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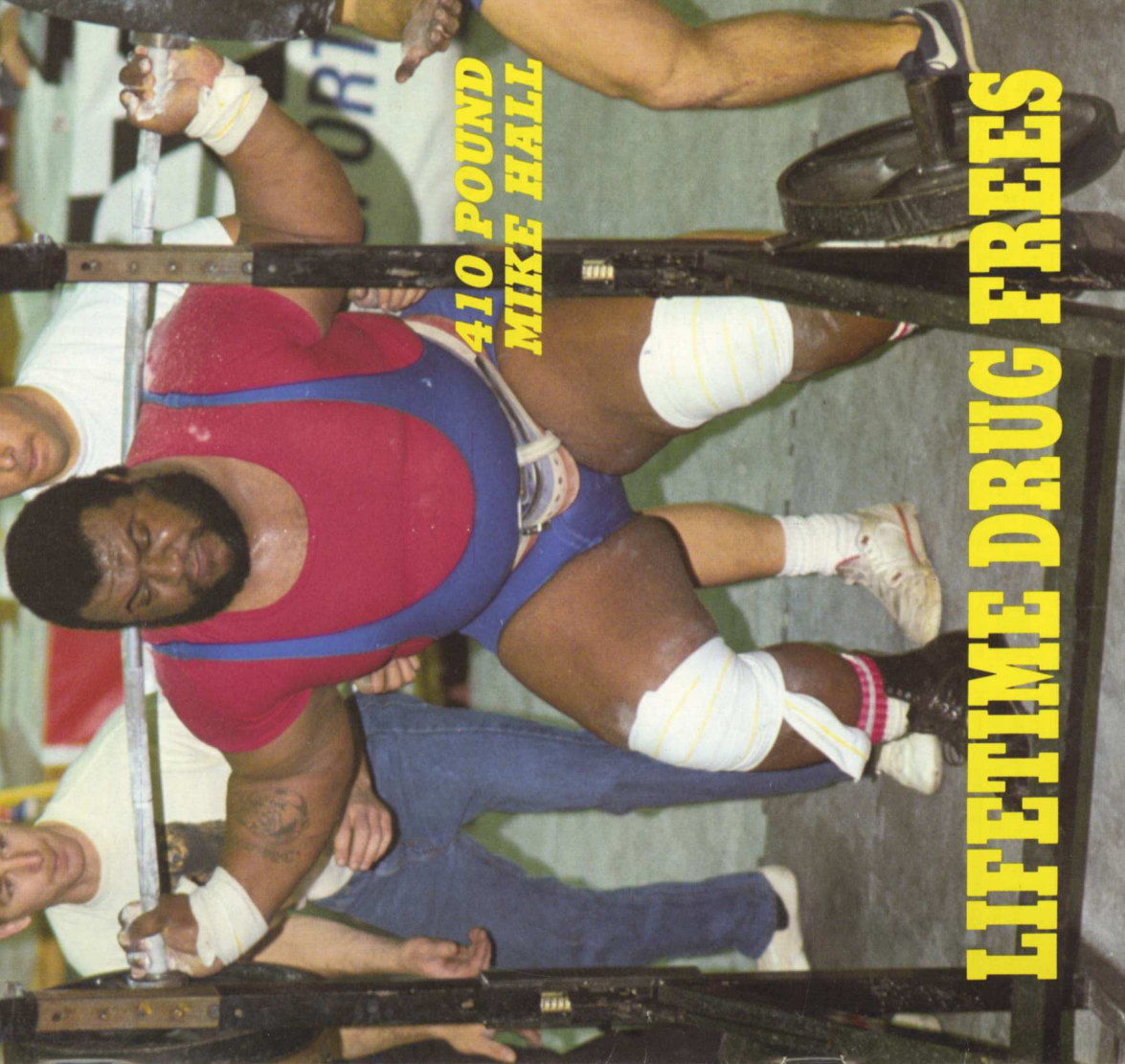
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VOL. 12 NO. 10 MAY/89 \$3.50



410 POUND
 MIKE HALL

LIFETIME DRUG FREES

University Studies Reveal

Patented Nutrient Increases Muscular Gains By Using Your Body's Primary Anabolic Hormone

Chromium Picolinate, Patent #4,315,927 Has In Two Recent Double-Blind, Placebo Controlled Crossover Studies Demonstrated A Phenomenal Ability To Multiply The Normal Actions Of Insulin, The Body's Primary Anabolic Hormone!

Insulin has been called "the body's primary anabolic hormone." In effect, it represents the body's signal that energy is available to support the biosynthesis of protein. With regard to protein metabolism, insulin exerts important anabolic effects on skeletal muscles and on many other bodily tissues.

Insulin promotes protein build-up in skeletal muscles in at least three ways:

1. It promotes intracellular uptake of free amino acids from the blood (directs Amino Acids from the blood into the muscles).
2. It enhances the rate at which protein is synthesized by accelerating RNA's binding to ribosomes.
3. It decreases the rate of intracellular protein degradation thereby extending protein half-life.

Before You Read Any Further

Before you read any further, please read the following. Over the past year or two there have been many claims, counter claims, negative articles, and positive articles on natural supplements and their ability to act as a natural anabolic or, if you will, a steroid alternative. We feel once you've read the facts that you will be capable of making much better informed decisions.

How The Studies Were Done

Here is evidence of a natural supplement that when taken in the proper form will have a natural anabolic effect on the body. In other words, it will help the insulin in your body work for a maximum effect, and produce a significant anabolic effect on your skeletal muscles. Quality, natural, supplement work.

In one of two recent studies, a group of football players using Chromium Picolinate as part of a weight-training program, gained an average of 5.69 pounds in lean muscle mass, while total body fat decreased from 15.8% to 12.2%, a 22% loss in body fat all in a 42 day period.

Part of the group was also given a placebo that they thought was Chromium Picolinate. This group showed virtually no change in lean muscle mass or body fat.

An earlier study was almost as astounding. It involved non-athlete students who were also put on a weight-training program that included Chromium Picolinate. Those receiving Chromium Picolinate gained an average of 3.5 lbs. during the program, almost all of it as lean muscle! Those given the placebo showed insignificant changes.

In other words, those using Chromium Picolinate exploded past those using nothing at all! You can do the same! These studies were conducted by Dr. Gary Evans, a research scientist at Bemidji State University in Minnesota.

Here's How It Works

Unlike anabolic steroids, which can be extremely dangerous, Chromium Picolinate functions in a wholly natural and completely safe manner. Since 9 out of 10 Americans are deficient in chromium, it is likely that the vast majority can experience improved muscle growth simply by consuming optimal amounts of Chromium Picolinate.

We must emphasize again that this is the biologically active form of chromium

In addition to the tremendous anabolic effect found in these tests, Chromium Picolinate has been found to help in the reduction of cholesterol by regulation of lipid fat metabolism. It also aids in the regulation of glucose metabolism.

Chromium Picolinate To The Rescue
Chromium, combined with picolinic acid (picolinic acid is essential for proper use of chromium in your body) makes absolutely sure you get maximum advantage of the proteins and amino acids in your diet.

This translates into more lean muscle mass and more strength for you. And scientific evidence proves it!

Scientific studies have established that Chromium Picolinate is effective in promoting muscular growth and is hence useful in the strength gains you wish to obtain. Additional studies are being conducted as you read.

And it's available in pure form from Marathon Nutrition.

Introducing Pure Form Chromo-Mass™
Now you can take advantage of the power of pure form Chromium Picolinate. Thus Marathon Nutrition is proud to introduce **Pure Form Chromo-Mass™**, consisting of 100% pure form Chromium Picolinate—guaranteed. It's available exclusively through Marathon Nutrition and/or its authorized representatives. It's the purest form Chromium Picolinate available (Patent number 4,315,927).

For 15 years Marathon Nutrition has helped powerlifters like you achieve remarkable results with our nutritional supplements. Our customers continue to buy because they know they can rely on us to give them the best nutritional supplements in a pure, safe, and effective form.

We guarantee your satisfaction as well. If you're not satisfied for any reason, please call us within 30 days to arrange a prompt and efficient refund or exchange—no questions asked, no hard feelings.

Call Today and Save

So if you'd like to enjoy the latest breakthrough in strength and muscle growth, then try **Pure Form Chromo-Mass™** from Marathon Nutrition. Each capsule contains: 200 mcg* of Chromium Picolinate. **50 capsules \$89s** 100 capsules **149s** 250 capsules **333s**

*Maximum legal dosage per capsule allowed by law.

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Powerlifting USA Post Office Box 467 Camarillo, CA 93011

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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport...this is their magazine.

POWERLIFTING USA (ISSN 0199-8536) is published bimonthly by Powerlifting USA, a publication of 2486 Producers Dr., North Suite D-216, Camarillo, CA 93010. 2nd class postage paid at Camarillo, CA and at additional offices.

POSTMASTER: Send change of address notices and undeliverable copies to POWERLIFTING USA, PO Box 467, Camarillo, California 93011.

SUBSCRIPTION RATES: (US funds only)
USA addresses, 1 yr.....\$26.95
USA addresses, 2 yr.....\$49.95
First Class Mail, USA, 1 yr.....\$48.00
Outside USA, surface mail.....\$36.00 US
Outside USA, air mail.....\$72.00 US

POWERLIFTING USA advertising rates available upon your request.

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ON THE COVER...Big Mike Hall moving world class squat weight at the A.D.F.P.A. Lifetime Drug Free Championships.

NEXT MONTH...full color coverage of the HAWAII MEET!

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POWERLIFTING USA Magazine

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LIFETIME DRUG FREE NATIONALS

as seen by PL USA Editor, MIKE LAMBERT

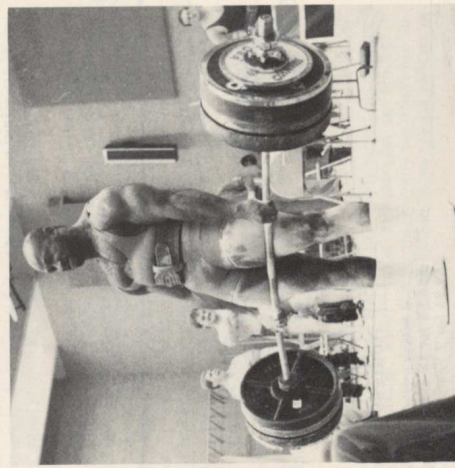
Lifetime Drug Free athletes are the true heroes of modern Powerlifting. They are proving that those who try not only can have satisfying (and nutritious) lives, but can also compete in the sport, but can also win. Even within the fitness world, it's clear that the drug free variety of Powerlifting is the most varied and exciting. Coach Mike Lambert, Lifetime Drug Free coach at most Arizona State University, wanted to see this fitness concept bloom and some 3rd Annual Lifetime Drug Free World Champions, 2 drug free World Champs (among them they have set over 100 national records) and a great number of them were here competing as lifetime drug free strength athletes.

The meet was tested via both urinalysis and polygraph, with the polygraph asking such questions as 1) have you ever used anabolic steroids? 2) have you ever used any strength-inducing drug, including growth hormone? 3) have you ever used testosterone? Coach McClellan was quoted in a press release for the competition as saying "Powerlifters carry a reputation for using anabolic steroids, but the guys in this event achieved their strength without the use of drugs. That's the way sports should be run. Drugs have no place in any sport. They're an artificial means that give some competitors an unfair edge. Competitions should be a true reflection of an athlete's training and ability."

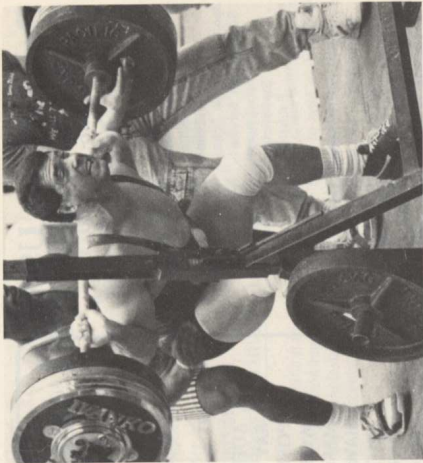
The title sponsor for the event was EXCEED® Sports Nutritionals, manufactured by Ross Laboratories, a division of Abbott Laboratories. Ross Laboratories in Columbus, OH recently conducted an international conference on alternatives to anabolic steroids, and continues to support research into this area. EXCEED® representative Dale Hrovat was on hand to oversee the utilization of this product by the athletes at this meet. Miguel Castro, of Milwaukee, Wisconsin began the parade of truly clean powerlifting champions with a solid winning total. He had hoped to smash the 500 lb. deadlift barrier, which very few 114 pounders of any persuasion on drugs have ever done, but 490 would not start for him on either try. Howard Bates of Ft. Knox, Kentucky was a vocal supporter of other lifters in the meet after he finished up.

Joe Catalano came in with 6 national titles to his name, and was the defending champ in this meet from last year. He had been a little bit prior to the contest, and that kept him from getting the PR 446 deadlift he wanted. Mark Jones of the Brigham Young University team got an ADF-PA American Collegiate record on the bench, to finish over Bozzelli, who is out of Pennsylvania.

The 132s weren't settled until the last lift. Brad Olson, the pastor from Xenia, Ohio and 1988 WDFPF World Champion at 132 was challenged by Ron Hoff of Cottage Grove, MN, the 1988 WDFPF World Champ at 123, but James Benemerito, a teenage phenom the like of his brother Ray, came up from behind to nip them both at the buzzer. James may go up to 148s, and go after his brother's records in the future.



BILL STEWART...put together a fantastic, record breaking day, but even this is less than his true world class capability on a perfect, 9 for 9, day.



RICHE WENNER...was one of the most popular lifters in the competition, probably due to his longtime association with both successful drug free lifters competing in the meet facility for the meet, Arizona State University, in conjunction with his long time coach and associate, Tim McClellan.

In the 148s, brother Ray, who has never lost in a powerlifting competition, continued his strength streak. Ray wanted to go for the ADFPA record at 148, thus the 022 deadlift attempt. On the weekend of the meet, it had just snowed back home in New Jersey, and Ray joked that he might not go back. He might not go back to the 148 lb. class anymore either. By his eyes, Joe Braca will beat the 622 deadlift mark as well, but after the crowd didn't back him up, he decided to try it again. ASU grad Chris Bellig got a nice 3rd. Others of ASU make "the Best" (Orti Kugi, and Louie Sampietro had good tussles for their placings.

At 165, Jim Cope was noted on the press releases as one to watch for, but he ended up spotting and helping other lifters to victory. Larry Malle now out of Colorado, came down to take the title with solid lifts. Connecticut's Gerry Raccio had a tough day in 2nd, and first year lifter Kevin Dittler got a nice 3rd place plaque for his efforts. Erik Porter, another of the fine group of ADFPA lifters/athletes who have resurrected lifting in Arizona, made an heroic effort on his final deadlift, got it past the sticking point, and then ran out of gas.

Ten times powerlifter man Curtis Payne was resplendent in a purple t-shirt declaring his dedication to drug free principles. He's also about a 4 time bodyweight man in the deadlift, and ended up 100 lbs ahead of next placer Brian Skibyak, who went to the 3rd attempt limit in both the squat and deadlift to stay in the meet. BYU's Ethington was just behind. ADFPA President Dennis Brady had some injuries, and did what he could on the platform, before getting on the other side of the bar to judge much of the rest of the meet.

In the 198s, ASU Assistant Strength Coach, Richie Wenner, was to meet Bill Schmidt, who recently

year old twins (with another set of them on the way) has just been finishing up a college career, other, wish his training lifts of 2200. He had training lifts of 805x53 in the squat and bench, but was not satisfied with the edges of his amazing training cycle. The 2 time ADFPA World Champion declared that he doesn't know what kind of day he's going to have until he gets that first squat with his scorecard. He came up with the 804 squat that wasn't passed, and dipped a little lower with 815. Taking his opener bench over again, due to a technicality, upset his apple cart a little, and he went on to try a record 525 bench on a 4th. The 815 deadlift was right there, but on 821 it seems he had run out of psyche. This kind of total (2132) has to make one wonder about the claims that one has sport. Bull Stewart of West Point, Mississippi is living testimony to the contrary.

Bull's teammate, David Pess, pulled the 1988 WDFPF World Champ at 181, has been trained by Tim McClellan since 1980, but Tim has also had a similar long time association with Richie as well. Any friction that might have been generated from such a confrontation was more than smoothed over by the friendship between the two athletes and their supporters. Tim McClellan remarked on the several examples of lifters helping other lifters within their own class, cheering them on. Rich Wenner's own father came out and shouted encouragement to Bill Schmidt on his final deadlift attempt, but they were too heavy. Bill, the likable TV weatherman in North Carolina, is going to alter his routine, hitting heavy deadlifts only every 10 days, to get back to the glory days he had at 181 in this new division. Rich went on to win his eighth national championship, but Ed Riley forged a spot for himself between the Rich and Bill with some fearsome deadlift power, after limping through the squats. Quinn Millington, formerly a phenomenal teenage lifter, is now representing BYU and looks a bit like Ed Coan now that he's filled out a bit.

In the 220s, Louie Sampietro did it like a "three man weave" on the basketball courts as Coach, Giron, and Austin went at it. Giron, back from knee surgeries and a long layoff, looked and lifted like the old days, and had an inspired, but very sporty, manlike tussle with Shawn, who passed his second deadlift to set up his final, hard lift at 705 for the win. Willie Austin's openers were all disasters, but he came back strongly to make them all, but the big jump he needed to catch Girs' and Shawn weren't there. Steve Downs, the editor of *Natural Physique Magazine*, was close to a perfect day.

Andrew "Bull" Stewart won the 242s by over 400 pounds, but made his performance very exciting with all the records he tied. The father of 4

injured his hand, but showed definite signs of the 2400 plus total he had hoped here for despite it all. His 2nd attempt 932 8 lb. squat was solid and his next attempt at 953 looked much the same, but was not passed.

His benches were likewise very strong, with 633 being a new ADF-PA record, but a 4th at 639 stalled in the deadlift, the injured hand bothered him, but he still made some impressive pulls, even trying a record 795 on a 4th attempt. Mike just keeps getting bigger and stronger, just like O.D. Wilson has been, and they are both watching each others progress, believe me. Pat Meesch, a former footballer at Northern Arizona University, was unchallenged in 2nd. Speaking of football, Coach McClellan was especially pleased how some of the local football coaches, some great athletic motivators, showed up to help out some of the athletes at the meet.

Hank Houston, a local favorite, nailed down his award over John Razo, who journeyed all the way from Alaska to lift in this meet. Scott Sale, who's been advertising those custom squat shoes in PL USA, in no way anticipated the kind of trouble he had with his squats. He's good for near 2000 on a decent day.

As a beautiful Sunday in Arizona began to cool down, the lightning was completed for the Champion of Champions award, and while names like Curtis Payne and Ray Benemerito were very prominent, Bull Stewart took home that great honor.

taping of the action for Dr. Tom McLaughlin's POWERCOACH 2000 analysis was also undertaken.

Certainly the top competition and podiums seem at this meet bring the notion of Lifetime Drug Free National Championship lifting into the mainstream of current Powerlifting consciousness, and is another feather in the cap of the amazing group of ADFPA worker-lifters that Arizona has been recently blessed with.

ADFFPA Lifetime Drug Free 89/Temp/ AZ

114 lb.	501	502	503	8P1	8P2	8P3	Sub	D11	D12	D13	Total
Miguel Castro	187	220	240	540	426	490	490	1008	1008	1008	3018
Howard Bates	181	192	203	468	330	347	363	832	832	832	2504
Joe Catalano	174	396	424	245	264	270	666	305	413	464	1080
Tim McClellan	275	297	319	625	352	374	567	347	402	443	1019
Brent Bozzelli	275	297	319	625	352	374	567	347	402	443	1019
132	407	446	473	710	462	496	507	1218	1218	1218	3718
Ray Benemerito	407	446	473	710	462	496	507	1218	1218	1218	3718
Ron Hoff	400	424	440	727	451	473	485	1212	1212	1212	3636
Brad Olson	440	462	485	738	473	499	510	1201	1201	1201	3603
Brian Sato	347	405	424	672	347	407	429	1101	1101	1101	3303
Kim Do	402	435	446	703	437	459	473	1177	1177	1177	3531
148	540	562	573	925	573	600	622	1526	1526	1526	4578
Ray Benemerito	540	562	573	925	573	600	622	1526	1526	1526	4578
Joe Braca	473	523	540	802	500	500	802	1372	1372	1372	4046
Chris Bellig	529	556	556	903	514	527	527	1372	1372	1372	4046
Tim McClellan	529	556	556	903	514	527	527	1372	1372	1372	4046
Louie Sampietro	440	468	479	755	462	501	512	1256	1256	1256	3768
Mike Barna	424	451	462	755	462	496	504	1218	1218	1218	3654
Dennis Bell	402	418	418	677	373	373	512	1201	1201	1201	3603
Dan Sorenson	402	418	418	677	373	373	512	1201	1201	1201	3603
165	551	573	584	936	540	551	578	1515	1515	1515	4545
Larry Malle	551	573	584	936	540	551	578	1515	1515	1515	4545
Kevin Dittler	485	512	523	832	519	530	530	1355	1355	1355	4065
Jim Reardon	562	562	562	242	259	270	511	1322	1322	1322	4006
Dan Arellano	496	514	523	771	485	507	518	1289	1289	1289	3867
Tony Pennington	424	440	440	699	397	397	544	1222	1222	1222	3666
Erik Porter	512	534	534	826	314	325	325	1377	1377	1377	4131
John Sherwood	473	473	473	743	473	473	743	1389	1389	1389	4158
181	628	672	672	1058	705	738	738	1763	1763	1763	5264
Curtis Payne	628	672	672	1058	705	738	738	1763	1763	1763	5264
Brian Skibyak	540	540	540	909	633	633	633	1543	1543	1543	4639
Robert Ethington	584	595	595	881	589	617	628	1490	1490	1490	4469
Ed Childs	534	573	573	898	562	578	600	1460	1460	1460	4388
Shane Cosebeck	424	440	440	706	440	440	544	1355	1355	1355	4054
Dennis Brady	512	512	512	804	534	551	573	1355	1355	1355	4065
Curtis Brown	451	451	451	743	451	451	743	1345	1345	1345	4035
198	611	644	661	1080	611	633	639	1719	1719	1719	5157
Rich Wenner	611	644	661	1080	611	633	639	1719	1719	1719	5157
Ed Riley	640	663	674	1075	622	649	663	1654	1654	1654	4962
Bill Schmidt	628	628	628	1021	628	628	628	1621	1621	1621	4870
Carl Dingle	628	628	628	1021	628	628	628	1621	1621	1621	4870
Doug Parish	622	622	622	1003	622	644	655	1631	1631	1631	4885
Quinn Millington	573	600	622	942	584	617	628	1559	1559	1559	4646
Dale Greenwald	529	529	529	876	589	589	589	1377	1377	1377	4131
Ray Marshall	507	545	545	810	567	606	606	1377	1377	1377	4131
Ray Marshall	507	545	545	810	567	606	606	1377	1377	1377	4131
Dave Thornton	523	534	534	826	512	531	584	1377	1377	1377	4131
Dave Thornton	523	534	534	826	512	531	584	1377	1377	1377	4131
220	644	672	688	1124	650	705	705	1829	1829	1829	5487
Shawn Cain	644	672	688	1124	650	705	705	1829	1829	1829	5487
Mark Giron	650	672	683	1162	622	661	666	1824	1824	1824	5472
Willie Austin	795	705	738	1080	795	705	749	1785	1785	1785	5355
Steve Downs	578	611	639	976	661	703	722	1633	1633	1633	4903
Mike Giron	551	606	629	1069	551	551	622	1620	1620	1620	4890
Mike Giron	551	606	629	1069	551	551	622	1620	1620	1620	4890
Rick Endley	507	540	529	876	589	589	589	1377	1377	1377	4131
Dave Dunbar	518	518	529	292	303	303	303	1416	1416	1416	4245
Dave Dunbar	518	518	529	292	303	303	303	1416	1416	1416	4245
Dave Dunbar	518	518	529	292	303	303	303	1416	1416	1416	4245
242	702	804	815	1317	788	815	824	2132	2132	2132	6056
Andrew Stewart	702	804	815	1317	788	815	824	2132	2132	2132	6056
Scott Attkaz	622	666	683	1041	622	622	655	1686	1686	1686	4958
Scott Attkaz	622	666	683	1041	622	622	655	1686	1686	1686	4958
Carl Tillman	630	705	705	1041	584	606	611	1653	1653	1653	4912
Mike Foggia	578	606	622	1052	573	600	611	1653	1653	1653	4912
Steve Pincock	622	661	683	1025	578	600	600	1603	1603	1603	4813
Dave Mitchell	551	551	578	1008	501	534	562	1570	1570	1570	4642
Mike Whelan	591	591	591	991	591	591	591	1773	1773	1773	5316
Steve Walsh	628	628	628	1025	628	628	628	1781	1781	1781	5340
633	683	705	1118	600	688	716	1807	5487	5487	5487	16381
Tom Brooks	683	705	1118	600	688	716	1807	5487	5487	5487	16381
Tom Brooks	683	705	1118	600	688	716	1807	5487	5487	5487	16381
Tom Brooks	683	705	1118	600	688	716	1807	5487	5487	5487	16381
Tom Brooks	683	705	1118	600	688	716					

INTERVIEW

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

RAY BENEMERITO as interviewed by BOB GAYNOR

This interview was done with Ray Benemerito the 1987 and 1988 ADFPA National 148 lb. champion in February of 1989.

B.G. Ray, what is your age and your current residence?
R.B. I am 21 years of age and I live at 1 Merkin Avenue in West Orange, New Jersey.

B.G. What is your occupation?
R.B. I am an Operating Engineer with Local 68.

B.G. How long have you been competing and how long have you been training?
R.B. I have been training for 6 years and I have been competing for the same number.

B.G. How did you get started in weight training and powerlifting?
R.B. I first was exposed to powerlifting in 1983, I saw the Hawaii Record Breakers and was impressed with the amount of weight that people were doing. Right there I knew that this sport was for me.

B.G. That same year I entered the New Jersey High School State Championships with no formal training, and I totaled 1020. That summer with help from my gym teacher, Ron Miller (who gave me my powerlifting background), and Math Teacher, Tom Prendergast (who gave me a bodybuilding background), I developed my own training philosophy. The following year I won my first National Contest with a 1201 total, and each year I put on 100 lbs. on my total except in 1987. In that year I was involved in a motorcycle accident which has still set me back to this day. Hopefully I will make up what I lost this year.

B.G. What are your best lifts?
R.B. I really don't think I have hit my best lifts yet, due to the accident I just mentioned. So far my best lifts are Squat 573, Bench Press 358, Deadlift 600, Total 1526.

B.G. What are some of the titles you have won?
R.B. The titles and championships I have won are as follows: 1983, 84, 85 USPF, New Jersey State High School Champion, 1984 & 1986 USPF Teenage National Champion, 1986 NPC Mr. New Jersey (Bodybuilding), 1987 & 1988 ADFPA National Champion, 1987 IPF JR. World Champion, 1988 WDDFF World Champion, 1989 WDDFF World Champion, 1989 ADFPA Lifetime Drug Free Champion.

B.G. What are your future goals?
R.B. My goal is to be one of the top 1-48 lb. lifters in the World, regardless

of wraps, and a shirt. I strive to always take sensible jumps in weight, and I am careful with my form. The important thing is not to burn out.

B.G. What is your advice for the beginner?
R.B. The advice I would give beginners is to get good training partners. I train with my brother James and Jeff Wilkes (Teenage National Champion). All of us see something different in each other, and we criticize each other's form. Good advice can stop a bad habit from forming. Once a bad habit has formed, it is really tough to break. Good training partners also give good mental support. Another important factor is to believe in yourself, because weights only feel heavy when you let them feel heavy.

B.G. Who are your heroes or those you admire in the sport?
R.B. I don't have any more heroes in our sport, because they have all let me down. I do admire all those in our sport who promote powerlifting in an unselfish manner. That includes lifters, spotters, judges, meet directors and fans and family members.

B.G. What other hobbies do you have outside of powerlifting?
R.B. As for hobbies, I love riding my Honda Hurricane. Maybe this spring I will go for a novice road racing license. I also collect and shoot guns.



RAY BENEMERITO...talks up for an attempt at the ADFPA Lifetime Drug Free National title after James moves up a class also and take over in the lightweight division.

during the off season I weigh 170 +. I have given much thought to moving up to the 165 lb. class.

B.G. Since you can't give us much information on diet, how about your training methods?
R.B. In the off season I use 7 reps in all my powerlifts and also for my assistance work. What I try to do is to increase my poundage without sacrificing good form. I feel this is very important and this is how I base my in-season training. During the off season I don't wear equipment. For my in season training I use a 12 week cycle. For the first month I use 7 reps and I increase the weight each week. For the 2nd month I drop to 5 reps and I use the lifting belt. For the last month I drop to 3 reps and I use all the equipment. This means a suit,

of association. I want to accomplish this while being lifetime drug free. I know it can be done.

B.G. What are your views on steroids and drug testing?
R.B. I am against steroids, that is my choice. If you are a juicer, play fair. Everyone knows it gives a big advantage to a natural athlete. As far as drug tests go I feel an IOC of the test should be given the day of the test. I also feel that people who should be given tests by the off season.

B.G. Ray, but about giving us your views on diet and supplementation?
R.B. On diet and supplementation I don't like to ask about diets and supplementation. I normally eat and drink anything I want to, that is why

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STARTIN' A special section dedicated to the beginning lifter **OUT**

Post Meet Blues as told by JEFF CHORPENNING



The Thrill of Victory lasts only a moment, and then it's back to the drawing board for the rest of your lifting career. (Hannu Saarelainen/'82 Worlds)

A champ one day, a chump the next, or vice versa? Whether coming off a great day or a better luck next time day, if you experience the post-meet blues you certainly aren't the first or the last to go through them. Coming off either a big win or a big disappointment can both be difficult. Regardless of the level of competition, the blues can hit hard in this individualized sport of powerlifting. In the last 6 years, I have competed in meets from the local level to the international level. I've lost some meets and been completely disappointed. I recall my first big loss of powerlifting at a post-meet blues seminar in 1983. I finished Nationals in Scottsdale, Arizona. After winning my first, my first national contest, Larry Pacifico warned me on the way home that things might be a little rough, and I didn't fully understand what he meant until the weeks that followed. The point is, coming off a meet you've dedicated your training to can be difficult, regardless of the meet's outcome.

Getting heavily into competition over a long period of time will almost certainly guarantee the experience of success as well as that of failure. I personally have never met an experienced competitor who has not felt both at one time or another. The important factor in getting through the post-meet blues is how the experience affects the overall picture of one's lifting career.

Great meet or poor, there are basically two questions during the post-meet blues that must be addressed. 'Where do I go from here, and what is the best route to get there?' The previous meet's goals, whether achieved or missed, are now a thing of the past. Evaluate the good and bad and develop a positive path to follow for the next meet's goals. Each meet needs to be kept in a certain perspective. Whether it's the County Open or the World Championship, the outcome of that day is only one of the many days in one's entire personal lifting career. There is always another meet, always the possibility of a comeback, or an even better performance. Other options should also be considered: taking a short layoff, or a long one, or even deciding to retire from competition. All of the options should be considered. Deciding to hang up the lifting belt and retire is often misunderstood by some to mean that the lifter is a quitter. The equivalence of retiring and being a quitter can only really be determined by the one making the decision.

Answering the two post-meet questions may not be easy or quick. Each event needs to be evaluated differently. Following the '88 APF Worlds, it took me several weeks to completely answer the two post-meet questions for myself. My gym bag stayed closed for a month after this meet. Sometimes it may not take that long and on other occasions it may take longer to determine the next goal. Even after one of my most disappointing and disastrous meets, the '85

USPF Juniors where I fell into a complete split with a 650 squat on my back, I eventually came back with a new starting point, along with your motivation and consistency, all the ingredients are there for you to 'go for it!' Now is the time to try new exercises, work on weak points, do conditioning, or try the routine you didn't have a chance to evaluate before. One point to keep in mind, which I have found over the years to be very helpful is: what works for someone

or retire, it's time to put a plan into effect for the next meet. By combining your experience with a new starting point, along with your motivation and consistency, all the ingredients are there for you to 'go for it!' Now is the time to try new exercises, work on weak points, do conditioning, or try the routine you didn't have a chance to evaluate before. One point to keep in mind, which I have found over the years to be very helpful is: what works for someone

else may or may not work for you. The best person to base your training on is yourself. When reading about another lifter's routine in a magazine, it is best to take only some of the ideas and customize them in to your own workouts. There is no single right or wrong way to train. If motivation is a problem, it's time to find it. This can be done in dozens of ways. What motivates one may not motivate another. Whatever it takes at the time is what you need. The fact is, motivation is a must when working towards a lifting goal. Some of the things I have found motivational include working out alone, breaking set and repetition records from previous training sessions, working out in a new location, or helping out another lifter. Many lifters find certain music motivational, while others may find silence and deep thought a better environment. Gym contests on certain exercises may also help motivate your workouts. Motivation can be found almost anywhere and in almost any way. That's good, because it's a must for you to push toward the next meet. What is a champion lifter? Most people have their own definition. To me, a champion is not determined by the size of the trophy or the title, but by the personal performance of the individual and how he feels about his accomplishments or failures. To me a champion is not defined by winning or losing, but by giving it his best shot! Beating the post-meet blues is working to improve yourself and to become the best lifter you can possibly be, and that is the essence of being a true champion.

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WORKOUT of the Month

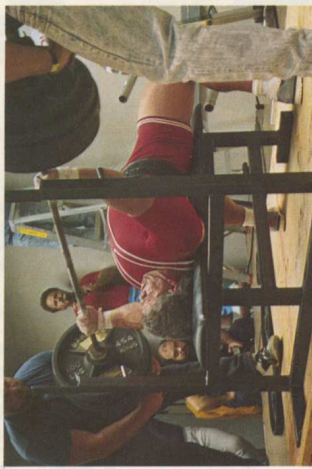
The bench press is THE most respected lift in the eye of the general public. When someone notices the physique of a powerlifter or bodybuilder, 98% of the time they want to know what they bench and how big their arms are. They have little interest in how much a guy can squat or how big his calves are.

The following routine is designed for an intermediate lifter who is capable of benching 500 lbs. In the club that I own, 80% of the lifters have increased their bench by 50 lbs. by using this routine. I would like to stress that the weight will feel extremely light at first and you will have a tendency to want to increase it, but don't. Follow the program to the letter, for it is designed to increase the strength of the ligaments and tendons along with the muscles. This workout is done twice a week with one heavy day and one light day. You should do no more than 80% on light days, which in my example are Thursdays, with the heavy days being on Mondays. Use the same auxiliary work on light day that you used on heavy day, but again, only 80% of what is used on heavy day. All auxiliary work should stop by Week 8 so you can

concentrate entirely on the bench. Be sure to pause all reps and work on good form. Stay light through the whole movement. This routine is designed on a percentage basis in your expected max bench, so to figure it you should start at the bot-

tom and work up. In this case, we assume the lifter is shooting for a 550 max based upon a 50 lb. increase from the present 500 lb. max. I have added a single rep max in the program, which is only a confidence builder and not necessary.

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Keneth Lain benched a solid 642 in the 275 lb. class at the World Bench Press Championships of the World Bench Press Congress in January 1989

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You should warm up to the max, then back down to the reps. Do no heavy singles on light days.

For a more personalized program send your current workout, bodyweight, height, and present max, along with a self-addressed stamped envelope and \$15.00 to: World Gym, c/o Kenneth Lain, 3202 D N 1st, Abilene, TX 79603.

Week 1: 55%, Heavy day only 1x450, 3 sets, 10 reps, 300 lbs.

Week 2: 60%, Heavy day only single 1x495, 3 sets, 9 reps, 330 lbs.

Week 3: 65%, Heavy day only single 1x500, 3 sets, 8 reps, 355 lbs.

Week 4: 70%, Heavy day only single 1x505, 3 sets, 7 reps, 385 lbs.

Week 5: 75%, Heavy day only single 1x510, 3 sets, 6 reps, 410 lbs.

Week 6: 80%, Heavy day only single 1x515, 3 sets, 5 reps, 440 lbs.

Week 7: 85%, Heavy day only single 1x520, 2 sets, 4 reps, 465 lbs.

Week 8: 90%, Heavy day only single 1x525, 2 sets, 3 reps, 495 lbs.

Week 9: 95%, Heavy day only single 1x0, 1 set, 2 reps 520 lbs.

Week 10: 100%, Meet. 1st attempt, 500 lbs.; 2nd attempt 530 lbs.; 3rd attempt, 550 lbs.

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Making Weight

The Final Month - by RON FERNANDO
Excerpts from an upcoming book entitled
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MAKING WEIGHT is a science to elite lifters like Jessi Jackson.

the Lifecycle, you can probably drop 4-6 lbs. This will allow you to be at a relatively high bodyweight for your heaviest workouts two weeks out and still be within striking distance of making weight. The week before, you should be at no more than 4-6 lbs. over weight limit. It has been my experience that a 2-3 lbs. of this will come off overnight and the remainder through dieting and worrying about your opening squat.

I hope that you guys out there are not thinking about using Lasix. Lasix will play hell with your electrolyte balance and cause some very painful cramps at best, and in some rare cases death. I read the story about Albert Delella's close call in the March MrT you still aren't convinced. Use of plastic sweat suits are OK, but you can virtually get the same effect by guzzling water and then urinating, without stripping your energy reserves. The trick is to want to worry about it as opposed to die from doing jumping jacks in the sauna. You might try taking a 30-40 minute 'hoor' will burn about 400 calories and if you have a pair of walking weights, this figure doubles. Over the course of one month, this technique could shed several pounds.

The key in approaching the final month is confidence in having some smarts in what to eat and what not to eat. If you have been a good boy all of this time, do not pick things before the contest to go to. Save that for the post meet big cup of Donag. If this way, you won't see hamburger floating through the air or go in for a steak and rice when you see a Pizza Hut. The night before, if you can weigh in at 3 lbs or less over, you can eat nice light meal. No steak, no fat, no stuff, maybe a decent size slice of lasagna or plate of spaghetti with some sauce and a bit of cheese and some fruit cocktail or cantaloupe, for dessert. Nothing heavy or spicy, whatsoever. Leave out the yuppie like sun-dried elephant nuts or whatever for most week's diet with what's her name. The day of the meet, do not repeat, do not think any water from the time you arise until you have actually have your weight officially marked. This little trick will enable you to lose up to 2 lbs. alone, and can be done (with a bit of discomfort) the entire night before the meet, but be careful not to extend it too much beyond that or you will literally crack! After weigh-in, down some electrolyte replacement fluids, a lit- er juice and head to breakfast. Once again, I would eat some light carbs such as 3-5 pancakes, with some fruit, and maybe a cup of coffee to get a caffeine buzz. Throughout the meet, munch on peanut butter sandwiches, fruit, fruit sweetened energy bars and the like to keep your blood sugar level up. Stay away from grasshoppers, beer, candy and soda. I mean, why spend months preparing for a meet and then spend that day eating food that can hurt your performance? It does not compute! These eating methods will enable you to maximize your lifting, because you do not have to lose 18-20 lbs, to make weight and you will not be such an irritate to the rest of the human race while you are doing so. Hey, who said all of this was easy. Tell you what, you can always join the local bowling team. I don't believe they have weight classes (yet).

Date/line: Venice Beach, California - the thick of summer. The sunlight glints off her visor as she slowly, languorously takes another lick of her huge, dripping ice cream cone. There she is - all long limbs, glistening skin and blond hair, but you...you're not quite a plugged nickel for her...you're more interested in her ice cream cone! Yes, it's that time again, folks. The contest is right around the corner and you seem to be a little bit over weight. No big deal, right. You've still got a couple weeks, might as well enjoy your last pig outs for a while. After all, you're only, what, 18 lbs. overweight...!

If the above scenario sounds disgustingly familiar, take heart. There are thousands of powerlifters who meticulously plan their training routines, take second mortgages with the local pawn shop to buy all of the necessary supplements and keep the 1,800 lines of the various PL USA advertisers buzzing with questions about the comparative tensile strength of black versus red thread in the mid crotch area of their latest super duper squat suits, but plan their dietary regimens around Domino's and McDonald's. If you think that with all the dibenzocazole, gamma oryzanol, beta sitosterol, yohimbe bark, and other exotic nutrients you ingest, it really doesn't matter if the remainder of your nutritional program is pure garbage, welcome to the real world, partner. I want to share with you some basic precepts on weight loss during the final phases of the contest that will enable you to both maintain the strength you have built and to comfortably make weight without resorting to Ex-Lax, Lasix or the finger down the throat method (none of the three are recommended by either the Surgeon General or PL USA, by the way). I am also going to go out on a limb and state categorically that if you follow proper eating habits, you can even gain strength in at least one of the lifts at a lower bodyweight, thereby kicking all of your competitors on their needle-scared butts!

First, and foremost - get a handle on your BMR (Basal Metabolic Rate). Lean vs. Adipose Tissue, and other basic measures. You don't have to hop in the hydrostatic tub a la Clarence Bass. There are a number of formulas which will enable you to determine bodyfat percentage (refer to Doc Hatfield's books, or the July edition of *Muscle & Fitness*) or you can buy a skin caliper device at your local health food store or medical supply shop. Once you have quantified your current detail every morsel of food that goes down your gullet, from the T-bone steak with onions you had last night to the homemade fudge bars that Granny stuffed down your throat by the dozen. Record every bit of protein, fat, carbs and sodium that you take. That last item is a troublesome little devil, but if you can get it under control it will make this whole process very easy. A visit to a qualified nutritionist is definitely worth the office fee (about \$45). Above all, be honest with yourself! If you took like a porter at 125 or even 181 and squat the same (if not more)? IT CAN BE DONE, though the 'even more' part represents a lot of work. Basically, you have to tone every

FLASH REPORT OF THE HAWAII MEET!



AUSBY ALEXANDER sank a 751.8 squat, weighing 163, to the judges satisfaction for a new all time world best. ches, topped by an all time record 248. Doug Ortiz OPENED with a triple bodyweight world record breaking attempt, 710 soon missed Ausby Alexander met the challenge of rigorous depth judging in the squat to get an all time total of 1884, 546, and then boosted the all time total given him a 1901. Bill Cavalieri darn near had a 749 deadlift up at 165 also. At 181 Tom Eisenman took two 900 lb deadlifts for a record breaking 801 deadlift. Scott Greenberg missed the 600 lb deadlift twice. Sam Sarmiento got up a 677 by ESPN. Full report in next issue of PL USA.

Budweiser World Record Breakers

2 APR 89 - Honolulu, HI			
SQ	BP	DL	4th
Jesse Teves	154	93	171
Adrienne Chung	220	99	286
Alphie Newman	198	99	214
114 lbs	143	103	143
114 lbs	143	242	143
Mary Jeffrey	4th	248	529
123	143	363	143
148	150	325	143
Jesse Jackson	650	325	589
Michael Ohno	440	347	589
Chris Babbitt	483	313	515
Lance Parkhurst	407	253	744
165	411	413	722
Ausby Alexander	751	413	722
181	402	374	1884
Doug Ortiz	402	402	402
Kelly Sato	562	380	501
Tom Eisenman	650	325	589
Chris Babbitt	483	313	515
Tom Eisenman	143	143	710
Blaine Chong	143	143	143
108	672	374	600
Frank Medeiros	435	308	473
Brad Padilla	672	143	143
Juduan Lee	143	400	143
220	143	400	143
Larry Akyama	429	286	424
Don Gillis	143	433	722
Charlie Ditchell	143	473	143
Sal Aris	710	479	672
Buddy Pava	620	473	595
Arthur White	620	443	804
Harold Nishigawa	143	143	793
Terry Morgan	143	143	1080
Dan Cluzza	826	485	766
Scott Workman	722	435	766
Paul Lepik	722	435	766

A Tribute to Milo Steinborn



MILO STEINBORN, photograph provided courtesy of Mr. Joe Roark.

One of the great pioneers in the field of physical culture has passed on. Henry Milo Steinborn died February 9th, 1989 in Florida at the age of 95. Milo was referred to as the 'Dean of American Strongmen', by Vic Boff of the Association of Oldtime Barbell & Strongmen, which honored Milo back in 1987, 'expressing our appreciation, respect and admiration for his tremendous lifelong contributions to the Iron Game. Henry Milo Steinborn was the last of the living legends from the Golden Age of Strongmen. Those of us who knew Milo over the years will certainly miss his dynamic presence, not only by the virtue of his outstanding physical status, but for the many good and kind deeds he projected toward his fellow man. Our sincere condolences we share with his family - sons Henry and Richard, and sisters Toni Marie and Ann, both of Germany, and his seven grand-children.

Born in Seighburg, Germany, Milo left his home for the gold fields of Australia, but when World War I broke out he went to Australia where he was interned in camps. Athletic clubs were set up

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improved. HEALTH & STRENGTH magazine reported concerning the deadlift. Maybe it is not so popular at present... then continues, "On the weight up the thighs, etc. can make a limit attempt be done if that spectators could be excited if they assert that it looks a straining or unimpressive effort."

You may be thinking, "No wonder some of the old boys could do deadlift R&R method." You are probably right. So why don't you try it six or eight months from now, after all the steroids have left your body. And remember not to strain any body parts, and don't use a belt and remember to keep those heels together. Yeah, no wonder those old boys could lift so much...

JOE ROARK is an historian who publishes MUSCLES&SEARCH, a newsletter devoted to the history of the Iron Game. Write to him, and send SASE, at Post Office Box 1, St. Joseph, Illinois 61873.

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THE DEADLIFT

The "Darwin" Deadlift as researched by JOE ROARK

publisher of MUSCLES&SEARCH Newsletter

floor to the requisite height, the bell had to travel up in one clean, unbroken movement. So, historians became confused about which lifts were performed in the Cambridge or the Cambridge-Camberwell style. E. W. Pullum, who was insured for 793.75 lb deadlifted the bar on October 29, 1920 and Jovett apparently passed this lift. Jovett's name, and some of the other constants and the judges had not seen before. In addition to the "see-sawing" of the bar up to his thighs, Hatfill leaped back while so doing and gained an obvious leverage advantage. The judges passed the deadlift (but even with it Hatfill did not win).

Another lifter in the contest, a man named Knight, sensing that the judges were somewhat uncertain on the lift they had just passed, said to himself (apparently) something along the lines of, "Well, if they will pass THAT, they will have to pass THIS," and Knight pulled the barbell to his knees, then just above his knees, and he "sat down" that is, he lowered buttocks considerably while the barbell was above his knees. While in that position, he took a fresh grip and straightened his back. With this rest and renewed grip (R&R) and improved leverage, King stood erect with the weight.

The judges were now hunting for another line of work. They did not rule on Knight's lift that day. So, Knight, and others, continued to use that R&R style in future contests. That was 1919. By 1932 when Ivy Russell's contest with Tille Tammoth and the lift he described, it was explained that being 300 lb, deadlift was when she lifted at the re-opening of the Camberrwell Club, she deadlifted 322 lbs. This was on July 9th and I assume was also the R&R method. I thought one must also assume that members of the Camberrwell Club preferred the "one clean, unbroken movement" that earlier days had known.

By 1940, when Pullum was writing about deadlifting styles he wrote that since 1919 "...as no alterations or amendments have since been made, brings us to where we are today." Pullum recognized that the R&R deadlift was only a true deadlift to the point where the bar is pulled to the knees. After that point "...what it becomes depends entirely on the physical type of man performing it." (Ivy's public struggle to gain recognition for females in the established organization got no further than six inches off the floor...)

Some years ago at a lifting contest in England, a man was standing erect, having completed what he hoped would be an approved deadlift. The judges said no. It seems the barbell was behind the lifter's legs, rather than in front of his legs. The bar was being held just beneath the lifter's glutes, and even though the rule at that time for the deadlift did not make it clear that the bar had to be in front of the legs, the judges turned down the lift, saying in effect that a deadlift was not the same as a Hack lift, which was virtually what the lifter had just performed.

There were England other lifters over the years in England who tried the behind the back deadlift that a rule clarification had to be announced in early 1954. From that time, deadlifts had to be attempted with the bar in front of the lifter's legs.

Through the years the deadlift has undergone some name, and some style changes. Early in the lift's history it was known as lifting steers with "two hands" and "two hands aloft." Of course, there were one handed versions of the deadlift; one style allowed the barbell to be across the lifter's legs as in the two handed lift, and the other style allowed the lifter to stand the barbell. Depending on era and location, the barbell in both one and two handed lifts had to be near six feet or higher raised off the floor, and to be raised until the lifter stood erect. Not an easy task if the lifter was astraddle the bar.

At least no one ever tried a one-handed deadlift with the barbell in back of the legs. An historian must try to keep sorted which deadlifts were performed in which style. W. A. Pullum, writing in the spring of 1940, explained: "At the time of which I am speaking, it was officially considered enough to raise the bell six inches from the ground to constitute a lift, and, as a matter of fact, the first records upon it were put up that way. All that is with the exception of those performed at Camberrwell. Here, teaching insisted that the bell be raised till the lifter could stand erect. And not only that. In its journey from the



JOE ROARK...the publisher of MUSCLES&SEARCH

22, you can't win if you lose type of situation. Many of these authorities are the ones who shake their fingers at you and say "Don't use chemicals, but they're not willing to go the distance to bring you a natural solution." The fact is that with an exception of a small group of court grade researchers, scientists and physicians, the rest are not interested.

Make the following your three way formula for success in Powerlifting. First, proper training methods. Second, good diet. Third, a natural supplement program to bring you to a natural peak and get the results you want from your training. For further information, call or write: Marathon Distributing Company, Inc. 1229 VA Landers Palos Verdes Estates, CA 90274, (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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Advanced Concepts in NUTRITION

NATURAL SOLUTIONS: Old Ways (and Regulations!) Die Hard as told by GEORGE ZANGAS



Great Natural Champions like Mark Girton, who is closing in on a 500 lb. bench in the 220s, know the value of modern nutritional supplements.

an excellent and compatible nutrient prior to workout, but that's not all. These very same nutrients that make up the pre-workout drink, when taken within two hours after, that's right, AFTER a workout, will speed up your recovery time. When you take your callent time to include your amino acids and growth supplements, i.e., Dibenzoic Acid, Gamma Oryzanol, and others that you may choose. One last word on pre- and post-workout drink mixes: although regular carbohydrate drinks help out, they don't come close to the formulas that include branched glucose polymers, medium chain triglycerides, and succinates. It's like comparing a Model T with a Ferrari. They both go, but if you want high performance, stick with the better formulations.

Let me get off track for a minute. Although I strongly advocate the use of natural growth enhancers, natural performance enhancers, muscle foods, such as amino acids and natural supplements, along with performance drinks in general, the buyer should beware. Although a product is sold over the counter and is highly advertised, that does not necessarily make them safe. There are a lot of fall into this category. Refer to our article on the same. Although these products are available without prescription, there is a clear and present danger in their use. There is also what is said on the label, i.e., Yohimbe, which I might add is a plus for your health, but a waste of money. Utilize reputable suppliers that can provide you with the infor-

mation, as much as is available, needed to allow you to make the proper buying decision. Is price a factor? It shouldn't be when you're interested in quality. It's interesting when we see products sale-priced below cost, that is, below the cost of raw materials, and that doesn't include manufacturing to high standards, packaging, and quality control. Products that work may cost a little more, but you'll save in the long run.

Over the past few years, we've seen the introduction to the marketplace of many new and effective nutritional supplements, under the category of sports nutrition, everything from growth and performance enhancers to muscle foods such as amino acids and even improved vitamins and mineral formulas. Thousands of powerlifters and strength athletes have started and continue to use these advanced supplements as a key part of their overall program for successful training and competition. Many have achieved tremendous gains in strength and muscularity. To put it simply, thousands now compete successfully, who never thought they could! But, herein lies the controversy. Over the past year or so, and especially over the past few months, a number of authorities, some even from the medical and scientific community, have come out against these advanced forms of natural supplementation. Their argument against natural supplementation is basically divided into one of two areas. If it works, it should be classified as a drug and not under prescription, or it doesn't conform to the methods used in testing that is applied to pharmaceuticals or pharmaceuticals. With the exception of a relatively small number of M.D.s, researchers, and scientists, these are the same group of professionals that used to tell us that anabolic steroids would not enhance athletic performance much for their knowledge and credibility.

One thing that has to be understood at this point is that we have just seen the surface of natural supplements to our nutritional problems. This especially applies to the area of sports nutrition, which is well beyond the scope of utilizing supplements that follow the Recommended Daily Allowances, or RDA. Please remember that the RDA is not designed for optimum health, but refers to just taking enough of a certain group of nutrients or a nutrient itself, such as Vitamin C, B1, and so on, to prevent you from dropping into a diseased state. Hardly what we're looking for as powerlifters for optimum health and performance.

Our Eastern European counterparts have the cooperation of their scientific and medical communities, involved in resolving, amongst other things, the quest for higher performance nutrition. In recent years, some of these very successful products, such as Inosine and Dibenzoic acid, have found their way into the U.S. market and have given many a powerlifter a distinct advantage in training and competition. And, there are others, such as Gamma Oryzanol capsules, Smilax Officialis liquid.

Some of the finest products in sports nutrition are in the category of performance enhancing and recuperation drinks. These are powders that can be mixed with either juice or water. They are taken approximately one hour prior to training to load the muscles and body with nutrients that go to work very fast, to provide you with natural "go power" for better workouts. By the way, Inosine is bet-

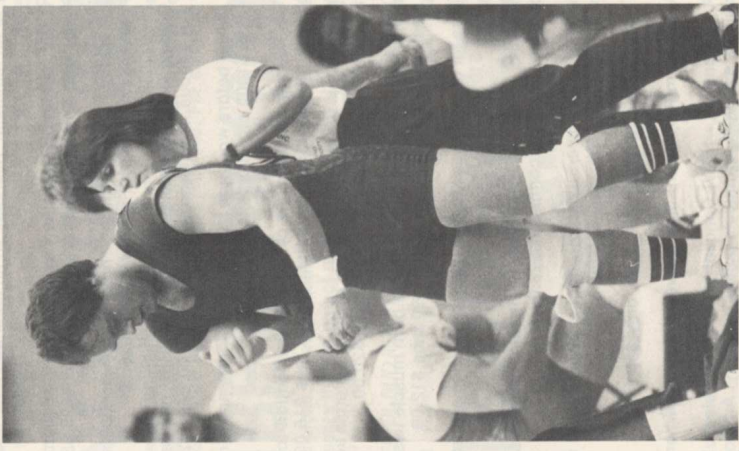
ter that can provide you with the information, as much as is available, needed to allow you to make the proper buying decision. Is price a factor? It shouldn't be when you're interested in quality. It's interesting when we see products sale-priced below cost, that is, below the cost of raw materials, and that doesn't include manufacturing to high standards, packaging, and quality control. Products that work may cost a little more, but you'll save in the long run.

Now, for some important news. In recent university studies, Chromium derived from a patented formula of Chromium Picolinate has been proven in double blind, placebo controlled cross-over studies to increase muscle mass and decrease bodyfat percentage. These tests were conducted with football players and other non-athletes. More studies are being planned or are in progress as this article is being written. As a matter of fact, a major medical school thinks so highly of Chromium from Chromium Picolinate that it is undertaking a year long, detailed study of this nutrient. Basically, the way it works is that it produces the body's primary anabolic hormone, insulin, which is essential to increasing the uptake of protein and amino acids. It also preserves the life of protein in the body. Insulin is also essential in carbohydrate metabolism and stabilizes blood glucose levels. If you need more information, please give us a call.

POWER PROFILE

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

Dennis & Sandi Brady



Dennis and Sandi Brady at the ADPPA Lifetime Drug Free Nationals

To most lifters, the heads of major powerlifting organizations are just names or faces they may see on the pages of *Powerlifting USA*. Dennis and Sandi Brady are synonymous with the American Drug Free Powerlifting Association, or ADPPA. Dennis is currently the President of the ADPPA and his wife, Sandi, is on the ADPPA Women's Committee.

Dennis and Sandi met in the summer of '82. At the time, Sandi was a competitive bodybuilder. She was told that she had potential for success in powerlifting, so she called Dennis and asked him to coach her. The Women's Nationals were coming up in January of '83 in Chicago and Dennis got her training for them at the B & W gym in Chicago, which Dennis owns and operates.

Dennis became interested in the sport when he opened the B & W Gym in 1978. For the next few years, he competed in numerous meets, but later became more involved as an administrator and meet director. As I mentioned earlier, Sandi got her start in powerlifting with Dennis as her coach and first competed at the Purdue National Meet in the fall of 1982. She also became more involved in the administration end when she was elected to the Women's Committee in 1985. Both of the Bradys still compete, but are also busy coaching lifters at their gym. Dennis has won and placed high at many state and regional meets and does well at bench meets. Sandi has won numerous state titles as well as National Masters contests and has placed well at the Women's Nationals. They've got experience in all aspects of the sport and are not just paper pushing bureaucrats.

Sandi works as a teacher of the visually handicapped and Dennis operates their gym. They currently reside in Chicago and have been married five years. The B & W Gym has had a 'live and let live' stand, but the Bradys saw the negative influence the drug users had on the younger lifters, so they cleaned house. If the kids didn't see the drug users, they couldn't be swayed by them. Studies have shown that a high percentage of steroids sales come from gym owners and members.

The B & W Gym is a hardcore powerlifting gym with lots of squat racks and benches, as well as bodybuilding equipment to suit the needs of most lifters. As a former USPF state chairman, Dennis saw the constant escalation of steroid use and the problems that went with it. He ran one of the first ADPPA meets in 1983. The Viking Open, which has become one of the most successful ADPPA meets in the country, was held in the premier ADPPA Women's Nationals in Boston, also in 1983. After seeing the difference between drug free meet and non-drug free meets, they decided to run only ADPPA contests in the future only ADPPA

competitions take up a lot of time for the Bradys. Dennis and Sandi have judged many meets all over the country and Sandi has very capably announced more than her fair share of contests. They have run about 29 meets which include 3 drug free bodybuilding contests. Over the years, the Bradys have become more involved in the sport. This doesn't mean they always agree on everything, but he remains the foundation of her involvement in lifting and the ADPPA. In June of 1988, the World Drug Free Powerlifting Federation, (WDFPF) was formed in England, after almost a year of preliminary work with four countries taking part in its initial foundation. None of the countries involved wanted a world short look at the Bradys. His made them more than faces or names in the magazines. I hope the sport of Drug Free Powerlifting is in good hands.

Lyle Schwartz has been Dennis' major influence. Dennis regards Lyle as a man who put much into the sport, is respected, and did what he thought was right. He tries to use Lyle as a role model. Sandi's biggest influence is her coach, best friend, and husband, Dennis. This doesn't mean they always agree on everything, but he remains the foundation of her involvement in lifting and the ADPPA. In June of 1988, the World Drug Free Powerlifting Federation, (WDFPF) was formed in England, after almost a year of preliminary work with four countries taking part in its initial foundation. None of the countries involved wanted a world short look at the Bradys. His made them more than faces or names in the magazines. I hope the sport of Drug Free Powerlifting is in good hands.

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NEXT MONTH...TOP 148s

POWERLIFTING USA MAGAZINE TOP 100

148 lb./67.5 kg. March 1988 to February 1989

SQUAT		DEADLIFT		TOTAL	
1	705 Jackson, D., 4:1888	666 Austin, D., 2:10888	1713 Austin, D., 4:8188		
2	418 Sando, D., 7:16888	639 Jackson, L., 7:16888	1665 Luckett, L., 4:17888		
3	653 Austin, D., 4:81888	615 Scholz, P., 4:24888	1576 Sando, D., 7:16888		
4	600 Thurm, L., 7:16888	600 Luckett, L., 4:17888	1565 Conyers, A., 10:16888		
5	413 Manichica, P., 12:10888	600 Luckett, L., 4:17888	1537 Conyers, D., 12:3888		
6	600 Koca, R., 9:11888	599 Conyers, A., 10:16888	1526 Benemio, R., 2:26889		
7	400 Volkov, M., 10:3888	588 Dupon, T., 5:14888	1515 Manichica, P., 12:10888		
8	590 Conyers, A., 10:22888	584 Culver, A., 2:16889	1500 Maclean, M., 4:24888		
9	590 Conyers, A., 10:22888	584 Culver, A., 2:16889	1499 Wohlford, B., 12:10888		
10	391 Couch, K., 10:22888	582 Ingram, W., 2:25888	1485 Wohlford, B., 12:10888		
11	590 Conyers, A., 10:22888	580 Maclean, M., 4:24888	1485 Scholz, P., 4:24888		
12	385 Koca, R., 9:11888	576 Weinert, L., 5:15888	1480 Thurm, L., 7:16888		
13	573 Wodratska, C., 6:5888	573 Weinert, L., 5:15888	1450 Charles, W., 10:1888		
14	573 Wodratska, C., 6:5888	566 Lawson, C., 2:16889	1416 Wodratska, C., 6:5888		
15	360 Pate, V., 9:10888	555 Wometye, M., 11:19888	1415 Roca, J., 4:10888		
16	566 Maclean, M., 4:24888	551 Caputo, R., 3:27888	1405 Uhe, W., 2:16888		
17	374 Taya, M., 2:16889	545 Faison, D., 2:16889	1405 Faison, D., 2:16889		
18	590 Conyers, A., 10:22888	545 Faison, D., 2:16889	1370 Eskridge, 9:14888		
19	590 Conyers, A., 10:22888	545 Faison, D., 2:16889	1366 Weaver, W., 2:16889		
20	560 Skellford, M., 2:4889	545 Faison, D., 2:16889	1361 Perkins, L., 10:1888		
21	556 Caputo, R., 3:27888	545 Faison, D., 2:16889	1355 Jones, R., 4:24888		
22	556 Perez, L., 7:26888	545 Faison, D., 2:16889	1345 Vigiano, G., 9:10888		
23	590 Conyers, A., 10:22888	545 Faison, D., 2:16889	1344 Shiga, D., 10:888		
24	551 Uhe, W., 2:16888	545 Faison, D., 2:16889	1340 Decrecenzo, C., 11:26888		
25	551 Uhe, W., 2:16888	545 Faison, D., 2:16889	1335 Blakey, 9:10888		
26	551 Warner, 2:4889	545 Faison, D., 2:16889	1335 Anderson, 9:10888		
27	545 Lamine, L., 7:26888	545 Faison, D., 2:16889	1333 Warren, 2:4889		
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29	545 Lamine, L., 7:26888	545 Faison, D., 2:16889	1328 Stover, 2:4889		
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31	545 Lamine, L., 7:26888	545 Faison, D., 2:16889	1325 Seawa, S., 12:91888		
32	545 Lamine, L., 7:26888	545 Faison, D., 2:16889	1325 Myers, P., 2:11889		
33	545 Lamine, L., 7:26888	545 Faison, D., 2:16889	1325 Navedo, E., 7:10889		
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35	545 Lamine, L., 7:26888	545 Faison, D., 2:16889	1320 Conzo, J., 4:16888		
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NEW: UPDATE FIVE 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 Simlac, Ofenac, Dibenzocort, Yohimbin, and Cyclofenil), and growth hormone. As well, I examine what's now being used by the more sophisticated pharmacologically minded athletes (including transdermal testosterone, Gelatin, Primidone, EPO, Parabol, and others) and the latest techniques being used to escape detection (with a special section on Probenecid).

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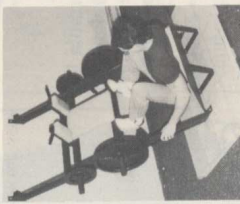
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Ask the Doctor

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

DEAR MAURO: I have started to train for an upcoming international masters meet. I find that my hip joints are very painful. I do any squats or deadlifts, then this pain lasts for days. I have tried aspirin, but it hasn't helped. I there anything I could take to ease this pain in my hip joints etc.? I am sorry to trouble you with this, but the doctors in this country are of no help. All they can say is rest and not to train. I know that everyone takes something. I have tried some Deca Durabolin just to get me started in training as I have not done anything for over four years. Any help or advice on any of the above would be most appreciated. **Peter R.**

DEAR PETER: You should take several approaches to try and resolve your hip pain and the resulting disability. First, and the most important, is try to take the stress off your hips as much as possible during your workouts. Make sure that your body is supported at all times by using a tight lifting suit for every workout, (don't put up the straps until the heaver sets), a thick supportive belt, and knee wraps. The wraps will allow you to keep your form and thus put less strain on the hips. I'd suggest the Elite 12, but you might want to try out the different wraps on the market to see which ones work the best (you can look up who sells what wrap in the PL USA ads). I'd also suggest you wear a relatively loose pair of 6" Tensors underneath the knee wraps to decrease wear and tear on the skin and blood vessels of the knee and lower leg. Once you've done your squat workout (or on another day) you could work the muscles in and around the hip by doing some running, being careful not to overdo it at first - make sure you minimize the impact of running by using first rate shoes and not running on too hard a surface. If the running bothers the hips, then use some machines that work the area without causing significant pain.

Anabolic steroids might also be of some help. As well, I would use one of the new NSAIDs such as Naproxin, Ansalid, or even better, the newer one Surgram (a new NSAID which the manufacturers claim not only decreases inflammation but rejuvenates the joint tissues including cartilage).

Once the hip improves, you can begin to work them harder and perhaps use less support during your workouts; be careful, however, not to overdo it - slow and steady is the way to go. All the best. **M.G.D.**

DEAR MAURO: In the last year or so I've lost some of my enthusiasm for working out, although I still want to compete. In order to get me started and keep me going I use a little stimulant before my workout (usually a form of an amphetamine like a diet pill or Kialin). I used to use some stimulants before and during competitions, but the drug testing put a stop to that. What I'm finding now is that I can't get it going at the competitions any more. I need some sort of juice to get fired up. I know that some lifters are using adrenalin (by aerosol or by injection) and that they say it can't be detected. Is this true? Any other advice? **Jeff C.**

DEAR JEFF: I can understand why you need some juice to get going at contests if you use stimulants for your workouts. You could try getting yourself off the amphetamines - it's possible that if you didn't take anything to get going before your workouts, you may do better at the contests. If you're tight be tough at first, but your body would adjust. As well, your weightlight, being jaded biochemically when it comes to competing, Adrenalin, whether inhaled or injected, is not detectable. But be careful, I've seen it cause bad reactions from athletes using adrenalin, mostly due to rapid rises in blood pressure and to changes in the heart's rhythm. **M.G.D.**

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Question & Answer

Your training questions answered by Roger Ester, 12770 St. National Champ, World Record Breaker at 1987 and 1985 WFT, IRON MAN. For a topped response, send \$20 to Roger Ester, 1413 Hologate, Anaheim, CA 92802

HI ROGER: A question for you. Why the hell do we use a suit and wraps in powerlifting? Don't you think these apparatus should be banned? They are supportive, and they add pounds to the lifts. But why do we need to add pounds to the lift (squat) when it is already high? Do they help to protect the joints? The knees? Weightlifters often seem so powerful because they use so much or so many supports to help their lifts. Why not ban them altogether? Why do we use a suit and wraps? **Gil**

DEAR GIL: You have a very valid point about wraps. I have been competing for many years and I have seen so many changes in wraps that it would take a book to tell you all the stories. I do think that a wrap around the joints is required for the safety of the lifter. The wrap not only adds some support to the joint, but also keeps the joint warm. It's truly amazing to me how the administration has allowed the lifter to a bench press shirt when only a few years before I was told I couldn't wear a sweatshirt. And did you know it is still illegal to wear two T-shirts (even if they are non-supportive).

The people who support the equipment also have good intentions, but any time there is a rule in a sport, the athlete will take that rule to the limit to improve performance. As for the Olympic lifters who say powerlifters are only strong because they are wrapped up, I would say to them they should use all the wraps they want and then load the bar to 800 pounds. I don't know any American weightlifters that can squat 800. Best wishes. **Roger**

DEAR ROGER: I have a problem concerning my bench press. About 18 months ago I had a pec muscle doing a heavy bench press. I am 6 ft. tall and weigh 205 lbs. I was benching around 330 lbs. before the injury. I have been doing a decline bench press ever since. I use an Inzer bench shirt and have done a heavy single with 385 and 320 for 3 sets of 3. By doing decline bench I don't get any pain from the chest area. I was wondering why my best decline press single keeps going up and my regular bench press won't go all. My pec injury has also healed, but maybe I'm overtraining my shoulders because I also do seated and standing military presses once a week. I am benching only on only 2 days a week because I have 2 jobs. I do a deadlift and shoulder workout on one day, and a decline bench workout with bicep and tricep workout on the other day. I am using a Gerard trap bar for a deadlift workout, so I don't do any leg work due to the leg action with the trap bar. Any instructions you have would be appreciated. I have done a standing military press of 270 lbs for 1 rep, and I have military pressed my bodyweight, 205 lbs., for 9 consecutive reps. Sincerely yours, **Glen.**

DEAR GLEN: First of all, we must look at the difference between the decline and incline bench press. The decline press doesn't require the bar to travel along the same path as the supine press. The body has better leverage in the decline press and this is the reason you can press more in the decline than the supine press. I would say there is very little correlation between the ability to decline press and supine press.

Another point to consider is that the muscle fibers you tone in the bench press probably are not being used in the decline press, and thus have no negative effect on the decline lift. I would recommend that you drop the decline press and continue to supine press to develop the pec in the first place. As for this lift, also you might add some incline pressing which should help strengthen the torn area of the pec. If you are having a problem with increasing your strength you might have to shift your grip to take some of the weight off the injured side. Best wishes. **Roger.**

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Power Fun

Boxes, Belts and Beer Mines as told by PAUL KELSO



Successful lifters use all sorts of training tricks, old and new, to progress.

I was driving through the state forest in the southeast end of the county a while back, keeping one eye out for ivory-billed woodpeckers and the other for Lope Delk and his portable sawmill. Yes, I know they're supposed to be extinct; the woodpeckers, that is, although Lope's peculiar breed is getting a little rare as well. I wanted to drop off a copy of a squat routine for him that I had just picked up down in Lufkin. I saw the smoke off the old donkey engine through a gap in the trees and turned in down a logging road.

What I saw before me is indelibly stamped in my memory. Lope and the power club Hardhead were rolling around on the ground like a pair of devils in the last state of religious ecstasy. They were laughing so hard that they were incoherent (which wasn't so hard for them) and near to passing out.

Preacher Harley was sitting in a number two washub, in which the boys had tied down a case of beer, with about twelve feet of six-inch donkey engine belt wrapped around a log cut and one end of it had stretched around and slapped the preacher across the seat of his ample pants. Luffed him five feet up in the air and dropped him tail first in the tub. He was growling and going on about how sharper than a serpent's tooth while alternately holding his rear with both hands and trying to get out of the freezing tub.

When the snoring and choking and moaning finally died down and the preacher was back on his feet (where he stayed for a week or two), Lope opened another and realized I was standing there. Kelso, I can't had so much fun since the night we robbed the beer mine. Now, despite rumors around town and at the bar at the Scootin' Boot, I was not, repeat not, in on that.

Long before I had even moved to East Texas, a brewery train derailed out in the woods and dumped sixteen boxes worth of cases of bottled beer out into the black-cherry bushes. We'd get around and the authorities had to use axe handles and shot-guns to stop the souvenir hunting. Then they bled the bushes and bulldozers and burned the beer along the right of way. Postmen armed guards to prevent booting until they could get the work cleaned up. The cold thing in another train to haul the cases showed up that night with a backhoe and some trucks filled with beer and/or threatened guards. Got out with 978 cases of longbeers. Lope got busy and converted his Uncle Whaley's barbeque donkey tank and had a license in about two weeks cause another Un-derground was in the legislature. That's Texas politics. And how the Scoot'n Boot came to be.

I met the gang at the gym a few days later for a workout and to try the new squat routine. It turned out to be a variation on the reverse pyramid row scheme. Nothing new. Then one of the boys who had worked out with the Athens High School

Lope and the Hardhead went to Coach Koltunak and tried to get him to help them manufacture and sell the belts, but after the fiasco with the press benches made from six-inch oil field pipe, Coach Bubba was out of town permanently where they were concerned.

I got a letter from Bill Woodard of Fayetteville, North Carolina, who uses an industrial strength bungy cord under his feet while doing chinns from the overhead bar on the power rack. Rigs it so that he gets a boost. This allows for a cheating technique so he can get more reps in before his arms and hands give out. Same principal as Lope's. I have written previously about hanging straps or chains from the ceiling to suspend a bar from so that a minimum height may be maintained while preserving the free-weight feel.

I hope every body caught Louie Simmons' article in the December issue about box squats, which are similar to what we were doing with Lope's strap. I have never understood why this method is neglected. When I was seventeen and weighed 175 at six feet, I was stuck at 255x5 in the high bar squat. John Y. Smith, who was 75 at the time and a former world record holder in one-hand lifts (remember those?) showed me the box or bench technique. I improved drastically, doing 255x3 in my first box squat workout and went on from there.

That was 1954. Box squats are in the literature of the game back to the 1920's at least. Other record movements also go way back. Remember Joe Jese's "Hopper" platform for deadlift training? Or those old timers who placed stacks of boards on each side of their press bench and bounced enormous overheads off them?

Whether retraining, or slinging shooting, the idea is to find ways to come and to get as many muscles as possible and the same time as possible during the lift. Pausing part of the exercise, or counting during a bench press or the bottom of a squat also stresses full muscle involvement. Working these techniques into training programs will result in bigger totals.

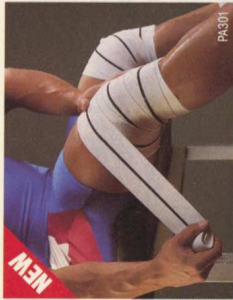
By the way, when the drive belt and wash tub incident happened, more or less as I told it, the Club Hardhead had cut way down on his drinking and was on his way to get on a real total together. I spent ten years on the road playing the guitar and living that lifestyle during the years when I could have been making my greatest gains. I don't mean to sound like Preacher Harley (even he spooks his orange Naki sometimes) but a serious lifter can't make gains just by resting for beer mine.

The *Kelso Straps System* book should be available by May 1st. Stay tuned. Letters are welcome, but please enclose \$10 when requesting personalized training advice.

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READER OPINIONS

There's been much talk about Powerlifting becoming an Olympic sport. As a concerned powerlifter, I feel we need to accomplish quite a bit to become a big success in the Olympics. First, the most important issue in all of sports today is the use of anabolic steroids and other illegal drugs. Testing methods are needed to overcome this problem. One solution would be the method used at the first fully tested World Powerlifting Championships in Smithtown, New York on February 19, 1989. The meet was sanctioned by the All-Natural Power and Physique Conference (ANPPC). First, all lifters were polygraphed. Then there was a urine drug screen conducted by the Brunswick Hospital Center, Inc. out of Amityville, New York under the direction of Clinical Chemist William J. Cleson, Ph.D., who helped in the testing at the Seoul Olympics. So far, this seems to be the best way of drug detection. As a lifter in that meet, I felt confident that no one had an unfair advantage with the help of anabolic steroids, cocaine, etc. The meet turned out to be a real success, and hopefully, many other meet directors will follow this format.

Next, there are too many associations around today, such as the ADF, PA, the USPF, the IPA, the ANPPC, etc. The list could go on, but all these associations have their own set of rules, disqualifications, and etiquette. There has to be a unification of these organizations to insure smoother operation. Work should be done to improve the sport and collect the people fit later. Today, it seems that people are trying only to make money off the sport. Powerlifting is growing more rapidly, day by day, and we should try to encourage the young and old. These changes have to be made now to insure a future. I truly believe this is the best and most demanding of all sports, because your goals are unlimited. The only thing that could bring Powerlifting down is the lack of communication and cooperation among all involved. Chris Barber (17)

.....
 Our sport is a mess. We're over-run with new powerlifting organizations almost monthly. We've got to unify and it's going to take an awful lot of work and thought to do so. We cannot go forward in the shape we are in. We aren't getting major net-work television coverage anymore. Perhaps as one single body, we would be large enough to persuade the networks of the demand for coverage. Certainly, our own in-fighting is a turnoff to the networks. We would also stand a much better chance of acceptance in the Olympics as one large body. How about bringing back some meaning to the titles of National or World Champion. As it stands, almost every other month there is a national or world championship reported in PL USA. Gets kind of watered down. Witness boxing, where the public has lost respect for titles, because there are so many.

act as mediator. Mike has done an amazing job of remaining neutral while giving everyone coverage.

Whether my suggestion is seriously considered or not, it is safe to say we are going nowhere in our present condition. Whatever means are used to unify our great sport, it will take a tremendous amount of work and commitment. Dave Abramson (write to Fox Hills Apts. B6, Rt. 46, Rockaway, New Jersey 07866)

(...LETTERS ARE EDITED...)

organizations together? There are the different rules in each group, different testing procedures, to say nothing of the rather large egos of the officers of certain groups. Perhaps one organization with three divisions is the way to go. Open, Drug Free for a certain period of time, and Pure. That seems to cover everybody. I suggest a meeting of the top officers of each group to discuss the feasibility of becoming united. A summit talk is a monumental task. Perhaps our Editorship, Mike Lambert, could be persuaded to go about bringing all the different

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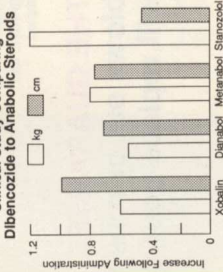
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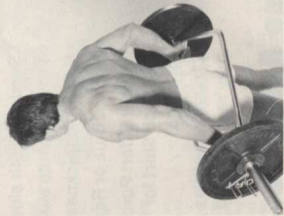
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USPF Region I & II Collegiates
22 Jan 89 - Edgewater Park, NJ

Women	SQ	BP	DL	Total
97 lb.				
D. Wisniewski	160	70	210	440
105 lb.				
M. Stapano	135	85	330	450
114 lb.				
K. Commetlin	190	95	245	530
123 lb.				
D. Collins	200	155	310	725
132 lb.				
D. Collins	200	155	310	725
148 lb.				
D. Clark	290	135	320	745
165 lb.				
K. Stafford	280	145	220	645
170 lb.				
L. Borzell	230	115	270	615
180 lb.				
M. Magran	340	180	400	920
190 lb.				
Hwt.				
M. Berkley	430	150	400	980
114 lb.				
P. Hill	425	250	425	1100
140 lb.				
H. Condero	380	270	390	1040
150 lb.				
G. Wauchope	280	175	325	780
123 lb.				
N. Vision	260	180	300	740
N. Baham	400	245	515	1160
K. Williams	370	220	370	960
K. Finley	315	200	435	950
148 lb.				
N. Vision	310	205	415	930
R. Williams	460	280	495	1235
E. Zephy	430	260	460	1150
M. Davison	385	240	455	1100
P. Crighton	450	270	380	1100
G. Schwidler	360	245	395	1000
S. Bronkova	365	250	400	985
S. Bronkova	340	250	365	955
B. Friedhoff	285	185	375	845
S. Wilson				
165 lb.				
M. Wrick	515	325	460	1300
S. Sheik	475	295	450	1210
R. Wetzell	400	280	435	1115
M. Labroli	375	305	400	1080
180 lb.				
G. Palmier	450	340	570	1260
D. Davis	415	310	500	1225
J. McGowan	450	275	475	1200
C. Pichick	425	260	455	1140
S. Ohmsede	395	260	450	1105
A. Holmes	410	240	450	1100
K. Johnson	385			225
198 lb.				
E. Cabrera	550	340	600	1490
B. Fawcett	485	305	500	1290
J. Ebert	450	300	510	1260
D. Feldman	400	310	450	1160
220 lb.				
R. Zimmerman	605	455	580	1640
T. Nichols	590	390	560	1540
R. Heenan	445	315	570	1330
B. Marlon	435	295	390	1120

Southern ADPPA Bench Press
29 Jan 89 - Hinesville, GA

Team	SQ	BP	DL	Total
132 lb.				
L. Mingoloff	275			275
J. Tucker	230			230
R. Turner	215			215
J. Lawson	330			330
K. Garnett	285			285
148 lb.				
Teen above 165	390			390
W. McPherson	370			370
P. Dieffenbach	365			365
181 lb.				
M. O'Brien	280			280
M. Sacco	285			285
J. Rogers	270			270
J. Plumer	420			420
R. Wallace	380			380
R. Heitner	280			280
E. Sorell	460			460
J. Fiocco	370			370
R. Butler	370			370
J. Milligan	370			370
R. Bulger	350			350
J. Maygar	260			260
220 lb.				
Beginners	295			295
K. Garnett	470			470
B. Boureau	370			370
A. Ortiz	390			390
P. Carlo	350			350
T. Skiver	380			380
T. Fiocco	300			300
S. Ferrini	350			350
M. Stoenpacher	325			325
B. Earle	430			430
B. Coffey	405			405
K. Miller	400			400
M. Stoenpacher	325			325
T. Reed	125			125
M. Stoenpacher	255			255
P. White	100			100
M. Turbino	115			115
L. Encarnacion	460			460
123 lb.				
L. Lee	275			275
B. Miller				

USPF Ft. Benning Championship
4 Feb 89 - Columbus, GA (totals)

165 lb.				
C. Green	1409			1409
T. Arrington	1372			1372
175 lb.				
T. Arrington	1675			1675
198 lb.				
B. Worsley	1675			1675
T. Savenet	1333			1333
242 lb.				
SHW	1818			1818
G. Bryant	1284			1284
1774				1774
G. Christian	515			515
1114				1114
N. Martin	960			960
A. Clark	495			495
I. Stratton	165			165
D. Shehutt	148			148
B. Howard	1440			1440
C. Christian	515			515
C. Hamilton	960			960
R. Clebrenen	909			909
T. Williams	845			845
L. Stratton	755			755
181 lb.				
J. Brechenridge	1283			1283
T. Hicks	1142			1142
R. Baker	960			960
K. Brown	964			964
R. Howard	1100			1100
C. Hamilton	975			975
R. Clebrenen	909			909
R. Clebrenen	845			845
D. C. Shehutt	755			755
T. Stenett	810			810
R. Johnson	841			841
H. Harper	832			832
T. Savenet	1333			1333
Best Lifters: lightweight open: Clement Green; lightweight Class II: Chuck Karr; lightweight All: Clement Green; heavyweight open: Garnet Clement Green; heavyweight closed: Clement Green; All American: Clement Green; Plymou; heavyweight All: Garnet Thompson march- ant.				
The U.S. Army and Danny Thompson march- ant out to Ft. Benning, Georgia, to put on a line highlighted in the fine cooperation which the Army provided with leaders, spotters, cheer- ing sections and enthusiastic audience. Big Bill Karr, who has coached the U.S. Army for 25 years, said he and those who work with him have received lecture on lifting nutrition and over all body develop- ment. We need more men like this willing to give in the lifts. My thanks to the lifters who hope that everyone comes back to next year's meet and that they bring friends. (Thanks to Richard E. Reno for results)				

Montana State Prison Meet
12 Feb 89 - Duerlod, MT

Team	SQ	BP	DL	Total
132 lb.				
B. Normandy	255	205	325	785
A. Williams	175	165	275	615
148 lb.				
M. Haskel	330	220	350	900
M. Hansen	275	225	400	900
T. Heck	275	200	400	875
Jr. Braun	275	185	385	845
W. Bennett	275	175	375	825
B. Walton	275	175	375	825
S. Paak				
K. Kline				
165 lb.				
W. Bennett	350	300	450	1100
K. Gann	255	225	450	930
D. Curtis	255	225	450	930
W. Sprout	210	210	375	795
S. Cox	200	185	375	760
181 lb.				
M. Boston	445	315	500	1260
H. Hamilton	315	245	440	985
J. Miller	300	245	440	985
H. Hall	198			198
H. Fitzgerald	400	285	475	1160



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