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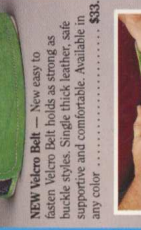
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3. It decreases the rate of intracellular protein degradation thereby extending protein half-life.

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, supplements work.

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An earlier study was almost as astounding. It involved non-athletic 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.

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Editor-In-Chief Mike Lambert
International Editor Andy Kerr
Feature Editor Dr. Ken Lesner
Training Editor Ron Fernando
Research Editor Dr. Tom McLaughlin
Sports Medicine Editor William Taylor MD
Subscription Services Jean Lambert
Graphics/Layout In-Joo Lambert
Statistician Herb Glossbrenner
Publisher Mike Lambert

'...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.'

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NEXT MONTH.....all time TOP 20 list by Herb Glossbrenner

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WORKOUT of the Month

For many of you who are new to our exciting sport of powerlifting, you will come to realize that most of the strength and size gains you will make will be done through trial and error. All of us are not blessed with the genetics that Mike Bridges and Eddie Coan have to perform all three lifts to perfection as they do, so we must concentrate on our weaknesses. I have been competing for the past ten years and through my past experiences, my best advice to novice lifters is to compete in as many contests as you can. In my first year, I lifted in ten contests, including bench press meets.

The squat and the bench press have always been my best and favorite lifts. The deadlift has always been my weakest, and the lift I had to concentrate on the most. For those of you who have had problems with the deadlift, as I have, this program might be one for you to consider.

First of all I would like to note that not everyone will benefit from this program. Every program, even every exercise, will "inter-react" differently with everyone. Everyone's body chemistry and genetic make-up is different, so through trial and error you must find what best works for you. After reading this program you should be able to use some of the tips to help increase your deadlift as well as your size and overall strength.

For the first three weeks in this sport, I only used the squat, bench press and deadlift. After travelling all over this great country of ours and training with some of America's top athletes, I have come to realize that assistance work is a must to accomplish overall size and strength.

In this program you will see a lot of "bodybuilding" movements. This is for strengthening the smaller muscle groups that act as stabilizing muscles for the larger groups to help you perform each of the three powerlifts. This will be a sixteen week program. The first eight weeks will be to help prepare you for the last eight weeks of your peaking cycle. These exercises should be done once a week.

Week 1: Stretch, start with stiff leg deadlifts off a

A new concept in weight training instruction. A workout by workout, set by set approach allows you to plan with exact training poundages specified over the entire part of a strength training cycle. Laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

Joe Ladnier's Deadlift



JOE LADNIER...has always worked hard on his deadlift and produced some massive totals. Remember that you are not a machine, you must listen to your body for signs of over training or fatigue. Train by feel, eat right and get the proper amount of sleep. The key to powerlifting is recuperation, rest no less than 2 minutes between each set and no longer than 5 minutes. If you have any questions you may con-

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Muscle Composition as told by Frederick C. Hatfield, Ph.D.

Hey, wait! Don't go away! Please, sit down and take five minutes to read this material. I promise it's not another anatomy and physiology lesson you've got to go away with some DAMNED useful information!

Sorry for sucking you in like that, but there are so many things written about muscle composition that you may be fed up because they're not even for academics. 1) They don't care about that stuff. 2) They're written by folks who always attempt to pull the wool over your eyes by claiming to know what's best training for YOU. 3) You care because you MUST, and 3) my years in the trenches has given me a couple of insights I'd like to share with you. Did you know that there are at least eleven different kinds of strength stemming from no fewer than 23 different sources. Three of them pertain to the composition of your muscles. No boring lecture here, folks. Only useful stuff. Read on.

The three sources of strength relate to your muscles' composition and how they're structured. Although their importance is both acknowledged and vital, scientists and trainers have tended to either overlook them as incapable of being altered or augmented through training, or just plain laziness or lack of interest.

The three are: 1) how your muscle fibers are arranged, 2) the ratio of fast versus slow twitch fibers, and 3) the proliferation of myofibrillar elements within each muscle cell.

There are four basic types of muscle cell arrangements. Fusiform muscles have their fibers arranged longitudinally to the origin and insertion tendons. There are two types of fusiform muscles: 1) long fusiform and 2) short fusiform. Long fusiform muscles are relatively weak, but contract a great distance, making them ideally suited to speed. The short fusiform muscles are strong and have a short contractile distance. Long fusiform muscles are typically found in the extremities while short fusiform are found in the inter-costal region.

The three classifications of penniform muscles, unipennate, bipennate and multipennate, have their fibers arranged diagonally to the origin and insertion points of the trunk and extremities. While penniform muscles do not have as great a contractile distance as do fusiform muscles (because of the diagonal arrangement of fibers), they still exhibit great strength.

It doesn't take a genius or physicist to figure out that the multipennate muscles are suited to both speed and strength, while the bipennate muscles are most suited to strength. The unipennate muscles aren't quite as strong as the bipennate ones, but have the advantage of being slightly more suited to speed as well.



Strength Athletes need to understand the composition of their muscles.

but did you know that strength athletes should not engage in slow, endurance types of activities in any form of a training regimen? That's right, folks. All those 300 pound men running laps to make a man outa them are actually reducing their explosiveness and strength by running. White fiber is not needed in such training, and gradually becomes more red, and therefore slower and weaker in functional characteristics.

Let me remind you that I'm referring to elite athletes, those who aspire to greatness. For it is among them that even minute decrements in performance capabilities can spell the difference between winning and losing. At this level, milliseconds and millimeters mean a lot.

It has long been known that subtle changes in red versus white fiber composition and function could be forced to occur through training. However, recently it has come to light that such changes can be far more important than once believed.

Dr. Gary Bailey (Ohio University) and Steven Fleck (Olympic Complex, Colorado Springs) reported their findings in an important topic in SPORTS MEDICINE. They found that endurance training increased a muscle's inherent capability of maximum power output. 2) reduced glycogen content and altered the mechanical properties of muscle. These changes are all unfavorable to strength athletes.

The opposite is not true, however. Endurance athletes benefit in several ways from strength training, not the least of which is improved speed of movement.

Your muscles contract because of the action of two proteins, actin and myosin which are arranged in long, thin strands called myofibrils. The more myofibrils each cell has inside it, the greater the amount of force your muscle will generate upon contracture.

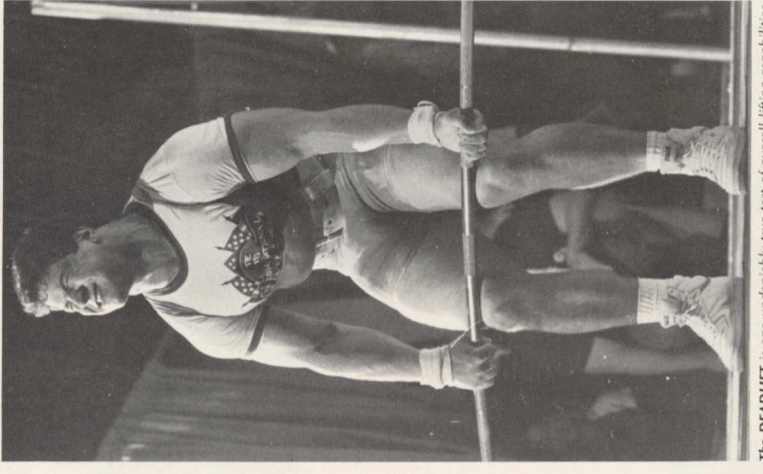
The obvious question is, how can you structure your training to force more actin and myosin to be manufactured? The answer, of course, is to overload. Forcing your muscles to ever greater levels of contractile force will create an intracellular need for contractile proteins to be manufactured. Your myofibrils, comprised of contractile proteins, both thicken and increase in number in response to high tension exercises.

Of course, other changes occur simultaneously within the muscle and nervous systems. Such changes include a proliferation of satellite cells and connective tissues, ligaments and tendons. In other words, structural integrity is improved. The greater tension you are now producing with your contracting cells will not jeopardize your musculoskeletal system's structure. Simply put, you're less susceptible to injury.

Fred Hatfield, Ph.D.

THE DEADLIFT Ponderings From The Dead(lift) Zone or

"We Don't Need No Steekin' Benches" by RON FERNANDO, IRONMASTERS GYM



The DEADLIFT is one undeniably true test of overall lifting capabilities.

Some of my friends tease me because of my near zealot like passion for the deadlift, but it is the purest of the three powerlifts when it comes to accurately showcasing one's overall body power and strength, not to mention intestinal fortitude, largely without the use of any "recoil" support equipment such as a tight suit, knee wraps, etc. I have always been fascinated by the primal nature of the lift, how the ancient Greeks and Celts used to test their strength by hoisting heavy stones from the ground, how the famous "Stone Lift" became popular in the Scottish Highland Games (note: The Stone Lift is a gargantuan 360 lb. + stone which the contestants had to do a modified deadlift with, Bill Kazmaier stunned everyone a few years back when he actually managed to press(?) this weight) and how supermarket tabloids have claimed near impossible (dead) lifts of automobiles by tiny, bespectacled mommas when their child was helplessly pinned underneath.

You cannot approach this lift with the old "What the hell, let's pull a few deads" attitude and hope to succeed. You have got to realize that being the final lift of the competition, you can get "back-doored" by one of your competitors who happens to be in 5th place because he has a superior pull. Scientific analysis of your body mechanics, temperament, and tolerance for pain will enable you to accurately program a suitable deadlift system that will keep your gains constant and ever improving.

Rarely do you hear some TV announcer bragging about the deadlift capabilities of some NFL lineman - it's always the bench press. (Stop and think about it, though: for an NFL lineman, the ability to pull a big weight in the same fashion as a deadlift probably works more "lineman muscles" than the bench.)

However, a casual glance of the physiques of lifters and athletes who do a lot of deadlifts regularly will reveal undeniably thick erectors, lats and traps. The mighty "Kaz" has created a lot of double and triple takes at his massive physique during his powerlifting years, a physique honed by years of heavy, heavy deadlifts and pulls.

Programming a superlative deadlift system takes, among other things, a full length mirror. You have to honestly evaluate your physique for the following criteria:

Torso/Arm Ratio
Typically most "natural" deadlifters have a very short, thick back and long arms. Such guys seem to have a 6 inch stroke and have broken many records. I will never forget the 1979 Worlds where Lamar Gant did with 617 which seemed to lock out 2 inches below the knee-cap! If you disappear! George! I don't know if it is registered with the CIA or not, but what the hell. Stand with your arms to the sides and mark (with a piece

of gym chalk) the lowest point where your fingers touch your thighs. Consciously rotate your scapular area and arms forward by bringing your arms around and forward. Remark the area with the same chalk, and most of you will find that there is a difference, with the second mark being lower. George felt that this arm repositioning will shorten the distance of the pull and when you are talking PR, that could really make a difference.

Hands and Fingers
Eddie Coan, one of the world's greatest lifters possesses fingers like stop and one-fingered clean & jerks, but could pull 800 + twenty years ago has hands so large that he could (for

the piano buffs out there) do consecutive thirteenth on the keyboard. I know, not everyone can be a freak of nature, but there are some basic finger and hand strengthening exercises that all lifters can practice. Yes, these are a host of excellent forearm and finger exercises such as wrist curls (forward and reverse), wrist rollers (a favorite of Jon Cole), finger- tip chinups, pushups and (for all I know) one-fingered clean & jerks, but stop and consider one thing: if you are trying to deadlift a heavy weight, say 700 lbs., how on earth will doing wrist curls with 135 (and that ain't

no mean feat, by the way) help? I have taken a more simplistic approach for my personal grip problems. Rather than dorking around with wrist and grip exercises, I merely do what I have dubbed as "grip deads". This involves pulling a deadlift (no straps) in whatever style you prefer and simply holding on to it for up to 45 seconds. The last 5 seconds seem like an eternity but doing this will condition your grip in a much more straightforward manner than direct wrist exercises. I have at one point or another done every wrist exercise on the books, and "grip deads" work better to condition the hands, fingers and mind than anything.

Style
The sumo is biomechanically superior to the conventional style of pull, but, like caviar, it ain't for everybody. The sumo will fit just about any type of body style, but is best suited for the lifter willing to work on flexibility in the lower extremities. Lest anyone out there think that this style is best suited for the skinny guys please refer to the current World and American Superheavyweight Champion O.D. "Nightmare on O.D. Street" Wilson. A bigger dude has not walked the face of the earth since King Kong and he does a technically letter-perfect sumo pull with close to 900 lbs. I, Jarro Vironen of Finland has, in my opinion, the best combination of explosiveness and style. Remember, the best way to envision the sumo is like a "squat or Leg press done with the weight in your hands." Do not do a wide stance stiffing deadlift. Consciously push with your legs and hips, NOT pull with the back. If done properly, the sumo style deadlift will be a pleasure, not a pain to do. If you are built rather rotund, the conventional style will be best suited for you, although I have seen some chubby Asian supers do the sumo rather easily. It's all a question of flexibility.

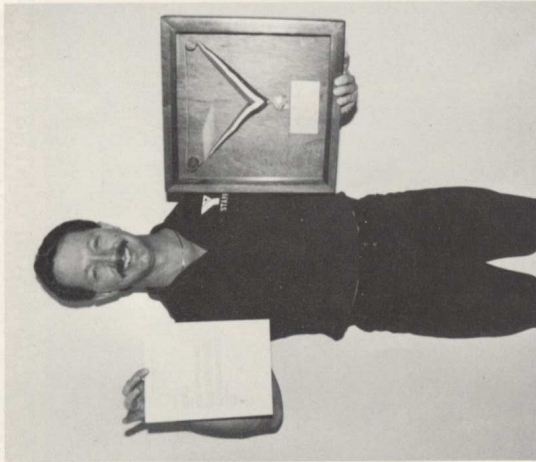
Attitude
I hate to even be mentioning his name in this magazine, but good ol' Jake "Body by Jake" Steinfield said it all: "Don't Give Up, (JAKE didn't, and look how rich he is!) This same attitude applies to the deadlift. If you have properly conditioned your back and hips with the requisite body-building moves, (rows, chins, leg presses, shrugs, etc.) and done the proper amount of flexibility work plus grip work, then the rest is really between you, your mind and the bar. If the weight slows down, and it is bound to, pretend that you are driving up a steep hill. Mentally pull yourself into First Gear, gri! What's left of your teeth together and go for it!

When all else fails, remember this: "To Deadlift...or not to deadlift that is the question...whether 'tis nobler to suffer the slings and arrows of three outrageous red lights or to wrencheth thy miserable back into oblivion..." (A quote from one Will Shakespeare, a rather odd of shape 181er (just slightly older than Andy Kern) after he bombed Tower of London Open. Maybe if Will had bothered to subscribe to *PI* USA, he wouldn't have been bombed (?!!!!) Anyway, happy pulling til next time...

9/12/88

POWER PROFILE

GARRY BENFORD by Jeff Chorpenning, Total Power



What is the first thing that comes to mind when thinking about the meet director? Many times, he only gets attention when things go wrong at the contest. It may, in fact, be easier for a meet director to gauge the success of his meet by the number of complaints rather than by the number of compliments. A meet director who is complimented on what went right at the meet is, no doubt, successful in a job that many times must seem thankless.

It's refreshing as a lifter to participate in a meet conducted by a "champion" meet director. Garry Benford of Columbus, OH easily fits this mold. Many lifters competing in recent YMCA National Championship meets or the 1988 APF Seniors would likely vote Garry as the 1988 Champion of Champions Meet Director. I would personally nominate Garry if such an award existed. In 1988, I competed in two national meets and three international meets. Out of all these events, the best by far was Benford's APF Senior Nationals.

Though it was his first Seniors, Garry has held many meets over the years. In fact, I think Garry may be a record holder when it comes to putting on national competitions. The 1989 APF Seniors will make it TEN national competitions for Garry. Holding the first official YMCA Nationals back in 1981, Garry has produced a three white light event out of what began as a regional type championship in the late 70s, strictly for YMCA members. Today, powerlifters from across the country regard the YMCA Nationals as a respectable opportunity for national competition. It's got to be considered one of the top three national events of the year.

Now a veteran of the sport, Garry began his lifting days 15 years ago, while attending Slippery Rock College in Pennsylvania. Garry began lifting and joined the barbell club to improve his javelin throwing. The iron bug bit him hard, and soon he was devoting his athletic endeavors to Powerlifting. Garry laughingly recalls his first meet, where he weighed in at 142 and totalled 600! (No, it was not a kilo meet.) Garry's determination since that day has earned him a Masters Classification rating in Powerlifting. His ultimate platform goal is to reach Elite ranking, and he has come very close to that level already at 198. With only 25 pounds to go, Garry's now has the incentive to push on. Prior to interviewing Garry for this article, I watched him working on a new squat routine. Though he missed the squat he had hoped to get on this day, his tenacity and drive will continue until he reaches his goal. Garry feels he is not genetically blessed enough to be an international level lifter, though he is, no doubt, capable of the Elite rank-

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

questions on lifting, Garry decided to write a book. In 1982 he came out with *Powerlifting - A Guide to Coaches and Athletes*, a book which has sold over 1500 copies.

Despite his network of hundreds of friends, Garry devotedly remarks "I couldn't do any of these things without Susie. Garry's wife, Susie Benford, an APF Women's World Champ, is the driving force behind his activities. The Benfords just recently had a baby girl, "Erika has affected me as a person. I look at things a lot differently now, since Susie and I had a baby." A new role for the director, referee, lifter, editor is now "Daddy!"

In 1989, Garry plans to hold four meets: the 4th annual Ohio State Bench, YMCA Corporate Challenge Bench, the Y Nationals, and the APF Seniors. The Corporate meet is probably the biggest event in the history of Powerlifting; the 1988 meet had 355 participants. Garry is currently working with ESPN to get coverage of this year's Seniors and Y Nationals as well.

Garry has one quality that more people involved in Powerlifting should have, a quality which prompts me to write about him for PL USA. Garry truly gives back to the sport of Powerlifting. Thanks, Garry!

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Powerlifting activity for Special Olympians is picking up all around the country. There's a natural avenue of acceptance for the enthusiastic Special Olympians, who derive great benefits from the development of their own strength and bring fresh new recognition to the sport.

Special Olympics

Here's a report on some recent Special Olympics happenings!



From CLYDE DOLL: "For the past 35 years, I have been a weightlifter. I know how hard it is to train and make progress, both as a lifter and as a coach. I never gotten a bigger thrill than I get from working with Special Olympians athletes. I am repeatedly surprised, not at what these athletes can't do, but what they CAN do. These lifters don't say, 'I can't do that.' They always say, 'Let me try it, I can do it!' One of my lifters, has cerebral palsy, is blind, retarded, and underweight, but he can't wait to get started when he walks into the gym. Just show him where to put his hands and tell him what you expect, and it happens. With the lower functioning athletes, the first goal is to bench press a light bar. When they can do it, it means as much to them as another lifter putting up 500 lbs. Powerlifting is the ideal sport for special athletes because each set and rep can be a goal, individually based on that athlete's ability and experience. When the goal is realized, the athlete is praised, and this is a great boost to his ego. A mentally retarded person is met with repeated failures in his life, so an activity which leads to repeated successes results in an increase in self-esteem and confidence. These positive feelings carry over to other parts of the athlete's life, and he becomes a more confident, more capable person. Andy, a lifter who competed in the ADPPA Pennsylvania State Championship, Andy, who has compressed 275 170 350 805 at 114 and Chip, Jordan, 23, went 155 150 225 in his first contest to place 4th in the 123k. Both athletes are an inspiration to other special athletes and other powerlifters." Chip Hulquist, Box 5071, Tallahassee, FL 32301 is asking that USPF state chairmen nationwide contact him to determine the extent of current Special Olympics participation.



Chuck Braxton and GMC had another very successful bench press meet, which included Special Olympian lifters, in Tennessee recently and are planning many more in the future. The contest was staged in a shopping mall in conjunction with the local General Nutrition Center and drew thousands in walk-by spectators. Chuck is developing a smaller version of the traditional squat racks, to go along with his wooden weight sets, and hopes to demonstrate that Special Olympics type lifters can, in many cases, do all three powerlifts, and lift right along with Powerlifting's other champions.

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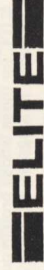
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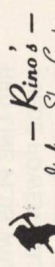
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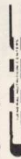
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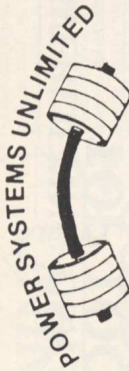
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TOP 100

for USA lifters competing in April 1988 to March 1989

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1	749 Alexander, A., 910/88	1867 Alexander, A., 4/8/88
2	454 Bellamy, R., 9/3/88	1902 Inzer, L., 7/17/88
3	744 Inzer, L., 7/17/88	1916 Inzer, L., 7/17/88
4	635 Crain, R., 8/27/88	1686 Cowler, B., 4/8/88
5	435 Wolk, T., 1/19/89	1653 Crain, R., 8/27/88
6	661 Wahl, R., 7/10/88	675 Shield, K., 8/27/88
7	430 Sakaguchi, R., 6/5/88	672 Hancock, D., 7/15/89
8	630 Wood, L., 10/22/88	672 Hancock, D., 7/15/89
9	630 Chittin, B., 7/23/88	672 Hancock, D., 7/15/89
10	628 Olson, G., 7/17/88	650 Malle, J., 5/28/88
11	622 Cope, J., 7/10/88	650 Malle, J., 5/28/88
12	622 Cope, J., 7/10/88	650 Doyle, T., 8/5/88
13	615 Dreyer, J., 1/22/88	609 Duganetti, R., 7/5/88
14	612 Ricke, D., 3/25/89	580 Denton, T., 10/8/88
15	610 Dominielli, C., 9/16/88	580 Denton, T., 10/8/88
16	610 Dominielli, C., 9/16/88	635 McCarty, L., 11/12/88
17	610 Dominielli, C., 9/16/88	635 McCarty, L., 11/12/88
18	610 Dominielli, C., 9/16/88	635 McCarty, L., 11/12/88
19	610 Dominielli, C., 9/16/88	635 McCarty, L., 11/12/88
20	610 Dominielli, C., 9/16/88	635 McCarty, L., 11/12/88
21	605 Kreiger, H., 4/9/88	617 Ricke, D., 6/18/88
22	604 McCollon, A., 4/9/88	611 Malle, J., 5/28/88
23	604 McCollon, A., 4/9/88	611 Malle, J., 5/28/88
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98	600 Krier, D., 4/16/88	611 Malle, J., 5/28/88
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NEXT MONTH...TOP 181s

TRAINING

"I Disagree"



LOUIE SIMMONS attacks some of the cherished notions of modern training.

The title of this article may seem strange, but after competing in powerlifting for 22 years, seeing and training with some of the strongest people in the world, and hearing seemingly fool-proof advice, I have decided to go against a few things that I feel to be true or untrue, with the help of some of the great talent I have had the privilege of helping to defeat.

I DISAGREE that leg press machines help the deadlift. I continually hear this claim year after year. My friend and former Mr. USA, Jim Spivey, swore they helped his deadlift, yet I never saw when the least accomplished deadlifter, the Westside Barbell Club with a 650 lb. deadlift in 1988. Neither my quadiceps nor my training partners' quadiceps ever got nearly as sore as our hamstrings after deadlifting. I am sure you have noticed this. I forget dead-

lifters. I found it is the hips and knee floors that start the weight off the floor and eventually help lock out the bar at the top. Lifters with strong hips will usually lock out the legs before the hips. A lifter with strong legs and weak hips will invariably sag and bar on the thighs on the call/hang/light bar on the hips. Last, a call/hang/light machine is much more useful for developing a stronger deadlift.

And what about leg press. For leg press is supposedly an overload and an isolation exercise for the quadriceps, then how can a 500 lb. squatter do a 1000 lb. leg press? One should only be in an isolation exercise, similar to the weight used in incept extensions compared to the amount you can bench.

As a final word against leg press, I have seen low back injuries occur numerous times from the use of this apparatus.

I DISAGREE that high-bar or bodybuilding squats (or whatever football name is currently being used) greatly develop the quads. Long before this exercise received attention, it was called Pulling Squats, designed to increase pulling strength for clean and snatch pulls. They were done with a moderately close stance, bar held high across the shoulders with a tightly arched back. This is the necessary position for pulling the bar off the floor and past the knees and the second pull. I hear claims of monstrous squats by East-European Olympic lifters. I also hear claims of a Loch Ness monster.

I DISAGREE that one should always use a max grip when bench pressing. Small lifters commonly use a wide grip, like my good friend Doug Heath, who recently benched an APF world record 385 lbs. at 132. He benches wide to shorten the distance of the press. So why does Anthony Clark use a close grip? With a close grip, he can use his upper back muscles, lats and especially rear delts to a greater extent. Bill Seno, another massive lifter, used a similar approach to the lift. Even if a superheavyweight used a max grip, it is proportionately much closer than a smaller lifter's.

I DISAGREE with one lift specialists presenting their routine on their left to have every inexperienced lifter try to duplicate it. These novice lifters usually burn out in two to three weeks. Readers must realize that specialists are genetically gifted for a certain lift or their routines are highly personalized. I don't wish to belittle these great performers, but I would rather hear their ideas concerning a lift with which they have experienced trouble. These lifters often have more expertise on a lagging lift because they must spend more time developing a lift that is not natural for them.

This is a small list of powerlifting lore I disagree with. Of course, I am sure many of you will totally disagree with what I have said. At least I think we can agree on that.

LOUIE SIMMONS
Westside Barbell Club
2720 Briggs Road
Columbus, OH 43204
614-272-1123

I also disagree with arching the back as much as possible. The reason for arching is to shorten the distance the bar must travel. But why not build up the upper back and chest, and siting on the bench. By doing this, the degree the elbow must bend to bring the bar to the chest is lessened. Look at the thickness of benches like Ted Arndt to see what I mean. Additionally, while some arch is beneficial, excessive arching can be dangerous to the spine.

I DISAGREE with putting the shins against the bar while deadlifting conventionally. If one starts the lift this way, the bar invariably swings out in front, one of the most common reasons for missing a deadlift. Large men usually have trouble deadlifting when the bar reaches thigh level, because the bar travels forward slightly to get over the thighs. This can be remedied by adjusting the angle of the bar with the front of the thighs. This will put the bar directly over the first metatarsal of the big toe, where the bar should always be positioned with any deadlift style. This way, the lifter meets the bar with the thighs at the top of the lift. It is much easier to hold a 700 lb. bar on the floor than to hold a 700 lb. bar on the thighs. Conventional deadlifts, Jim Cash and Dave Franz use this method. With this same style, you may place your shins against the bar only if your feet are set out so the metatarsal of the first toe is directly under the bar.

I DISAGREE with using a narrow grip when deadlifting, with the intent of increasing leverage off the floor. A narrow grip (both hands on the smooth) makes it difficult to lock out, simply because the lifter can't get his chest and shoulders back, which is especially critical in the sumo style. This is why large lifters normally use a wider hand spacing. Even great sumo lifters like Bob Briggs and Jarrod Vrain use only an arms-length straight-down grip, nothing closer. And of course, Inaba's frog-style sumo finishes at the top with hands outside his thighs.

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PIONEERS of POWER

— by Paul Kelso

A Strength Legend



Modern Day Lifters are creating their own strength legends for the future.

The Iron Game has had its share of odd happenings and unique characters. A man who could probably get a Ph.D. in folklore if he collected some of the legends and tales that can be heard with the old-timers get together to talk about unofficial lifts, spur the young men to contests and bring down strong men years ago in America.

When I took a degree years ago in American Culture studies, a guy I knew got a Master's for analyzing the slogans found on satin pillows sold at nineteenth century fairs and carnivals. One of the pillows carried a silk-screened depiction of Eugene Sandow lifting an elephant off the ground with a hip harness. I have long thought that a study of strong men artifacts might tell us something about the American fascination with great feats of strength in relation to our national character. Are such accomplishments becoming less important in our high-tech world? Is there still a place for these lone and solitary giants in our society?

When I lived in that part of the world where the Cedar River makes its bend southward and heads for its junction with the Mississippi, east of Cedar Rapids and west of Des Moines, I heard stories from the grobeards about one Jim Alcha. He was a farmer of Czech descent whose family had settled in Iowa at roughly the same time that Abe Lincoln and the Illinois militia were chasing Black Hawk. Alcha died thirty years or so ago, but there were and are many who seem to be the 'stoutest man I ever seen', as in the words of one old railroader.

All the cold strongest clichés were attached to his name: he could pick up an anvil by the horn with one hand and hold it straight out in front of him, bend horseshoes with his hands, swing on a spike with a nine-pound maul in each hand and drop an ox with his fist. These are nineteenth century workingmen's stories; they've been around. One way they stay around is when people find themselves faced with a similar situation, and someone challenges another to see if he can recreate the myth. But, sometimes one man or woman in a generation will come along and do something that others cannot hope to duplicate or even understand.

The day Jim's reputation was made was reconstructed from the barber shop memories and tavern ramblings of half-a-dozen men I talked to over a five year period. They all swore they were there. As the poet said, "I know not what the truth may be, I say the tale was told to me." One day Jim hitched up the Belgian horses and drove his wagon into town. He had a truck, but the old ways suited him on occasion. Besides, money for gasoline was rare during the Depression. He tied up the railroad siding to pick up a load of bagged seed and barrels of flour and loaded his goods from the wagon. Alcha himself to save the fee. 100 lb. seed bags, maybe thirty of them, and then the barrels. Now these were or barrels in the old sense, not beer or

ditch and reload. Jim had to heave ALL SIX BARRELS from the road into the wagon. It was well after dark when he got home. He unloaded the wagon by himself. All in all, he put in a fair day's work.

I've seen an old photo of the man, looked about six feet tall and weighed 240 lbs. If my eye is any good, there are arguments in the feed stores and barber shops and taverns about what Jim did one thing or another, but who he was to the outsider who voices doubts out loud about any of the Alcha stories. The few old-timers who knew him, and they are very few now, are as proud of having known him as they are of their Czech heritage.

If Alcha had lived in an earlier time, or had been involved in an incident dramatic enough to have made the newspapers, he might have become a folk hero like a Paul Bunyon or Mike Fink. There is no evidence I know of that he ever touched a barbell. But in that Valhalla for strong men where dwell the Sandows, Jewetts and Cyrs, I'd like to think Jim Alcha would be welcome.

They would recognize each other. If you have witnessed or heard of any stories about great feats of strength by little-known strong men, please send them along. They can be from any locale, walk-of-life or time period. I'm working up a collection for publication.

PAUL KELSO
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POWER PROFILE

DOUG PETERSON as told by PL USA's Doug Daniels



Doug Peterson is one of the top 181's around today, always capable of getting some big lifts in. Doug works as an office furniture assistant and production supervisor and lives in Muscatine, Iowa. He's been in national competition since 1983, moving up from the 165 pound class. Now a veteran in the sport, Doug is rising fast.

Doug started training with weights at home in 1976 to get into shape. In 1978, he started lifting at the Muscatine YMCA where he met some powerlifters training there. In 1979, he entered his first power meet, the Iowa State Championships where he placed fifth at 165 with a 385 squat, 300 bench, and 455 deadlift for a 1140 total. After that, he was hooked on the sport and never looked back. Since then, he has won 8 straight Iowa State titles in the 165 and 181 class and holds many of the state's records at 165, 181, and 198.

His first national meet was the '83 YMCAs Nationals where he placed fourth at 165 with a 1537 total. His best lifts at 165 are 618 squat, 336 bench, 625 deadlift and 1555 total. In 1985, Doug moved up to the 181 class where he pushed his total into the 1700's. In 1987, he won the U.S. Deadlift Championships with a 660. He has done well in other top national meets with improving totals.

DOUG PETERSEN lifting at the 1986 USPF Junior Nationals in Dallas, Texas.

build power from the bottom, critical for getting in that big deadlift, which is a specialty of deadlifters fall in that day. He would drop the pause squats. His last squatted lift prior to the '88 Juniors was 375x3, 47'0x2, 145x8, 235x5, 71'0x2, 730x1. Doug includes leg curls and calf work around low rep sets, with few sets outside of warmups exceeding three usually leading up to heavy double off the floor. Recently, he has been experimenting with rack work at various heights. This is a favorite over at Brad's. They will set the rack just above the knee and triple 100 pounds over their deadlift weight for that day. They will then lower the pins on each of the next two sets with a 100 pound drop in weight. Doug also includes some cable rows and pull downs for his lats.

Doug's bench work centers around regular benches, inclines, and presses behind the neck. He also throws in some tricep work on his light day. He admits he is weak in this lift and will push to get it moving. On Doug's best lift, squats, he goes up to a heavy double, then he adds weight for a single. The following week, he doubles the single from the previous week. If he doesn't finish the workout with a set of 3 second pause squats for a set of 3 reps. Doug descends to parallel and holds that position for a three count. These

the strength gained through power. On weekends in the spring and fall, Doug plays running back for the Rugby League. Despite his leg size, Doug maintains the speed and quickness needed for competition. The strength gained through power.

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

lifting definitely helps to resist the hits so common in that rough and demanding sport. Once that season is over, it's off to the softball field. Doug also had a short stint as a bodybuilder in 1984 where he placed 3rd in the short class in the Mid-USA Contest and 2nd in the short class of Mr. Notice Iowa. Doug's definitely not a one sport athlete.

Doug would like to express his thanks to his family for their support and interest. Brad Stevenson has had a huge positive influence on his lifting. He'd also like to thank his regular training partner in Muscatine, Tim Weikert, and former partner, Steve Lee, who talked him into competing in his first meet.

For the future, Doug doesn't like to limit himself to specific goals. He would like to win a national title at 181. He believes he will squat in the upper 700's, shortly at 181, and ultimately dunk over 800 at a full 198. Doug admits a weakness in the bench press, but vows to overcome this also. On the basis of his steady improvement and valued training partners and friends, Doug Peterson stands a very good chance of achieving much more in this sport.

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INTERVIEW

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

Gary Henton as interviewed by BOB GAYNOR

B.G. What is your age and current residence?
G.H. I am 23 years of age and I reside at 415 Enfield Lane in Beaumont, Texas.

B.G. What is your occupation?
G.H. I work as an off-shore mechanic. This type of work keeps me away from home a lot, and definitely effects my training.
B.G. How many years have you been training?
G.H. I have been training for six years and I have been competing for the last four years.

B.G. Gary, how did you get your start in weight training?
G.H. I started weight training on my own. In 1985 I moved to Texas and was looking for a place to train. I met Donnie Cole and Willie (Tuitik) Dorsey, who were powerlifters. I began to train with these guys and they got me involved in competition. From that point I was a powerlifter.

B.G. What are your best contest lifts?
G.H. My best squat is 683 lbs. My best bench press is 391 lbs., and my best Deadlift is 644 lbs. All of these were done in the 198 lb. class.

B.G. What are some of the records and titles you hold?
G.H. I was the 1987 ADFPPA National Champion at 198. I also was the WDFPPA World Champion in 1988 at 198 lbs. I set WDFPPA World Records in all three lifts.

B.G. What are your future goals?
G.H. I want to win the 1989 ADFPPA Nationals to be held in Wilkes-Barre, Pennsylvania. I also want to win another World Championship. I would also like to win a USPF Natural Nationals title.

B.G. Gary, what are your views on steroid usage and drug testing?
G.H. I feel steroids are against the natural order of things, and directly conflict with my view of God. You should live your life with what the Lord blessed you with. People should not take a man made substance to enhance his/her performance, just for the sake of a trophy. What you are taking can mess up your bodily functions or even kill you.

B.G. My views on drug testing are that a blood/urinalysis or tissue sample should be taken. I feel this will give you the most accurate results.
B.G. Do you follow any type of special diet?
G.H. No, I really don't have a special diet. I pretty much eat what I want to. I do strive to keep my body weight about 4 lbs. above the 198 lb. limit. As long as I do this I can eat whatever I want.

B.G. Since you don't have any special diet, do you follow a supplementation program?
G.H. Yes, I do. I feel supplementation is very important for the drug lifter athlete. I use the following supplements: Amino Acids, Octacos-

are both great lifters and excellent coaches. They have shown me how to prepare myself both physically and mentally for a meet. As I stated before, this is very important. These two have taught me to keep pushing no matter how heavy the weights are and this is the secret for success.

B.G. Gary, what are some of your hobbies or other interests?
G.H. I am into collecting. I collect comic books, baseball and football cards. I also collect gym shoes and T-shirts.

B.G. Are there any other comments you would like to make?
G.H. I would like to thank POWERLIFTING USA and Bob Gaynor for interviewing me and giving me the opportunity to express my views on drug free powerlifting.



GARY HENTON...the record breaking squatter at the 1987 ADFPPA National Championships held in Illinois.

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If I told you that one of the most crucial elements that affected your performance was light, how would you react? Would you believe me? It's true. Whether your performance is in the office or the competitive arena, one of the most basic elements that affect your performance has a profound effect on how you perform.

There is considerable evidence which indicates that color can have a significant impact on human performance. Experimental studies designed to determine the physiological and psychological effects of colors have revealed that there is a powerful energy source in colors (not in the form of light, it is part of the electro-magnetic spectrum). Light is one of the eight components of the spectrum; others are cosmic rays, gamma rays, X-rays, ultraviolet rays, infrared rays, radio and television waves. All of these components transport energy.

Researchers working for the Pittsburgh Plate Glass Company found that an individual's muscular, mental and nerve activity could be altered by subjecting them to certain variations in color. For example, they found that ordinary white light, muscular activity is twenty-three percent under blue light. Green light increases it a little more and yellow light to as little as five minutes, during which time they showed significant changes in both mental and muscular activity. In other words, the colors had a profound effect upon the subject's physical and psychological make up. Apparently, colors can alter the normal electrical pattern in the brain and the manner in which electricity travels through the muscles of the body.

As you might expect, this can have an influence upon physical performance. For instance, research has shown that if an individual focuses on the color pink for as little as fifteen seconds, he will experience a measurable weakening of his muscles that can last as long as thirty minutes. In addition, although it has not been

Dr. Judd

COLOR ME RED

By Dr. Judd Biasiotto and Arny Ferrando



Dr. Judd...squatted an amazing 603 weighing 132 in exhibition recently. blue has a tranquil effect. The color yellow conjures up feelings of logical strength and endurance. In fact, Soviet studies have shown that people working under red illumination tend to react more quickly and efficiently than people working under white illumination.

Colors are not only effective in inducing direct biological changes in people, but they can also arouse feelings and moods in people. Actually, psychologists have long realized that colors can have a profound effect upon the psychological state of an individual. Research emanating from this field of study indicates that colors can stimulate, depress, relax, or cheer up an individual. There are even colors that can cause irritation and actual physical discomfort. Not only that, but certain colors can arouse specific feelings in people. Blue conveys peace and contentment; dark

for their team during rest periods, and the other dressing room red for the team's fight talks. Stagg, apparently followed the line of thinking that blue would have a calming effect on his players, while red would have a stimulating effect.

Along these same lines, the athletic director at the University of New Mexico went a step further by painting his own dressing room red, and the opponent's dressing room blue. The only other application of color therapy in sports that we are aware of was conducted at the Kansas City Royals Baseball Academy in Saratoga, Florida, in the early 1970's. The academy people were so convinced that certain colors could significantly affect the performance of the ballplayers, that they had the entire complex repainted. For example, the ballplayer's bedrooms were painted blue to provide a calming and soothing effect. The locker rooms were painted red to enhance their vitality and energy level. The athletes' study area was painted yellow to stimulate intellectual activity.

There is a very good possibility that the proper use of colors can provide a key ingredient in your training regimen. We have found that the judicious placement of the colors just mentioned can provide an added dimension of mental, if not physiological, performance. In order to get colors to work for you, you might consider the following:

1. Learn as much as you can about colors. Determine the effect that colors can have upon you, physically and psychologically. Remember that the more you learn about yourself and your environment, the better control you'll have.
2. Identify the colors you want to use in your color therapy. Note that colors have different shades. Some people are more attracted to one shade than another. Use the shade you feel most comfortable with.
3. Learn how to visualize these colors so that you will be able to call upon their effects whenever you so desire. It's a good idea to go to paint stores and purchase these color chips or perhaps use a piece of fabric that represents your chosen color. In this manner, you can carry it with you at all times in order to refresh your memory as needed.
4. It's a good idea to make your training partners aware of the effects that colors have. In this way, you can arrange your training outfits so that they will be conducive to performance improvement.

5. Be aware of the colors in your training environment. In this way you can arrange to train in areas that are most conducive to performance. For example, if the gym floor is painted entirely dark, it may be time to have it repainted with the owner and explain to him the benefits of color and the lack of wisdom of his choice.

6. Not everyone can entirely control their training environment. No one has the ability to visualize the desired color or to use a color card for which to focus upon.

I'll never forget the day I met Gene Roberson! I was squatting, and since I was young and uninformed, I had very poor form. After my last set, I remember a rather large individual asking if he could work in. I was awed by him, and dumbfounded when he started to instruct me on the proper way to lift. I remember how all heads turned when big Gene was on the platform. Our gym, The Weight Room in Falls Church, Virginia, has it's share of big folks, but Gene, at 5'9" and 235 lbs., was a bull.

After our training session, I asked Gene for his address, and we shook hands. On my way home, I stopped at the library to find anything I could about powerlifting. They had only one book, *Inside Powerlifting*. As a joke, I opened to the index, and looked for Gene's name. To my utter amazement, I saw it! I checked that book out and read it cover to cover in one night. I was hooked, and determined to find out all I could about my new coach, Gene Roberson. Gene and I corresponded and he would contact me when he was in town. Since I met Gene, my totals and bodyweight have risen beyond my wildest expectations.

Before I describe Gene's recent accomplishments, I'd like to fill you in on what it is inspiring! Gene started weight training in 1959, at 16 years of age, weighing 145 lbs. He lifted in his garage. In 1960, he entered his first Olympic lifting contest, at a bodyweight of 170 lbs. Gene placed last, but it didn't take him long to increase his standing and performance. At his next contest, 3 months later, he placed fifth.

Gene continued his Olympic lifting very successfully. By the summer of this sophomore year (1961), Gene's best Olympic lifts were: 315 Press; 265 Snatch; 360 Clean and Jerk. (These were done at a bodyweight of 215 lbs.) He went on to break many state records, and completed an all time best in the South East. He was a 1964 Olympic hopeful. He had qualified for the Olympic trials, but at this point, Gene's interest in powerlifting was waning.

To coincide with his powerlifting, Gene used squats, bench presses, and deadlifts to develop power in the gymnasium workout. Back in these days (3 to 4 years ago), Gene was big enough to compete at a weight of 215 lbs. He was too heavy to compete under 198 lbs., so he decided to go up to 250 lbs. He ate 3-4 lbs. of meat a day, drank six quarts of milk a day. In order to maintain his lean and caloric intake, Gene also went to the blender for milk powder, honey, a protein supplement, creatine, and Ovaltine. To this day, Gene still swears by the milk powder as a main supplement. At the end of his sophomore year in college, he weighed 210 lbs. By the end of that summer, he weighed 230 lbs. By the spring of the next year, he weighed a massive 265 lbs! Along with his diet, Gene's lifestyle was very conducive to his training. He got 9 hours of sleep at the same time each night. He didn't smoke, drink, or indulge in anything to take away from his training.

Gene's first regular powerlifting meet (all 3 lifts) was in 1965 Chattanooga Invitational Power Meet. Gene lifted against Terry Todd (who weighed 325 lbs. vs. Gene at 265 lbs.). Gene best 1870 to 1780. That spring and summer, Gene trained for another battle with Todd at the 1965 Senior Nationals. Gene set two national records with a 482 bench press and a 740 squat. Todd pulled a big 740 deadlift to beat Gene by 5 lbs. (1890-1885). Gene had improved his total 105 lbs. in 7 months. 2 months later at the Eastern Championships, Gene went 740 490 715 1945 at 280 lbs. The squat and total were new American records. Gene's best meet ever came at the Junior Nationals in August 1966. Gene hit a 730 squat, along with a 735 deadlift and a 507 benchpress. A 500 lb. bench press had been a long time personal goal. He had never hit it in training, but he hit it here! Gene totaled 1975 at 280 lbs. 2000 seemed just around the corner. In September 1966, he totaled 1895 at the YMCA Tournament

Power Profile

Gene Roberson

AS TOLD BY MARK CANNIFF



Gene Roberson, (above) pulling at the 1988 USPF National Masters in Salt Lake City, Utah, and below, during the big surge early in his lifting career. Gene was ahead of his time, a prototypical 275 pounder.



Gene Roberson, (above) pulling at the 1988 USPF National Masters in Salt Lake City, Utah, and below, during the big surge early in his lifting career. Gene was ahead of his time, a prototypical 275 pounder.

in Massachusetts, setting an American deadlift record with 745 lbs. Although Gene certainly had the will, strength, and desire to total 2000, he now had other responsibilities. He already had one child, and another on the way. His job led him to a new city where there wasn't a gym. He had to rearrange his priorities. He dropped his weight to 242 lbs., to compete in the Senior Nationals in 1967. He placed fourth out of four with a 1710 total. This led to Gene's decision to retire.

Gene's bodyweight dropped to 180 lbs. over a period of time. However, when he decided to start lifting again in 1982, after 15 years off, he was 240 lbs. and out of shape. He joined a health spa to condition himself. While training there, Gene heard of the Masters category in powerlifting. He had stopped reading all magazines, and hadn't known about it. Gene lifted in the 1983 Southeast Open as a 198. He totaled 1250. Three months later he entered the Heart of Dixie meet at 220 lbs. and totaled 1440. Three months later at the West Georgia Open he totaled 1480 at 213. Signs of a comeback!

In 1985 at the Alabama Championships, Gene totaled 1580 at 233 lbs. That same year, at the Cullman Open, he totaled 1670 at 237 lbs. In 1986, at the Alabama Championships, Gene totaled 1520 at 213 lbs. (He was suffering from a back injury.)

When I met Gene, he was training for the USPF National Masters in Buffalo. He totaled 1610 at 220 lbs. He lifted in the 1986 ADPPA National Masters, winning the 220 lb. (age 40-44) class, setting national and American Masters records in the squat, deadlift and total with lifts of 623, 360, 623. In 1987, he entered the Southern Powerlifting Extravaganza. He went 650-385-606 for a 1640 total. He weighed 231 lbs. This qualified him for the ADPPA National Championships in August 1987. Here, Gene went 672-369-672 for a 1713 total at 233 lbs. This is a lifetime personal record for Gene in the 242s. In 1987 he lifted at the ADPPA National Masters, winning the 242 (age 40-44) class, setting National Masters records in the squat, deadlift, and total with lifts of 640-402-688. Gene also competed at the USPF Nationals in May, 1988. He went 672-351-653 for a 1715 total at 233 lbs. He missed 705-407-694 which would have given him first place and a 1800 total. Gene's immediate goals include a 700 lb. squat, a 700 lb. deadlift, and 1800 lb. total in a meet. He has done a 720 squat and a 710 deadlift in training.

Gene's long term goal is clear to him. He wants to win the 1993 World Masters Championships. He will be 50 years old then, and he plans to do it at whatever bodyweight he finds himself at that time.

If I could pinpoint the two ideas Gene has impressed upon me most they would be, first, the concept of patience. He tells me to be satisfied with a more moderate rate or progress with the expectation that reduced injury rate will result in better long term gains. Second, is the concept that the future of powerlifting belongs to the drug-free. Gene believes drug-free lifters are capable of reaching the same level of strength as drug-users, except will take longer. He believes steroids will become less and less accepted, and more big name powerlifters will become drug free. Gene cites as his evidence the increasing number of drug free contests, as well as the increasing drug free totals.

As I close, I feel compelled to explain what Gene has done for me. He has given me a purpose in life. He has made me a champion. He is gracious and kind. Besides myself, he trains two other folks with his life. He is always as excited for our training gains as he is for his own. He offers more than advice, he proposes scientific strategies. He told me about his accomplishments 20 years ago until recently, after 2 years of inactivity, when I decided to write this. I've got along well to go in my own right, when I see a competition, but with a good and more importantly, a friend like Gene Roberson, who was at one time the strongest man in the world, how can I go wrong?

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STARTIN' OUT

A special section dedicated to the beginning lifter

SPECIALIZATION OR TOTAL POWER?

AS TOLD BY CHRIS CONFESSOR



CHRIS CONFESSOR is focusing on a 2000 total in the 198 lb. division.

Powerlifting today is filled with the strongest athletes to walk the planet Earth. The three lift totals are skyrocketing along with the single lift world records! Let's take a look into the advantages or disadvantages, and the different ways to train, for either specializing or posing a big total. For a few years I was obsessed with breaking Rick Weil's 556 lb. bench press record at 181 pounds. During that time I was specializing on the bench press and after more attempts I finally broke that barrier at the 1988 APF Seniors with a 562 bench press. Your training schedule definitely varies when training for one lift as opposed to all three lifts. I remember when I was in my bench press specialization phase, strutting around the gym with a big smile on my face, compared to the barged up body, that limps around when training all three lifts. Training one lift definitely is an advantage from an injury and stamina standpoint, but on the other hand it has its disadvantages. Most of us train each lift heavy once per week. A specialist means you have only one chance a week to make yourself happy. Being a specialist means you will also limit yourself to fewer meets and fewer achievements, no state title, national title, etc. When training for specialization, say on the bench press, I would suggest training the bench press twice a week, a light day and a heavy day along with an assortment of warm up and light assistance work. When training the Big Three the body needs more time to recuperate which means more days away from the gym to ensure

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An organization's survival takes precedence, always. All other goals are subsidiary. The hierarchy of importance among subsidiary goals is determined primarily by the relationship between the particular goal and the organization's survival.

For example, drug testing is a goal espoused by many, if not most, of our lifters. However, the decision to test does not address the qualitative and quantitative questions. Each of those questions must be weighed with an eye on public demand, not with an abstract demand. To put it another way, we must tailor our drug-testing policies to satisfy the greatest number. If our policy is designed to pursue the ideal of having each lifter's urine tested for all substances, we will quickly exhaust our funds and lifters will drift away when they learn that we have only one or two tested meets each year.

If public demand dictates that many of our meets be tested, we must hold in abeyance our quest for perfection, and test randomly a token number of lifters. Shall we limit the number of lifters tested? The number of banned drugs tested for? Shall we employ laboratories that are not IOC-approved?

Public demand must be tempered with other considerations, some of which, such as the evaluation of risk, may be quite beyond easy comprehension. For example, it is easier to meet a legal challenge to the findings of an IOC-approved laboratory that may charge \$205 per test than the findings of a laboratory with lesser credentials that charges half as much.

Overemphasis upon drug testing may alienate those who would use otherwise funds earmarked for drug testing, for example, those who advocate paying a greater percentage of the lifter's expenses at international meets. Among this group are lifters, trainers, coaches, managers and delegates.

If the pro-testing group has captured the moral high ground, those who would support travel have wrapped themselves in the flag. According to the latter, the most important objective is for the United States to be well-represented and to win in international competition. Because our lifters have not always been fully funded, some of our best lifters have been unable to represent the United States in world competition for financial reasons. Because we have not always fully funded our coaches and managers, we have, at times, pressured into service, as coaches and managers persons without the highest credentials. These reluctant draftees generally performed well. However, it is the nature of things that coaches and managers bear the brunt of the blame when things go awry and share very little of the praise when things go well.

Someone placed on the agenda last year a motion that the IJF delegate's travel to Perth be fully funded. From the chair I protested that we could not justify this expenditure because of our straightened circumstances and that an alternate delegate could represent us just as

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



Dr. Conrad Cotter appeared on the national news magazine television show INSIDE EDITION on April 18th, where he was interviewed by correspondent Craig Rivera regarding the administration at Pensacola Junior College, where Dr. Cotter had taught for 19 years, prior to his disputed dismissal.

well. The National Committee could not hear of my being replaced with an alternate and voted to reimburse me fifty percent of the round-trip air fare. This action, coming three weeks after being fired from my job of nine-teen years, was not well received. My point, which was apparently lost upon the National Committee, was that little, if anything, is lost if the alternate delegate is well chosen.

The IJF's actions, at times, complicate our task of sending teams to represent the United States in sanctioned competition abroad. Quite aside from our inability to hold IJF-sanctioned meets in this country, thanks to the IJF's misadventure without counsel in this country's legal thickets, our task of planning ahead is made more difficult by variations in the IJF's calendar of coming championships. For example, this year the Women's Worlds has been moved from May to November.

Again, if the 1989 Junior Worlds, which is scheduled for September in Nassjo, Sweden, were to be held one week later, we would save nearly one-half year in transatlantic fares. This particular meet is held the same weekend as the 1989 Masters Worlds at London, Ontario, Canada. Transoceanic travel to this meet, too, are prohibitively similarly discomfited. Scrutinizing bids to insure that they

In powerlifting, as in Congress, entitlements are a sure-fire prescription for bankruptcy. I fear our National Committee is no more prepared to resist this temptation than Congress is.

Drug testing and travel are each bottomless pits. Proponents of each should be prepared to show restraint at all times in order to preserve harmony. To place either ahead of the other and to defend your choice to what democracy is all about. Carried to its logical conclusion, however, advocacy is almost certainly divisive.

Beyond restraint there is always the survival imperative. Proposals to reorder our budgetary priorities should explicitly state: "...after normal operating expenses have been taken. Proposals to fund should contain the proviso, "funds being available."

Last year the National Committee moved to increase the amount of the round-trip air fare funded by the USPF from 30% to 50%, effective in 1989. Yet, that fall, when the 30% figure was still in effect, I had to borrow \$8,000 on my personal bank cards in order to fund our travel and to pay off our outstanding drug-testing bills. I was unemployed, as I am now, but I had faith in the basic soundness of our organization. I am, however, most reluctant to make a personal loan again this year.

Survival means living within our means.

Dr. Conrad Cotter
President, United States
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My book and updates are THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection.

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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, no questions to 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 a problem that I hope you can help me with. I have been searching for a long time trying to find a sports medicine doctor in my area. I live in a suburb of Buffalo, NY. I have been prescribing for five years, and have been experimenting with anabolic steroids for a couple of years now. I feel that I am doing them in a relatively safe manner. However, I have always been wary of self administration of steroids without medical supervision.

I was under the care of my family physician, who prescribed them for me once. However, he will no longer have anything to do with my steroid use. He says that he does not have enough knowledge about their administration in steroids. Do you know anyone in Western NY, who has knowledge of anabolic steroids use in sports? Someone who could prescribe them or merely advise me in their use, so I don't have to use them blindly? **Rob A.**

DEAR ROB: I sent out a letter to a medical contact in New York State in hopes of getting you some names of physicians who might be able to monitor or advise you on your use of anabolic steroids. Unfortunately he couldn't even provide you with one name that had anabolic steroids, most physicians are because of the hysteria and just don't want to become involved. This is unfortunate since the athletes will take the anabolic steroid anyway, getting his information from his local dealer, the end result is that the athlete is deprived of proper medical supervision, thereby increasing his chances of running into problems and side-effects.

Hopefully, my book and updates (sent under separate cover) will give you some of the answers you are looking for. **M.G.D.**

DEAR MAURO: I have read your informative book *Drug Use & Detection in Amateur Sports* as well as your first three updates. The reason I am writing to you is that I became somewhat confused by what I read in Update No. 3, pp. 28 and 30.

On page 28, you list the Hungarian anabolic steroid "Neroboli" as being DHT. However, if you take a look at the enclosed package it does not mention anything about its supposed DHT content. Furthermore, on the insertion, it is said it contains some form of nandrolone.

On page 30, you list the Italian steroid "Quinbolone" as being genetically equal to oxymetholone, better known under its brand name, "Anadrol 50." However, Dr. James Wright in his book *Anabolic Steroids and Sports* (Volume II, page 87), says that Quinbolone is "identical to Methandrostenolone except for the chemical structure added to prolong its metabolic half-life."

Finally, I wish to congratulate you to your informative and scholarly books. I am in no position to question anything of your writings; these are merely some thoughts I have put down into writing. **Arnold L.**

DEAR ARNOLD: I am unable to locate the references in Update Three that you referred to in your letter. I believe, however, that you are confusing Update Three with Update Two. Neroboli is mentioned in Update Two in the section of *Drug and Literature Retrieval Databases* set up by Dr. Diagal, the director of the Montreal laboratory. In this section I mentioned alternate names for nandrolone, including Activin, Anabolone, Durabol, Duralin, Anasteron Therapeutic, Androlone, Anticatabolin, Durabol, Duralin, Duraplan, F.T. 19, FTS, Gotic, Hepo-Durabol, Homabol, Hormonabol, Hydrobolic Improved, Kenty, Metabol, Nandabol, Nandabolin, Nandrolin, Nandrolone Phenpropionate, Nap, Nectabalin, Nendabolin, Neroboli, Norabol, Norandrol, Norandrol, Norbalin, Noronon, Norstenol, Nortestosterone, Phenylpropionate, etc.

Another confusing fact is that there is a product called Nerobol which contains methandemone or methandrostenolone (DANABOL, DIANABOL, METANBOL). Also in Update Two (in the table of anabolic steroids at the back of the update) I mentioned Quinbolone, but did not give any trade names. The Quinbolone heading was not mistaken to be of the oxymetholone line above it - I think perhaps you have mistaken it as such.

As you can see by the chemical names in the table at the back of Update Two, the only difference between quinbolone and methandrostenolone is the alkyl group on C17 - quinbolone has a more complex structure attached, giving it a longer half life. **M.G.D.**

Question & Answer

Your training questions answered by Roger Estep, 1979 Sr. National Champ, World Record Breaker at 198 and 1985 MR IRON MAN. For a tapped response, send \$20 to Roger Estep, 14113 Hologate, Anaheim, CA 92862

DEAR ROGER: I am a 22 year old Senior at Western Illinois University. I have been lifting weights for about the last five years. I have always been on a bodybuilding type of schedule but this schedule never gave me what I wanted. Strong I joined a powerlifting team this last August and I have fallen in love with this sport. I went to my first meet in October and finished a huge stomach with big flabby "love handles" so I decided to drop my weight down to 181 pounds and compete in that class. I went from 196 pounds to 180 pounds in sixteen weeks without losing a great amount of strength. As a matter of fact, my squat and deadlift have gone up, but, as in most cases, my bench is my problem. At 198 pounds I benched 340 lbs., but at 180 I can only bench about 305 lbs. I consider myself a very dedicated lifter. I lifted for almost two and one half years, six days a week and never missed a single day. I also eat right, since I lost my fat stomach, I just can't find a schedule that will give me to plateau and I compare my schedules to those in *Powerlifting USA* and when I compare my schedules to those in that magazine it seems that I am overtraining, but I am still not sure. That's why I am writing you. I figure you can give me a schedule to achieve my goals. I am writing my present schedule down for you to analyze. I hope you can change my schedule or write me a new one that will make me as strong as I can possibly be.

(Bench max, 305 to 310 lbs) (Squat max, 500 lbs) (Deadlift 525 lbs) First four to five weeks: Bench (Tues, and Fri) 5 sets of 8 flat bench, 5 sets of 8 cambered bar, 5 sets of 8 close grips, (no light days). Squat without wraps or suit, just belt, (Mon, and Thur) 5 sets 8, 1 set of pauses, First 4 to 5 weeks Deadlift: Every 7 days 5 sets of 8 Deadlift, Bench: 6 to 10th weeks, 5 sets 5 flat bench, 5 sets 5 cambered bar, 5 sets 5 close grips. Squats with wraps, suit: 5 sets of 5, 1 set of pauses. Deadlift: 5 sets of 5, 11 thru 12th weeks. Bench: 3 sets 3 flat bench, 3 sets 3 cambered bar, 3 sets 3 close grips. Squats with wraps and suit: 3 sets 3, 1 also have some other questions, like how much time off should I take? Am I overtraining? I would like a new schedule or changes made to my old one. Overtraining? If you time, I really feel that you can get me to where I want to be. Sincerely, **Jason K.**

DEAR JASON: First of all you need to have one light or medium day a week. I know that you are young and feel like you can handle two heavy days and that a light day feels like a waste of time. The only thing I can say is trust me - all the great strong men only train their bench one day, heavy each week. As for your sets and reps and the amount of weight to use, every one knows how I feel about heavy singles. So I'm going to base my schedule on 4 heavy singles. For your case I would recommend the following: 1st Week: Heavy Day, Bench, 2 sets 135-10 185-8-10, 220-2, 260-1, 280-1, 300-1, 360-1. Light Day, Bench, 2 sets 135-10, 185-8-10, 220-1, 260-1, 260-1, 185-10, 265-1, 265-1, Light Day, 2 sets 135-10, 185-8-10, 225-1, 265-1, 265-1, 265-1, 190-10, 3rd Week: Heavy, 2 sets 135-10, 185-8-10, 230-2, 270-1, 290-1, 310-1, 270-1, Light, 2 sets 135-10, 185-8-10, 230-2, 270-1, 195-10.

Continue this pattern in your bench press and you will make more progress than any other type of program. A word about the cambered bar. It's of limited value. You should only use it once in a while and then for short periods of time. The combination of heavy bench pressing and heavy cambered bar pressing surprises me in that it didn't produce sore shoulders for you (or did it?). I know this program seems simple but it works. Best Wishes, **Roger**

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26-27 Years	950	600	800	2350
28-29 Years	1050	650	850	2550
30-31 Years	1150	700	900	2750
32-33 Years	1250	750	950	2950
34-35 Years	1350	800	1000	3150
36-37 Years	1450	850	1050	3350
38-39 Years	1550	900	1100	3550
40-41 Years	1650	950	1150	3750
42-43 Years	1750	1000	1200	3950
44-45 Years	1850	1050	1250	4150
46-47 Years	1950	1100	1300	4350
48-49 Years	2050	1150	1350	4550
50-51 Years	2150	1200	1400	4750
52-53 Years	2250	1250	1450	4950
54-55 Years	2350	1300	1500	5150
56-57 Years	2450	1350	1550	5350
58-59 Years	2550	1400	1600	5550
60-61 Years	2650	1450	1650	5750
62-63 Years	2750	1500	1700	5950
64-65 Years	2850	1550	1750	6150
66-67 Years	2950	1600	1800	6350
68-69 Years	3050	1650	1850	6550
70-71 Years	3150	1700	1900	6750
72-73 Years	3250	1750	1950	6950
74-75 Years	3350	1800	2000	7150
76-77 Years	3450	1850	2050	7350
78-79 Years	3550	1900	2100	7550
80-81 Years	3650	1950	2150	7750
82-83 Years	3750	2000	2200	7950
84-85 Years	3850	2050	2250	8150
86-87 Years	3950	2100	2300	8350
88-89 Years	4050	2150	2350	8550
90-91 Years	4150	2200	2400	8750
92-93 Years	4250	2250	2450	8950
94-95 Years	4350	2300	2500	9150
96-97 Years	4450	2350	2550	9350
98-99 Years	4550	2400	2600	9550
100-101 Years	4650	2450	2650	9750
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108-109 Years	5050	2650	2850	10550
110-111 Years	5150	2700	2900	10750
112-113 Years	5250	2750	2950	10950
114-115 Years	5350	2800	3000	11150
116-117 Years	5450	2850	3050	11350
118-119 Years	5550	2900	3100	11550
120-121 Years	5650	2950	3150	11750
122-123 Years	5750	3000	3200	11950
124-125 Years	5850	3050	3250	12150
126-127 Years	5950	3100	3300	12350
128-129 Years	6050	3150	3350	12550
130-131 Years	6150	3200	3400	12750
132-133 Years	6250	3250	3450	12950
134-135 Years	6350	3300	3500	13150
136-137 Years	6450	3350	3550	13350
138-139 Years	6550	3400	3600	13550
140-141 Years	6650	3450	3650	13750
142-143 Years	6750	3500	3700	13950
144-145 Years	6850	3550	3750	14150
146-147 Years	6950	3600	3800	14350
148-149 Years	7050	3650	3850	14550
150-151 Years	7150	3700	3900	14750
152-153 Years	7250	3750	3950	14950
154-155 Years	7350	3800	4000	15150
156-157 Years	7450	3850	4050	15350
158-159 Years	7550	3900	4100	15550
160-161 Years	7650	3950	4150	15750
162-163 Years	7750	4000	4200	15950
164-165 Years	7850	4050	4250	16150
166-167 Years	7950	4100	4300	16350
168-169 Years	8050	4150	4350	16550
170-171 Years	8150	4200	4400	16750
172-173 Years	8250	4250	4450	16950
174-175 Years	8350	4300	4500	17150
176-177 Years	8450	4350	4550	17350
178-179 Years	8550	4400	4600	17550
180-181 Years	8650	4450	4650	17750
182-183 Years	8750	4500	4700	17950
184-185 Years	8850	4550	4750	18150
186-187 Years	8950	4600	4800	18350
188-189 Years	9050	4650	4850	18550
190-191 Years	9150	4700	4900	18750
192-193 Years	9250	4750	4950	18950
194-195 Years	9350	4800	5000	19150
196-197 Years	9450	4850	5050	19350
198-199 Years	9550	4900	5100	19550
200-201 Years	9650	4950	5150	19750
202-203 Years	9750	5000	5200	19950
204-205 Years	9850	5050	5250	20150
206-207 Years	9950	5100	5300	20350
208-209 Years	10050	5150	5350	20550
210-211 Years	10150	5200	5400	20750
212-213 Years	10250	5250	5450	20950
214-215 Years	10350	5300	5500	21150
216-217 Years	10450	5350	5550	21350
218-219 Years	10550	5400	5600	21550
220-221 Years	10650	5450	5650	21750
222-223 Years	10750	5500	5700	21950
224-225 Years	10850	5550	5750	22150
226-227 Years	10950	5600	5800	22350
228-229 Years	11050	5650	5850	22550
230-231 Years	11150	5700	5900	22750
232-233 Years	11250	5750	5950	22950
234-235 Years	11350	5800	6000	23150
236-237 Years	11450	5850	6050	23350
238-239 Years	11550	5900	6100	23550
240-241 Years	11650	5950	6150	23750
242-243 Years	11750	6000	6200	23950
244-245 Years	11850	6050	6250	24150
246-247 Years	11950	6100	6300	24350
248-249 Years	12050	6150	6350	24550
250-251 Years	12150	6200	6400	24750
252-253 Years	12250	6250	6450	24950
254-255 Years	12350	6300	6500	25150
256-257 Years	12450	6350	6550	25350
258-259 Years	12550	6400	6600	25550
260-261 Years	12650	6450	6650	25750
262-263 Years	12750	6500	6700	25950
264-265 Years	12850	6550	6750	26150
266-267 Years	12950	6600	6800	26350
268-269 Years	13050	6650	6850	26550
270-271 Years	13150	6700	6900	26750
272-273 Years	13250	6750	6950	26950
274-275 Years	13350	6800	7000	27150
276-277 Years	13450	6850	7050	27350
278-279 Years	13550	6900	7100	27550
280-281 Years	13650	6950	7150	27750
282-283 Years	13750	7000	7200	27950
284-285 Years	13850	7050	7250	28150
286-287 Years	13950	7100	7300	28350
288-289 Years	14050	7150	7350	28550
290-291 Years	14150	7200	7400	28750
292-293 Years	14250	7250	7450	28950
294-295 Years	14350	7300	7500	29150
296-297 Years	14450	7350	7550	29350
298-299 Years	14550	7400	7600	29550
300-301 Years	14650	7450	7650	29750
302-303 Years	14750	7500	7700	29950
304-305 Years	14850	7550	7750	30150
306-307 Years	14950	7600	7800	30350
308-309 Years	15050	7650	7850	30550
310-311 Years	15150	7700	7900	30750
312-313 Years	15250	7750	7950	30950
314-315 Years	15350	7800	8000	31150
316-317 Years	15450	7850	8050	31350
318-319 Years	15550	7900	8100	31550
320-321 Years	15650	7950	8150	31750
322-323 Years	15750	8000	8200	31950
324-325 Years	15850	8050	8250	32150
326-327 Years	15950	8100	8300	32350
328-329 Years	16050	8150	8350	32550
330-331 Years	16150	8200	8400	32750
332-333 Years	16250	8250	8450	32950
334-335 Years	16350	8300	8500	33150
336-337 Years	16450	8350	8550	33350
338-339 Years	16550	8400	8600	33550
340-341 Years	16650	8450	8650	33750
342-343 Years	16750	8500	8700	33950
344-345 Years	16850	8550	8750	34150
346-347 Years	16950	8600	8800	34350
348-349 Years	17050	8650	8850	34550
350-351 Years	17150	8700	8900	34750
352-353 Years	17250	8750	8950	34950
354-355 Years	17350	8800	9000	35150
356-357 Years	17450	8850	9050	35350
358-359 Years	17550	8900	9100	35550
360-361 Years	17650	8950	9150	35750
362-363 Years	17750	9000	9200	35950
364-365 Years	17850	9050	9250	36150
366-367 Years	17950	9100	9300	36350
368-369 Years	18050	9150	9350	36550
370-371 Years	18150	9200	9400	36750
372-373 Years	18250	9250	9450	36950
374-375 Years	18350	9300	9500	37150
376-377 Years	18450	9350	9550	37350
378-379 Years	18550	9400	9600	37550
380-381 Years	18650	9450	9650	37750
382-383 Years	18750	9500	9700	37950
384-385 Years	18850	9550	9750	38150
386-387 Years	18950	9600	9800	38350
388-389 Years	19050	9650	9850	38550
390-391 Years	19150	9700	9900	38750
392-393 Years	19250	9750	9950	38950
394-395 Years	19350	9800	10000	39150
396-397 Years	19450	9850	10050	39350
398-399 Years	19550	9900	10100	39550
400-401 Years	19650	9950	10150	39750
402-403 Years	19750	10000	10200	39950
404-405 Years	19850	10050	10250	40150
406-407 Years	19950	10100	10300	40350
408-409 Years	20050	10150	10350	40550
41				

Lee Circle YMCA Bench/Deadlift

Table listing names and weights for Lee Circle YMCA Bench/Deadlift. Includes names like K. Fagot, M. Hatcher, S. Hollis, etc.

Lee Circle YMCA Bench/Deadlift

enture was realized when Special Olympian Mark M... deadlifted 200 lbs. on a bench press...

USRR Championships

Table listing names and weights for USRR Championships. Includes names like V. Batak, S. Starodymov, M. Radzich, etc.

17-19 Feb 89 - Krasnyarsk (kg)

Table listing names and weights for 17-19 Feb 89 - Krasnyarsk (kg). Includes names like V. Batak, S. Starodymov, M. Radzich, etc.

1st Annual Connecticut March of Dimes Bench Press

Table listing names and weights for 1st Annual Connecticut March of Dimes Bench Press. Includes names like H. Donarum, K. Georgia, S. Kim, etc.

ADFFA Mid-America 19 Feb 89 - Amherst, OH

Table listing names and weights for ADFFA Mid-America 19 Feb 89 - Amherst, OH. Includes names like M. Stevens, M. Garner, N. Prince, etc.

ADFFA Towson Power Bench II

Table listing names and weights for ADFFA Towson Power Bench II. Includes names like M. Stearns, D. Hane, G. West, etc.

ADFFA Towson Power Bench II

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Advertisement for JUBINVILLE HEALTH EQUIPMENT, P.O. BOX 662, HOLYOKE, MA 01041. Features images of gym equipment like benches, racks, and chairs.

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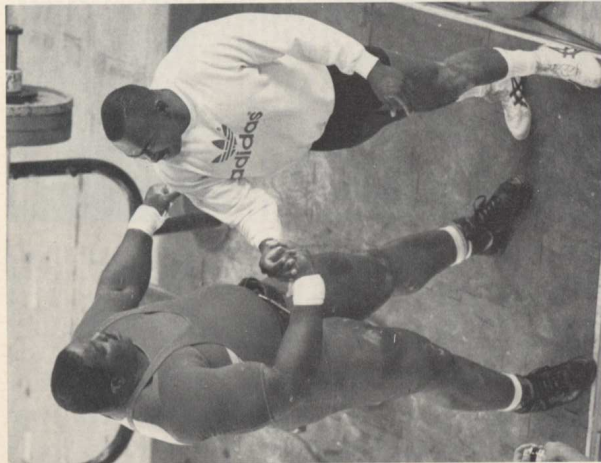
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2430 equals 2425!!......the following is a letter written on April 6th, 1989 from USPF Records Chairman, Dr. Alan Kirsner, to Wilson, whom we reported as setting a new all time total record of 2,430 on February 16th at the Armed Forces Championships. Congratulations are in order for your record certificate. I suspect you checked the bad news about your request for total records in the limited D.I. I have enclosed your record certificate for the Record Processor, Don Haley. I obtained the app for the record on March 9, 1989 and immediately contacted Mr. Haley because of the strange kilo weight numbers listed on the official score sheet for the meet. He explained to me that they had trouble fitting the proper weights on the bar to get the called for 455 kg. That meant that while the bar actually weighed 454.5 kg the face value of the bar would amount to 452.5 kg. In this case you completed a phenomenal 1002 lbs. Tragically, the USPF Rule Book states: "The face value of the weight at-tempted for an American Record, not the exact weight, will be counted within the litter's total." (p. 47). The USPF rules provide that American Records follow the procedure for IPF World records except for a few exceptions. One non-exception is stated in the USPF Rule Book on p. 33: "The weight may be raised for a world record attempt by an amount less than 2.5 kg. (and at least 500 grams in excess of the current record). Such an attempt, if successful, shall be scored as the next lowest multiple of 2.5 kg. for contest purposes." When I spoke to Don Haley he knew the rule and anticipated the dilemma I faced. The same problem arose with your 230.5 kg. bench press. You can only be credited with 230 kg. in the competition. Therefore, you filed for your official total in the contest, which had 397.5 kg. as the head lift. That adds up to 1100 kg. matching Bill Kazmaier's record. I might note to you that at no time have I received verification of a 2427 total done by John Ware. The total record stands at 2425 until, I suspect, you break it in the near future." Steve Goggins, seen congratulating O.D., midway through Wilson's 2430/2425 effort at the Armed Forces meet (above), will just have to shake his hand again when Mr. Wilson breaks the mark again!

ADFFA Vermont-New Hampshire
11 Mar 89 - Lyndonville, VT

Vermont Men	SQ	BP	DL	Total	
G. Vezina	300	180	380	860	
C. Neiman	370	225	370	965	
M. Whit	335	225	380	940	
R. Ausser	410	235	475	1120	
L. Burch	450	260	500	1210	
D. Villeneuve	445	360	570	1475	
G. Sodaro	425	280	540	1245	
J. Williamson	440	300	620	1510	
J. Lohreber	540	350	600	1540	
W. Garrow	610	340	500	1450	
D. Lemay (17)	355	140	345	840	
Teen Men	335	225	380	940	
C. Matt (19)	540	350	620	1510	
L. Williamson(42)	300	180	360	860	
G. Vezina (40)	300	180	360	860	
W. Garrow (39)	400	280	480	1160	
New Hampshire Men					
148 lbs.	A. Washington	425	255	485	1165
165 lbs.	M. Himmelsberger	540	310	515	1365
181 lbs.	J. Dwyer	330	290	380	1000
198 lbs.	J. Dwyer	225	235	400	860
220 lbs.	R. Boudette	675	370	600	1645
242 lbs.	K. Akey	477	335	450	1262
275 lbs.	R. Karlos	390	335	480	1205
300 lbs.	A. Jones	460	295	430	1185
330 lbs.	J. Rogers	600	355	620	1575
360 lbs.	R. Jaros	500	335	570	1405
390 lbs.	D. Stratton	500	310	470	1280
420 lbs.	H. Arrizo	375	275	520	1175
450 lbs.	R. Simmons	325	210	410	945
480 lbs.	T. Mads	615	330	575	1520
510 lbs.	J. Nawczyk	490	315	560	1365
540 lbs.	D. Dean	540	380	545	1465
570 lbs.	S. Knight	560	365	530	1455
600 lbs.	W. Andrews	640	360	715	1715
630 lbs.	L. Dean (19)	540	390	585	1465
660 lbs.	M. Piper (17)	300	280	340	1000
690 lbs.	J. Duby (18)	225	235	400	860
720 lbs.	J. Burch (18)	450	260	500	1210
750 lbs.	S. Vergato (14)	215	115	335	690
780 lbs.	D. Barreau (14)	225	160	360	745
810 lbs.	Masters				
840 lbs.	J. Madsen (41)	460	360	515	1335
870 lbs.	P. Dupont (43)	400	340	555	1355
900 lbs.	L. Papp (42)	500	310	470	1285
930 lbs.	D. Stratton (65)	550	220	355	725
960 lbs.	S. Cuthbert	550	450	550	1550
990 lbs.	M. Sandler	505	315	505	1325
1020 lbs.	J. Sodalas	290	160	290	740

Team 1: Total fitness, hydrophilic, VS. 1-4-89
dress Power Team, Nabuab, NH, 2- Peace Air

Upcoming National Meet Qualifying Totals

	114	123	132	148	165	181	198	220	242	275	SHW
USPF Teen Nationals 14-15	600	700	750	850	975	925	950	975	1000	1050	1100
USPF Teen Nationals 16-17	650	750	850	950	975	1025	1050	1075	1100	1150	1200
USPF Teen Nationals 18-19	700	800	950	1050	1075	1125	1150	1175	1200	1250	1300
APF Sr. Nationals	981	1064	1146	1394	1527	1642	1731	1824	1890	1946	2033
ADFFA Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
USPF Sr. Nationals	788	953	1085	1289	1399	1488	1570	1653	1700	1725	1758
ADFFA Teen 14-16	620	720	785	875	925	975	1000	1045	1070	1095	1120
ADFFA Teen 17-19	695	790	900	1045	1095	1165	1240	1290	1315	1330	1350
Women's Contests	97	105	114	123	132	148	165	181	198	198	+
APF Sr. Nationals*	518	562	601	639	672	744	760	778	826	870	
USPF Sr. Nationals*	518	562	601	639	672	744	760	778	826	870	

* USPF women's state champions are also qualified

Texas Womens Teenage Masters, & Winter Classic (USPF 2133-80)
4,5 Feb 89 - Austin, TX

Below Class II	SQ	BP	DL	Total	
148 lbs.	D. Roubard	314	170	358	843
165 lbs.	B. A. Stringham	270	143	286	700
181 lbs.	R. Thomas	363	203	336	902
198 lbs.	R. S. Thomas	325	143	320	688
220 lbs.	D. Eaton	242	121	286	650
242 lbs.	TEENAGE GIRLS				
181 lbs.	M. McKenzie	990	231	429	1151
198 lbs.	D. Villeneuve	114	134	158	406
220 lbs.	D. D'Abadie-OH	165	93	214	474
242 lbs.	132 lbs.	203	104	248	556
275 lbs.	D. Bradberry	154	88	259	501
300 lbs.	TEENAGE				
181 lbs.	A. Venter	275	121	270	666
198 lbs.	C. Lucas	292	148	330	771
220 lbs.	V. Villeneuve	270	176	314	760
242 lbs.	R. Hargett	468	248	440	1157
275 lbs.	B. Johnson	347	228	385	961
300 lbs.	B. Johnson	347	228	385	961
330 lbs.	M. Morris	275	181	303	760
360 lbs.	A. Lona	374	220	446	1041
390 lbs.	S. Owens	369	226	385	981
420 lbs.	S. Owens	369	226	385	981
450 lbs.	S. Owens	369	226	385	981
480 lbs.	S. Owens	369	226	385	981
510 lbs.	S. Owens	369	226	385	981
540 lbs.	S. Owens	369	226	385	981
570 lbs.	S. Owens	369	226	385	981
600 lbs.	S. Owens	369	226	385	981
630 lbs.	S. Owens	369	226	385	981
660 lbs.	S. Owens	369	226	385	981
690 lbs.	S. Owens	369	226	385	981
720 lbs.	S. Owens	369	226	385	981
750 lbs.	S. Owens	369	226	385	981
780 lbs.	S. Owens	369	226	385	981
810 lbs.	S. Owens	369	226	385	981
840 lbs.	S. Owens	369	226	385	981
870 lbs.	S. Owens	369	226	385	981
900 lbs.	S. Owens	369	226	385	981
930 lbs.	S. Owens	369	226	385	981
960 lbs.	S. Owens	369	226	385	981
990 lbs.	S. Owens	369	226	385	981
1020 lbs.	S. Owens	369	226	385	981
1050 lbs.	S. Owens	369	226	385	981
1080 lbs.	S. Owens	369	226	385	981
1110 lbs.	S. Owens	369	226	385	981
1140 lbs.	S. Owens	369	226	385	981
1170 lbs.	S. Owens	369	226	385	981
1200 lbs.	S. Owens	369	226	385	981
1230 lbs.	S. Owens	369	226	385	981
1260 lbs.	S. Owens	369	226	385	981
1290 lbs.	S. Owens	369	226	385	981
1320 lbs.	S. Owens	369	226	385	981
1350 lbs.	S. Owens	369	226	385	981
1380 lbs.	S. Owens	369	226	385	981
1410 lbs.	S. Owens	369	226	385	981
1440 lbs.	S. Owens	369	226	385	981
1470 lbs.	S. Owens	369	226	385	981
1500 lbs.	S. Owens	369	226	385	981
1530 lbs.	S. Owens	369	226	385	981
1560 lbs.	S. Owens	369	226	385	981
1590 lbs.	S. Owens	369	226	385	981
1620 lbs.	S. Owens	369	226	385	981
1650 lbs.	S. Owens	369	226	385	981
1680 lbs.	S. Owens	369	226	385	981
1710 lbs.	S. Owens	369	226	385	981
1740 lbs.	S. Owens	369	226	385	981
1770 lbs.	S. Owens	369	226	385	981
1800 lbs.	S. Owens	369	226	385	981
1830 lbs.	S. Owens	369	226	385	981
1860 lbs.	S. Owens	369	226	385	981
1890 lbs.	S. Owens	369	226	385	981
1920 lbs.	S. Owens	369	226	385	981
1950 lbs.	S. Owens	369	226	385	981
1980 lbs.	S. Owens	369	226	385	981
2010 lbs.	S. Owens	369	226	385	981
2040 lbs.	S. Owens	369	226	385	981
2070 lbs.	S. Owens	369	226	385	981
2100 lbs.	S. Owens	369	226	385	981
2130 lbs.	S. Owens	369	226	385	981
2160 lbs.	S. Owens	369	226	385	981
2190 lbs.	S. Owens	369	226	385	981
2220 lbs.	S. Owens	369	226	385	981
2250 lbs.	S. Owens	369	226	385	981
2280 lbs.	S. Owens	369	226	385	981
2310 lbs.	S. Owens	369	226	385	981
2340 lbs.	S. Owens	369	226	385	981
2370 lbs.	S. Owens	369	226	385	981
2400 lbs.	S. Owens	369	226	385	981
2430 lbs.	S. Owens	369	226	385	981
2460 lbs.	S. Owens	369	226	385	981
2490 lbs.	S. Owens	369	226	385	981
2520 lbs.	S. Owens	369	226	385	981
2550 lbs.	S. Owens	369	226	385	981
2580 lbs.	S. Owens	369	226	385	981
2610 lbs.	S. Owens	369	226	385	981
2640 lbs.	S. Owens	369	226	385	981
2670 lbs.	S. Owens	369	226	385	981
2700 lbs.	S. Owens	369	226	385	981
2730 lbs.	S. Owens	369	226	385	981
2760 lbs.	S. Owens	369	226	385	981
2790 lbs.	S. Owens	369	226	385	981
2820 lbs.	S. Owens	369	226	385	981
2850 lbs.	S. Owens	369	226	385	981
2880 lbs.	S. Owens	369	226	385	981
2910 lbs.	S. Owens	369	226	385	981
2940 lbs.	S. Owens	369	226	385	981
2970 lbs.	S. Owens	369	226	385	981
3000 lbs.	S. Owens	369	226	385	981

Art Lona and one second by Clint Oliver. Third places were secured by Curtis Murray and Jeff Bell, and one fourth by Larry O'Connor, Jr. The top four were followed by Don Haley, Don Bumpass, Max McCoy, Rob Baber, Sean Greer, Lee Nell, Chris Williams, Tommy Tomu, Anthony Neff, Ronnie Goodie, Johnny Lyons, Clint Whitt, Chris Williams, and Don Haley. Stephen Jameson finished his hand spotting the squad while Jerry Perry, Expeditors: David Wilson, Nora Cline, Luan Thornton, Ludy Chapman, Tara Griffith, Lanna Griffith, Tracy Griffith, Alicia Bar, Jan Dettler, Darrell Brock, Mike and Sheila Clark, Rhonda Clark, Kim Beckwith, and the top four were followed by Don Haley, Don Bumpass, Max McCoy, Rob Baber, Sean Greer, Lee Nell, Chris Williams, Tommy Tomu, Anthony Neff, Ronnie Goodie, Johnny Lyons, Clint Whitt, Chris Williams, and Don Haley. 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ADPFA East Coast Bench Classic 18 Feb 89 - Hackettstown, NJ

Masters	130	150	181	215	242	270	300	330	360	390	420	450	480	510	540	570	600	630	660	690	720	750	780	810	840	870	900	930	960	990	1020	1050	1080	1110	1140	1170	1200	1230	1260	1290	1320	1350	1380	1410	1440	1470	1500																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
L. Sacco	315	335	355	375	395	415	435	455	475	495	515	535	555	575	595	615	635	655	675	695	715	735	755	775	795	815	835	855	875	895	915	935	955	975	995	1015	1035	1055	1075	1095	1115	1135	1155	1175	1195	1215	1235	1255	1275	1295	1315	1335	1355	1375	1395	1415	1435	1455	1475	1495	1515	1535	1555	1575	1595	1615	1635	1655	1675	1695	1715	1735	1755	1775	1795	1815	1835	1855	1875	1895	1915	1935	1955	1975	1995	2015	2035	2055	2075	2095	2115	2135	2155	2175	2195	2215	2235	2255	2275	2295	2315	2335	2355	2375	2395	2415	2435	2455	2475	2495	2515	2535	2555	2575	2595	2615	2635	2655	2675	2695	2715	2735	2755	2775	2795	2815	2835	2855	2875	2895	2915	2935	2955	2975	2995	3015	3035	3055	3075	3095	3115	3135	3155	3175	3195	3215	3233	3255	3277	3299	3321	3343	3365	3387	3409	3431	3453	3475	3497	3519	3541	3563	3585	3607	3629	3651	3673	3695	3717	3739	3761	3783	3805	3827	3849	3871	3893	3915	3937	3959	3981	4003	4025	4047	4069	4091	4113	4135	4157	4179	4201	4223	4245	4267	4289	4311	4333	4355	4377	4399	4421	4443	4465	4487	4509	4531	4553	4575	4597	4619	4641	4663	4685	4707	4729	4751	4773	4795	4817	4839	4861	4883	4905	4927	4949	4971	4993	5015	5037	5059	5081	5103	5125	5147	5169	5191	5213	5235	5257	5279	5301	5323	5345	5367	5389	5411	5433	5455	5477	5499	5521	5543	5565	5587	5609	5631	5653	5675	5697	5719	5741	5763	5785	5807	5829	5851	5873	5895	5917	5939	5961	5983	6005	6027	6049	6071	6093	6115	6137	6159	6181	6203	6225	6247	6269	6291	6313	6335	6357	6379	6401	6423	6445	6467	6489	6511	6533	6555	6577	6599	6621	6643	6665	6687	6709	6731	6753	6775	6797	6819	6841	6863	6885	6907	6929	6951	6973	6995	7017	7039	7061	7083	7105	7127	7149	7171	7193	7215	7237	7259	7281	7303	7325	7347	7369	7391	7413	7435	7457	7479	7501	7523	7545	7567	7589	7611	7633	7655	7677	7699	7721	7743	7765	7787	7809	7831	7853	7875	7897	7919	7941	7963	7985	8007	8029	8051	8073	8095	8117	8139	8161	8183	8205	8227	8249	8271	8293	8315	8337	8359	8381	8403	8425	8447	8469	8491	8513	8535	8557	8579	8601	8623	8645	8667	8689	8711	8733	8755	8777	8799	8821	8843	8865	8887	8909	8931	8953	8975	8997	9019	9041	9063	9085	9107	9129	9151	9173	9195	9217	9239	9261	9283	9305	9327	9349	9371	9393	9415	9437	9459	9481	9503	9525	9547	9569	9591	9613	9635	9657	9679	9701	9723	9745	9767	9789	9811	9833	9855	9877	9899	9921	9943	9965	9987	10009	10031	10053	10075	10097	10119	10141	10163	10185	10207	10229	10251	10273	10295	10317	10339	10361	10383	10405	10427	10449	10471	10493	10515	10537	10559	10581	10603	10625	10647	10669	10691	10713	10735	10757	10779	10801	10823	10845	10867	10889	10911	10933	10955	10977	10999	11021	11043	11065	11087	11109	11131	11153	11175	11197	11219	11241	11263	11285	11307	11329	11351	11373	11395	11417	11439	11461	11483	11505	11527	11549	11571	11593	11615	11637	11659	11681	11703	11725	11747	11769	11791	11813	11835	11857	11879	11901	11923	11945	11967	11989	12011	12033	12055	12077	12099	12121	12143	12165	12187	12209	12231	12253	12275	12297	12319	12341	12363	12385	12407	12429	12451	12473	12495	12517	12539	12561	12583	12605	12627	12649	12671	12693	12715	12737	12759	12781	12803	12825	12847	12869	12891	12913	12935	12957	12979	13001	13023	13045	13067	13089	13111	13133	13155	13177	13199	13221	13243	13265	13287	13309	13331	13353	13375	13397	13419	13441	13463	13485	13507	13529	13551	13573	13595	13617	13639	13661	13683	13705	13727	13749	13771	13793	13815	13837	13859	13881	13903	13925	13947	13969	13991	14013	14035	14057	14079	14101	14123	14145	14167	14189	14211	14233	14255	14277	14299	14321	14343	14365	14387	14409	14431	14453	14475	14497	14519	14541	14563	14585	14607	14629	14651	14673	14695	14717	14739	14761	14783	14805	14827	14849	14871	14893	14915	14937	14959	14981	15003	15025	15047	15069	15091	15113	15135	15157	15179	15201	15223	15245	15267	15289	15311	15333	15355	15377	15399	15421	15443	15465	15487	15509	15531	15553	15575	15597	15619	15641	15663	15685	15707	15729	15751	15773	15795	15817	15839	15861	15883	15905	15927	15949	15971	15993	16015	16037	16059	16081	16103	16125	16147	16169	16191	16213	16235	16257	16279	16301	16323	16345	16367	16389	16411	16433	16455	16477	16499	16521	16543	16565	16587	16609	16631	16653	16675	16697	16719	16741	16763	16785	16807	16829	16851	16873	16895	16917	16939	16961	16983	17005	17027	17049	17071	17093	17115	17137	17159	17181	17203	17225	17247	17269	17291	17313	17335	17357	17379	17401	17423	17445	17467	17489	17511	17533	17555	17577	17599	17621	17643	17665	17687	17709	17731	17753	17775	17797	17819	17841	17863	17885	17907	17929	17951	17973	17995	18017	18039	18061	18083	18105	18127	18149	18171	18193	18215	18237	18259	18281	18303	18325	18347	18369	18391	18413	18435	18457	18479	18501	18523	18545	18567	18589	18611	18633	18655	18677	18699	18721	18743	18765	18787	18809	18831	18853	18875	18897	18919	18941	18963	18985	19007	19029	19051	19073	19095	19117	19139	19161	19183	19205	19227	19249	19271	19293	19315	19337	19359	19381	19403	19425	19447	19469	19491	19513	19535	19557	19579	19601	19623	19645	19667	19689	19711	19733	19755	19777	19799	19821	19843	19865	19887	19909	19931	19953	19975	19997	20019	20041	20063	20085	20107	20129	20151	20173	20195	20217	20239	20261	20283	20305	20327	20349	20371	20393	20415	20437	20459	20481	20503	20525	20547	20569	20591	20613	20635	20657	20679	20701	20723	20745	20767	20789	20811	20833	20855	20877	20899	20921	20943	20965	20987	21009	21031	21053	21075	21097	21119	21141	21163	21185	21207	21229	21251	21273	21295	21317	21339	21361	21383	21405	21427	21449	21471	21493	21515	21537	21559	21581	21603	21625	21647	21669	21691	21713	21735	21757	21779	21801	21823	21845	21867	21889	21911	21933	21955	21977	21999	22021	22043	22065	22087	22109	22131	22153	22175	22197	22219	22241	22263	22285	22307	22329	22351	22373	22395	22417	22439	22461	22483	22505	22527	22549	22571	22593	22615	22637	22659	22681	22703	22725	22747	22769	22791	22813	22835	22857	22879	22901	22923	22945	22967	22989	23011	23033	23055	23077	23099	23121	23143	23165	23187	23209	23231	23253	23275	23297	23319	23341	23363	23385	23407	23429	23451	23473	23495	23517	23539	23561	23583	23605	23627	23649	23671	23693	23715	23737	23759	23781	23803	23825	23847	23869	23891	23913	23935	23957	23979	24001	24023	24045	24067	24089	24111	24133	24155	24177	24199	24221	24243	24265	24287	24309	24331	24353	24375	24397	24419	24441	24463	24485	24507	24529	24551	24573	24595</

American Fitness Bench Press
4 Mar 89 - Newport, TN

Women 127.5	181	365
S. Troiter	195	350
T. Gilles	225	325
D. Widman	150	325
M. Lee	181	325
M. Smith	181	325
B. Griffith	335	465
R. Davis	305	440
C. Shulls	365	415
S. Belcher	335	415
K. Ryan	335	415
T. Christian	335	450
T. Stuart	300	400
T. Morgan	360	360
D. Moskalski	240	360

Best Women's Lifter - Sondra Katin, Best Women's Bench Presser - Sondra Katin, Best Women's Bench Presser - Sondra Katin, Best Women's Bench Presser - Sondra Katin.

Michigan Women's Teenage
4 Mar 89 - Swartz Creek, MI

14-16 Age Group	620*
97 lbs.	385
K. Jones	375
K. Jones	375
104 lbs.	385
M. Rhyne	380
111 lbs.	380
M. Goraj-BL	545*
M. Harmon	450
116 lbs. Woodard	440
S. Jodis	425
L. Baker	465
K. Taylor	330
M. Woodard	420
M. Woodard	420
M. Woodard	420
129 lbs.	425
C. Hyde	425
C. Hyde	425
139 lbs.	425
K. Dalley	375
K. Dalley	375
154 lbs.	480
M. DeLaVergne	420
S. Scholl	370
176 lbs.	795
M. DeLaVergne	420
179 Age Group	500
C. Petrie	440
179 lbs.	440
M. Marcou	445
D. Hodges	405

*denotes new state record. Team Scores: 1-Swartz Creek-46 pts., 2-Milford-44 pts., 3-Milford-44 pts., 4-Milford-44 pts.



The Crowders: owners of American Fitness in Newport, TN, (left to right) David Crowder, Billy Crowder, Diane Crowder, Tommy Crowder, and came home entered their first powerlifting meet, the Blue Ridge Classic, and came home with 13 trophies, including the team championship. Photo courtesy David Crowder.

by virtue of bodyweight but this was erroneous. This was discovered. Janet had won by one hundred pounds. Janet - we are sorry for this. Kelly Dried of Swartz Creek was in a walkover in the 116 lb. class. Kelly lifted "snort" - Halie Radloff of Swartz Creek was in a well balanced effort over Michelle DeLaVergne of Millington High School. Kelly's former partner, Kelly, was in the 116 lb. class. Kelly's former partner, Kelly, was in the 116 lb. class. Kelly's former partner, Kelly, was in the 116 lb. class.

American Drug Free Powerlifting Association
COMPLETE ALL ENTRIES -

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STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

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Jim Condit, Angelina Mann, Bryn Arnold

Matt Manzardo for judging and arbitrating. Jim Condit and Bryn Arnold were the judges. Jim Condit and Bryn Arnold were the judges. Jim Condit and Bryn Arnold were the judges.

Pizza Hut Deadlift Championships
Feb 89 - Orlando, FL

Men	300
W. Cummings	415
S. Perez	375
J. Perez	375
Tennant	230
Tennant	230
Women	400
G. Lightsey	530
J. Yarbrough	410
D. Oliver	410
D. Oliver	410
J. Pyles	400
J. Reichert	380
K. Salomone	380
B. Wieland	350
M. Hollingshead	420
M. Hollingshead	420

I would like to thank PIZZA HUT & UP-TIME WOODS for their support. Thanks to the competition, friends who helped in preparing and running the show. And that is what it was. We have made the long and arduous sport into a show, an annual lifting event and a fun event for all.

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Thomas Jefferson Championships
4 Mar 89 - Dallas, TX

114 lbs.	780
H. Sheph	1375
D. Snopka	1285
C. Crapner	620
M. Edens	615
123 lbs.	930
K. Hall	1250
S. Spalday	1150
M. Pevna	910
V. Lopez	850
F. Lopez	770
M. Green	945
F. Cosby	935
R. Meza	880
K. Sanders	775
148 lbs.	1365
C. Dal	1365
M. Mitchell	1450
J. Steadman	1100
T. Wells	1100
D. Williams	1145
C. Redmond	1360
M. Mitchell	1265
C. Goldwell	1200
C. Goldwell	1200
154 lbs.	1165
D. Williams	1145
165 lbs.	1270
K. Sanders	1270
181 lbs.	1315
M. Mitchell	1315
C. Goldwell	1235

Outstanding Lifters: 1345-1655 Galvin Dhal, 1048-32, 181-55W Regional Funches - 894, 50.

IPA Lifetime Drug Free Steve Kuntz Memorial High School Nationals
18, 19 Mar 89 - Germantown, MD

Women	SQ	DL	Total
123 lbs.	220	70	230
M. Stanton	220	70	230
144 lbs.	200	140	340
B. Miller	200	140	340
D. Fisher	185	135	300
M. Dohan	185	135	300
172 lbs.	300	195	405
D. DeNatalo	300	195	405

Steve was one of the most personable individuals one could wish to be associated with. His honesty and integrity enabled him to become a member of the IPA Board of Directors - a position which he eagerly accepted. Steve took full advantage of the time he devoted to the IPA. He became an IPA International Official, increasing his worth to the organization and enhancing the professionalism of the IPA both on and off the publication of the IPA Rubikbook, and attended International Powerlifting Alliance in an effort to recognize teenage lifters for their drug free record.

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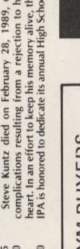
Best Bench in the Poconos
4 Mar 89 - Stroudsburg, PA

Women	165
M. Shanon	165
M. Shanon	165
L. Lickly	145
M. Stecker	120
K. Stricker	190
K. Stricker	190
K. Eggers	90
T. O'Connor	100
P. Sandone	100
S. Stedeholder	123 lbs.
K. Hyde	160
132 lbs.	132 lbs.
J. Baran	265
J. Baran	265
R. Little	148 lbs.
J. Green	295
R. Grogg	285
P. Snyder	235
165 lbs.	325
W. Deborne	325
D. Deborne	325
B. Evans	280
D. Evans	280
R. Kery	285
R. Oberding	275
T. Ophir	420
181 lbs.	420
D. Dhafista	365
W. Weischel	330

I would like to thank all the spotters, leaders, coaches and announcers for the great job they did in making this meet a success. I would like to thank the IPA for the facilities. And I would like to especially thank Al Siegel again for the awards. Al has the best awards around and all the meet staff did a great job. Thanks again. (Results by Bob Ludwig)

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THE OUTLAW The Rolls Royce of Lifting Suits!

Add as much as 50 lbs. to your squat! Seams are strategically placed to add tremendous lifting power in squatting and deadlifting! A High back allows the bar to literally "pin" the suit's fabric in place for greater support! The front is cut low for easy, comfortable breathing for the biggest-chested lifters! The Outlaw is manufactured by Inzer Advance Designs. Suits sold by competition weight. **COLORS:** Solids & Combinations of Red, White, Blue & Black. \$59.95 plus \$3.00 each. Shipping & Handling.

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The Lever Action pulls the belt fully 3/8" tighter than any belt ever made! And, goes on and off with a flick of a finger with no wasted energy before the big lift, making the Viking the safest belt ever conceived! \$69.95. **COLORS:** Black, Red, Royal Blue, Wine, & Navy. Shipping & Handling \$4.00 For Belts.

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Made of the same soft durable material as the **WRAP-A-RATUS**, and stretches further for firm support. (White Only) \$7.95, or get 3 pairs for \$20.00. Shipping & Handling \$2.50 each (3 pairs \$3.50)

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IMPORTANT! When ordering make sure you specify size, color & alternate color choices. All orders shipped UPS. All P.O. Boxes add \$3.00 for belts & Deal of the Decade. Canada, HI & P.R. add \$5.00. Orders shipped by ground unless otherwise specified and paid for. Foreign orders: Write or call SCS for shipping fees. All prices subject to change without notice. 30 day money back guarantee (less shipping) if not satisfied. Deal of the Decade expires 1-31-89. Sorry No COD orders. Allow 4 to 6 Weeks for delivery.



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"STAND AND DELIVER" T-SHIRT

AND DELIVER T-SHIRT

NIKE SHOES

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Georgia Teenage Championship

25 Feb 89 - Acworth, GA

Women	SQ	BP	DL	Total
J. Dooley	135	65	230	430
114 lbs.	220	150	230	600
N. Pettit	185	120	315	620
J. Milford	185	120	215	520
123 lbs.	240	160	315	715
A. Casey	240	160	315	685
132 lbs.	175	125	300	500
K. Andrew	355*	180	340	875
D. Gatzaway	275	155	275	705
165 lbs.	375	245	325	945
C. Actler	410*	200	405	1015*
C. Pitt	225	135	275	635
J. Ramsey	250	110	275	635
181 lbs.	505*	285	440	1210*
J. Bishop-BL	400*	220	380	940
V. Carter	300	200	330	830
D. Daniel	325	165	280	770
J. Soebete	400	240	460*	1100
J. Robinson	465*	225	400	1090
240 lbs.	500*	225	475	1230
242 lbs.	390	225	415	1030
R. Pruitt	300	200	410	910
275 lbs.	330	190	230	750
16-17 Year Olds	450*	240	425*	1115*
F. Edwards	260	200	325	785
L. Dowdy	330	220	360	910
L. Stucky	400	250	400	1050
165 lbs.	240	175	275	690
B. Abernathy-BL	325	275	400	1000
R. Adams	300	200	300	800
198 lbs.	445	325	530	1300
K. Orton	455	260	450	1165
J. Marston	405	260	470	1135
275 lbs.	550	400	550	1500
J. Lynch-BL	520	325	425	1375
C. Chatham	300	195	365	860
18-19 Year Olds	290	220	365	875
123 lbs.	350	225	430	1025
J. Thornton	510	310	485	1305
D. Rager	310	265	425	1040
198 lbs.	505	320	475	1300
F. Smith	415	235	525	1175
P. R. Wimpy	405	260	470	1135
K. Freeman	385	230	405	1020
W. Burt	580	330	610*	1520
Z. Whaley	480	310	500	1290
T. Sparks	275	405*	405	1085
R. Carter	560*	360*	500	1420
240 lbs.	275	405*	500	1015
J. Hiltbrand	575*	450	575*	1600*
275 lbs.	525*	350	525	1400*
J. Matthews-BL	525*	350	525	1400*
SHW	580*	385*	550*	1515*

Keystone Open

25 Feb 89 - Ambridge, PA

123 lbs.	SQ	BP	DL	Total
M. Masulin	270	145	320	735*
J. Kusar	235	135	400	650*
R. Fraser	100	130	240	370
132 lbs.	450	290	450	1190*
R. Ladd	425	315	440	1180*
148 lbs.	100	105	300	645
L. Simone	515	245	490	1250*
J. Bulley*	405	275	445	1125*
R. Smith	335	215	415	965*
J. Gobin*	205	150	280	635
165 lbs.	535	300	570	1445*
M. Goodman	300	310	510	1320*
K. Mikovich	405	310	490	1295*
D. Gordon*	405	310	490	1295*
R. Dickson Jr.*	400	280	455	1140
R. Ferguson*	415	245	435	1095*
L. McCormick	355	240	475	930*
B. Munnell*	300	220	400	920
181 lbs.	500	340	640	1480*
J. Oreglia	525	320	635	1480*
M. Kaitosh	475	325	585	1385
J. Livsh*	500	280	505	1285
D. Richards*	460	305	510	1275*
K. Lilley	430	300	495	1225*
R. Dickson Jr.*	410	280	455	1140
V. Munkamer*	400	260	450	1110*
198 lbs.	600	420	600	1620*
L. Coppola III	575	340	530	1445*
G. Shaw*	535	360	500	1395
R. Andraso*	520	340	500	1360
W. Gold*	455	300	500	1255
C. Zarillo*	480	285	485	1250*
B. Lenz*	400	300	460	1165
C. Maki*	450	310	—	—
G. Maki*	450	310	—	—
F. Mont*	430	—	—	—
220 lbs.	705	380	640	1725*
J. McNeigh	600	445	585	1630*
F. Agazio	600	430	525	1555*
D. Eto	150*	110*	207.5*	467.5*
J. Prince	545	405	550	1500*
L. O'Connor	400	370	500	1270
C. G. C. C.	500	350	500	1400*
J. Campbell*	475	310	615	1400*

2nd Annual Gold's Open

12 Feb 89 - Surrey, BC, Canada (kg)

Women	SQ	BP	DL	Total
E. Graham	85	40	112.5	237.5
60 kg	85*	55*	110*	250*
Men	—	—	—	—
56 kg	—	—	—	—
56 kg	—	—	—	—
60 kg	—	—	—	—
67.5 kg	—	—	—	—
75 kg	—	—	—	—
82.5 kg	—	—	—	—
90 kg	—	—	—	—
100 kg	—	—	—	—
110 kg	—	—	—	—
125 kg	—	—	—	—
150 kg	—	—	—	—
170 kg	—	—	—	—
185 kg	—	—	—	—
200 kg	—	—	—	—
225 kg	—	—	—	—
250 kg	—	—	—	—
275 kg	—	—	—	—
300 kg	—	—	—	—
325 kg	—	—	—	—
350 kg	—	—	—	—
375 kg	—	—	—	—
400 kg	—	—	—	—
425 kg	—	—	—	—
450 kg	—	—	—	—
475 kg	—	—	—	—
500 kg	—	—	—	—
525 kg	—	—	—	—
550 kg	—	—	—	—
575 kg	—	—	—	—
600 kg	—	—	—	—
625 kg	—	—	—	—
650 kg	—	—	—	—
675 kg	—	—	—	—
700 kg	—	—	—	—
725 kg	—	—	—	—
750 kg	—	—	—	—
775 kg	—	—	—	—
800 kg	—	—	—	—
825 kg	—	—	—	—
850 kg	—	—	—	—
875 kg	—	—	—	—
900 kg	—	—	—	—
925 kg	—	—	—	—
950 kg	—	—	—	—
975 kg	—	—	—	—
1000 kg	—	—	—	—
1025 kg	—	—	—	—
1050 kg	—	—	—	—
1075 kg	—	—	—	—
1100 kg	—	—	—	—
1125 kg	—	—	—	—
1150 kg	—	—	—	—
1175 kg	—	—	—	—
1200 kg	—	—	—	—
1225 kg	—	—	—	—
1250 kg	—	—	—	—
1275 kg	—	—	—	—
1300 kg	—	—	—	—
1325 kg	—	—	—	—
1350 kg	—	—	—	—
1375 kg	—	—	—	—
1400 kg	—	—	—	—
1425 kg	—	—	—	—
1450 kg	—	—	—	—
1475 kg	—	—	—	—
1500 kg	—	—	—	—
1525 kg	—	—	—	—
1550 kg	—	—	—	—
1575 kg	—	—	—	—
1600 kg	—	—	—	—
1625 kg	—	—	—	—
1650 kg	—	—	—	—
1675 kg	—	—	—	—
1700 kg	—	—	—	—
1725 kg	—	—	—	—
1750 kg	—	—	—	—
1775 kg	—	—	—	—
1800 kg	—	—	—	—
1825 kg	—	—	—	—
1850 kg	—	—	—	—
1875 kg	—	—	—	—
1900 kg	—	—	—	—
1925 kg	—	—	—	—
1950 kg	—	—	—	—
1975 kg	—	—	—	—
2000 kg	—	—	—	—

12 Feb 89 - Surrey, BC, Canada (kg)

Women	SQ	BP	DL	Total
E. Graham	85	40	112.5	237.5
60 kg	85*	55*	110*	250*
Men	—	—	—	—
56 kg	—	—	—	—
56 kg	—	—	—	—
60 kg	—	—	—	—
67.5 kg	—	—	—	—
75 kg	—	—	—	—
82.5 kg	—	—	—	—
90 kg	—	—	—	—
100 kg	—	—	—	—
110 kg	—	—	—	

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ADPFA SDSU Invitational

18 Feb 89 - Brookings, SD (kg)

97 lbs.	105 lbs.	114 lbs.	123 lbs.	132 lbs.	141 lbs.	150 lbs.	160 lbs.	170 lbs.	180 lbs.	190 lbs.	200 lbs.	210 lbs.	220 lbs.	230 lbs.	240 lbs.	250 lbs.				
J. Gill	M. Brewer	A. Clark	M. Clark	S. Logan	R. Simmons	C. Beck	F. Hares	R. Whittier	R. Lester	J. Jacobson	S. Schaeffer	J. Schramm	S. Hana	L. Toppe	K. Brooks	M. McKenver	R. Jackson	R. Sichel	E. Moore	
232.5	192.5	265	240	240	240	300	240	240	300	300	240	240	240	240	240	240	240	240	240	240
227.5	222.5	272.5	257.5	257.5	257.5	292.5	257.5	257.5	292.5	292.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5

The competition began at 9:00 am EST. The women and lightweight men competing first. The afternoon saw the heavyweight men competing first. The women's competition followed. Eight lifters were randomly selected and drug tested while the Brocknbridge Power Team took second. The placings in the master's and teen divisions along with the Outstanding lifter awards, were determined by using the Stewart Formula coefficients. The other placings were determined by total weight lifted in the lift.

Viking Invitational
4 Mar 89 - Umatilla, OR
Boys Division

114 lbs.	123 lbs.	132 lbs.	141 lbs.	150 lbs.	160 lbs.	170 lbs.	180 lbs.	190 lbs.	200 lbs.	210 lbs.	220 lbs.	230 lbs.	240 lbs.	250 lbs.	260 lbs.	270 lbs.	280 lbs.	290 lbs.	300 lbs.	
O. Martinez	B. Schuler	T. Williams	J. Garcia	J. Roybal	L. Goran	L. Gomez	J. Gomez	C. Jones	L. Hall	W. DuBois	T. Adams	S. Sanchez	J. Honk	B. DeWoods	R. Lovell	B. Story	M. Pierce	K. Holston	F. Godina	
690	645	545	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620
1120	1020	840	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200

(Thanks to S. Carnes for results.)

Corrections...

Adam Auerbach should have been credited with 518 lbs. deadlift on the OP-100 132 lb. lift. The lift was performed by Joe Giffin. Joe Giffin should have been credited with his 375 bench press at 165 at the JL line's ADEPA bench press. On the Women's TOP 20 list, Dawn Reshel should have received credit for a 578 303 bench press. Ron Sierra should have received credit for a 518 bench lb. class list... and Khalid Abdul Jabbar should have received credit for a 710 squat, a 720 deadlift, and an 857.5 total on the ADPFA TOP 20 275 292.5 lb. ranking in the March PL USA.

ings were determined by total weight lifted in the lift. Eight lifters were randomly selected and drug tested with all passing. (Thanks to David Williams for results.)

Viking Invitational
4 Mar 89 - Umatilla, OR
Boys Division

114 lbs.	123 lbs.	132 lbs.	141 lbs.	150 lbs.	160 lbs.	170 lbs.	180 lbs.	190 lbs.	200 lbs.	210 lbs.	220 lbs.	230 lbs.	240 lbs.	250 lbs.	260 lbs.	270 lbs.	280 lbs.	290 lbs.	300 lbs.	
O. Martinez	B. Schuler	T. Williams	J. Garcia	J. Roybal	L. Goran	L. Gomez	J. Gomez	C. Jones	L. Hall	W. DuBois	T. Adams	S. Sanchez	J. Honk	B. DeWoods	R. Lovell	B. Story	M. Pierce	K. Holston	F. Godina	
690	645	545	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620
1120	1020	840	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200

(Thanks to S. Carnes for results.)

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232.5	192.5	265	240	240	240	300	240	240	300	300	240	240	240	240	240	240	240	240	240	240
227.5	222.5	272.5	257.5	257.5	257.5	292.5	257.5	257.5	292.5	292.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5

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690	645	545	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620
1120	1020	840	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200

(Thanks to S. Carnes for results.)

ADPFA SDSU Invitational

18 Feb 89 - Brookings, SD (kg)

97 lbs.	105 lbs.	114 lbs.	123 lbs.	132 lbs.	141 lbs.	150 lbs.	160 lbs.	170 lbs.	180 lbs.	190 lbs.	200 lbs.	210 lbs.	220 lbs.	230 lbs.	240 lbs.	250 lbs.				
J. Gill	M. Brewer	A. Clark	M. Clark	S. Logan	R. Simmons	C. Beck	F. Hares	R. Whittier	R. Lester	J. Jacobson	S. Schaeffer	J. Schramm	S. Hana	L. Toppe	K. Brooks	M. McKenver	R. Jackson	R. Sichel	E. Moore	
232.5	192.5	265	240	240	240	300	240	240	300	300	240	240	240	240	240	240	240	240	240	240
227.5	222.5	272.5	257.5	257.5	257.5	292.5	257.5	257.5	292.5	292.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5

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4 Mar 89 - Umatilla, OR
Boys Division

114 lbs.	123 lbs.	132 lbs.	141 lbs.	150 lbs.	160 lbs.	170 lbs.	180 lbs.	190 lbs.	200 lbs.	210 lbs.	220 lbs.	230 lbs.	240 lbs.	250 lbs.	260 lbs.	270 lbs.	280 lbs.	290 lbs.	300 lbs.	
O. Martinez	B. Schuler	T. Williams	J. Garcia	J. Roybal	L. Goran	L. Gomez	J. Gomez	C. Jones	L. Hall	W. DuBois	T. Adams	S. Sanchez	J. Honk	B. DeWoods	R. Lovell	B. Story	M. Pierce	K. Holston	F. Godina	
690	645	545	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620
1120	1020	840	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200

(Thanks to S. Carnes for results.)

ADPFA SDSU Invitational

18 Feb 89 - Brookings, SD (kg)

97 lbs.	105 lbs.	114 lbs.	123 lbs.	132 lbs.	141 lbs.	150 lbs.	160 lbs.	170 lbs.	180 lbs.	190 lbs.	200 lbs.	210 lbs.	220 lbs.	230 lbs.	240 lbs.	250 lbs.				
J. Gill	M. Brewer	A. Clark	M. Clark	S. Logan	R. Simmons	C. Beck	F. Hares	R. Whittier	R. Lester	J. Jacobson	S. Schaeffer	J. Schramm	S. Hana	L. Toppe	K. Brooks	M. McKenver	R. Jackson	R. Sichel	E. Moore	
232.5	192.5	265	240	240	240	300	240	240	300	300	240	240	240	240	240	240	240	240	240	240
227.5	222.5	272.5	257.5	257.5	257.5	292.5	257.5	257.5	292.5	292.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5

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4 Mar 89 - Umatilla, OR
Boys Division

114 lbs.	123 lbs.	132 lbs.	141 lbs.	150 lbs.	160 lbs.	170 lbs.	180 lbs.	190 lbs.	200 lbs.	210 lbs.	220 lbs.	230 lbs.	240 lbs.	250 lbs.	260 lbs.	270 lbs.	280 lbs.	290 lbs.	300 lbs.	
O. Martinez	B. Schuler	T. Williams	J. Garcia	J. Roybal	L. Goran	L. Gomez	J. Gomez	C. Jones	L. Hall	W. DuBois	T. Adams	S. Sanchez	J. Honk	B. DeWoods	R. Lovell	B. Story	M. Pierce	K. Holston	F. Godina	
690	645	545	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620	620
1120	1020	840	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200	1200

(Thanks to S. Carnes for results.)

ADPFA SDSU Invitational

18 Feb 89 - Brookings, SD (kg)

97 lbs.	105 lbs.	114 lbs.	123 lbs.	132 lbs.	141 lbs.	150 lbs.	160 lbs.	170 lbs.	180 lbs.	190 lbs.	200 lbs.	210 lbs.	220 lbs.	230 lbs.	240 lbs.	250 lbs.				
J. Gill	M. Brewer	A. Clark	M. Clark	S. Logan	R. Simmons	C. Beck	F. Hares	R. Whittier	R. Lester	J. Jacobson	S. Schaeffer	J. Schramm	S. Hana	L. Toppe	K. Brooks	M. McKenver	R. Jackson	R. Sichel	E. Moore	
232.5	192.5	265	240	240	240	300	240	240	300	300	240	240	240	240	240	240	240	240	240	240
227.5	222.5	272.5	257.5	257.5	257.5	292.5	257.5	257.5	292.5	292.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5	257.5

The competition began at 9:00 am EST. The women and lightweight men competing first. The afternoon saw the heavyweight men competing first. The women's competition followed. Eight lifters were randomly selected and drug tested while the Brocknbridge Power Team took second. The placings in the master's and teen divisions along with the Outstanding lifter awards, were determined by using the Stewart Formula coefficients. The other placings were determined by total weight lifted in the lift.

Viking Invitational
4 Mar 89 - Umatilla, OR
Boys Division

114 lbs.	123 lbs.	132 lbs.	141 lbs.	150 lbs.	160 lbs.	170 lbs.	180 lbs.	190 lbs.	200 lbs.	210 lbs.	220 lbs.	230 lbs.	240 lbs.	250 lbs.	260 lbs.
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1989 AMERICAN POWERLIFTING FEDERATION SENIOR NATIONAL CHAMPIONSHIPS

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JULY 22, 23, 1989
Radisson Hotel
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SCHEDULE OF EVENTS

Saturday, July 22
9:00 A.M. — Women's Championships
2:00 P.M. — Men's 165, 181, 198, 220 Classes

Sunday, July 23
9:00 A.M. — Men's 114, 123, 132, 148 Classes
2:00 P.M. — Men's 242, 275, SHW Classes



QUALIFYING TOTALS

Women
No Qualifiers

Men
114 - 981, 123 - 1064, 132 - 1146, 148 - 1394,
165 - 1527, 181 - 1642, 198 - 1731, 220 - 1824,
242 - 1890, 275 - 1946, SHW - 2033



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FOR MORE INFORMATION CONTACT:
CARRY BENFORD
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Columbus Central YMCA
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The 1989 Men's National ADFP Powerlifting Championships

July 28, 29, 30

The Woodlands Inn & Resort
Wilkes-Barre, PA

SCHEDULE OF EVENTS

Friday, July 28
National Meeting
Nutritional & Training Seminars
Lifting: 8:30 A.M. - 114-148
1:00 P.M. - 165-181

Saturday, July 29
Lifting: 9:00 A.M. - 198-220
1:30 P.M. - 242-SHW

Sunday, July 30
Tickets & Entries:

Tickets:
\$8.00 per day
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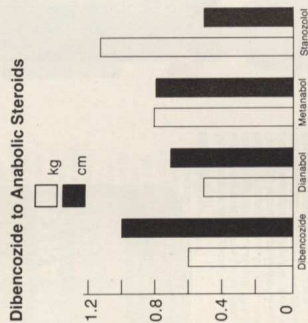
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Rick Williams, one of the Men's Best Lifters, teamed Louisiana Tech, which finished 2nd as a team to Men's National Champions Temple University, 3rd was the U.S. Military Academy (Army), followed by the U.S. Naval Academy, and Oklahoma State University. In the Women's team competition, the winners were U.S. Military Academy (Army), followed by Temple University, the U.S. Naval Academy, Louisiana Tech, and East Stroudsburg State.



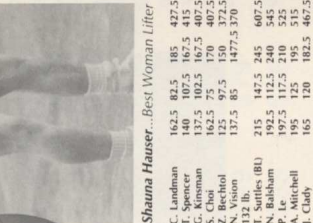
Maddy, put up by left Maddy at the National Collegiate (Finnegan)



Shauna Hauser...Best Woman Lifter



Maddy, put up by left Maddy at the National Collegiate (Finnegan)



Shauna Hauser...Best Woman Lifter



Maddy, put up by left Maddy at the National Collegiate (Finnegan)

USPF National Collegiate			
Women	SQ	BP	DL Total
97 lb. K. Nowinski	77.5	32.5	207.5
105 lb. K. Ashmon	62.5	35	107.5
102.5 lb. M. Stipano	55	132.5	290
115 lb. C. Eggers	72.5	115	287.5
114 lb. M. Gorman	65	47.5	92.5
132 lb. S. Houser (BU)	132.5	62.5	130
123 lb. K. Crainelin	102.5	45	123.5
123 lb. M. Adams	85	32.5	105
115 lb. L. MacLach	70	145	310
122.5 lb. M. Jackson	60	135	317.5
115 lb. M. Eggers	72.5	115	287.5
114 lb. M. Washington	100	55	112.5
120 lb. C. Freeman	85	42.5	120
132 lb. M. Washington	135	62.5	132.5
148 lb. J. McGrogan	100	72.5	142.5
125 lb. M. Montgomery	125	55	130
102.5 lb. E. Horne	102.5	50	125
125 lb. D. Collins	97.5	42.5	132.5
120 lb. T. Brane	90	55	120
142.5 lb. A. Neumann	142.5	65	152.5
122.5 lb. P. Schwager	115	67.5	120
105 lb. K. White	105	52.5	125
110 lb. M. McQueen	110	42.5	122.5
125 lb. J. Kelley	125	67.5	162.5
137.5 lb. K. Stafford	137.5	67.5	150
115 lb. B. Buzzelli	117.5	52.5	130
162.5 lb. S. Bland	162.5	65	137.5
198 lb. M. Butts	172.5	77.5	195*
145 lb. M. Magowan	145	60	187.5
202.5 lb. V. Berkeley	202.5	70	187.5
197.5 lb. P. Hill	197.5	112.5	202.5
177.5 lb. H. Moore	177.5	102.5	175
147.5 lb. C. Murphy	147.5	87.5	157.5
177.5 lb. J. Avers	177.5	90	180
150 lb. J. Gobbell	150	107.5	182.5

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