: Deadlift 135 x 3, 225 x 2, 315 x 1, 405 x 1, 495 x 1, Accessory Work - Back, Trap, and Rear Delts.  
Wednesday: Arms - Biceps and Triceps.  
Thursday: Squat 135 x 3, 225 x 2, 315 x 1, 405 x 1, 495 x 1, Accessory work - Leg and Calf Exercises.  
Friday: Bench 135 x 3, 225 x 2, 295 x 1, 360 x 1, 375 x 1.  
Saturday: the process would start over again. I'd rest the Friday before the meet on Saturday and be back in the gym Sunday.

**Doug:** How do you see the future of Women's Lifting?  
**Jan:** Because of the dividends, most women prefer bodybuilding, but with better contest promotion and renewed media interest from TV, Powerlifting could attract a larger following. I think we'll see women squat 750+, bench 500, and deadlift 750 by 1999.

**Doug:** Do you have any advice for women lifters?  
**Jan:** Don't limit yourself to the standards of the past. Emcompass plenty of accessory work to ensure a good base for your lifting.

**Doug:** Are there and lifters, men or women, whom you admire?  
**Jan:** I consider Mary Jeffrey and Ed Coan today's premier lifters. I also admire Don Reinhardt, Bill Kazmaier, Sam Sarnatego, and Lemmy Bank.

**Doug:** What do you and your husband do for a living?  
**Jan:** I'm working towards my Master's Degree in Special Education. My husband, Paul, works in Research and Design. We live in San Diego and have been married for 5 years.

# STARTIN' OUT

A special section  
dedicated to the  
beginning lifter

Confronted with Metabolic Op- timizers, Phometrics, Cycloleml, G.H. Releasers, Compensatory Acceleration, Negatives, and well over 1000 possible exercises (if you don't believe me, read Keys to the Inner Universe by Bill Pearl), it is no wonder that someone starting weight training can become overwhelmed by the apparent complexity of it. On an advanced level, weight training can be extremely complicated, but for beginners there is no need for this to be the case. The most important thing beginning lifters must learn is that there is not substitute for hard work. No pro- duct, routine, or supplement will ever produce gains without you busting your butt in the gym.

Too often beginning lifters mistake lengthy workouts for hard work. Actually, the opposite is true. Hard work does not re- quire great amounts of time. Try- ing to work out hard the entire time you are in the gym is the key. Most beginners would make very good progress training 1 hour a day, three days a week. Any more would bring on an overtrain- ed state.

Beginning lifters would do best to concentrate on basic exercises such as Squats, Benches, Deadlifts, Bent Rows, Military Presses, Barbell Curls, Leg Curls, and Crunches. Forget about isolation exercises as Con- centration Curls, Side Laterals, and others. Remember that you are training to become a powerlifter and not a bodybuilder.

When it comes to eating, there is not need to go to any ex- tremes right at the start. So long as you eat 3 or 4 meals each day, and try to eat good, wholesome foods, you will make good gains. Try to stay away from junk foods and sweets, though. These foods have little in the way of nutrition, you may also want to take a multi-vitamin and maybe some protein powder.

As a powerlifter, you must always try to get enough sleep. This

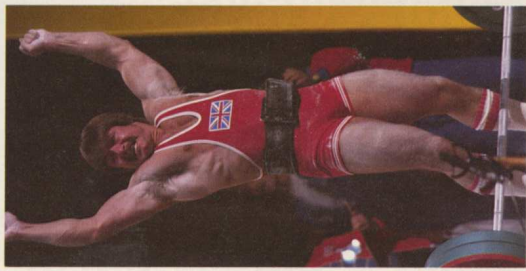
doesn't mean 12 hours a night, though. Too much sleep is almost as bad as too little. 7 to 9 hours a night is probably the average for most lifters.

I'd like to recommend a good program for the beginner who has been training less than a year. It requires very little equipment, but has proven very effective in building strength. This routine can be followed straight up until eight- twelve weeks before your first contest.

**Monday & Friday:** Squat 3 sets of 6 to 8 reps, Leg Curls 3 sets of 10, Bench Press 3 sets of 6-8, Dips 3 sets of 8, Bent Over Rowing (Barbell or One Dumb- bell) 3 sets of 8, Crunches 2 sets of 20.

**Wednesday:** Deadlifts 3 sets of 5, Military Press 3 sets of 8, Barbell Curls 3 sets of 10, Crun- ches 2 sets of 20  
Just remember: THERE ARE NO SUBSTITUTES FOR HARD WORK! If you have any ques- tions or comments about this ar- ticle, you can write me at the following address:

ERIC HAFENER  
410 Harborside Ct.  
Monroch, NY, 11955



TOP LIFTERS almost always begin their careers with very simple training programs

# WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For example, the lift of the month is the starting position of the squat. For more information, contact the author, Eric Hafener, at the address below. For example, if your lift is 600, and a starting lift for the month is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 500, multiply the poundages specified by 1.2 (600 divided by 500).

## Kirk Karwoski



No Mickey Mouse Squatter...above Kirk triples 820 preparing for his IPF World Record exceeding 870 squat under drug tested conditions at 242!

This squat program is designed to call your depth on all sets. Mainlift is a 1-1 1/2 inch depth below parallel. Upon completion of the workout, a backdown set and assistance work may be done, but are not absolutely necessary.

Wk	Training Aids	Sets
1	None	300 x 10
2	None	310 x 10
3	None	330 x 10
4	None	350 x 10
5	Belt (?)	370 x 10
6	Belt (?)	390 x 10

Wk	Training Aids	Sets
1	Belt & Loose Suit	435 x 8
2	(Same as above)	465 x 8
3	Tight Suit, & Belt, Medium	
4	(Same as above)	500 x 5
5	Loose Wraps	520 x 5
6	(Same as above)	550 x 3
7	Tight Wraps, & Belt, Meet Suit	
8	(Same as above)	570 x 3
9	(Same as above)	590 x 2
10	(Same as above)	610 x 2
		630 x 1

**MEET CYCLE**  
Training Aids  
1 Belt & Loose Suit  
2 (Same as above)  
3 Belt, Medium  
4 (Same as above)  
5 Loose Wraps  
6 (Same as above)  
7 Tight Wraps, & Belt, Meet Suit  
8 Groove Briefs  
9 (Same as above)  
10 (Same as above)

Kirk Karwoski  
2157 Hallmark Drive  
Carmbrills, Maryland 21054



# MARK 10 CHALLENGE!

as seen by **DEREK FITZGERALD**



The Mark 10 Challenge is not the World's Strongest Man competition, but it has consistently attracted a talented group of strength athletes who compete regardless of their age. In 1991, the contest was held in London, England, by Jim Lyons, Pat Sigmarsson, and Bill Kozmar. Dave Wald, Doug Furness, John Gamble and John North of Canada (Montreal, specifically) were the strength-tested in 4 grueling events with varying degrees of success. When Jean Claude Arsenault designed the contest more than 5 years ago he was upholding the great tradition of Quebec strongmen, as the contest was held in the city of Quebec. The contest was held in the name of the legendary 19th century strongman "Duke" Louis Cyr. For marketing reasons the contest name was changed to the Mark 10 Challenge to reflect the sponsorship of Rothman's Benson and Hedges cigarette manufacturers. An ironic twist of fate now places the contest's future in jeopardy, as the Canadian Federal Government Bill C-51 (discussing cigarette taxation) has been passed.

The energetic Mr. Arsenault will have his work cut out for him if this worthy contest, which has grown in international acceptance, is going to continue. As you will read, Arsenault's efforts to "internationalize" the event reached unparalleled heights this year. We have grown accustomed to strong woman teams from Great Britain and Iceland, Sweden, and the United States, and the addition of the Soviet Union from which took years of effort and words of red tape to untangle. The efforts paid off with the arrival of Vladimir Minonov and Valentin Dikol, Minonov, who participated in the 1st USSR vs USA powerlifting meet, came in at 6 foot 2 and 560 pounds with very credible lifts: 792 squat, 594 bench, and 836 deadlift. Sergey Zolotarev was to accompany Dikol, but he was unable to attend. Dikol was a late replacement, and this competition was a strength performer with the Moscow Circus, and probably does very well there, but here he was outclassed. The Canadian team was comprised of local favorite Claude Labonte, a 6'3"-300 lb. dairy farmer, and Tom Magee, three time champ in this contest and now a 6'11"-300 lb. Olympic weightlifter. The team was led by the champion Bill Kozmar made up the US on return from Iceland. Hilti Arnason returned for his 4th consecutive try at this event, accompanied by Magnus Ver Magnusson a late 25 year old powerlifter from Reykjavik, a late replacement for the injured Jon-Pall Sigmarsson who had beaten Kozmar in the World's Strongest Man contest in Hungary in 1987. The team was the big disappointment for those who had long waited for the

open bar and kitchen for the athletes and some of the media one night. Producing plates of delicious anti-pasto, and jules of pasta kept a kitchen crew busy as these big men devoured each morsel with gusto. A 5 man effort for the contest. Like usual, the down contests on "Big Bertha", a specially built lat machine in the gym where Reeves trains and where Kaz had spent some time, seminars on strength. Reeves and Kaz laughed about loading Big Bertha up with 430 pounds and banging out 15 or 20 reps. The rest of us enjoyed the stories, laughing them up as we sat in the right hand front to Kaz and watching him in the right hand of mind, when he wants to talk training, can be as rewarding as it is lucky. He isn't always as open and is the first to admit it, but when he is, one is in for a treat. Throughout all of this, the Soviets looked uncomfortably out of place, unwelcome or unknown as to how and when to "let it all hang out". That came later in the evening when our Soviet friends spent a few hard hours at the gym. Security was not their talent, right at their ables. Never has western decadence been so warmly received by so willing a group of comrades. Blame it on J.C. Arsenault, meet director and our Master of Ceremonies.

Alter the athletes made their entrance into the Montreal Pavilion to wild cheers from about 1000 fans. The competition

After the athletes made their entrance into the Montreal Pavilion to wild cheers from about 1000 fans. The competition

Alter the athletes made their entrance into the Montreal Pavilion to wild cheers from about 1000 fans. The competition

11,000 fans it was time to get down to business. The list of four events, the stone throw, requires a fair bit of competition from the competitors, the stone throw is a 50 lb. brick, was never intended to act as a projectile, except at this annual strongman display. For William Kazmar, Esq., it was as if his entire life had been devoted to the pursuit of throwing awkward objects for distance. Tom Magee's 1985 world record of 81.8 was dismissed to the back pages of the record books. Kaz was the only competitor to send his legs and then exploded with a final thrust overhead, with the mighty Kaz traps, the big get in the business, providing more than ample force. In fact, both throws were in danger of landing outside the receiving pit. It was a great start for the evening. Kaz was even somewhat surprised with his own success. With the record broken, on May 1985, 81.8 meter toss, had to satisfy his fans with a backflip into the pit after each non-record breaking toss. For a man at 280 pounds, whose athleticism is still at it's finest, a back flip is better to see than no flip at all. Magee, who now wrestles full time in Europe, has little time for weight training, yet still maintains one of the world's fine power physiques. Fortunately or unfortunately, and his strength is seldom required to meet with an all out assault in the confines of the squared circle.

Iceland's Hilti "baby face" Arnason had the third best throw of the night. Short arms were a bit of a disadvantage for him, but he still had a personal best throw of 8.10 meters. This "duke" from Iceland squared through by busting Michael Jackson's 5'4" through his legs. Valdemar Hilti was an enterprising fellow, the British Balmouth, had a good effort at 7.77 metres. He also seemed a bit too stocky for this event. The rest of the athletes regressed down the line. Higgins - 7.56 metres, Labonte of Canada with an ill-servicing technique that was part shot put, part discus, part I don't know what, did 7.03 metres. Magnusson picked up 3 points for his 6.82 metres. Steve Sorenson was dead last. Dikol, completely unsuited, and knowing it was figured and out of the competition on his very first throw at 2.99 metres. The mighty Kaz was on his way, 20 points and 1st place, and despite earlier comments that he was not too pumped up for the evening's activities, renewed enthusiasm seemed to enter the spirit of the big man from Montreal. The effort in the stone throw was dead last. Like usual, the down contests on "Big Bertha", a specially built lat machine in the gym where Reeves trains and where Kaz had spent some time, seminars on strength. Reeves and Kaz laughed about loading Big Bertha up with 430 pounds and banging out 15 or 20 reps. The rest of us enjoyed the stories, laughing them up as we sat in the right hand front to Kaz and watching him in the right hand of mind, when he wants to talk training, can be as rewarding as it is lucky. He isn't always as open and is the first to admit it, but when he is, one is in for a treat. Throughout all of this, the Soviets looked uncomfortably out of place, unwelcome or unknown as to how and when to "let it all hang out". That came later in the evening when our Soviet friends spent a few hard hours at the gym. Security was not their talent, right at their ables. Never has western decadence been so warmly received by so willing a group of comrades. Blame it on J.C. Arsenault, meet director and our Master of Ceremonies.

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It was the kind of gym the old-timer liked: older part of town, a deli next door and laundromat, across the street. Rooms to rent upstairs and a plant, no hanging ferns, no lavender carpets, child care pen or sprout from Bulgaria. No electronic gizmos or molecular viscosity of tonicals. It was a black iron gym, dating back before pac-dogs, before holdists, before steroids, to a time when meets were held on the basketball floor at the YMCA and lifters often hung around afterwards to enter the bodbuilding contest.

Wood. Iron. Leather. Lifting platforms. Posters on the wall touting boxing shows of long ago, old York and Jewett training classes. 8x10's that used to be glossy, autographed by Clarence Ross, Tommy Kono and Argentina Rocca. Jock straps hanging on the shower heads. The place had that feel and smell of authenticity about it.

The main thing was the gang that trained there. Older crowd, ex-competitors, has-beens, never-wases, guys doing their favorite movements and not what they need; few competed or minded to. No small part of the allure was just talking from Gamble lore with the other fellows or just hanging around and getting out of the house. The owner was burnt out and had long since quit watching the floor and coaching the members. He spent his days next door at the deli hanging coffee.

But at this particular gym, a couple of years ago, there were some college-age boys training who had decided to get into their first power meet. Rich Peters was bringing his traveling circus to town. (no more traveling hundreds of miles to meets; just wait, and Rich will bring one by). Scheduled about five months off.

These guys were arguing about how to set up a training program. The strongest and heaviest built guy was lorded over the others. He KNEW the best way to train was the way he trained. He was the strongest, wasn't he? He wasn't any need to do all those fancy routines and figure percentages. All a guy needed was to do the basics; if a person had what it takes, he'd succeed.

The old-timer introduced himself to the gang and allowed that he had actually been to a couple of meets. Of high pulls and four sets of eight with things like that. "Knew the rules, little things like that. The boys bought in. Until deadlift day, that is. The first thing the old-timer did was make the whole bunch max out. They did so. Said not a word. He went over to the lifting platform and unloaded down to 60 kg (132) and commenced doing high pulls from the floor, clean and pulled the bar up to his chin. Lots of leg drive, chin and elbows

Lots of leg drive, chin and elbows

# THE DEADLIFT

## Using The Trap Bar



The DEADLIFT is the great equalizer at total time, just ask a puller like Mike Freight.

high, full body extension. Then he slapped on some plates and did a set pulling the bar to the belt buckle. Next, he went over to the incline bench, got on it, face down and had the bar handed up. He started stronging the bar up toward the chest, using a little elbow-bending pull at the top of each rep and getting a full stretch in between. Pulled his shoulders back, not up toward the ears. O.K., give me five sets of five on the high pulls and four sets of eight with the shims. Increase the weight every set on the pulls and decrease on the shims. Use the straps if you need 'em. Twice a week for a month.

"But Coach, when do we deadlift?" In a month later the old-timer walked in carrying a device about five feet long with plate sleeves on each end and two interior bars bent in a diamond shape. Called it a Gerard Trap Bar. The gang stared. "Somebody in the back muttered about how he'd

Somebody in the back muttered about how he'd

seen one before and they weren't no good because they're impossible to bench with. Right.

Coach stood in the middle of the deadlift move with it, breaking parallel every rep and touching the plates to the floor. Then he put a straight bar in the power rack with the pins set two inches below where the bar would be at the completion of a deadlift. Pled on maybe 90% of his max. Took a clean grip and just straightened up like finishing a deadlift and pulled his shoulders back. Five reps. Big Deal.

This month, I went 5x5 on the power rack. Use as much weight you can at the top safely. My then the reps get easy, I would get the bar in, 2 or 3 weeks, set the pins back up where you started and do some weight. When you've finished the rack-pulls for the day, go do 4x8 with one hand dumbbell rows. Do back work twice a week and on the other day a week and on the other squat day use the Trap bar like I showed you. 4x8. Get low. This will build your hip and leg drive.

The third month the old-timer stayed with the rack pulls and lean-forward shrugs (using the trap bar for the shrugs) four sets each, and kept the dumbbells. On the trap bar leg lifts, he put a three inch block under their feet, the type used on over rows. The guys found they had to get even lower, as the bar stayed on the floor. Made their quads scream.

With two months to go until the meet, he sat the guys down and talked about the deadlift. About body proportions and stance, keeping the chest high and when to start the hips forward, whether to use Sumo-style or not, the hook grip, lifting shoes versus slippers and why one lifter needs one thing and another doesn't. The local hero shook his head, "I guess there's more to the deadlift than I thought. Coach, you ought to write a book." The old-timer said he was working on it, but first the gang needed to learn how to "Do what?"

Two months later, the boys came home with a couple of trophies and some Class II and III badges. Their squats had gone way up and they had increased their deadlifts by 50-70 pounds in three months. The local hero won his class by five pounds with his last deadlift. The gym owner took the old-timer to coffee.

The Kelo-Sonk System book should be available by May 1st. Stay tuned, letters are welcome, but please enclose \$10 when requesting personalized training advice.

PAUL KELSO  
3046 33rd Street  
Sacramento, CA 95817



## POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

# FANTASTIC FACTS

by Judd Biasiotta Ph.D. & Army Ferrando  
of WORLD CLASS ENTERPRISES

less trouble in obstetrics, perform daily activities more easily, and are significantly better athletes. Furthermore, they are more confident, less anxious, and happier than women who do not exercise.

Also, let's not forget that women who exercise have better bodies, are in built like a brick house, than women who don't push metal.

Research conducted to document the relationship between personality and disease can be traced back to Hippocrates. As you are probably aware, there is mounting evidence that may eventually lead to the identification of a genetic "disease-prone" personality. However at this time, there is not enough evidence to substantiate such a hypothesis. Several aspects of personality have been implicated in disease (anger, hostility, depression, introversion, anxiety, etc.), and several diseases (asthma, arthritis, herpes, headaches, heart disease, etc.) have been linked to psychosomatic components.

For instance, depression is strongly implicated in all of the aforementioned diseases. It should be noted that researchers define personality as chronic, persistent emotional states, not the temporary upsets that everybody experiences on occasions. According to Dr. Howard S. Friedman of the University of California at Riverside, "personality may function like diet, whereby imbalances can predispose one to all sorts of

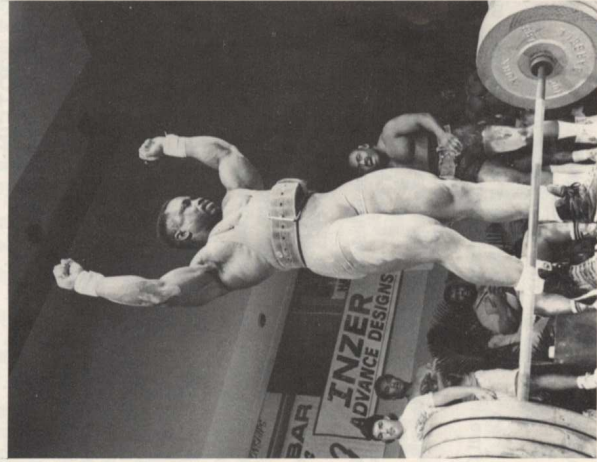
Over the past couple of years, we've written a number of articles on products that would be beneficial to powerlifters and other strength athletes, but the one that relates the most to this month's topic was called "The King of the Supplements." That article covered the attributes of a high potency liver supplement (2 gram liver, 31 grams) and how it should be balanced to accomplish its nutritional task. In this month's article, we're going to let you in on a super amino formula that's also specially balanced to accomplish its nutritional task. This amino complex will go a long way in revolutionizing your diet as to what balance of amino acids to be in an amino acid supplement. By the way, if you wish to have a copy of the report from "The King of the Supplements," please get in touch with us.

New, on to the subject of this month's article, "The King of the Aminos." The past 8-10 years have brought about quite a few products and innovations in amino acid complexes into the powerlifting marketplace. Eight years ago we introduced the first high potency amino acid tablet, 2500 mg, which was a real breakthrough at the time. In essence, it was a money saving and for that matter, tablet saving situation for the consumer, who prior to the introduction of the 2500 mg formula, was relegated to taking over twice as many 1000 mg tablets to accomplish the same task. Since that time, we've witnessed quite a few different formulas in the marketplace, all good in their own right, and we've even upgraded the 2500 mg product. But, many of the current introductions in this product field of amino acid complexes are ignoring some of the latest breakthroughs in amino acid technology. Ideally, an amino acid complex should encompass what we feel are the three very important areas in which amino acids fall. They should be balanced with each other in such a way that whether you are taking 1, 2 or twenty tablets, the same proportions of these three essential amino groups remain the same within the complex.

The first of these three groups we want to explore is the Branched Chain Amino Acids. The Branched Chain Amino Acids are Leucine, Valine, Isoleucine. In the past couple of years, much has been written about these amino acids, the Branched Chains, how they work in conjunction with each other, and how they are metabolized in the muscle to produce muscle growth, and also manufacture many other amino acids. But, in order for Branched Chain Amino Acids, Leucine, Valine, and Isoleucine to function properly, at optimum efficiency, they have to be in certain proportions: 50% Leucine, 28% Valine, and 22% Isoleucine. This is the most efficient ratio in which these three amino acids can be used to produce maximum results. Ideally, whether you purchase the Branched Chains by themselves or in complex with other amino acids, this proportion should exist. In reference to today's subject, the overall amino

## Advanced Concepts in NUTRITION

# King of the Aminos as told by GEORGE ZANGAS



**Aminos play an irreplaceable role in the diet of top ranked powerlifters**

In addition to the three Branched Chain Amino Acids, your formula should have the other 17 important amino acids that go along to make up the overall complex. This overall complex is necessary to provide us with the overall amino acid profile necessary for building muscle mass and aiding our progress in becoming a complete amino acid profile. A good portion of the 17 amino acid complex should be made up of the amino acids L-Aspartic Acid, Magnesium-L-Aspartate, and, of course, Potassium-L-Aspartate. Although these three amino acids are highly overlooked, their action on your body is of great importance. Let me explain why. L-Aspartic Acid takes part in the urea cycle for proper elimination of waste products that result from amino acid utilization. The absence of or not enough Aspartic Acid could lead to poor control of this urea cycle, which, in turn, could bring about fatigue. This is one of the very con-

ditions we try to avoid by taking amino acids. In addition to Aspartic Acid, Magnesium-L-Aspartate and Potassium-L-Aspartate, as suggested by recent studies of trained athletes, are definite sources in helping to improve energy production in exercising muscles. As powerlifter, it goes without saying that this is a very positive breakthrough, and therefore, you should insure, if not insist, that your amino acid complex contains Magnesium and Potassium-L-Aspartate. In addition, they will help you to improve your endurance during those grueling power workouts.

So, the amino acid complex you choose should be made up of: Number One: 25% Branched Chain Amino Acids (they are Leucine, Valine, and Isoleucine); Number Two: an additional 17 amino acids making up the overall complex, which includes: Number Three: L-Aspartic Acid, and Magnesium and Potassium-L-Aspartate. In essence, a three way approach to solving your amino acid problem in one tablet. As always, when taking amino acids, they should be accompanied by a small quantity of Vitamin B-6, 5-10 milligrams per tablet. Vitamin B-6 is essential in the uptake of all amino acids, as it is the key in the utilization process called transamination. So, if you're taking 3-5 tablets, depending on the overall potency of the tablet, your approximate dosage of B-6 would be between 30 and 50 milligrams. One word of caution about taking B-6; although the amounts we're suggesting are very, very low and proper for amino acid supplementation, taking high doses of B-6 (1500 milligrams plus daily) could pose a danger to the consumer, of a neurological nature, as evidenced by a recent major university studies. In addition to this, the high dosage of B-6 (1500 milligrams plus daily) will bring about an un-needed diuretic effect. In fact, 500, or at most, 1000 mg. a day is the most needed to provide you with a natural and safe diuretic.

The amino acid complex that we put forward to you today is quite different from many of the products being marketed, and for that matter, it will be more costly, (this due to the general high quality of the ingredients included) but it will go a long, long way to providing you with the kind of results that you desire. If you wish any further information on this or any other product concept that we've put forward to you, please free to get in touch with us, (800-321-5064 or 800-231-4070 in California)

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

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world class athletes revealed that they did not have access to any information that the general public could not attain. However, it was found that world class athletes have a greater knowledge of that available information. They also use this information to benefit their performance more so than the less rated athletes. In other words, world class athletes are more knowledgeable about their sport because they study it more, not because they have access to esoteric information.

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### FIND YOUR FUNNY BONE

I'm sure you've heard the old cliché that laughter is the best medicine. Well, we've got news for you, laughter may just be the best medicine. Certainly, it's the cheapest you can acquire. Although the actual connection between laughter and healing is still rather sketchy, a growing amount of evidence indicates beneficial effects from laughing. Doctors studying links between laughter and health are finding new evidence that laughter helps ward off sickness.

Recent studies at the National Institute of Health indicate that laughter helps the brain produce higher levels of chemicals called neuropeptides, which increase the number of macrophages, the disease-fighting cells of the body. It is also hypothesized that laughter may cause the brain to block the manufacture of cortisone, a common immune system depressant. It may be entirely possible that laughter approaches, an immunization system for the body.

Whatever the physiological reasons for laughter's benefits, there seems little doubt that laughter can free you of the doubt, fear, embarrassment, hostility and anger. From all available reports, it seems that it's worth the effort to stay happy. Like we said, laughter is good medicine.

### EXERCISE ABUSERS

Most of us associate exercise with a sound mind and a healthy body, and there is a prolific amount of research which indicates individuals who exercise are emotionally and physically better off than individuals who don't. In recent years, however, researchers have identified a phenomenon which is being termed "exercise abuse." According to Gordon Edlin and Eric Colantoni, some individuals place a higher priority on exercise than they do on work, family, inter-personal relationships, and even their own health, as evidenced by their unwillingness to stop exercising (even for a day) to attend to other matters in life or to allow an exercise injury to heal properly.

In an attempt to attain the "perfect body" and/or performance level, some individuals have pushed their bodies to the point of injury, termed "overuse syndromes." Amazingly, it has been estimated that over 50% of athletic injuries are directly related to the overuse syndrome. Also, there is growing evidence that individuals who fall into the category of an "exercise abuser" are less productive on the job, have troubled marriages, and exhibit poor mental and emotional health. Remember, exercise is good for you, but as in most areas of life, too much of a good thing can be bad.

### BRICK HOUSES

If you haven't noticed, the number of women getting involved in the fitness movement is growing by leaps and bounds (just intended). There's good reason for that. First of all, according to the President's Council on Physical Fitness and Sports, women who engage in strength training have



# POWER PROFILE

## KEN UFFORD his story told by David A. Nixon



Ken Ufford...at the 1988 A.D.F.P.A. National Championships

Kenny's training program is fashioned to enable him to strike a good balance of hard training with ample recuperation time. He trains four times weekly, devoting one session each to the deadlift and squat and two sessions to the bench press. He works essentially in sets of 5 reps. Kenny gears the intensity of his training to his competitive schedule, gradually increasing his workout poudages on a progressive basis as the meet draws nearer, on increments of approximately 2 1/2 to 5 percent per week. He provided the following routines as being generally illustrative of his training program.

**Benchpress Training:** Benchpress 135 x 5, 225 x 5, 315 x 5, 365 x 5, 405 x 2, 435 x 1, 450 x 3 x 3. Next, partials, chest to sticking point 405 x 6 x 3. Next, Tricep Push-Downs 150 pounds x 6. Next, Tricep Push-Downs 150 Pounds x 6. Next, Dips with 55 x 10-12 x 4. Next, Lying Tricep Extension 135 x 5 x 5. The session is concluded with standing barbell curls 135 x 6 x 3.

**Deadlift Training:** Deadlift 135 x 5, 225 x 5, 315 x 5, 405 x 5, 495 x 3, 585 x 2, 650 x 2. Next, stiff legged Deadlifts 495 x 6. Next, T-bar rows 225 x 8, 270 x 8 x 2, 315 x 8 x 2. The session is concluded with lat machine pull-downs 250 x 8 x 4.

**Squat Training:** Squats 135 x 5, 225 x 5, 315 x 5, 405 x 5, 495 x 2, 588 x 2, 635 x 1, 675 x 4. Next, squats with 2 second pauses at the bottom 575 x 3 x 3. Next, Leg Press 700-800 x 8 x 3. Next, leg curl 120 x 10 x 3. The session is concluded with leg extension 100 x 10 x 3.

He finds great support from his regular training partner Bob Pierce, Jim Duree and Dennis Moquar. The four of them make up an awesome group at Moffitt's hardcore gym, as they shout encouragement to one another on set after set. Kenny expressed appreciation, too, for Richard Peters of Norman, Oklahoma, who as Chairman of Drug Free USPF program has been supportive

Kenny Ufford, the highly successful young powerlifter out of Lenexa, Kansas, seems to many observers to be like the young Dick Sautkus, genetically, for his calling. Huge, tremendously powerful, his invariably impressive approach to the bar bespeaks the supreme confidence that underlies his every lift, every set. It's not that Kenny manages to keep doubts in check before an attempt. Kenny does not know doubt, it is utterly foreign to his nature. Kenny says, "I don't try something unless I know that I can do it. I'm not one of these guys who says, 'Well, I think I can do it.' If I can't do it, I won't do it. I've very rarely missed a lift by getting crushed. If I miss it, it's on depth, technique or I moved a foot. I've always approached a lift in a real explosive manner. They say, 'You're on deck' and I lift it before they know what's going on. The more I think about it, the heavier it gets in my mind, so I just do it. That might bother a lot of guys who think about it a lot and take their time. I just have to do it and get it done."

Kenny has indeed been "getting it done", starting with his first competition in the 1983 USPF Teenage National meet, where he won the 220 pound class with lifts of 644, 358 and 546 for a total of 1548. Making this achievement all the more remarkable, was that it was accomplished when Kenny was merely 17 years of age, with but two years of training. The claim that he took to weights like a truck to water is true in more ways than one; as Kenny began training with weights in 1981, only to pack on some size to enable him to play football. Weighing 150 pounds even by then, Ken's parents were summing up the odds that he would be a professional bodybuilder. Ken put on the desired size and made the football team, but as the word came, he found the odds were against him. He briefly tried bodybuilding, but found that he preferred the challenge of lifting heavy weights. He also found that he was quickly able to lift more than any of his friends in the gym where he trained first Powerhouse Gym in Meriam, Kansas (an independent operation, not part of the franchise originating in Detroit, Michigan) and Moffitt's Gym in Lenexa, Kansas. With his phenomenal strength at that first meet in 1983, Kenny decided to concentrate exclusively on powerlifting, forsaking football and swimming as well as bodybuilding. It looks like he made the right choice, because that first success is just one of many.

In 1983, Kenny again entered the USPF Teenage Nationals, winning first place in the 242 pound class, with lifts of 700, 407 and 644 for a total of 1751 pounds. Coming back the following year, he carried away first place honors in the 275 pound class, with a total of 1850 pounds on lifts of 705, 501 and 644.

Entering the Drug Free ADFFA meet in 1986, Kenny finished first in the 275 pound class, with a total of 1912, with lifts of 744, 485 and 683 pounds. That was his best performance, at that stage in his career. He observed that he has found natural supplementation helpful, noting, "I like taking albendocoid. I take about 10 mg of that a day. And I like taking Gamma Orzomal. And I like taking a multi vitamin-mineral pack. I take liver tablets sometimes, but find them hard to digest. The supplements help, but a real big key is rest. You can take all the vitamins in the world, but if you're not down, you're not going to get strong."

# U.S.P.F. NATURAL NATIONALS

by John Buckley

This year's second Natural Nationals was by all accounts even better than last year's. The meet was held in the beautiful city of Lenexa, Kansas, a town of 150,000 people. The meet itself lasted for a three day period. Trophies were given out to the winners in all weight classes except the 110 lb. class, and message letters, in which the winners were congratulated by the meet masters, were also distributed.

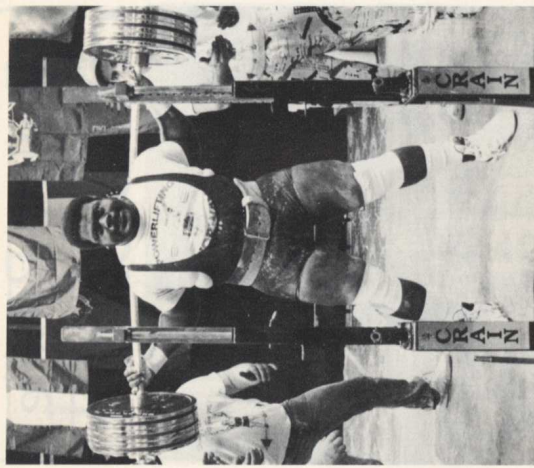
Reporting this meet is a large task, since there were 56 first place awards up for grabs. Unfortunately, I was unable to attend the meet, so I will report on the meet as it was, through the reports of the winners and those who were present.

One of the most refreshing aspects of this meet was that it was a bona fide "national" meet with winners from all over the United States. The flavor, in that you saw all those crazy antics you are used to seeing there. This meet definitely had a touch on some of the high points as I saw them.

One of the most refreshing aspects of this meet was that it was a bona fide "national" meet with winners from all over the United States. The flavor, in that you saw all those crazy antics you are used to seeing there. This meet definitely had a touch on some of the high points as I saw them.

At age 24, Kenny aspires to some measure of the longevity of the great John Kuc, who along with the accomplished Gerald Welch, serve as Kenny's role models in the sport. With this balanced approach, dedicated training, good support systems and tremendous natural gifts, Kenny's future competitive prospects appear to be bright for a long time to come.

David A. Nixon 1989©



Vic Kennedy...Natural Nationals SHW champion. Photos by John Buckley

## USPF NATURAL NATIONALS

27-28-29 JAN 89 - Oklahoma City

Women's Div.	SQ	BP	DL	Total
105 lb.	130	67.5	130	327.5
A. Castillo	105	55	110	270
A. Deinaud	97.5	42.5	127.5	267.5
K. Raymond	92.5	45	97.5	235
C. Coker	122.5	37.5	145	305
K. Lane	105	65	127.5	297.5
S. Negrete	92.5	55	125	272.5
123 lb.	80	45	117.5	242.5
B. May	137.5	60	160	357.5
W. Brocius	125	80	140	345
151 lb.	140	82.5	157.5	380
C. Evans	122.5	85	130	337.5
C. Steinkner	92.5	45	130	267.5
C. Beckler	157.5	80	155	392.5
C. Pope	145	87.5	152.5	385
S. Wendland	160	75	152.5	387.5
B. Yancy	140	55	127.5	322.5
B. Hayes	140	70	150	360
D. Westcott	130	65	170	365
173 lb.	117.5	62.5	122.5	302.5
L. Miller	160	80	185	425
M. Moorehouse	145	80	145	370
B. Gill	120	52.5	137.5	310



Roger Paul...came a long way from Massachusetts for his 220 lb. victory.

Teage	215	107.5	242.5	565
148 lb.	182.5	110	205	497.5
C. Easton	142.5	100	175	417.5
B. Beck	192.5	110	232.5	535
148 lb.	182.5	120	230	542.5
148 lb.	137.5	82.5	175	395
R. Cortes	232.5	137.5	270	660
J. Smith	260	145	237.5	642.5
165 lb.	220	102.5	255	632.5
R. Ward	250	142.5	242.5	635
J. Hamilton	227.5	147.5	245	620
165 lb.	220	130	240	600
P. Hoffman	222.5	130	257.5	610
C. Krockenberg	205	147.5	252	605
165 lb.	205	137.5	230	572.5
R. Evans	200	145	222.5	567.5
C. George	200	132.5	217.5	550
165 lb.	175	127.5	200	502.5
D. Gonzalez	155	125	192.5	472.5
E. Price	200	137.5	230	567.5
165 lb.	200	137.5	230	567.5
D. Vayns	155	125	192.5	472.5
D. Bradley	200	137.5	230	567.5
D. 2 - 1 year	165	105	220	490
L. Malow	220	137.5	272.5	672.5
165 lb.	220	137.5	272.5	672.5
T. Mahello	237.5	145	260	642.5
R. Britter	242.5	155	230	627.5
C. Krockenberg	220	130	240	600
165 lb.	220	130	240	600
C. Dahlin	210	132.5	217.5	560
J. Gamola	207.5	142.5	205	555
Free lb.	200	122.5	215	542.5
I. Bddy	205	125	215	545
X. Gray	220	137.5	272.5	672.5
Master 1	235	160	252.5	647.5
G. Maloney	207.5	100	242.5	550
C. Lohman	197.5	80	215	492.5
165 lb.	165	105	220	490

(article continued on page 66)

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NEXT MONTH...TOP 148S

POWERLIFTING USA MAGAZINE TOP 100

132 lb./60 kg.

for USA lifters competing February 1988 to January 1989

DEADLIFT

TOTAL

BENCH

SQUAT

1	592 Gant, L., 419/88	1	683 Gant, L., 419/88	1	592 Gant, L., 419/88
2	540 Gallo, R., 412/88	2	540 Gallo, R., 412/88	2	540 Gallo, R., 412/88
3	540 Gallo, R., 412/88	3	540 Gallo, R., 412/88	3	540 Gallo, R., 412/88
4	534 Heath, D., 427/89	4	534 Heath, D., 427/89	4	534 Heath, D., 427/89
5	530 Pathway, D., 430/88	5	530 Pathway, D., 430/88	5	530 Pathway, D., 430/88
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INTERVIEW

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

Carol Waters as interviewed by BOB GAYNOR



**BG:** What is your age and current residence?  
**CW:** I am 29 years old and was born in Paulding, OH, but I have lived in Lexington, Kentucky since 1978. I transferred from Ohio State University to the University of Kentucky and decided to stay after graduation.  
**BG:** And your current occupation?  
**CW:** Medical Technologist at the University of Kentucky Medical Center in the Clinical Chemistry department. I work in the BIA section using isotopes to measure factors in patient specimens. I also am part of the computer technical team for the Laboratory-Hospital system.  
**BG:** How long have you been training and competing?  
**CW:** Years of training: 10, years of competing: 6  
**BG:** How did you get started?  
**CW:** I threw javelin, discus and shot put in college and we really worked on hard on the weights. I always enjoyed lifting in college and it just seemed natural to continue when I graduated. I started working out at the YMCA and it was just coincidence that this is where most of the powerlifters in town worked out. I didn't even know what powerlifting was back then. This was 1980 and women's powerlifting was just getting off the ground. The facility at the YMCA was pretty primitive, down in the basement for four years. I was the only woman in the middle of a male domain. When I first started there the men were all like: "The universal machine's upstairs. I could just say: 'Thank you' and continue with my workout. After a few weeks they said: "You're doing and we're doing, they pretty much left me alone. After started trying to train competitively I still wasn't that big for my weight, but I started working out with them and they finally talked me into entering my first contest in the fall of 1982.  
**BG:** What are your best lifts?  
**CW:** Squat 446, Bench 242, Deadlift 440. Total 1113. I don't believe in a specialty lift. You should work all of your lifts equally. It's the total that wins and it takes three good lifts to get a great total.  
**BG:** What are some of the titles and records you hold?  
**CW:** 1984, 87, 88 ADFPA National Champion; 1988 WDFPE World Champion; ADFPA Kentucky State Champion since 1986; Kentucky Women's Executive Board Member.  
**BG:** What are your future goals?  
**CW:** I would like to be the first ADFPA woman to squat and deadlift over 500. There are several other people who could potentially squat over 500, so it's a big race for that one. But in the deadlift, I am the closest one. I would like to be the first one over in both. I admit I'm greedy when it comes to this one.  
**BG:** What are your views on steroids and drug testing?  
**CW:** Optimistically, I wish no one would take steroids, or other abusive substances for that matter, but I don't feel I can make the decision for another adult. Each individual has to make their own choices. I do hope however, I think most people would do normal systems yet, and some of them aren't helping them screw up what they do have. They shouldn't even be thinking about steroids, but along come these adults who tell them, "I want to be good, take these." Who are the kids supposed to think? It's like offering candy to a baby, the magic pills that cure all and give all.



## 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, Ofenalin, Dibenzocoid, Yohimbine, and Cyclofenil), and growth hormone. As well, I examine what's now being used by the more sophisticated pharmacologically minded athletes (including transdermal testosterone, Galanin, Primidone, EPO, Prolactin, and others) and the latest techniques being used to escape detection (with a special section on Probenecid).

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## Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

**DEAR MAURO:** Last year I was involved in a fight and after two weeks later I had two lower forearms and my wrist (right wrist) felt sore. Two weeks later I was doing exercises and the soreness was still there. The third and final set of weights on the left side of the bar slipped off during the third and final set of weights on my left. My right wrist quickly fell to my waist while holding the bar. This had been the injury I had. I mention the fight because I wonder if this could have made my wrist more susceptible to this injury.

I had X-rays taken. There was nothing wrong. I was told by the attending doctor that I had a sprain. In two months I went to see an orthopedic doctor and he found nothing wrong. He tells me I have injured the ligaments in my wrist. He told me to soak my wrist in lukewarm water with Epsom salts. I went to another orthopedic doctor who is also into sports medicine. He found nothing wrong. He then told me I had injured the ligaments in my wrist and I should be patient because ligaments take anywhere from six to twelve months to heal completely. Is this true? He also instructed me to wear a brace before I go to bed. After I quit soaking my wrist I found my wrist did not have any pain. I am now able to put weight on my wrist without it hurting. Do you think that when I stopped soaking my wrist in the salts my wrist healed somewhat? What would you have told me if I came to see you? Should I still wear the brace nightly? I find that my wrist does or rather my hand does not have the flexibility of my uninjured hand. How long do you think it will take the ligament to be 100% again? I plan to weight lift and work out again in a few months. Do you think I should or not? I have been taking a medication for acne for about 8 months now. The medication is Tetracycline. Is it possible that this medication can keep my ligaments from healing properly? I thank you for your time and help. It is greatly appreciated. **Jason C.**

**DEAR JASON:** I would say the same as the other two doctors. I've seen this type of injury in countless lifters and I've had a few times myself. It can take a long time to heal pulled ligaments - how much time depends on the severity of the injury. I have seen some cases where the ligaments and joint capsule were damaged so badly that they never healed properly, the area remaining weak all the time the athlete lifted.

In a bad injury it could take six to twelve months before the function of the joint returns to normal. In most cases of injured ligaments, however the original injury usually heals after three to six weeks - how much after depends on the severity of the injury. Even after the ligaments heal you've still got to work at rehabilitating the joint so that the strength and flexibility return to normal. I'd say you're on your way - with the injury having largely healed, but not yet rehabilitated (I doubt if stopping the Epsom salt soaks had much to do with the improvement - it would have happened even if you had continued soaking the wrist, unless of course your wrist was being held in an awkward position while you were soaking it, thus keeping the ligaments from healing). You can continue to wear the night brace if you think it helps. Keep in mind that wearing any kind of supportive device keeps the area from healing to some extent since the muscles don't gain back lost strength, fast.

If you gradually increase the intensity of your workouts, and don't place undue stress on your wrist, it should be alright and you should be back up to par within a few months (as long as you don't re-injure it or get into another fight - it's possible that the fight you had did weaken the wrist area, making your wrist more susceptible to the subsequent injury two weeks later). When you're training again, be careful with certain movements. If some movement gives you a twinge of pain, change your style until the twinge is no longer there. Tetracycline may have some anti-androgenic properties, so I suppose it's possible that it might slow up healing of ligaments. There's no proof of this, however. All my best in your training (injury free I hope). **M.G.D.**

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## Question & Answer

Your training questions answered by Roger Estep, 1979 Sr. National Champ, World Record Breaker at 198, and 1985 MR. IRON MAN. For a taped response, send \$20 to Roger Estep, 1413 Holgate, Anaheim, CA 92802

**DEAR ROGER:** I am 40 years old, 6 tall, and weigh 205 lbs. I have been lifting 3 1/2 years. When I began lifting I weighed 212 lbs. I know that much of the fat I carried has been replaced with muscle mass, but you know how much? (The main indicator of an increase in muscle mass is my arm measurements, which I happened to take at the outset - 15.5", and now they are at 17.5" and have been at that point for a year and one half. My bench press has lingered around 340 for exactly that period of time. Everything has come to a halt. I feel that if I could increase my mass significantly my lifts would increase. I have never been skinny and can gain fat if I overeat, but the development of muscle tissue is just not happening. I eat 6-7 small meals per day - all high protein, low fat, which provide 25-30 grams of protein per meal and take supplements also. I want to ultimately push my body weight to a lean 220 lbs. I have a small bone structure, but fair musculature. I feel that my lifts will improve dramatically if this goal is reached. What do you think? Thank you in advance for any help you can give me. Yours truly, **Lee S.**

**DEAR LEE:** I don't know what type of program you are on, but no matter what it is, to gain mass, strength, and stay lean at the same is almost contradictory in itself. Anyone who wants to gain mass is going to have to put on a little fat. The best way to get the size you want in the shortest time is to increase your calorie intake by 500 - 700 calories a day. Then adjust your training to 4 days a week, training half your body one day and half the following day. One day should be heavy and one day should be light to medium. Once you have reached your desired body weight then you could add some aerobic exercise to cut your new mass up. The old school notion of 'bulk up before you cut up' applies in your case. Best wishes, **Roger**

**DEAR ROGER:** I am 5'10", 195 pounds, and recently turned 16 years old. I have been competing as a powerlifter for about 8 months. Since I started, my squat and deadlift have increased greatly, but my bench won't go anywhere. I bench about 230 pounds, and this is why I sometimes don't get first place. I bench on Mondays (heavy day) and Fridays or Saturdays (light day). My bench cycles last about 9 weeks, with 3 weeks of sets of 12, 3 weeks of sets of 6, 2 weeks of sets of 3, and a final week of singles, then I take a week off before a meet. I usually warm up with a 50% set of 10, then go to my four work sets. My assistance work is 3 sets of 10 with close grip benches and flies, then I like to burn out with a hard set of pushups. My light sets are the same, only I bench with 10 pounds less. I plan to compete again soon. I would greatly appreciate your help. Yours in Christ, **Matt F.**

**DEAR MATT:** Right off hand I would say your bench press is overtrained. The reason I make this statement is because taking 10 lbs. off your bench presses doesn't make it a 'light' day. Most lifters use 50 - 75% of max on a light day you are at about 95%. I know that you are very excited about lifting and are willing to put the time and effort to be successful, but you also have to be smart, by allowing your body enough time to repair itself.

I would recommend that on your light day you work up to 75% of your max and do 3 sets with that weight. It will seem that you are not getting enough work, but you will be allowing your body to rest and on your heavy day you will be fresh and should make progress. Remember, it's always better to undertrain than to overtrain. Best wishes, **Roger**

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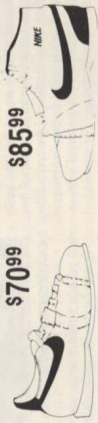
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# POWER-RESEARCH

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## Anaerobic Power as told by Frederick C. Hatfield, Ph.D. Director of the C.R.A.F.T. Centers



ANAEROBIC POWER...helps Steve Murdock move really BIG WEIGHTS!

Everyone knows what "aerobics" means. All the pencils chime in: "With oxygen!" Proudly they strut, with socks down around their ankles (calves too small to support them) and new Reeboks. "We're in shape!"

But, except for a gym-hardened few, the word "aerobics" has little meaning to people, except for a possible fleeting cognition relating to ever stop and reflect upon the fact that virtually 95 percent of everything you do in your life is anaerobic?

I don't want to debate the merits of aerobic conditioning. What I'd like to do is discuss the benefits of improving your anaerobic fitness. Who knows? Maybe I'll start a whole new fad! Imagine! Generations of fit iron pumpers! The puggers will be looked upon as "strange" for a change.

Let's get real for a moment, and I define in more exact terms what I mean by anaerobic power. During high intensity training your energy requirements are met in large part by metabolic processes which do not require oxygen consumption. Because your cardiovascular system is limited in its ability to bring oxygen to the working muscles, other metabolic processes take up the energy slack. The phosphagens (ATP and creatine phosphate, CP for short) are the immediate sources of anaerobic energy. However, the phosphagen pool is very limited, and can only sustain (at best) a brief anaerobic burst of muscle contraction. Anaerobic energy must come from some other source. That's lactic acid (LA).

As work becomes progressively intense, and the circulatory system becomes incapable of supplying sufficient oxygen to oxidize the lactic acid, fatigue sets in. A buildup of less than a few tenths of 1 percent of the lactic acid concentration in a muscle results in muscular pain and a cessation of contraction. The amount of oxygen it would take to oxidize the built-up lactic acid is "owed" to the system, and one's tolerance for this accumulated "debt" is generally proportional to his aerobic fitness.

How long does an average maximum take? Maybe 2 or 3 seconds? Well, by the time you've maximally tested your muscle's strength of contraction for one brief second, you're already into the third stage of maximum exertion.

With 95 percent of your energy coming from CP, 80% of your CP is degraded, and 20% from lactate production. By the time your CP has been contracted for a period of 2.50 seconds, fully 50% of your ATP comes from lactate production.

By the time you've contracted maximally for six seconds, your power output has begun to decrease despite the fact that your muscle's CP content is still at least 65% of its base level. Continuing beyond 6 seconds your CP content diminishes, your ATP diminishes, and acidosis, a buildup of lactic acid, begins to severely hinder work.

Obviously, inability to generate maximum muscle power after six seconds or so stems from a multiplicity of factor rather than from a deple-

Mind you, all of these enzymatic reactions are taking place in seconds. Pushing heavy weights for 8-10 reps and 5-6 sets (for example) reduces your intracellular environment to a junkpile of metabolic wastes and enzymatic poisons. The critical question for all anaerobic athletes is whether there is a way of improving their anaerobic power. There is. You can delay the processes involved in fatigue, and you can speed the recovery process markedly:

- pay attention to mineral balances, especially your calcium, magnesium and sodium - potassium ratios
- ensure that you've adopted a long-term commitment to sound nutrition, as it is only over time that you can achieve efficiency in intramuscular energetics
- use branched-chain amino acids to maintain an adequate amino acid pool (blood-borne amino) for protein turnover during the following training
- inosine is known to promote enzyme activity (specifically, pyruvic acid) allowing cellular activity to progress until more ATP can be biosynthesized
- by far the most important way to improve anaerobic power, however, is to engage in high-intensity training of the white (fast-twitch) muscle fibers. That's where most of the enzymatic activity is taking place, and where your anaerobic powers are the greatest

- highly trained athletes are known to be capable of tolerating lactate levels as much as 30 percent higher than untrained individuals. The mechanism presumed to contribute to this improved tolerance is "motivation." However, it's just as certain that improved ability to improve ATP-ADP ratios, 2) resynthesize ATP and 3) reduce lactate buildup will contribute to improved anaerobic power as well. That takes high intensity training supported by sound nutritional practices.

- the use of buffers, alkaline substances, to reduce your blood acidity in assisting in improving anaerobic power, especially in untrained or out-of-shape athletes. The long lasting buffer of choice is sodium bicarbonate, i.e., baking soda.
- substances which scavenge ammonia appear to assist in recovery during and following intense training or competition
- kinesiology, active rest during the recovery phase following intense training, causes a compensatory effect in the fatigued centers of the central nervous system. Simply, exercise antagonistic muscles simultaneously on trips following a strenuous workout
- massage therapy, performed properly, can facilitate recovery in several ways, such as reactivation of peripheral circulation, absorption, decrease muscle tension and elimination of pain

What stops this cross bridging is:

1. A lowering of your intramuscular pH. As lactic acid enters the cell, it comes too acidic for the building of lactic acid/lactate and inactivates other enzymes within the cell that are supposed to assist in the energy transfer of the cell.
2. The regeneration of ATP is slowed below a critical threshold necessary to maintain contracture. You're using up your ATP too quickly during intense muscle contraction for resynthesized ATP to be effective in maintaining contracture.

1. decreased ratio between ATP and ADP
2. decreased muscle pH

### Opinions From Our Readers....

In rebuttal to the letter of Tony Fitton in the February issue of PL USA, we need to make it clear that Gael Martin was not suspended/banned on account of a positive test. She was specifically banned under the guidelines of the doping procedure of the International Powerlifting Federation. The IPF bans the use of substances and methods which alter the integrity and validity of urine samples used in doping controls, including catheterization, urine substitution, and/or tampering. This is in accordance with the IPF IOC and all other international sports federations guidelines. The IPF intends to stand by these guidelines, and act accordingly, within them. Incidentally, the specimen to which Mr. Fitton refers as testing for "dolanite" is incorrect. The substance found within was understood to be a urine specimen was "hardened", one of the byproducts, I understand, of the manufacture of beer, and which does not occur, naturally, in the urine of someone who simply drinks beer, regardless of the amount. RICHARD T. HERRICK, MD, Chairman, Medical Committee, International Powerlifting Federation.

In response to Brian Washington's letter in the March 89 PL USA, evidently he has missed the point of utilizing "twenty supportive equipment". It's purpose is to provide safety to the highly stressed joints, tendons, and ligaments of the Iron Athlete. To say that our sport is being ridiculed as a result of this equipment is ludicrous. The guys I lift with are some of the biggest, strongest, most determined men on the planet. What kind of moron is going to ridicule a powerlifter because he wrapped his knees before he squatted 4 times his bodyweight? His argument fails to address the issues of injury prevention, litter safety, and heavier poundage being lifted as a result of the very equipment he is "forced to use". Shall we also remove gloves from boxers, handshakes from football players, or turning shoes from sprinters? All of these help athletes prevent serious or recurring injuries. As to excluding teenagers from lifting, these same suits and shirts provide having to one's pants to teenage groin, rotator cuff damage and dislocated shoulders. I truly love Powerlifting and don't feel at all uncomfortable about taking precautions to extend my lifting career and enjoyment as long as possible. STEVE ROBERTS

Over the years I have continually heard criticisms of Gus Redtwisch's World Record Breaker Meet. He has answered many of these criticisms, but gets little visible support. I am one of the few from outside the U.S. to continually participate in his meets over recent years. I have had my disagreements with him. Before his meet, Gus is much like the "Buzsaw" role he played in RUNNING MAN, but I believe the positive aspects of Gus and his meet far outweigh the negative and the sport of Powerlifting is a big winner.

As a powerlifter, I, like the rest of us, suffer from lack of finance, recognition, adequate training, facilities, etc. Gus's meet makes up for a lot of that as it brings together a fantastic group of lifters, a great crowd, press, TV, an electric atmosphere and Gus often reimburses lifters for their expenses. For me especially, as I get a "name" lifter, it is the ultimate and the meet I most want to lift in. I get a tremendous reception in Hawaii. When you are walking around Honolulu, everyone seems to know about the meet. I have also attended a number of World Championships, and in many respects they are completely the opposite of Gus's meet - little crowd, press, TV, atmosphere, and very costly. There is also a much stricter interpretation of the rules. The big difference to me is that Gus's meet is run for the lifters, and the World Championships are run for the officials and administrators. Those are my personal feelings, and I can fully appreciate why the World Championships are run the way they are, but my comments raise the question - what is going to best promote the sport of Powerlifting, so we all can benefit? What Gus has done with his contest should surely be looked upon by us all as something we can learn from and build from. His meet and the TV coverage it has received is a start in getting the recognition that we all desperately want for our sport and our achievements.

I concur with Gus's comments in the February 89 issue of PL USA in Ray Colorado. I have been judge have been a fully qualified athlete in Powerlifting. A bronze medalist at the 1984 World Powerlifting Championships in Dallas, Texas, 52 kg class, without carrying a weight in the field prior to the meet. 2. A WPC World Record Contest of 237½ kg in the 56 kg class at the 1988 World Record Breakers Contest. JEFF MALDEN

I read, with great interest, Fred Hatfield's letter on Gus Redtwisch's Hawaii meet and Gus's incidental dissertation on the same subject (February 1989 PL USA). I first became aware of problems plaguing that meet when I received world record applications from it. There were two lifters involved who were not current USPF members, both of whom I had nothing to do with certification of. From 1982 to 1985, numerous abundance on problems associated with Gus's meet. In response to questions on some of the records established there by one individual, I provided, on his request, a letter reiterating the content of a phone call I had with him, indicating that I had been stopped from processing those records. As was my custom, I info-copied Mike Lambert and Peary Rader, indicating that it was for information only and not for print. Unfortunately, even after a subsequent phone request, it did appear in IRON MAN. The letter said nothing about how I was going to punish referees at



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his meet, or Gus. Only the Executive Committee or the National Committee has the power to do that. I have never asked that anyone be punished as a result of Gus's meets. In any case, Gus, I publicly apologize for the letter being published, but not for the content. As for "pulling a referee's card for life", the procedure may be initiated by filling out a complaint form (page 46, Appendix P 2 of the Referee's Textbook). If it merits further action, it will be referred to the Disciplinary Committee through the USPF President. We do have ways of getting things done, but it is not through PL USA.

It is ironic that in 1985 Fred Hatfield usually denigrated Gus's meet over my concerns, while he was setting records; but, now that others are breaking his, he has shifted 180 degrees. I would like to think that he has recognized the problems at last and had an honest change of heart.

One more thing - to set the record straight. I thought at the time that it was a shame that a meet that was so popular, drew such big crowds, that potentially could produce so many records and was favored by such great lifters, should be plagued by so many problems year after year. Now, I think it might be better if the USPF did not sanction the meet. Then, everyone could have a good time, lift how they wanted to, and not bother the USPF with controversial records.

As for communications with the Hawaii referees, I believe they all have Referee's Textbooks and are sent letters from my committee. I have been known to call Hawaii in times gone by. I have not. On the eight complaints that Gus listed, I only have been privy to info on one. The eight complaints that I can not explain how Dr. Cotter was not aware of the rules for one, two, IPF referees needed for an American record. It is on page 48 B, 1st paragraph at the top of the page in the USPF Rules in print since April of 1987 and passed by the USPF National Committee. Everything that Referee's or referee needs to know to run a USPF meet is in the Referee's Textbook. The USPF rules and the Referee's Textbook both have a table of contents at the front and a sectionalized and alphabetized index at the back, so it's not hard to find answers to questions. When I've mentioned this before, it's gone in one ear and out the other. It'll be stuck in a couple of crates in the L.A. megalopolis and always has proper chalk.

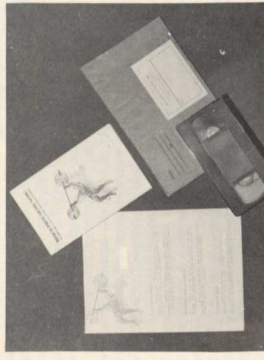
As for chalk, Bernie Gagne can help you get it. He lives in the L.A. megalopolis and stays up after 4AM and studying for tomorrow's midterm. I must be crazy to stay up in spite of it all. I do still love the sport, but don't push your luck! Now, if Gus and Fred still want to fight - why not try each other? I'll be glad to referee it, but not in Hawaii. NATE FOSTER

(FOR REASONS OF BREVITY, CLARITY, ETC., LETTERS ARE EDITED)



# Introducing

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As the USPF matures, the conduct of its operations becomes more and more complex and our unfettered freedom to innovate has become severely, but gradually, circumscribed by events we once never imagined and by rules we once never thought necessary.

Though in theory the National Committee is the plenary body, in fact, it meets only one day per year and, thus, plays but a minor role in charting our course. On the other hand, the Executive Committee, which is our governing body, meets 364 days a year, is empowered by the By-laws to do everything the National Committee may do, except that it may not amend the By-laws. The Executive Committee is composed of two ex-officio members, the President and the Treasurer, and nine other members elected by the National Committee for two-year terms. This body, which meets frequently via telephonic conference call, shoulders the major burden of governance.

Among the duties of the Executive Committee is the consideration of items on the agenda of the National Committee that, because of time constraints, were not considered at the National Committee meeting. If we could but devise a means of streamlining the work of the plenary body, more policy would be set by the more democratic National Committee, and the burden on the Executive Committee would be lightened. Although the National Committee meeting itself is run tolerably well, thanks to the firm hand of our clerk, Ramona Kennedy, Representatives, such as tightknit Oregon's House of Representatives, the chair could be helped to recognize only card-carrying National Committee members present at any person present who has signed a gavel to a close remarks which are not germane, and could screen the agenda before publishing it.

One could count on the fingers of one hand the major issues that have engaged the National Committee's attention during the past decade: AAU affiliation, drug testing, autonomy for the Women's Committee, the Frantz lawsuit and the amending of technical rules. Let's examine each of these. Then ask yourself if these five seem to justify ten years' work.

The question of continued affiliation with, or independence from, the Amateur Athletic Union, while of major importance, occupied very little of the National Committee's attention, and then only for one or two meetings.

The consideration of drug testing commenced in earnest in 1981 at Corpus Christi, where the Women's Committee received a green light to establish a doping control at the 1982 Women's Nationals. Early in 1982 the Executive Committee overrode the decision of the National Committee and disallowed drug testing at that meet. The battle between the testing and anti-testing forces was joined and consumed some to some to be an inordinate amount of time at

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

the next three National Committee meetings. The anti-testing forces were able to command about twenty votes at the 1982, 1983 and 1984 National Committee meetings. The proponents of testing were generally able to match this number, or to exceed it by one or two votes. Because there were some 85 votes up for grabs and proxy votes were permitted, it seemed to many to be a disappointing showing. If the issue is of such vital importance, why has there not been greater participation. I have always suspected that the reason the pro-testing forces did not go all out was because they enjoyed the ADFFPA escape hatch. With Mr. Fitton temporarily indisposed, the anti-testing forces crumbled, and the question of testing no longer generates much heat.

I became aware of the light for women's autonomy at the conclusion of the 1981 National Committee meeting. A 'framework' for the Women's Committee was passed without, so far as I can remember, any debate. It became clear at the 1982 meeting in Dayton that the 'framework' was but a first step toward complete autonomy for the women lifters. The issue of autonomy became entangled with the issue of drug testing. To question women's autonomy became tantamount to an open admission of favoring steroids. At the 1983 and 1984 meetings we further amended the By-laws so as to accord to the Women's Committee more and more power in the manage-

ment of things affecting women lifters. In 1985, following a gross abuse of their power, the Women's Committee was stripped of its autonomy and treated as any other USPF standing committee. There have been no subsequent attempts to revive its autonomous position. The emnity engendered in the drug testing/women's autonomy skirmishes haunts us even today. The fact that the USPF has a doping control using an IOC approved clinic at our Collegiate, Senior and Women's Nationals does not appear to be a great drawing card in bringing ADFFPA lifters back to the fold. That women lifters under the current arrangement may obtain from the USPF now pret-ty much everything they could have achieved with a formal grant of autonomy causes apparently no turmoil whatsoever. They quite ignore us, even though Ramona Kennedy, a member of the Executive Committee. We never expected the emnity to be so extreme nor so long lasting. If there were elements of 'I don't get my way, I shall destroy you in the drug testing/women's autonomy issues, it was the dominant theme in the Ernie Frantz lawsuits. While I was presiding over the National Committee meeting in 1985, I was served by the U.S. Marshall with three lawsuits, naming me as an agent of the USPF, as President of the USPF and as an individual. Another window to the USPF was discovered, and that action was severed from the other two,

which later, were in due course dismissed with prejudice. What all the final papers did not end in judgment. In December, 1988, because of the expense of defending one's self even from a spurious suit, the filing of such a suit is usually either an attempt to bail or an attempt to extort.

The main impetus for extensive rule modification started with the 1985 Senior Nationals, where it was alleged that inconsistent judging, tactless remarks and stupid IFF rules kept some of our best lifters from realizing their potential. The flurry of proposed technical rule changes have cluttered the National Committee agendas ever since. Today, the Executive Committee is moving toward the re adoption of IFF rules at nearly every meeting.

While it is true that the APT and the ADFFPA have siphoned off many of those who would never, on matters close to their hearts, bow to the will of the majority, it is also true that other issues, each capable of stirring up enormous passions, remain. One such is the question of the allocation of the funds. We can only hope that the debates will generate more light than heat. I still flinch when I am threatened with legal action or with someone picking up his marbles and going it alone.

As our institutional and organizational life becomes more complex, it becomes ever more obvious that we must refine and streamline our organizational procedure. It becomes equally obvious that we all must become more willing to subordinate our individual desires to the welfare of the organization, understanding that in the long run our individual success can be no greater than the success of our organization.

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### Opinions From Our Readers.....

Why is it that the sport of Powerlifting in the United States is declining? Yes, I hear it all the time from the old lifters and fans. I'm hearing that PL doesn't have the same thrill and romance it once did. Could it be because there are three different organizations, and between the three, they each have a Masters National Championship, Teenage National Championship, Senior National Championship, World Championship? This is very complicated for not only the athlete but also the fans. I'm not sure this will ever change. Each organization feels their way is the best. Who knows? The problem is, how do we get back what we once had?

I think one way to get things popular again is for each of the 3 organizations to put all of the men's and women's national championships on together on the same three day weekend. This, of course, would be a promoter's dream or nightmare, depending on how you looked at it, but it would get some of the old promoters interested again. Most have left promoting because too many organizations have diluted the interest of the enthusiasts and fans. I, for one, would love to promote either the APF or USPF. The conditions during a July weekend. At this competition, I would also like to introduce the new sport of power-lifting. It would be a terrific three days of lifting, a PL convention, so to speak, to make this happen means that sponsors would have to be voted on and approved by each organization, but it should at least be considered for the sake of PL and the fans. For information, please write me at: 2060 Hepatic Dr., Dayton, OH 45414. LARRY PACIFIC

.....  
The phrase "United We Stand, Divided We Fall", seems to appropriately describe the potential future of powerlifting. We, as powerlifters, must realize that we are in this together, regardless of the level of competition. Powerlifting is not yet recognized as a legitimate sport. Nine out of ten Americans do not know what Powerlifting is. Therefore, every word we utter serves to boost our image or destroy the possibility of gaining credible world recognition. We all know what sacrifices must be made for a lifter to reach this pinnacle of success, the hours of arduous training that requires setting your sights on a never before attainable goal and not wavering until victory is reached. Since powerlifting is on the brink of national recognition, we who have made this our life blood must accept responsibility for representing this discipline in the most positive and respectful way we know how. If handled correctly, this recognition will create unlimited possibilities from which we will all benefit. However, we are taking this opportunity and using it as a platform to demean, demoralize, misrepresent, and misuse this responsibility. In so doing, we discredit the entire sport of powerlifting. These self-serving, insidious attacks through the media are not from outside the sport, as one might suspect, but from our fellow powerlifters. They negate all the positive gains previously acquired and paid for dearly by our dedicated athletes. After every major event, the judging is ridiculed, not just surreptitiously through the privacy of powerlifting gyms, but also publicly through the national media. The complaining are some comments I have read and heard. "I really, I mean, I'd be able to squat 1014 pounds if you had the racks moved an 18 inches, he's a great lifter, but he's so full ofroids, he won't live to see 40." "He's been a record because he was a hometown favorite in a local rack club on the promoter's side to pass high squats and this lift, no good before the benches." "The meet announcer, I know it's nine months later and new judges reviewed the video tape, but I still think the squat was too high." "Sound familiar? Unfortunately, I'm sure you could add a list of your own. As I see it, we are at a crossroads and can continue to demean our powerlifting in an intelligent manner, or we can continue to let us police our own ranks, brothers and sisters, into oblivion. Let us police our own ranks impartially. We need to be able to take pride in the fact that a meet was judged consistently, and to the letter of the law, not that a particular judge red lighted several lifts or passed several world record attempts. Leave judging controversy to the Olympic judges and the figure skaters. Lifters should not intimidate the masses of "cleaning up the sport", when they are merely trying to protect their own records.

.....  
Insure fair unbiased judging and when a record is set and in the books, leave it alone. Don't come back nine months after the fact and complain that a lift was wrongfully, and worse yet, maliciously misjudged. If this is done to motivate or stir up controversy, let it be known that we do not need this in our sport. Let us write articles and interview intelligently and positively. Like wrestling, but let us not allow powerlifting to sink into professional wrestling style raps, boasting of successes and degrading others. When a lifter gives his all and breaks a record, let us delight it. Let us dispel the respect we deserve. Their successes are powerlifting's successes as well as colorful individuals, competing with and helping their fellow lifters. That spirit has waned. For powerlifting to move into the 90's, and to generate national and international respect, we must recapture that spirit while expanding our base of appeal in the sports community. DAVE PASANELLA

.....  
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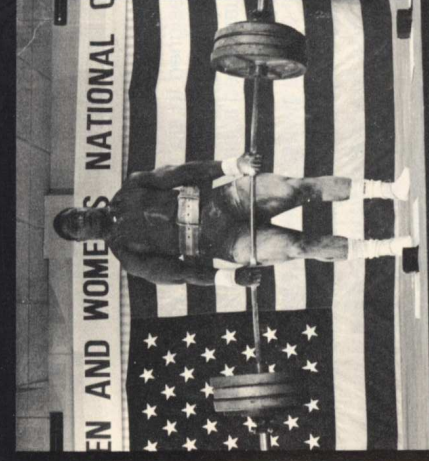
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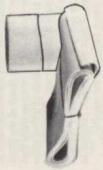
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1760 Pizzo, B., 1127/88

1680 Pizzo, B., 1127/88



Dennis Miner, one of this month's top ranked ADFFA 242 lb. lifters.

### LCI 11th Annual Sanctioned Meet

10 Dec 88 - Lima, OH

148 lb. H. Rome SQ BP DL Total

385 215 405 1005

165 lb. Johnson 350 210 380















UNCLASSIFIED ADS

From Man Magazine, honest coverage of the from Game, \$27.95 for 1 year, (12 issues), from Man, Box 7777, Santa Monica, CA 90406

HEAVY DUTY DEAL: Olympic Plates \$40 per lb. Barbell Plates \$35 per lb. Shipping additional. Weightlifters Warehouse, 2841 E. 19th St., Long Beach, CA 90804. (213) 498-7479 or (800) 621-9530 (outside CA).

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POWER HIGHLIGHTING - is the twice a month news bulletin of the IRON GAME, with the inside news while it still is news. Send \$28.00 payable to Powerlifting USA, Box 3238, Camarillo, CA 93017 for 24 issues

Dibenzoxide 5 mg 90 cp. \$28.00 10 mg 100 cp. \$48.00. Insomine 600 mg, 100 cp \$12.00. Gamma O 50 mg, 90 cp. \$7.00. Liver & Yeast 360 cp. \$10.00. Similax 1 oz. \$7.00. Free Form Amino's 100 lb. \$7.00 200 lb. \$12.00 - 600 lb. \$30.00. Scott Brodie P.O. Box 732, Glenview, IL 60025 ph. (312) 566-5385

the scenes that made it happen. Phil Baker, Bob Dave Mitchell, Coach Joe Ralphy, David Sumo Simpson, Keith Fosler, Chad Montecarlo, Al Cvr, Hetal Rod, Sherri Huff, Paul Sequin and Dr. Niles School, PT Standings Morse 26, Kemp 23, OOB Meet Director)

Martin Luther King Championship 14 Jan 89 - Key Brook, NY

Division I SQ BP DL Total 128 lb. S. Coffe 210 170 290 610\* 148 lb. H. Gorman 365\* 300R 400 1065\*R 163 lb. S. Linn 470\* 355\*R 450 1235\* 181 lb. H. Gorman 400 385 555 1240\* 200 lb. R. Blair 410 375 540 1325\* 220 lb. R. Blair 440 375 540 1325\* 198 lb. D. Moore 500 330 550 1380\* 200 lb. H. Gorman 410 375 540 1325\* 220 lb. R. Blair 440 375 540 1325\* 242 lb. H. Gorman 470 355\*R 450 1235\* 270 lb. S. Linn 500 330 550 1380\* 300 lb. S. Linn 570 355\*R 450 1235\* 330 lb. S. Linn 600 385 555 1240\* 360 lb. S. Linn 630 410 580 1275\* 420 lb. S. Linn 660 440 610 1310\* 480 lb. S. Linn 690 470 640 1340\* 540 lb. S. Linn 720 500 670 1370\* 600 lb. S. Linn 750 530 700 1400\*

Division II 140 lb. H. Gorman 230 160 285 675 140 lb. H. Gorman 230 160 285 675 160 lb. H. Gorman 230 160 285 675 180 lb. H. Gorman 230 160 285 675 200 lb. H. Gorman 230 160 285 675 220 lb. H. Gorman 230 160 285 675 240 lb. H. Gorman 230 160 285 675 260 lb. H. Gorman 230 160 285 675 280 lb. H. Gorman 230 160 285 675 300 lb. H. Gorman 230 160 285 675 320 lb. H. Gorman 230 160 285 675 340 lb. H. Gorman 230 160 285 675 360 lb. H. Gorman 230 160 285 675 380 lb. H. Gorman 230 160 285 675 400 lb. H. Gorman 230 160 285 675 420 lb. H. Gorman 230 160 285 675 440 lb. H. Gorman 230 160 285 675 460 lb. H. Gorman 230 160 285 675 480 lb. H. Gorman 230 160 285 675 500 lb. H. Gorman 230 160 285 675 520 lb. H. Gorman 230 160 285 675 540 lb. H. Gorman 230 160 285 675 560 lb. H. Gorman 230 160 285 675 580 lb. H. Gorman 230 160 285 675 600 lb. H. Gorman 230 160 285 675 620 lb. H. Gorman 230 160 285 675 640 lb. H. Gorman 230 160 285 675 660 lb. H. Gorman 230 160 285 675 680 lb. H. 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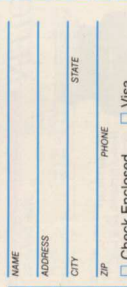
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**2 bottles \$29.00**



**L-CARNITINE**  
1000 mg.  
150 capsules per bottle  
**2 bottles \$29.00**

MEET DIRECTORS... this list is a FREE service... in at least 3 months prior to your competition... to 'Coming Events', Box 467, Camarillo, CA 93011 to obtain proper advance notice for your event. You'll reach MANY more entrants.

**25 MAR, (new date)** 2nd Annual South Texas C. Masters Bench Press Championships, in Ft. Worth, TX. 1914 Rogers, Corpus Christi, Texas. USF, 1500-1500. 25282, 862-3160.

**25 MAR, Alabama PL & Bench (18 m. off, pure, bench, women, teenage, masters),** Laney Shepard, 102 N. Main St., Enterprise, AL 36330. 205-392-4867 (work), 205-347-3195 (home)

**25 MAR, (new date)** USPF Colorado State Championships, 303-926-6212. **25 MAR, APF In-State Championships** (men, women, teen, masters), Roger Siles, 412 E. 10th, Denver, CO 80202. 303-733-1122.

**25 MAR, APF In-State Championships** (men, women, teen, masters), Frank Mar- sueto, Paragard Athletic Club, 1500 Paerdegard Ave. North, Brooklyn, NY 11226. 718-299-1010

**25 MAR, Arizona ADPFA, Erik Proter, 3631 W. Colter No. 2143, Glendale, AZ 85301. 602-944-0000. 25 MAR, 9th, Central Ohio Bench Press** (men, women, teen, masters), Dean Gitt, 154 Caroline Ct., Circleville, OH 43113. 614-479-9207

**25 MAR, USPF Tennessee State** (men, women, teen, masters), Dynamob Fitness, Box 1727, Maryville, TN 37801. 615-582-3152. **25 MAR, (new date)** Reversion Class II, Memphis, TN 37801. 901-521-3305

**25 MAR, California Drug Tested Men/Women Open ADPFA/PA, Alan Krushner, Box 2992, Fremont, CA 94539. 415-657-1586 or 490-0680**

## Coming Events

**1.2 APR, USPF Virginia State Championships** (men, women, teen, masters), and open Class C in Hovell, VA. Barry Walker, 10897 Sweet Gum Lane, Leesville, VA 22862. 862-3160.

**1.2 APR, USPF Illinois State Championships** (men, women, teen, masters), Larry Sheppard, 102 N. Main St., Enterprise, AL 36330. 205-392-4867 (work), 205-347-3195 (home)

**1.2 APR, USPF Colorado State Championships**, 303-926-6212. **1.2 APR, APF In-State Championships** (men, women, teen, masters), Roger Siles, 412 E. 10th, Denver, CO 80202. 303-733-1122.

**1.2 APR, APF In-State Championships** (men, women, teen, masters), Frank Mar- sueto, Paragard Athletic Club, 1500 Paerdegard Ave. North, Brooklyn, NY 11226. 718-299-1010

**1.2 APR, Arizona ADPFA, Erik Proter, 3631 W. Colter No. 2143, Glendale, AZ 85301. 602-944-0000. 1.2 APR, 9th, Central Ohio Bench Press** (men, women, teen, masters), Dean Gitt, 154 Caroline Ct., Circleville, OH 43113. 614-479-9207

**1.2 APR, USPF Tennessee State** (men, women, teen, masters), Dynamob Fitness, Box 1727, Maryville, TN 37801. 615-582-3152. **1.2 APR, (new date)** Reversion Class II, Memphis, TN 37801. 901-521-3305

**1.2 APR, California Drug Tested Men/Women Open ADPFA/PA, Alan Krushner, Box 2992, Fremont, CA 94539. 415-657-1586 or 490-0680**

high school, women, master, collegiate, and class II & below (limited entries), S.A.S.E. to Lifetime Fitness, 4041 11th Place, Des Moines IA 50313.

**22 APR, Clearfield Power Day BP/DL** (men, women, masters), non-sactioned, Al Sogal, 304 Dwyer, Clearfield, PA 16830. 817-765-3274.

**22 APR, (new date)** USPF National (Advanced), Rich Peters, Box 1753, Norman, OK 73070.

**22 APR, (new date)** SILC Springs Bench Press (open, USPF rules), Chris Taylor, 208 Boomer 2, S.I.U.C. Carbondale, IL 62901. 618-536-7387

**22 APR, New England States Meet**, Scott Taylor, RR Box 213C, S. Royalty, VT 05068.

**22 APR, (new date)** Appalachian Open Class II & below, John Lilly, Asti, Coach & Strength Coach, Concord College, Box D 612, Athens, WV 24712. 304-384-9817 (off) or 425-3997

**22 APR, ADPFA Women & Nonactioned (Orlando, FL, K. Besudin & Norman 943 Robinhood Court, Maitland, FL 32714, 407-628-1298.**

**22 APR, NorthEast Bench/Dualist** (legatone contests, open, master, teen, Doug Reser, Future Physique, 1000 Bryant & 1000 W. Way, 14010, 716-426-5400.

**23 APR, 2nd Gulf's Gym of Niles BP** (Classic men, teen), Greg Hudak, Gold's Gym, 730 Eastwood Mall, Niles, OH 44446. 216-662-3552

**23 APR, ANPPC**, Metropolitan Bench (poligraph, 5 10 yrs, lifetime drug free), ANPPC, Box 101, Lindenhurst, NY 11751. 516-957-1753

**23 APR, ADPFA Deep South Championship** (men, women, teen, masters), Mike O'Brien, 315 One- like Road, 2007 Auburn, AL 36830. 206-887-6482

**23 APR, Laidland AFB Meet**, Dave Spaldator, 4911 Gray Hawk, San Antonio, TX 78217. 512-656-6696.

**23 APR, UVA River Falls ADPFA**, Collegiate (USPF), Leo Fleming, P.O. Box 3592, Lake Co, IL 60156. 708-756-0444 (9:00 AM) ADPFA Great Port City Class/Bench (men, women, teen, masters), Coach Class/Bench (men, women, teen, masters), (police & fire), Jim's Gym, 912-964-8956

**29 APR, Oregon H.S., Gary Repp, 16 N. Greenwood, Madras, OR 97534. 503-770-5838**

**1.2 APR, USPF Virginia State Championships** (men, women, teen, masters), and open Class C in Hovell, VA. Barry Walker, 10897 Sweet Gum Lane, Leesville, VA 22862. 862-3160.

**1.2 APR, USPF Illinois State Championships** (men, women, teen, masters), Larry Sheppard, 102 N. Main St., Enterprise, AL 36330. 205-392-4867 (work), 205-347-3195 (home)

**1.2 APR, USPF Colorado State Championships**, 303-926-6212. **1.2 APR, APF In-State Championships** (men, women, teen, masters), Roger Siles, 412 E. 10th, Denver, CO 80202. 303-733-1122.

**1.2 APR, APF In-State Championships** (men, women, teen, masters), Frank Mar- sueto, Paragard Athletic Club, 1500 Paerdegard Ave. North, Brooklyn, NY 11226. 718-299-1010

**1.2 APR, Arizona ADPFA, Erik Proter, 3631 W. Colter No. 2143, Glendale, AZ 85301. 602-944-0000. 1.2 APR, 9th, Central Ohio Bench Press** (men, women, teen, masters), Dean Gitt, 154 Caroline Ct., Circleville, OH 43113. 614-479-9207

**1.2 APR, USPF Tennessee State** (men, women, teen, masters), Dynamob Fitness, Box 1727, Maryville, TN 37801. 615-582-3152. **1.2 APR, (new date)** Reversion Class II, Memphis, TN 37801. 901-521-3305

**1.2 APR, California Drug Tested Men/Women Open ADPFA/PA, Alan Krushner, Box 2992, Fremont, CA 94539. 415-657-1586 or 490-0680**

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