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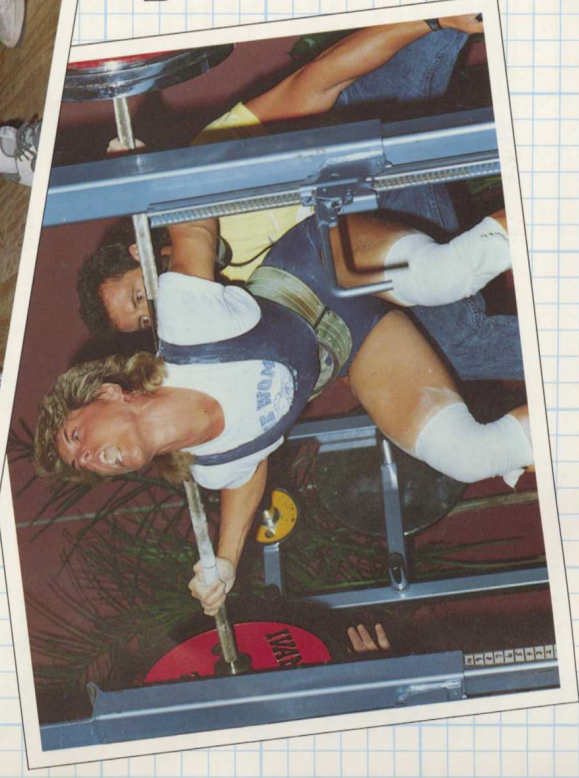
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University Studies Reveal

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

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

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

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

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

Before You Read Any Further

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

How The Studies Were Done

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

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

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

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

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

Here's How It Works

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

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

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

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TABLE OF CONTENTS

Volume 12, Number 12 • July, 1989

USPF MASTERS NATIONALS.....Mike Lambert.....	8
WORKOUT OF THE MONTH.....Jim Lem.....	10
THE SENTENCING OF MIKE MACDONALD.....	12
CURTIS LESLIE PROFILE.....Doug Daniels.....	14
USPF HIGH SCHOOL NATIONALS.....	15
PEOPLE POWER.....Randall J. Strossen, Ph.D.....	18
WHO'S WHO IN POWERLIFTING.....Mike Lambert.....	19
FIRST MEET FOLLIES.....Paul Kelson.....	20
ADFFA WOMENS NATIONALS.....Dr. Ken Leistner.....	22
TOP 100 LIGHTHEAVYWEIGHTS.....E. Jean Lambert.....	23
NUTRITION CONCEPTS.....George Zangas.....	26
KEN WESTBROOK INTERVIEW.....Bob Gaynor.....	27
ASK THE DOCTOR.....Mauro Di Pasquale MD.....	32
QUESTION & ANSWER.....Roger Estep.....	33
USPF PRESIDENT'S MESSAGE.....Dr. Conrad Cotter.....	35
JOAN GAGNE TRIBUTE.....Ron Fernando.....	36
BOOK REVIEWS.....Mike Lambert.....	36
DR. JUDD.....Judd Biasiotto Ph.D.....	38
ALL TIME USA TOP 20.....Herb Glosbrenner.....	56
NATIONAL MEET QUALIFYING TOTALS.....	63
TOP 20 ADFFA 114S.....E. Jean Lambert.....	74
COMING EVENTS.....	79

ON THE COVER...Jim Lem - USPF Masters and Kim Besuden - ADFFA Women's Nationals. (Linda Finnegan photos)

NEXT MONTH...full report of the APF Juniors were Dave Pasanella squatted 1030 and totaled a world best 2458!

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WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top powerlifting authority. Each month, a different lift is analyzed. For 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).

JIM LEM'S SQUAT

This was my last cycle, in preparation for the National Masters. My current routine to cycle for a contest is quite different from what it was 5 years ago when I was squatting three times per week, heavy, light and medium. Being 60 years old now, I just don't recover from a workout like I used to. I'm squatting just once per week and I also bench and deadlift just once per week. Mondays - deadlift, Wednesdays - bench, and Fridays - squat.

Assuming a person can squat 500 lbs. and is aiming for a 520 lb. in their next contest, I'll work out a cycle in proportion to 630 lb., which is what I was aiming for at the Masters.

1st Week: (warmups): Leg press (machine) 225x10 2 sets (this war-

ms wraps only)

5th Week: 135x10; 225x5; 305x5 (no wraps, no suit) 375x3; 405x3 (wraps only)

6th Week: 135x8; 225x5; 305x5 (no wraps, no suit); 375x3; 405x3; 425x3 (wraps and suit with straps up)

7th Week: 135x8; 225x5; 315x3 (no wraps, suit with straps down); 375x3; 405x2; 425x2 (wraps and suit with straps down); 455x1; 475x1 (wraps and suit with straps up). Walk out 500 lbs. out from the rack, and stand there 20 secs.

8th Week: 135x5; 225x5; 315x3 (no wraps, suit with straps down); 375x3; 405x2 (wraps, suit straps down); 465x1; 485x1; 495x1 (wraps, suit straps up); walk outs - 525 lbs. from rack, 20 sec. stand, do it 2 times. This is the last heavy work before contest

9th Week: 135x5; 225x5; 315x3 (no wraps, suit with straps down); 375x3; 405x3 (wraps, suit with straps down); 465x1; 490x1; 510x1 (wraps, suit with straps up); walk outs 535 lbs. from rack - 2 times. * If you can do a 510 lb. squat without struggling chances are you will get your 520 lb. squat.

10th Week: (last week before the contest); 135x5; 225x5; 315x3 (suit, no wraps); 405x3 (suit and wraps); walkouts 495 lbs. - 2 times

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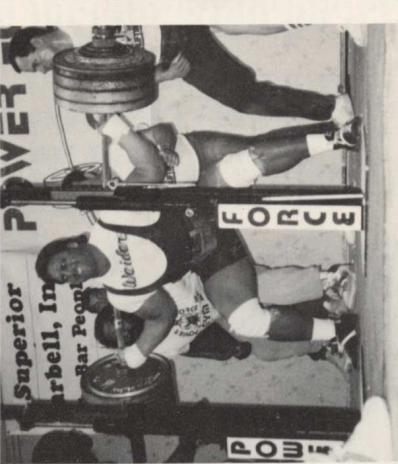
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Jim Lem doesn't squat 3 times a week now, like he did back in 1984 when he was winning the IFF World Masters Championship down in Australia.

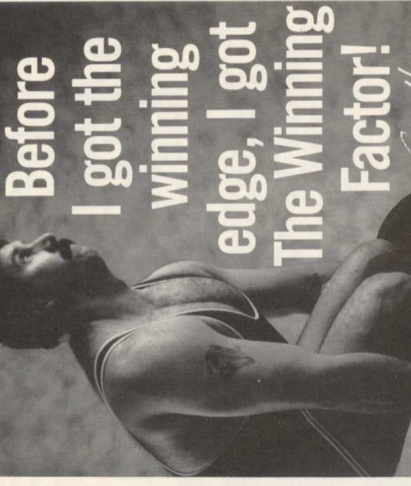
Contest: 135x5; 225x3; 315x2; 405x2; 475 - 1st attempt; 500 - 2nd (should feel good); 520 - 3rd
Remember, you should have someone watching you, making sure that your squats (every rep) are legal.



LATE BREAKING FLASH!!...lifting as a guest competitor at the APT Junior Nationals, DAVE PASANELLO made lifts of 1030 573 854 for an astonishing total of 2458, weighting just under the 275 lb. class limit. Dave was using the same type of heavier, thicker, stiffer bar as he used in Hawaii, and missed lifts of 600 in the bench and a 4th attempt deadlift of 876, which he did get off the ground. The first time he tried the 1030 the lift wasn't passed, but he came back to get it. (Doug Daniels photo)



Bobby Smith had a relatively normal childhood. He was born in Alexandria, Louisiana in 1952 and with the exception of the tragedy of losing his mother at age ten, grew up in the normal fashion of a rural child of the 50's and 60's. After high school in Buckeye, Louisiana, he moved with his new bride to Monroe where at Northeast Louisiana University he became interested in two things: powerlifting and police work. He joined the Monroe Police Department and worked there until continuing his education and weight training. His wife was a nurse and a full time student as well. Years passed, as they will, and Bobby and his wife graduated and had one child, a girl. Kim was truly a joy to both parents, but sadly could not provide the necessary bond to hold together a marriage that had endured too many conflicting schedules, shift work, and stresses related to police and nursing occupations. They divorced and Bobby, now single, became a narcotics officer for West Monroe Police Department where he worked for several years in that capacity. Then, in 1983, Bobby applied and was accepted into the 157th Troop in Monroe, Louisiana where he still resides. He still remembers as class president and an outstanding cadet. After graduation he was placed at Troop F in Monroe. Upon completing his training program he was placed in Tensas Parish as a parish trooper where he worked from 1984 until March of 1986. On March 14, 1986, Bobby's life took a dramatic turn. He was working a license checkpoint on La. 15 in Franklin Parish with several other troopers and deputies that evening. The weather was crisp but pleasant and the detail was proving to be effective, several violations had been written. Then, for no apparent reason, a small red car drove through the checkpoint without stopping and Bobby went in pursuit. When Bobby overtook the car the driver slammed on his brakes and Bobby was forced to slow around to avoid a collision. Bobby jumped from his car and ran toward the violator's vehicle. Because of headlight glare, he could not see the man open his door and step out with a shotgun. Sensing, however, that something was wrong, Bobby pulled his pistol and knifed the man on the road. Bobby then struck him in the hands knocking him to the ground. Bobby then fired again, striking Bobby in the face and scalp. Bobby's bullet cut the femoral artery in the suspect's leg. Two deputies from Franklin Parish arrived and shot the suspect three more times including another femoral artery wound. The result: the suspect was dead and Bobby Smith was blind. In the months following the shooting, Bobby experienced emotional trauma that most of us can only imagine, and poorly at that. Coping with the loss of sight would be enough, but add to that the surgery to hands and face, the prospect of lifelong infirmity, and last but certainly not least, the loss of his chosen career: police work, and you have an emotional burden that anyone would buckle under. The men of Troop F spent months with Bobby, sometimes for 24 hours straight, and slowly he started to climb out of the emotional fog. With the help of professional counselors he came to realize a new commitment: Bobby wanted to help ease the pain of all policemen experience as a direct result of the things that they do. He did not want to be the only one affected by the shooting that night. Virtually every man there has a traumatic work, and as a result, to varying degrees, post-traumatic shock. Now, Bobby is pursuing his Master's Degree in Counseling, pointing towards a Doctorate in September of 1988. Bobby married Janie Dupuy of Marksville and currently resides in DeWitt, Louisiana. He is currently the Stress Management speaker on the lecture circuit. In this capacity, he and the author went to Paducah, Virginia, where they spoke to the graduating class of the Radford Community College Police Academy and had a VIP tour of the White House where Bobby presented President Reagan with a Louisiana State Police belt buckle. So, Bobby has a new career, helping to ease the pain the suffering that life can cause. When you think about it, though, that's no different from his first career. Is it? (story written by Steve Barrett. Photo above shows President Reagan, Bobby's wife Janie, and Retired Trooper Bobby Smith. At the time of the shooting incident Bobby was a Category II IFF Releasee.



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THE SENTENCING OF Mike MacDonald



Mike MacDonald... believes the emotion of his speech to the judge at his sentencing proceeding for involvement in steroid sales had a major effect.

THE CLERK: Number 3 on calendar, case 87-491, United States of America v. Michael MacDonald and Michael Marzella for Probation Office Report and Sentence.

MR. BECKER: Good morning, your Honor, Howard Becker, B-e-c-k-e-r, appearing for Mike Marzella, who is present. Your Honor, Mr. Marzella is on my left shoulder.

MR. PHILAJA: Good morning, your Honor, Stephen Philaja representing Mr. MacDonald. We're prepared for sentencing as well.

THE COURT: Okay, sir, have you had an opportunity to review the presentence report and further discuss the report with your client?

MR. PHILAJA: I have, your Honor. I've gone over the report in some detail. I've had the opportunity to speak with the probation officer for sometime yesterday and I have gone over it with Mr. MacDonald today. I find the report to be accurate.

THE COURT: Thank you, sir. Mr. MacDonald, have you had an opportunity to review this report?

THE DEFENDANT: Yes, your Honor.

THE COURT: Have you had a chance to discuss the contents of the report with your attorney?

THE DEFENDANT: Yes, your Honor.

THE COURT: Do you agree that the factual information as set forth in the report is correct?

THE DEFENDANT: Yes, your Honor.

THE COURT: Mr. Halpern, what is your view with respect to the presentence report recommendation?

MR. HALPERN: We concur, your Honor.

THE COURT: All right, my inclination would be to follow that recommendation.

IN THE UNITED STATES DISTRICT COURT
SOUTHERN DISTRICT OF CALIFORNIA

THE HONORABLE J. LAWRENCE IRVING, JUDGE PRESIDING

In the Matter of UNITED STATES OF AMERICA,
Plaintiff, vs. MICHAEL MACDONALD, Defendant, 87-0491-JLI-CRIM
PROBATION OFFICE REPORT AND SENTENCING
REPORTERS' TRANSCRIPT OF PROCEEDINGS
SAN DIEGO, CALIFORNIA, TUESDAY, JANUARY 17, 1989

REPORTED BY: MANUEL E. KETCHAM, Official Court Reporter
940 Front Street, Room 3-N-26, San Diego, California 92189, Telephone (619) 234-2217

APPEARANCES:

THE HONORABLE J. LAWRENCE IRVING

For the Plaintiff: PHILLIP A. HALPERN, Esq., Assistant U.S. Attorney
940 Front Street, Room 5-N-19, San Diego, California 92189, Telephone (619) 557-5685
For the Defendant: STEVE PHILAJA, Esq., 726 Norwest, Midland Bldg.
401 Second Avenue, South, Minneapolis, Minn. 55401, Telephone: (612) 338-1015

San Diego, California, January 17, 1989, 9:00 A.M.

society and live in the woods, and now I'm living in the woods.

And I don't want to be living in the woods.

But you have me dwelling on the crimes that you keep telling me are okay, keep telling me these terrible crimes you did to me are okay, and I just can't understand that part. (Editor's Note: Lawyer nudged Mike head.)

This will be it, that's the end of it. THE COURT: Okay, Mr. MacDonald.

MR. HALPERN? MR. HALPERN: I have nothing to add, your Honor.

THE COURT: All right. As to Counts 39 and 40 of the superseding indictment and the one count of the superseding information, it is adjudged that the possibility of sentence be suspended, the defendant is placed on probation for a period of five years on the following terms and conditions.

The sentences will be imposed concurrently. You are ordered to obey all local state and Federal laws, you're ordered to comply with the regulations of the Probation Department. You're ordered not to possess or use anabolic steroids or any controlled substances unless you have a valid medical prescription.

You're not to associate with - strike that -

You are to submit your person, property, residence and any vehicles in which you have a possessory interest to reasonable search by the Probation Department. I'm not going to impose the recommended fine in this case.

Anything further, Mr. Halpern? MR. HALPERN: No, your Honor.

MR. PHILAJA: No, your Honor. THE COURT: Okay.

Good luck to you, Mr. MacDonald. THE DEFENDANT: Thank you very much, your Honor.

THE COURT: You're welcome, sir. MR. HALPERN: And, your Honor, in both those cases, we move to exonerate the bond and dismiss the remaining counts.

THE COURT: Fine, thank you, Mr. Halpern.

MR. PHILAJA: Thank you, your Honor.

THE COURT: Yes, indeed.

I, MANUEL E. KETCHAM, Official Court Reporter in and for the Southern District of California, do hereby certify.

That the proceedings had and the testimony adduced at the proceedings held in the foregoing matter on January 17, 1989 were reported by me in shorthand and transcribed through computer aided transcription under my direction; that the foregoing under my direction; that the foregoing report contains a true and complete record of the proceedings had and the testimony adduced at said proceedings.

Dated March 7, 1989 at San Diego, California.

MANUEL E. KETCHAM
Official Court Reporter

not one of the individuals that the courts or any of the autopsies needs to be in any way concerned with this falling victim to illegal drug use.

Mr. MacDonald has been extremely careful about this. In fact, when I sat with the FDA people last week, he related to them that he has never been interested in them, in getting hooked, or involved in cooking, or weight lifting because of the temptations of steroid use and the number of people who are using steroids there, and he did not feel that that was an appropriate activity.

His not being involved in that, I'm sure has an impact on his ordinary and legitimate business of selling food supplements.

But nonetheless, he does not wish to come back and be involved in that area because he just sees too much steroid use in there, he just has the feeling that that's improper and it should not be done.

THE COURT: Thank you, sir. Mr. MacDonald, now is the time that you're permitted to make any statements you'd like to make, is there anything you'd like to say? I have read your letter that was directed to me.

THE DEFENDANT: Everywhere I go people ask me why I'm so extremely bitter, and I guess it's because the Government has had me dwell on the hundreds of felony crimes done to my person in Vietnam.

If you check the records, you'll see exactly what happened to me over there. I got shot saving lives, and then was told to shoot innocent people, and this is one thing I could never forget, because it's just... I used weightlifting as a way to get around it. It helped me, and I know it helped other Vietnam vets. It destroyed their lives, and as you know, it was illegal and it was criminal, it was the worst thing that could ever happen to these people.

And I came home and I became my country's 36 world records to become the greatest bench presser of all time. And when I did sell these steroids, I did the police, I sold them to some policeman who told me it wasn't enforced, and this is exactly what I believed.

And I got tied up in this thing and I didn't want to be tied up in it, and I didn't let it get too big. I was a distributor, not a supplier, I didn't want to go too big in it.

And I never abused the steroids. Even though I did use them for 16 years, I took them exactly the way the doctor told me to, that's why I'm so healthy in my 40s.

And I feel that I - I just feel that this is - I haven't been treated fairly when you look at the total picture. When you look at what I have paid to the Government in Vietnam, it's unbelievable. And I just don't feel like I've been treated fairly all the way down the line.

And I don't want to be bitter towards the Government, I don't want to be bitter, but these horrible crimes that the Government did to me, they sent me out to all the society like many other Vietnam vets. I've seen other of

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as told by Doug Daniels

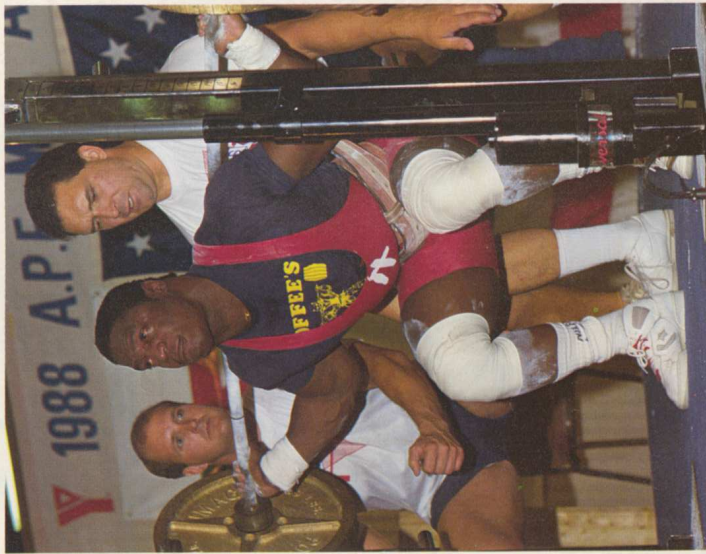
1988 was a very, very good year for Curtis Leslie. In April he took the APF Junior Nationals in Chicago with a 2070 total. In July, he followed up with a victory at the APF Seniors in Columbus, Ohio, with a 2060 total. Then he took the WPC World title in South Africa with 2072. Curtis has emerged on the national scene as one of the very top lifters in the 220 class having beat out some of the best competition that this class has to offer.

Curtis got started in powerlifting in an accidental way. One day at the gym he was approached while benching by a powerlifter working out in the gym. He asked Curtis if he knew what he was doing. He then asked Curtis if he knew how much weight he was benching. It was about 335. The lifter told him that was more than the current Georgia state record at 148. Thinking that weight wasn't very hard, he decided to pursue the sport and set more records. Curtis entered his first meet at the Albany State College Open in 1981 and registered a 390 squat, 350 bench, and a 405 deadlift at 148 and kept right on going.

Sports weren't exactly new to Curtis as he had competed in wrestling where he won county and regional titles in high school. He was also captain of his football team and participated in track and field and basketball. He also competed as a bodybuilder, entering some local contests, but at the time he lacked muscle size, something he doesn't lack anymore.

Curtis' resume of powerlifting achievements is long and impressive. In '86 he came in second by bodyweight at the USPF Juniors at 198 with a 1875 total. Later in '86 he came in third at the YNCA Nationals with 688; 470, 705 for a 2060 total. In 1987, he moved up to 220 and came in 6th at the APF Juniors with a 1915. He also has won just about every meet in the world area and holds many state records.

Mr. Leslie lives in Decatur, Georgia and is employed as the head of the drafting department for the city of Atlanta Water Bureau, Engineering Division. He does most of his training at Curtis' Gym in Marietta, which is a 27-mile drive for him. Curtis' gym is very well equipped and owner John Coffey makes sure his customers have the best equipment they need. Coffey's Curtis trainees with Junior World and Junior National Champion, Reagan Black. Also



CURTIS LESLIE squatting big at the 1988 APF Senior National Championships in Ohio

training with him are Georgia Champ Reagan Black and Rickie Lady and Big Red jumping back Rowan Flash. All this, makes the lift worth it. He also trains at the V.I.P. Gym twice a week on light days in Doraville, Georgia. This keeps him from training heavy too often. Curtis credits his recent explosion in the sport more towards the fact he's the 3rd in the world at the door of a world title and all he's needed to do is open and step through. Now confidence to do so has given him more confidence to do so. He also built a bodybuilding days. He does back, shoulder, biceps, back work, which makes him believe there isn't a sport he can't lift. An 848 squat and back. Presses and curls round out the shoulders and biceps.

Competition attest to that. Curtis trains on a 3-day split routine working out 6 times a week that way, everything gets an equal amount of work, and training weak points. Monday and Tuesday are chest and triceps. Wednesday is lighter for 5 sets of 10. He'll train like this until about 6 weeks prior a meet then Light days stay the same. He includes inclines and reverse cambered bar benches.

Tuesday and Friday are his bodybuilding days. He does back, shoulder, biceps, back work, which makes him believe there isn't a sport he can't lift. An 848 squat and back. Presses and curls round out the shoulders and biceps.

Wednesday he does legs and deadlifts. Pulls off the block, concentric training on explosion off the floor, and rack work are on tap till 67 weeks prior to the meet, then he'll pull from the floor. He keeps his reps to 3 sets of 3s or 2s, then one down set of stiff legs concluded by 3x5 of rack work for lockout power. He finishes with some leg assistance work, leg extension, presses, and curls, all for 3x10.

Saturday's are for squatting. The first 5 weeks Curtis does narrow stance squats for quadric power. 10 weeks before a meet, he reverts to normal stance for 10 sets of squats, hitting a max weight for sets of 3s or 2s. He doesn't rely on high reps in the squat. Obviously he's on the right track having put that 848 squat on the books. He finishes with basically the same leg assistance work he does on Wednesdays. He's worked the leg presses for 3 sets of 5 with 1700 pounds. Curtis feels the key to being a good lifter is to know yourself. Know your weak and strong points. Listen to your body to avoid injury. He also stresses to be creative and don't be afraid to change your lifting style. If you follow these points, he guarantees it will work out for the best.

He also believes in making each workout exciting and aggressive. He listens to certain songs by such artists as Madonna to put him in the right mood. When he works problems behind him and gets his mind ready to lift and lift hard. Curtis also stresses the value of good training partners. Curtis would like to thank his coach, Sherman Ledford who taught him so much and gave him all his secrets. His girlfriend, Reagan Harell, who greatly to his lifting success. She helps judge his lifts in the gym. Also he'd like to thank his parents for their long time support. They attend all his local meets and push him to improve. And to Gary Lands who goes to all his meets and assists him with all his presses and assists him with records and gaining more world titles along the way. For the near term Curtis is looking at a 2200+ total at 220 by mid 1989 around Seniors time. Even though 1988 was a very good year for him, I believe that 1989 will be just as good.

USPF HIGH SCHOOL National Championships

U.S.P.F. National High School Championships
15,16 Apr 89 - Dallas, TX (kg)
FRESHMAN-SOPHOMORE DIV

	5Q	BP	DL	T	T
L. Moran**	140*	80*	145	365	365
B. McCollum	120	72.5	125	317.5	317.5
B. Greaux	112.5	77.5	117.5	307.5	307.5
R. Smith	110	60	117.5	287.5	287.5
W. Reyes	95	57.5	115	267.5	267.5
K. Lane					
L. Phillips					

D. Johnson	115	60	117.5	422.5*	422.5*
C. Bullock	160*	77.5	177.5	415	415
M. Pating	130	80	150	390	390
T. Smith	137.5	80	150	367.5	367.5
D. Gray	110	62.5	137.5	315	315
E. Drizin	70	57.5	117.5	240	240
M. Limbrick	162.5	105	180	447.5	447.5
D. Shortt	160	85	180	425	425
T. Johnson	162.5	95	167.5	425	425
J. Hamilton	162.5	95	165	427.5	427.5
A. Tyler	162.5	95	177.5	427.5	427.5
M. Johnson	142.5	85	177.5	427.5	427.5
B. Eida	130	75	165	370	370
D. Holmes	137.5				

H. Hadnot	190	110	230*	530	530
F. Reason	175	107.5	205	487.5	487.5
V. Collins	182.5	115	187.5	485	485
C. Ashley	102.5	137.5*	135	375	375
M. Wandle					
R. Woods	200	120	242.5*	562.5	562.5
C. Mills	182.5	127.5	210	520	520
D. Campbell	160	120	222.5	505	505
R. Conwell	190	110	200	500	500
C. Lynn	162.5	92.5	195	450	450
J. Urrutia	177.5	80	197.5	465	465
K. Washington	150	95	177.5	422.5	422.5
C. Sanders	232.5	115			

M. Bills	202.5	102.5	202.5	507.5	507.5
M. Smith**	222.5*	95	187.5	505	505
T. Qualls	185	102.5	185	472.5	472.5
S. Reynolds	137.5	90	200	447.5	447.5
M. Green	165	95	177.5	437.5	437.5
D. Brown	162.5	107.5	197.5	570	570
M. McQuade	150	97.5	160	407.5	407.5
C. Letreure	147.5	77.5	160	385	385
H. Sheeh	165*	82.5	172.5	430*	430*
L. Mays	140	80	145	365	365
M. Tolledano	130	75	132.5	325	325
I. Stouber	115	122.5	200	542.5	542.5
C. Carpenter	110	62.5	162.5	335	335
J. Nazare*	115	65	132.5	312.5	312.5
S. Hollis	120	45	125	290	290
M. Bevil	170	97.5	187.5	455	455
D. Johnson	162.5	92.5	170	425	425
D. Johnson	155	90	177.5	422.5	422.5

JUNIOR-SENIOR DIV

R. Woods	235	140	250	625	625
C. Williams	237.5	117.5	207.5	562.5	562.5
D. Parker	215	120	222.5	557.5	557.5
T. Kelly	182.5	110	200	497.5	497.5
S. Carroll	195	92.5			
R. Garner**	240	132.5	280.5*	625	625
R. Filippowicz	242.5	145	242.5	620	620
A. Clark	215	122.5	255	592.5	592.5
R. Payton	200	115	252.5	592.5	592.5
C. Baile	215	122.5	227.5	565	565
L. Gardner	187.5	140	205	532.5	532.5
C. Ginet	192.5	115	205	512.5	512.5
C. Henderson	210				

M. Tennant	255	155	287.5	697.5	697.5
R. Clarke	272.5	175	275	750	750
B. Johnson	245	167.5	235	647.5	647.5
E. Jenkins	230	155	255	640	640
M. Whitaker	240	110	220	635	635
J. Pege	168	125	250	600	600
K. Campbell	260	152.5	287.5	705	705
R. Jackson	270	145	250	665	665
P. Tierney	267.5	115	240	622.5	622.5
M. Mitchell	237.5	117.5	227.5	580	580
M. Micallef	200	110	220	530	530
M. Mizaki	187.5	125	205	517.5	517.5
C. Sepe	167.5	102.5	200	470	470
N. Esqueda	305	185	275	755	755
H. Rouse	237.5	110	222.5	542.5	542.5
R. Panuqua	205	120	215	540	540
C. Shufflett	182.5	95	192.5	470	470
B. Hughes	255	117.5	227.5	600	600
J. Brown	200	110	187.5	497.5	497.5

WOMEN

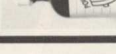
W. Stanley	85	32.5	85	202.5
D. Stephenson	100	40	112.5	252.5
D. Steingard	40	5.5	75.5	162.5
N. Villaral	60	25	75.5	162.5
L. Barboza	65	30	80	175
D. Gonzalez	97.5	45	105	247.5
D. Nunley	75	35	92.5	202.5
L. Casavez	75	35		
T. Anderson	97.5	42.5	120	260
L. Ayala	142.5	50	150	342.5
G. Rivera	102.5	50	112.5	270
L. DeLeon	137.5	50	142.5	330
** Best Lifter, ** - National Record. (Thanks to Marsha Peters for reads)				

Marcos Moran - Soph 114 pound champion (Finnegan photo.)



Marcos Moran - Soph 114 pound champion (Finnegan photo.)

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JOHN LYNCH...took the Jr./Sr. 275s and said 'hello'. (Finnegan photo)



JOHN LYNCH...took the Jr./Sr. 275s and said 'hello'. (Finnegan photo)

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

PEOPLE POWER

By Randall J. Strossen, Ph.D., IronMind Enterprises

that his bench was right on top of yours, you pushed a little harder at the mere thought of him, and if he happened to be in the gym when you were training, well, you always had all the motivation you needed to put out to the max. Much as you'd like

OK, so 'social facilitation' might work, how do I put it to work on my total?

Simple—expect to lift more when others are watching, because you probably will. There will be exceptions, of course, but generally your power will get a boost from people watching you—that's why we call this phenomenon 'People Power.'

OK, say that I believe you about getting an extra hit on my deadlift when I'm in competition a couple times a year. That's nice, but the way to really get stronger is to make steady progress—you



PEOPLE POWER. In action, Rob Etherington uses the psyche from team mate Quinn Millington to pull at the ADFPA Lifetime Drug Free Nationals.

to run over this guy with a cement truck, the truth is, just having this schmuck around on your gym put 35 pounds on your bench. Thanks George.

These are clear-cut examples of how having people around can make you stronger, but we want to focus on an even more basic process—the way other people can make you stronger just by being there, in a process research psychologists call 'social facilitation.'

And just in case you're afraid of this month's wonder supplement, you'll be happy to learn that the idea has been kicking around longer than the plate-loading barbell.

In 1987 a fellow named Norman Triplett noticed that 'bicycle racers rode a lot faster in the presence of others than they did alone (Wrightman, 1977). Triplett was credited with beginning the field of experimental social psychology with his observational program based on this observation, and he was able to demonstrate the social facilitation effect under tightly controlled laboratory conditions: Children were able to wind up fishing reels a lot faster in the presence of others than

wrap for your squats. In fact, if you're having problems with a sticking point and just can't seem to budge it, start gym-hopping and see if you don't break into some new territory within a month.

There's a catch to social facilitation, of course, one that goes beyond the fact that it won't guarantee to turn a 300 squatter into a 400 squatter overnight. The price of gaining the arousal boost is that your so-called 'dominant response' will prevail when what that means.

Let's say that you have a long-standing habit of humping up your deadlifts after a little pause along the way, and only recently have learned a new groove which is a straight-line express from the floor to lockout. And let's say that you've been stuck pulling 250 kilos for who knows how long and would do just about anything to break into new territory, even going so far as to try this People Power stuff. So off you trot to that hardcore gym across town, where you not only don't know anyone, but where you get that old sinking feeling, like when you just walked into the wrong bar.

What'll happen in this situation is that if you actually stick around and start lifting, you'll probably pop right through your 250-barrier, maybe even on your first try, but the price you'll pay for this 'advance' is that you will probably revert back to your back-humping pulling style. That's what the dominant-response syndrome means: You'll respond to your most familiar response pattern.

Being the smart lifter you are, however, you manage this situation by canning your deadlift training on your gym-hopping days and sticking to your well-oiled squat, where you could maintain your groove in a dark basement with rats chewing on your toes. Since your squat recovery only knows one direction, up, when you hit that gym, there's no danger of sacrificing your form for the new PR.

Finally, if you're desperate about getting back at an old training partner who sold you that car with the cracked block and is now threatening to take away your state title, start whispering in his ear about the advantages of home training. Talk up the idea to the point of getting him to put a rack and bench in his garage. Then, every time you're supposed to show up to train, cancel at the last minute and head off to a new gym. Chances are good that he'll get punier and punier, as you thrive on your secret lifting tool, People Power!

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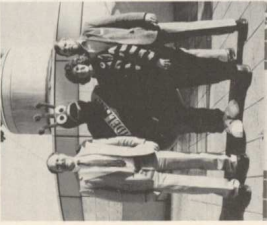
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★ WHO'S WHO IN POWERLIFTING ★

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



Heinz Vierthaler (left), IPF President, stands with Stella Herrick and Rick Sports Fall, flanking the mascot of the World Games to be held in Brisbane, West Germany this July. The Herricks are the only women to see the Medical Commission for the Games (D. Hamel photo)



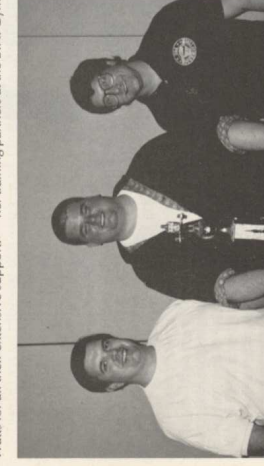
Margaret Blagoff placed first in her first powerlifting contest, the 1988 Central Florida Powerlifting Championships. She had a 57.04 day in doing so, with lifts of 200, 145, 300 and 190 lbs. She is a member of the All American Gym in Lakeland, Florida and has placed in local and state bodybuilding competition.



Richard Ingles, 19, of Bunk's Gym in Jasper, Alabama had only trained for one year before winning the Teen SHW division at the Natural Nationals Qualifier in Atlanta last year. He also won the novice and open Southeastern Powerlifting Championships, the Auburn Open (Best Lifter also), and the Queen City Open, and others. She thanks her husband and coach, David, and all her training partners at the B.H. Gym

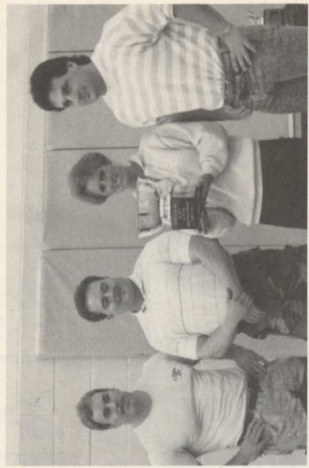


Gene Pellegrino, 35, of Blairsville, PA made the ADFPA All American and Pennsylvania State Bench Press competition, his first contest, and weighing 218 he came away with 5 opens, after entering novice (1st), open (3rd), and submasters (1st) in the State competition, and novice (1st) and submasters (1st) in the All American event. (Bechtel photo)



Tom "Bubba" Wolford has been one of the most successful collegiate competitors to come out of the Louisiana Tech Powerlifting program. In 1985, as a Freshman, he placed 2nd in the National Collegiate in the 123 lb. class with a total of 1014 lbs. In 1986, as a Sophomore, he won the 132 lb. class with a total of 1234 lbs. Injured in 1987, he came back in 1988 to take 3rd place in the 148 lb. class with a total of 1322 lbs. He took the all-around title in the 1989 season, at 188 lbs., with 55 x 325 x 501 for a 1377.

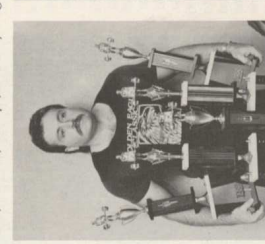
Rob Del Bianco (center) is the 1988 International Powerlifting Alliance Heritage World Champion, with a 1620 total at SHW. He is coached by Steve Pennsylvania state referee. (right) and Bill Hippard (left) was the 1988 ADFPA Powerlifting Champion at 275 and a 2nd placer at the ADFPA National Masters at 242.



The winning team at the Battle of the Gyms: Odd Litt II contest was Cobra Gym, of Clarksville, Tennessee. Presenting the trophy for the top team is Meet Chairperson Sharon Wilson. Left to right for Cobra Gym are Steve Bradley, 45 degree leg press, 600 lbs., 100 reps; Rick Covington, barbell curls, 135 lbs., 42 reps; and Billy Hughes, bench press, 225 lbs., 31 reps.



Steve Congins is under "attack" by a Bengal Tiger, one of the big cats trained by Tim Bruner of Austin, Texas. Tim is a TOP 100 caliber lifter, who wanted to offer Gus Rehwich the opportunity to stage at the Tiger show up on stage at intermission time at the Budweiser World Record Breakers meet in Hawaii this year. Maybe next time!



Maria Bucchioni made the first athletic competition of her entire life a very successful one: she won both the open and the masters titles in the Pros Open in Citrus Falls, New York last year. This effort was even more meaningful than in most cases, because it was the punctuation mark on Maria's heroic recovery from breast cancer, which was diagnosed in 1981. She had to undergo both the modified radical mastectomy and chemotherapy for the disease.



Tom "Bubba" Wolford has been one of the most successful collegiate competitors to come out of the Louisiana Tech Powerlifting program. In 1985, as a Freshman, he placed 2nd in the National Collegiate in the 123 lb. class with a total of 1014 lbs. In 1986, as a Sophomore, he won the 132 lb. class with a total of 1234 lbs. Injured in 1987, he came back in 1988 to take 3rd place in the 148 lb. class with a total of 1322 lbs. He took the all-around title in the 1989 season, at 188 lbs., with 55 x 325 x 501 for a 1377.

I believe that this study of psychology has been a great help to me. For instance, I seldom could lift my challenge dumb-bell when alone or even with just one or two friends there. Gave me a big audience and an important occasion and I always was able to rise to the occasion and never even thought of failure'. Thomas Inch (1953, p. 12 ff.). Famous turn-of-the-century English professional strongman and social conqueror of his 'unlifelike' challenge dumbbell

They come in all sorts of sizes and shapes—from little and skinny to big and fat—but two arms and them have two legs, two arms and one head. Despite their wide variety of forms, most have an uncanny ability—one that's rarely discussed but that's undeniably powerful—they can make you stronger just by being there!

What we're talking about is how people who are around you when you lift will almost certainly make you stronger, and the best part is that you'll get this gain without turning to an additional piece of support gear or to a single chemical enhancer. Here's how it works.

Being around people has a generally arousing effect—physiologically, that translates into a quicker pulse, raised blood pressure, faster respiration, and psychologically, a feeling of tension, or what the Bulgarians have called 'mobilization readiness' (Genov, 1968). This is the reaction familiar to light or flight—species since its earliest days, and it's what also prepares you for another battle with big metal without this edge would be about as smart as facing Mike Tyson with one hand tied behind your back. Being a smart lifter, you decide to look into getting some added boost from your fellow man.

To start off, not all people are equally aroused by others. For example, the highly trained guards at Buckingham Palace would probably be immune to the presence of anyone, even the Queen herself. Also, the arousal value of people differs in magnitude and direction: Picture your grandmother first, then switch to your favorite swimsuit model. What's generally true across all people, however, is that having others around gives them a little added shot of physiological and psychological fuel. Everyone has probably had a training partner who was perfect for always helping you squeeze out that one more rep which makes you grow bigger and stronger. Thanks Alice. And some of you have also had the experience of training in a gym where there was some SOB you couldn't stand—maybe a smug turkey who irritated you with his money, his mouth and—worst of all—his muscles. The fact is that when it became obvious

STARTIN' OUT

A special section
 dedicated to the
 beginning lifter

First Meet Follies: A Primer as seen and told by PAUL KELSO



You'll Need Help at that first meet, getting into your lifting gear and otherwise. Bring knowledgeable friends. (Linda Finnegan photo)

So you want to enter your first meet? From the letters I get there are probably hundreds of beginners and intermediates who are thinking about it, but don't have a clue how to get started, how to prepare, who to contact or what to do at the meet when they get there.

When the Big Kid from Houston asked me at the college picnic how come I didn't take the Wampus Cats to a meet, I couldn't think of one good reason not to. Other than we weren't ready, were discouraged, had no suits and such, and were stone flat broke. Luckily, we had a club and a local fanatic (me) to push things together and keep it going.

But what if there is no club or school team to provide support for the neophyte, or any age, who wishes to enter his first meet? Many are training in the exile of home gyms and confusing themselves monthly by reading half a dozen magazine articles which appear to offer contradictory advice. Others lift with friends who all have a cousin who trains a certain sure-fire way, or at the local 'health club' where the local ego-pumper passes on information designed to support his own version of how great he is. He puts off entering meets because he wants to get his bench up to 400 first. He never has entered and never will because his ego CANNOT RISK defeat. Yet he has no trouble advising the would-be lifters as to what THEY should do.

Compound this with the confusion around selecting which organization to join and the newcomer is truly in the iron wilderness. I'm going to make some recommendations on how to overcome these problems, big and little, and hope that I'll start getting more letters from people who get off dead center and have had some genuine success.

The first thing is to get in touch with somebody who has knowledge of what is actually going on. Look through the pages in this magazine that list upcoming meets, find the names of the promoters or meet chairmen in your area and write them for information. Better yet, call. Ask them if they can send a list of contests scheduled for the year and for the scoop on the organization which sanctions the meets they stage.

Get the RULES of the game and learn them. Make a tour of the gyms in your area and talk to the gym owners and some of the local lifters. If you can find them. Read all the flyers on the walls. Get the names and addresses of the honchos who are trying not to go broke while attempting to develop the sport. Some of the folks you run into will be surly, steroid-rage JERKS, including a few gym owners who haven't got time for 'mulletts' like you. Most will be nice guys who are willing to help anybody trying to get started. Don't give up. You may find the regional local fanatic living nearby your home!

PL USA regularly publishes the names of state, district and national champions. Dig through the back issues and seek out the right people for your own area. Investigate several organizations and shop around for the one that suits you best. How will you know? What's the difference?

Well, some of the alphabet soup ladders who claim to be the 'World' this or

Whether you are in high school or college, in your teens, early twenties or late sixties, I suggest you get in touch with one of the major organizations, all of whom have considerable experience staging contests at every level. Many organizations have held meets for all categories, of course, some of them fine affairs, but the majors hold MORE meets over a wider geographical area and are likely to have one coming up near you at any given time.

When you get the flyers and schedules, take a close look at what's offered. A meet calling itself the 'Tri-State Monster Open' may sound like an intergalactic showdown in the magazine announcement and scare you off, but in the fine print you will notice it may have divisions for high school or teens, novices, Class II and under, Class II and under, Elite, Open, Master's rank or Masters over 40, Pure, Clean, Two years Clean, Closed, Invitational, Drug Tested, polygraph or Drug tested, Urmalysis or both, Left handed, Methodist or Republican.

If you are a seventeen year old high school 181 pounder who totals 1050 in the gym, this can be confusing. You DO NOT want to enter the open class first time out, right? Find a contest with a high school flight, if you can, because the Teen class at the Asparagus Day Extravaganza may include 20 year olds, depending on the rules of the sanctioning group.

No matter what your age, Class II and under meets are pretty safe, as are Novice and Collegiate meets, but there are land mines. Novice meets often mean that anyone can enter who has never placed first in any contest. This can allow some hellacious lifters to sneak into your flight. College seniors are often approaching Junior National or higher qualification and may bend your freshman beanie propeller down around your ears.

Over 40 lifters shouldn't give it a second thought. Most meets you enter you'll be treated like a hero just for showing up. But be warned; over 40 contests are usually decided by bodyweight formula and just about every jurisdiction now has several silverbacks who can play hell with the curve. Enter anyway; you owe it to yourself!

The point is to find a meet with a division that suits you best for where your progress is currently.

Once in a great while, some benefactor of the sport will stage a 'developmental' contest for persons who have never entered any contest before. Entrants have their hands held and are nursed through it. If you find such a contest, jump in!

After going through all the materials and talking to everybody you can corner, pick a contest three or four months off that seems right and enter IT NOW! Make a commitment. Invest the money. Do not wait until the last minute and end up rushing around in a panic getting your act together. This will also stave off the urge to back out at the last minute.

One of the most common and useless phenomena in our sport is the strange shuffle of the lifter who procrastinates till the entry deadline in hopes his total will be high enough by then to justify entering. It never will be. This ego is at stake

He is just a trophy hunter with little gumption for the long haul toward true success. He's looking for a setup. The check is. Unfortunately, there are far too many cherry-picking veterans playing this charade as well as excuse-making non-competitors. Don't you get sucked into this kind of action. As you are an ethical sportsman with legitimate motivation, that's not your problem, Right?

So, what do you do in the meantime? Here's your list:

1. Go see a contest. Many enter without ever having seen one! Study the techniques of lifters whose body proportions are most like your own. Volunteer to spot or load. You'll be astonished how much can be learned and it will hold down the first-meet jitters when it's your turn. Walking into the madhouse of a contest to compete can un-nerve anybody and is just dumb.

2. Get your squat suit, wraps, shoes, belt, wrestling singlet, bench shirt or WHATEVER RIGHT AWAY. Be sure they are legal and within the rules of the organization running the meet. These requirements may vary from one outfit to the next. Nothing could be worse than blowing three months preparation and travel expenses and contest fees than being disqualified from competing because your suit is illegal or your belt is a centimeter too wide or your shoes are too wide at the heel.

3. Start practicing in your gear at least once a week six weeks before the meet. Equipment can change your groove and may effect your choice of opening lifts.

4. Try to find an experienced lifter or team to hook up with for the contest. You may need some advice. Don't go alone even if you have to take your Mom. Have somebody there to make sure you don't miss a turn and to help you with your suit and wraps. A good 'gopher' can save the contest for you.

5. Learn to roll and tie wraps like a combat nurse way before the meet. Have an extra pair, pre-rolled, on hand.

6. Plan your opening and second lift poundages a week or two in advance. I have seen idiots max out the night before the contest because they couldn't make up their minds. Start with a gym blind-folded. You must get in a lift of each type to total. New lifters fall for many reasons, but the most common by far is starting too high and wasting attempts. The second common reason is not knowing the rules governing platform procedure. Third is not practicing the lifts in training according to contest rules. Don't wait till the meet to try pausing at the chest during the Bench or breaking



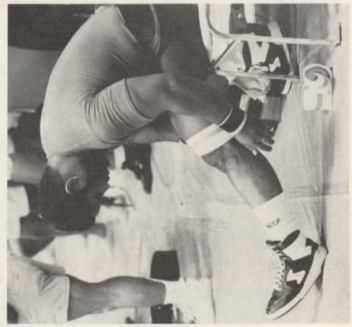
Pre-Meet Rules Clinics are often conducted by senior lifters like Mike Reed. Don't miss them, because they help explain what will be going on at the meet. (Finnegan photo)

parallel in the squat. Start now, practicing the rules. That's a good reason to make a commitment to yourself to give the same an extended chance. I'll probably get a lot of flak for this next statement: I do not believe cycle training is effective for the vast majority training for a first meet, because they simply do not have the experience to gauge their progress correctly. If you've been training that way for some time, fine. Otherwise, unless you find a great coach by Tuesday, wait till after the first meet when you'll have a better idea of your real capabilities.

8. But what'll I do if I bomb out, you ask. The saddest thing in the sport, short of career-ending injury, is the first timer who fails to total and is so dream-crushed that he or she never enters another contest. It happens far too often. Make a personal commitment when you send in your first application that you will enter THREE MEETS, no matter what. This will guarantee giving yourself a fair shot. 'Stuff happens.' The Wampus Cats had their share of failures and disappointments. They won only one first place trophy in two years. Not bad for college freshmen and sophomores lifting against four-year schools and all-comers in the big 'opens'. By their fourth meet they were a cocky bunch of tough little veterans who were proud of their seconds and third and fifths. THEM.

So don't get discouraged. You'll get there. I've been assuming you are totalling around 900 to 1300 and getting antsy to get going, but afraid you'll make a fool of yourself. You may have dreams of winning, or reservations about taking the big step to enter until you can do 1600. If you can total 1600, what are you waiting for?

Put all the ego considerations aside. It is chancey that you will place, much less win, in your baptismal effort. It does happen, but very few can pull a Dave Jacoby and walk in and blow everybody out of the hall the first time



Watch how other lifters prepare to lift. (Finnegan)

out. You are there to learn! Which leads me to Kelso's first Principle of Powerlifting: Show up!

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You learn the rules, how to time warm-ups and to react to referee instructions and commands. The initially confusing order, the rhythm of a meet, how to get knee wraps off and on in a hurry, dealing with clocks, scorers and weight selection, will become second nature. You will watch and talk to so many experienced lifters and learn so much and get so fired up to burst. And if you are like 95 percent of all first-timers, you will leave the contest lamenting, 'I didn't know, I could have done more!'

You will, too, in that second meet which you'll be planning for before you even get home.

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

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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response, please do not send \$15 to cover office and secretarial expenses. Please do not ask 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 am a wide stance squatter ala Dave Pasanella and Jeff Chomping (perhaps still a bit wider) and I am up to most comfortable squatting difficulties of any sort with my style. I am most comfortable squatting like this. Recently, a friend blurted out to me that all I will accomplish with my wide stance squatting is to bring about a HERNIA. Needless to say, I am a little bit concerned (even though my friend is no doctor nor even went to college) and would like your professional opinion concerning my friend's statement. Is there even any relation? I must say that neither Pasanella nor Chomping seem to be having any difficulties with their stances. **Brad O.**

P.S. I would greatly appreciate it if you responded via POWERLIFTING USA (that is, through your monthly column on the magazine). I haven't been able to squat in peace since my friend told me about the hernia. The last thing a powerlifter needs is the inability to train. Ain't that the truth?

DEAR BRAD: Your friend is wrong. Wide stance squatting is not associated with a greater incidence of hernias. Train in peace. **MAURO**

DEAR MAURO: I'm seeking your advice on two persistent injuries that have lingered for over a year despite treatment from a variety of doctors and disciplines. The first is chronic low back pain or soreness that has been present for 2 plus years. I've had physical therapy, trigger point injection (acupuncture needles connected to an electrical transformer), Flexinil, Motrin, Naprosyn, a few chiropractic sessions and an orthopedic exam where my X rays looked fine. Twice in the past year I had two "blowouts" where my back just gave out while doing light squats, causing acute pain and restricted motion for six weeks each time. The second problem is a buckling knee, first injured 1 yr ago and improved, but now recurring, wherein during squatting the knee will give way or collapse with no weight, 135 lbs, 225 lbs., but then at 315, 405, etc. will hold and not buckle. Again, in the same X ray the knee was fine, and the orthopedist diagnosed it as chondromalacia. There is no pain felt on the knee cap, but constant low grade soreness/tenderness on the outer side of my quad just above the knee extending up to my hip. It doesn't feel like a "nerve thing" as the soreness does not radiate or shoot down my leg. I've been treating my leg/knee by stretching, aspirin, stretching and recently assuming the chiropractic position on my side while my 13 yr old son presses on my leg and upper body to stretch out my lower back as recommended by a physical therapist buddy, who said my back was very tight with only 3/8 of normal flexibility. I am 45 yrs old and have been an active powerlifting competitor for nearly 25 yrs. My main goal is to lift at age 45 what I did at age 35 (age 35: 565 400 600 at 181 lbs and 590 415 615 at 188 lbs. Now, at 185 lbs, I'm at 525 400 560 in contests). Specifically, I would very much appreciate your advice on the following: 1. Should I pursue more diagnostic tests? If so, what kind? 2. What therapeutic disciplines do you feel might best address my problems, i.e., MD, acupuncture, chiropractic, or my 13 yr old son massaging my back at \$1.00 a pop. 3. Cortisone injections? Good idea? If so who or what kind of specialist should I seek out for a good idea? Doctor, I would be very grateful for any counsel you might offer. Stopping lifting is not an option for me. I still have goals I want to achieve and few physicians have the experience to understand the uniqueness (or insensitivity) of my needs as I define them. I am very frustrated by these injury setbacks. Enclosed is a \$15.00 check. If this is insufficient, I would be happy to pay whatever you feel is appropriate for this consultation. Thanks, **Peter**

DEAR PETER: It sounds to me like you're tearing muscle and/or pulling tendons rather than damaging joints. While physiotherapy may help, anti-inflammatories and cortisone shots (especially the shots) are of little help, and may make the problem worse by further weakening the tissues. Typically, the way to heal this type of injury is to back off on those exercises that cause pain and substitute those exercises that still work the area (or at least the adjacent muscles), but are not painful. As well, rest for the injured muscle is important so as to allow the muscle to heal. Don't stretch the injured muscles as you're now doing. By stretching the muscles you in fact increase the microtrauma and delay healing. Forget the manipulations and therapists, you can do the job yourself if you listen to the pain and let it guide you. It will take a bit of time to properly heal the two areas, so don't be in too much of a hurry. Let me know how things work out and don't hesitate to write if I can be of any further help. **MAURO**

Question & Answer

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

DEAR ROGER: I'm writing you for information on training frequency and specific exercises for size and strength. At present I do every muscle group once a week: Monday: Squats, 5 sets, 6-8 reps; Straight Leg DL, 4-5 sets, 6-8 reps; Wednesday: Wide grip pull downs, 5 sets, 6-8 reps; Front pull downs, 4 sets, 6-8 reps; New York grip pull downs, 4 sets, 6-8 reps; Cable pulls: 4 sets, 6-8 reps; Shrugs: 5 sets, 6-8 reps; Friday: Bench Press: 5 sets, 6-8 reps; Dumb bell curls: 4 sets, 6-8 reps; Behind neck presses: 5 sets, 6-8 reps; Flat bench lifts: 4 sets, 6-8 reps; Reverse benches: 4 sets, 6-8 reps; Flat curls: 4 sets, 6-8 reps; I do nothing strictly and I don't loo around during my workouts, but I think I'm doing more of a body builder's workout. I want to be bigger and stronger and lift more. So far I've just completed 1 bench meet. My best bench in a meet is 380 lbs. My questions are: Am I doing too many exercises? Should I do bench and squats twice a week, and deadlift once? Are my reps too high? Will I gain size and power lifting alone? I'm 6 ft. tall and weigh 240 lbs. I don't care if I look like a bodybuilder, I just want to be the biggest and strongest I can. Thank you, **Michael S.**

DEAR MICHAEL: Your workout looks pretty good for a maintenance program, but to make progress you should work your body part twice a week. Experience has shown that one heavy and one light workout per week gives best results. There are two major reasons for this type of training. One, it allows a person enough time to recover from the heavy work required, and still gives the muscles enough stimulation for growth. Two, by doing the lifts twice a week you are able to keep your groove and the muscle coordination needed to do the big lifts.

I would recommend the following program: Monday: High Box Squats - work up to one set of 8-10 reps; Low Box Squats - 3-4 sets of singles; Bench Press - medium workout; Tricep exercises - your choice of 3-4 sets medium weight; Leg Curls - medium weight, 3 sets of 10 reps; Friday: All these powerlifts for 4 heavy singles: Lat Pulls - 3 sets 10 rep; Tricep work - 3 sets 10 rep; Curls - 3 sets 10 rep; Leg Curls - 3 sets 10 rep.

This workout might seem very simple and it in fact, is simple. The success of this program depends on the intensity that you put into it. If you have a burning desire to be a great power lifter and keep your priorities in order, you can become a champion. Best Wishes, **Roger**

Powerlifting USA BACK ISSUES

SEND \$4 FOR EACH ONE AND SPECIFY YOUR ALTERNATE CHOICES.

Jan 1983...Women's Worlds, Anello deadline routine, Dan Austin, Cycling, All Time 800 squat list, Bill West - Pioneer of Power, TOP 100 Supers.
May 1983...What Steroids Did to Pacifico, Ed Morishima Bench Workout, Natural Nationals, Power Rack Training, TOP 100 132s, ADPPA TOP 242s.
Jun 1983...Hawaii Meet, Drug Testing, Best Bench in the West, Charlie Driscoll, Deadlift Workout, Shawn Cain Profile, TOP 100 148s, ADPPA TOP 275s.
Jul 1983...Tom Magee Profile, APF IRs, ADPPA Women, Lulu Schwartz Profile, The Greatest Squatters, USPF Masters, TOP 100 165s, ADPPA TOP SHWS
Aug 1983...Bill Kazmaier Update, USPF Juniors, Women's IFF Worlds, Greatest Deadlifters, Dawn Keshel and Myrtle Augge Profiles, Sport in 2001, Squatting Primer by Fred Hatfield, TOP 100 181s, ADPPA TOP 20 114s.
Nov 1983...World Record Breakers Meet, Deadline! Deadline! in Texas, Best Woman Squatter, Benchling by Conessor, Magic Leg Machine, Bob Wagner Interview, Dave Pasanella Workout, TOP 100 242s, ADPPA TOP 20 148s.

Feb 1989...Doug Heath Profile, Y Nationals, Doug Heath Bench Workout, The Peaking Cycle, Proper Squat Technique by Louie Simmons, The Hawaii Meet Rumors, Strong Words, Best Female Lifter, TOP 100 114s, ADPPA TOP 198s.
Apr 1989...O.D. Wilson's 2430 total at the Armed Forces Championships, Jan Harrell Interview, Mk 10 Challenge, Natural Nationals Fame and Trophies for All, Carol Waters Interview, TOP 100 132s, ADPPA TOP 20 242s.
May 1989...ADPPA Lifetime Drug Free, Ray Benvenuto Interview, Post Meet Blues, Kenneth Lain Bench Workout, Making Weight, Milo Stenborn Tribute, "Darwin Deadline", Dennis & Sandi Brady, TOP 100 148s, ADPPA TOP 275s.

Jun 1989...Hawaii Record Breakers, Ken Lain Bench Workout, Muscle Composition, Deadlift Fonderings, "DISAGREE" by Louie Simmons, Paragraphs of History, ADPPA & USPF Colleagues, TOP 100 165s, ADPPA TOP SHWS, MAKE A LIST OF THE ISSUES YOU WANT (AND ALTERNATE CHOICES), MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, BI DEPT., BOX 3238, CAMARILLO, CALIFORNIA 93011.



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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, SHV Classes



QUALIFYING TOTALS

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No Qualifiers	
Men	
114 - 981, 123 - 1064, 132 - 1146, 148 - 1394,	
165 - 1527, 181 - 1642, 198 - 1731, 220 - 1824,	
242 - 1890, 275 - 1946, SHV - 2033	



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An observation that has been made over the years is that our calendar of national championships placed USPF women at a disadvantage with respect to the governance of the sport. The annual National Committee meeting is held in conjunction with the Men's Senior nationals. It is, therefore, well attended by men who have occasion to be there anyway. Except for this year, when the men's and women's Senior Nationals will be held together, attending the National Committee meeting requires an extra trip for women lifters. Just as women are disadvantaged in this regard, so are our lifters below the class of "elite." The "elite" lifters are, by and large, eligible to compete at the Seniors. "Masters" and lower ranked lifters are not; for them also it means an extra trip.

Thus, at the National Committee meeting there is a preponderance of "elite" lifters, vendors, others with a pecuniary interest in the sport, international referees who need their tickets punched, coaches, handlers and relatives. The proceedings are tilted toward the interests of those who attend. It is, of course, expected that those who participate do so in order to promote their own interests. Any other expectation is naive.

However, I am concerned lest the interests of the ordinary, journeyman lifters, at least to the extent that they diverge from those of the participating "elite" lifters, will be overlooked permanently. My experience in higher education suggests strongly that unless we take bold, imaginative steps to in-

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

clude these lifters of lesser rank into our decision making process, they will remain forever shut out.

I have, over the years, attended many faculty meetings, departmental meetings, school or division meetings, faculty council meetings, faculty committee meetings and faculty union meetings. I can remember no instance where the welfare of the students was discussed. My observations span more than four decades and several different colleges and universities. Each of these institutions has in its published statement of purpose some remark attesting to the paramount importance of students. "The students are our most important resource, our only hope for the future, the main focus of our attention," they will say. The faculty's error of omission does not comport with the institution's pious statement of purpose: the students remain all but ignored.

As if to exacerbate this disparity in process, some are now proposing an elite council of national or international level lifters either to replace the Executive Committee or sit alongside it. Presumably, they will keep our attention focused on matters of interest to

national and international level lifters. This proposal is rooted in one of our cherished myths that the heavy deadlifter is the font of knowledge on all questions of training, diet, rules and the finer points of administration. I have seen time after time in a full and free democratic election, the heavy deadlifter would be chosen to lead. So frequently, that although he appreciated the recognition, he had no burning desire nor innate ability to administer anything. We have been quite unable to shake off this myth. It clings as a cocklebur.

Whenever a problem is perceived I get a call to convene a council of deadlifters in order to get our train back on the track, to lay a section of new track or to insure that everything is being done "for the benefit of the lifters."

It is the conceit of the gifted that they alone have the answers and, by extension, that dues from several thousand should be used as much as possible to support the five teams we send abroad each year.

Perhaps it is time to pay more attention to the lower 99% of our lifters, those that dues from several thousand should be used as much as possible to support the five teams we send abroad each year.

Dr. Conrad Cotter
Box 18485, Pensacola, FL 32523

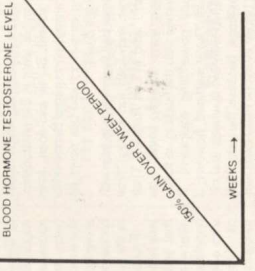


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JOAN GAGNE

- A TRIBUTE TO A GREAT LADY -

by Ron Fernando, Iron Masters Gym



JOAN GAGNE. on May 16th she was rushed to the hospital for an emergency operation on two perforated ulcers, side effects from her cancer medication. Bernie Gagne asks that we pray for her recovery as the doctors say she has only a short time to live.

Quite often in the arena of sports, we tend to get caught up in the adulation of the superstars - the Magic Johnsons, Flo-Jos, Joe Montanas, and Greg Louganises. While these stellar athletes are often basking in the limelight, glory, and financial rewards, there are others who, through their undying love of the sport labor untrudgingly on its behalf asking for nothing more than the self-satisfaction of doing a job well.

Although powerlifting is still a relatively new sport by international standard, we have developed our own pantheon of superstars: Eddie Coan, Fred "Dr. Squat" Hatfield, Lamar Gant, the incomparable haba of Japan to name a few. I would like to dedicate this article and this issue of **POWERLIFTING USA** magazine to a lady who many of who may not have heard of, but who is every bit a powerlifting superstar in her own right and whose gentility, selflessness and above all, courage in the face of overwhelming odds should serve as an inspiration to all of us. I am referring to Joan Gagne of Carson, CA.

Joan is the wife of several time USA National Women's coach, Bernie Gagne and the mother of former World Champion and World Record holder Vicky Gagne. She has been the guiding force behind the famed Bernie's Power House women's teams, many times national cham-

judges in my lifting career, but Joan was one of the strictest. If you could get a lift past her, then rest assured your squat would get the three requisite white lights, be it in Los Angeles or in Vladivostok. Admittedly, she could be a little frustrating. I mean, how could you know if you were 1/3 of an inch high? Still, bless her, she had all of our best interests at heart. Bernie's Power House, through the guidance of Joan and Bernie Gagne has produced some 17 different Women's World Open and Master's Championships, including Wanda Sander, Debbie Patton, Annie McElroy, Vicky Gagne and a legion of other strongwomen. Most recently they have started a Men's Drug Free team which has produced a total of 100kg USA Junior Team Men's Daniel Mahan, and new 125 kg squat sensation Frank Westlund.

Joan combined her enthusiasm for lifting and love for family with a successful career as a marketing representative for a major health aid program. Joan put a lot of work into preparing for this difficult career, obtaining her degree and developing a solid customer base.

Very recently it was diagnosed that Joan had malignant lung cancer. She battled her way through several episodes with this disease and for a while there it once again she was facing the specter of cancer with a smile and her own present sense of humor. Despite the intense pain and agony, she continued her work with the team and local and national meets. While any of us would have been tempted to drown in a sea of self-pity, she carried on as usual. At Rich Peter's 1988 Natural Nationals in Oklahoma City, she was presented with a specially engraved plaque (her first award) of appreciation by members of her team. Amidst thunderous applause she was heard to remark, "Well, this is one trophy Bernie's not going to get his hands on!" There wasn't a dry eye in the house.

If success is measured in class, this lady has all beat. I hope and pray that somehow she will be the recipient of a miracle, but no matter what happens, she will have left the sport with a legacy that will outlive all of us. One of my most poignant thoughts about Joan was recalling the few weeks she surprised Bernie on his birthday with a 100 bench for 10 reps (even though she had never lifted weights in her life due to a chronic back problem). Hang in there, Joanie, we all love you and will never, ever forget you. Aloha, til next time.

Book Reviews

The new book by Dr. Thomas D. Fahey is **BASIC WEIGHT TRAINING**. He has written several articles in *PL USA* and is widely published in the scientific field, but this is a book specifically for beginners, based on the bedrock of current scientific methodology, but not burdened by it. There are "user friendly" features that make this book unique: a tear out workout chart is attached to the back cover for subsequent use by the reader and "Precaution boxes" throughout the text, drawing special attention where it's needed. The content covers basic exercising (effectively illustrated), applications to specific sports, the facts about steroids and nutrition, and the references quoted are extensive. Dr. Fahey's background as a strength athlete, scholar, and educator make this book a powerful source of information for the beginning weight trainer. Although primarily marketed as a college textbook, ordering details can be obtained from the publisher, Mayfield Publishing, 1240 Villa Street, Mountain View, California 94041.

Randall J. Strossen, Ph.D. has also written for *PL USA*, as well as regularly in *IRON MAN* and he has come out with a new book called **SUPER SQUATS - How To Gain 30 Pounds of Muscle in 6 Weeks**. This book is dedicated to the likes of Mark Berry and J.C. Hise, as well as Peary Rader and John McCallum. Hise, in particular, proved to the lifting world the effectiveness of the squat, with gains that were so tremendous that publishers at first would not put them in print, until they were independently verified. This is not all new material, but is an extensive compilation of the all 200 news about the one set, 20 rep, physical program and the overall physical benefits it can produce. The formula for massive gains is so simple that most people can hardly accept it. This book will convince you. As an introductory offer, **SUPER SQUATS** can be obtained for \$9.95 plus \$2.00 shipping and handling (\$3.00 *PL USA*), from IronMind Enterprises, Post Office Box 884, Larkspur, California 94939.

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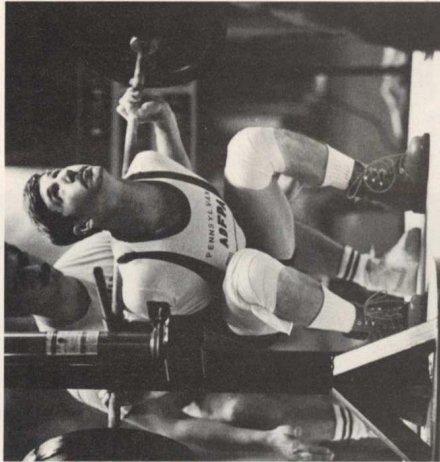
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Dr. Judd

Diuretics... Now a No-No! Dr. Judd Biasiotto/World Class Enterprises



Diuretics and amphetamines are banned by the ADFFPA for seven days prior to competition. The only exception to this is written medical permission.

Not too long ago the ADFFPA passed a resolution banning the use of diuretics. I have to admit, I greeted that news with mixed emotions. You see, I'd venture to say that a large majority of the records I've set were directly related to my use of diuretics. With diuretics, I had the advantage of training at a body weight as high as 150 pounds without any fear of not making weight at 132. Without diuretics, I have to train a good 10 or 12 pounds lighter.

Undoubtedly, training at a lower bodyweight causes a decrement in my contest lifts. I'd estimate that diuretics, if used properly, could probably add anywhere from hundred to two hundred pounds to your total, depending on your weight class, of course. Consequent to the ban of diuretics, there will be some lower totals by some ADFFPA lifters. A blinding flash of the obvious, right? On the other hand, from a health standpoint, the banning of diuretics is a smart way to go. As you most likely know, diuretics can be extremely dangerous if used improperly. In fact, they can kill you - dead even. I know because earlier in my career, I almost performed that very feat.

At the time, I was a fairly decent bench presser, doing a relatively easy 290 pounds at a body weight of 128 1/4 pounds. The current world record for the 123 pound class was only 270 pounds, so I decided to drop take a shot at the record. A month before the Southern States Powerlifting Championship, I began to diet faithfully, but one week before the contest I was still tipping the scales at 126 pounds. I tried everything to lose those three pounds, but they just wouldn't budge. Then a fraternity brother of mine, who must have weighed every bit of 400 pounds, told me about diuretics. He said that he could lose close to twelve pounds in one day with the pills. In desperation, I decided to try the diuretics, although I honestly didn't understand what they were. The night before the con-

test, with my body weight still hovering around 126 pounds, I took one diuretic - 40 milligrams of Lasix to be exact - and then waited... and waited... and waited. Nothing happened, so I took another one, and then another one, and another one. By the time I got done, I had taken six pills or 240 milligrams of Lasix in less than three hours. (I hate telling this story because it shows how stupid I was. The fact that I'm telling it shows you how stupid I still am).

Suddenly, things started happening. I started expelling water like it was going out of style. In fact, once while I was emptying my bladder, I urinated so long that I actually got tired standing there. By the next morning, I weighed a solid 120 pounds. To be honest, I felt fine. I didn't cramp, nor did I experience any nausea or headache. At the meet, I opened up with what should have been a light 240 pounds. It wasn't - I got it - but with little room to spare. I then

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Dr. Judd

READER OPINIONS

Every month I read in this column about getting rid of steroids and steroid users through more and better testing procedures. Great idea! As a lifetime drug free lifter I would love to see it happen, but as a meet director of our recent Provincial Championships, I'd like to know who pays for these drug tests. In Canada, it costs us a minimum of \$100 per test, just for steroid and amphetamine analysis. I did not test anyone at my meet and barely broke even with 39 lifters. Trophies, t-shirts, etc. all cost money. If I increased the entrance fee to pay for even random sampling, I'd probably have had about 20 lifters and lost my shirt. I compete and direct meets because I love the sport, not because I love losing money.

Next month I will be competing in the Canadian Nationals in Kitchener, Ontario. I will be billed \$100 for my drug test. This is our one and only national competition and if I want to go I have to pay. I feel like I am being punished for wanting to prove I am drug free. Here in Canada we hear about Ben Johnson's plight every day. Even my own parents asked me if I'm on the juice. It strikes me as a double standard that our government say 'don't take steroids' before competition for your country yet do nothing to help us prove we do not! If Eastern Bloc countries were opposed to steroid use, do you think their athletes would have to pay for their own tests? Maybe it is different in the States than in Canada, but up here it's a 'damned if you do, damned if you don't' situation. Mike Armstrong

.....
This letter is in response to all of the lifters, meet promoters, and any one individual who has seen fit to take up the task to single-handedly save our sport. This battle of bragging rights and backstabbing as to which organization runs the best meets, who has the most lifters, who tests properly, etc. has grown so repetitive that Mike Lambert should change the name of PL USA to the "POWER ENQUIRER".

What has happened to the pride and brotherhood that once held us together? When a fellow lifter walks into the gym, I'm glad to see him or her, whether they're USPF, ADFFPA, APE, WNPFF or ABC. DEF isn't our last for pushing up heavy from that separates us from other sports? Which one of you can honestly say you don't admire the champs of today, and years gone by for the incredible weight they moved with no concern for which Federation they were affiliated with? Who cares what Arnold was wearing when he bench-pressed 700+ or which Federation Hatfield lifted under when he squatted 1000+ or as long as he made the lift.

We all agree how demanding our sport is; the intense training, the strain it puts on our families and friends, the injuries, the frustration. Why then do we let these self-appointed saviors of powerlifting speak for us?

We should contribute to Mr. Lambert's fine magazine with letters, tips, advice to help each other without regard to who's on what, meaning what supportive gear, or lifting for which Federation?

was a PR. That lifter who supported me was Joe Morelli, who holds many NYS records and went on to win my weight class. This is what Powerlifting is all about.

Whatever happens to our sport, I'm sure the hardcore will continue to compete, even if we end up lifting against our training partners and friends in the gyms and garages across the country, just for the self-satisfaction of knowing our total went up 25 lbs. Bob Welch

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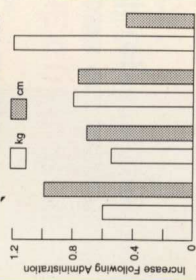
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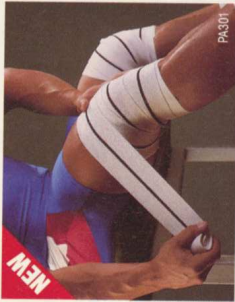
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Women	Men	Junior	Senior	Co-Ed	Open
1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*
2. ...	2. ...	2. ...	2. ...	2. ...	2. ...

Women	Men	Junior	Senior	Co-Ed	Open
1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*
2. ...	2. ...	2. ...	2. ...	2. ...	2. ...

APF/WPC Submasters World Championships & WPC Masters International Championships 1,2 Apr 89 - Concord, NH

Women	Men	Junior	Senior	Co-Ed	Open
1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*
2. ...	2. ...	2. ...	2. ...	2. ...	2. ...

7th ADFFA Sheenadoah Open 18,19 Mar 89 - Haverstown, Va

Women	Men	Junior	Senior	Co-Ed	Open
1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*
2. ...	2. ...	2. ...	2. ...	2. ...	2. ...

West Virginia State Bench Press 15 Apr 89 - Parkersburg, WV

Women	Men	Junior	Senior	Co-Ed	Open
1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*
2. ...	2. ...	2. ...	2. ...	2. ...	2. ...

Earle's 605 lb. sq. equal was an American bench presser in the 17-19 age group.

Women	Men	Junior	Senior	Co-Ed	Open
1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*
2. ...	2. ...	2. ...	2. ...	2. ...	2. ...

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The highlight of the event was the 605 lb. squat by Earle's in the 17-19 age group. This was a record for the event and a testament to his strength and dedication. The event was held in Haverstown, Va. and was a great success. The winners were: Men's 17-19: ... Men's 20-29: ... Men's 30-39: ... Men's 40-49: ... Men's 50-59: ... Men's 60-69: ... Men's 70-79: ... Men's 80+: ...

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Women	Men	Junior	Senior	Co-Ed	Open
1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*
2. ...	2. ...	2. ...	2. ...	2. ...	2. ...

Women	Men	Junior	Senior	Co-Ed	Open
1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*
2. ...	2. ...	2. ...	2. ...	2. ...	2. ...

Women	Men	Junior	Senior	Co-Ed	Open
1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*
2. ...	2. ...	2. ...	2. ...	2. ...	2. ...

Women	Men	Junior	Senior	Co-Ed	Open
1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*
2. ...	2. ...	2. ...	2. ...	2. ...	2. ...

Women	Men	Junior	Senior	Co-Ed	Open
1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*	1. Bartlett 255* 160* 250* 665*
2. ...	2. ...	2. ...	2. ...	2. ...	2. ...

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North Carolina Championships

11, 12 Mar 89 - Highpoint, NC

Women Masters	SQ	BP	DL	Total
40-49	285	195	200	510
M. Bisher (BL)	285	195	200	510
R. Hatcher	150	75	165	390
Men's Masters	485	330	360	1275
40-49	435	300	415	1150
G. Gons	385	275	450	1110
R. Robinson	365	200	375	940
1982-220 class	610*	400	650	1660
40-49	475	320	500	1295
M. Hamilton	445	305	475	1225
A. Wood	430	200	500	1130
Men's SHW class	525*	330*	530*	1385*
40-49	475*	300*	425*	1200*
A. Ritch	525	340	530	1395
B. Wilber	475	350	500	1325*
Tennage	240*	185	335*	760
14-132 class	190*	175*	315*	680*
J. Fuller	180	130	265	575
A. Dillard	275	200	305	780
D. McDaniel	205*	130*	280*	615*
18-19 yrs	340	350	415	1105*
J. Clary	400	260	430	1090
P. Ogwen	410	295	385	990
K. Bradshaw	275	200	295	770
14-15 class	480*	315	470*	1265
16-17	390	240	430*	1060
M. Osborne	330	230	365	925
C. Kearns	340	260	425	1025
B. McCranie	340	255	375	970
A. Lambie	315	230	340	885
A. Stockwell	250	150	350	750
18-19 class	520	330	440	1290
S. Harper	450	305	540	1345
R. Sanders	480	290	590	1360
D. White	370	260	420	1050
T. Lucas Jr.	380	245	375	960
B. Brinkley	375	225	400	1000
K. Fields	460*	265	480*	1205*
P. Pierce	440	235	440	1115*
G. Nordstrom	420	280	360	1060
J. Gill	350	255	330	935
L. Stines	330	245	330	905
Men's SHW class	475	345	525	1320
14-15	475	315	530	1320
16-17	575*	370*	500*	1445*
M. Gilmore	465	280	370	1095
18-19	435*	335*	500*	1270*
A. Brown	505	375	495	1375
Women	625	370	615	1610
R. Hatcher	160*	75	165	390
C. Gasky (BL)	250*	105	290	655
114 lb.	225	110	215	550
D. Hoffman	115	75	145	335
M. Orendine	280	145	335	560
S. McLeod	245	120	245	610
M. McLeod	165	140	240	545
K. Waddell	280	140	300	720
M. McLeod	145	165	250	560
123 lb. class II & below	375	220	415	1010
L. Brown	380	275	455	1110
165 lb.	375	250	375	1005
A. Patti (BL)	340	250	375	965
M. Rager	255	175	380	810



KING'S GYM TEAMS: 1st row (left to right) Tim King (NC Chairman), Sandy King (NC Co-Chairman), 2nd row (left to right) Sandy King (NC Co-Chairman), Tim King (NC Chairman), 3rd row (left to right) David Wardlaw, Mike Spencer, Phil Boone, King's Gym won the team title at this year's North Carolina Championships. Thanks to King's Gym for photo.

RCI Bench Press

2 Mar 89 - Chillicothe, OH

132 lbs.	175	198	188	461
Kirk	175	198	188	461
148 lbs.	285	350	325	960
188 lbs.	400	480	450	1330
220 lbs.	520	600	580	1700
255 lbs.	650	750	720	2120
300 lbs.	800	900	850	2550
335 lbs.	950	1050	1000	3000
365 lbs.	1100	1200	1150	3450
400 lbs.	1300	1400	1350	3950
450 lbs.	1600	1700	1650	4950
500 lbs.	2000	2100	2050	6150
550 lbs.	2400	2500	2450	7350
600 lbs.	2800	2900	2850	8550
650 lbs.	3200	3300	3250	9750
700 lbs.	3600	3700	3650	10950
750 lbs.	4000	4100	4050	12150
800 lbs.	4400	4500	4450	13350
850 lbs.	4800	4900	4850	14550
900 lbs.	5200	5300	5250	15750
950 lbs.	5600	5700	5650	16950
1000 lbs.	6000	6100	6050	18150
1050 lbs.	6400	6500	6450	19350
1100 lbs.	6800	6900	6850	20550
1150 lbs.	7200	7300	7250	21750
1200 lbs.	7600	7700	7650	22950
1250 lbs.	8000	8100	8050	24150
1300 lbs.	8400	8500	8450	25350
1350 lbs.	8800	8900	8850	26550
1400 lbs.	9200	9300	9250	27750
1450 lbs.	9600	9700	9650	28950
1500 lbs.	10000	10100	10050	30150
1550 lbs.	10400	10500	10450	31350
1600 lbs.	10800	10900	10850	32550
1650 lbs.	11200	11300	11250	33750
1700 lbs.	11600	11700	11650	34950
1750 lbs.	12000	12100	12050	36150
1800 lbs.	12400	12500	12450	37350
1850 lbs.	12800	12900	12850	38550
1900 lbs.	13200	13300	13250	39750
1950 lbs.	13600	13700	13650	40950
2000 lbs.	14000	14100	14050	42150
2050 lbs.	14400	14500	14450	43350
2100 lbs.	14800	14900	14850	44550
2150 lbs.	15200	15300	15250	45750
2200 lbs.	15600	15700	15650	46950
2250 lbs.	16000	16100	16050	48150
2300 lbs.	16400	16500	16450	49350
2350 lbs.	16800	16900	16850	50550
2400 lbs.	17200	17300	17250	51750
2450 lbs.	17600	17700	17650	52950
2500 lbs.	18000	18100	18050	54150
2550 lbs.	18400	18500	18450	55350
2600 lbs.	18800	18900	18850	56550
2650 lbs.	19200	19300	19250	57750
2700 lbs.	19600	19700	19650	58950
2750 lbs.	20000	20100	20050	60150
2800 lbs.	20400	20500	20450	61350
2850 lbs.	20800	20900	20850	62550
2900 lbs.	21200	21300	21250	63750
2950 lbs.	21600	21700	21650	64950
3000 lbs.	22000	22100	22050	66150
3050 lbs.	22400	22500	22450	67350
3100 lbs.	22800	22900	22850	68550
3150 lbs.	23200	23300	23250	69750
3200 lbs.	23600	23700	23650	70950
3250 lbs.	24000	24100	24050	72150
3300 lbs.	24400	24500	24450	73350
3350 lbs.	24800	24900	24850	74550
3400 lbs.	25200	25300	25250	75750
3450 lbs.	25600	25700	25650	76950
3500 lbs.	26000	26100	26050	78150
3550 lbs.	26400	26500	26450	79350
3600 lbs.	26800	26900	26850	80550
3650 lbs.	27200	27300	27250	81750
3700 lbs.	27600	27700	27650	82950
3750 lbs.	28000	28100	28050	84150
3800 lbs.	28400	28500	28450	85350
3850 lbs.	28800	28900	28850	86550
3900 lbs.	29200	29300	29250	87750
3950 lbs.	29600	29700	29650	88950
4000 lbs.	30000	30100	30050	90150
4050 lbs.	30400	30500	30450	91350
4100 lbs.	30800	30900	30850	92550
4150 lbs.	31200	31300	31250	93750
4200 lbs.	31600	31700	31650	94950
4250 lbs.	32000	32100	32050	96150
4300 lbs.	32400	32500	32450	97350
4350 lbs.	32800	32900	32850	98550
4400 lbs.	33200	33300	33250	99750
4450 lbs.	33600	33700	33650	100950
4500 lbs.	34000	34100	34050	102150
4550 lbs.	34400	34500	34450	103350
4600 lbs.	34800	34900	34850	104550
4650 lbs.	35200	35300	35250	105750
4700 lbs.	35600	35700	35650	106950
4750 lbs.	36000	36100	36050	108150
4800 lbs.	36400	36500	36450	109350
4850 lbs.	36800	36900	36850	110550
4900 lbs.	37200	37300	37250	111750
4950 lbs.	37600	37700	37650	112950
5000 lbs.	38000	38100	38050	114150
5050 lbs.	38400	38500	38450	115350
5100 lbs.	38800	38900	38850	116550
5150 lbs.	39200	39300	39250	117750
5200 lbs.	39600	39700	39650	118950
5250 lbs.	40000	40100	40050	120150
5300 lbs.	40400	40500	40450	121350
5350 lbs.	40800	40900	40850	122550
5400 lbs.	41200	41300	41250	123750
5450 lbs.	41600	41700	41650	124950
5500 lbs.	42000	42100	42050	126150
5550 lbs.	42400	42500	42450	127350
5600 lbs.	42800	42900	42850	128550
5650 lbs.	43200	43300	43250	129750
5700 lbs.	43600	43700	43650	130950
5750 lbs.	44000	44100	44050	132150
5800 lbs.	44400	44500	44450	133350
5850 lbs.	44800	44900	44850	134550
5900 lbs.	45200	45300	45250	135750
5950 lbs.	45600	45700	45650	136950
6000 lbs.	46000	46100	46050	138150
6050 lbs.	46400	46500	46450	139350
6100 lbs.	46800	46900	46850	140550
6150 lbs.	47200	47300	47250	141750
6200 lbs.	47600	47700	47650	142950
6250 lbs.	48000	48100	48050	144150
6300 lbs.	48400	48500	48450	145350
6350 lbs.	48800	48900	48850	146550
6400 lbs.	49200	49300	49250	147750
6450 lbs.	49600	49700	49650	148950
6500 lbs.	50000	50100	50050	150150
6550 lbs.	50400	50500	50450	151350
6600 lbs.	50800	50900	50850	152550
6650 lbs.	51200	51300	51250	153750
6700 lbs.	51600	51700	51650	154950
6750 lbs.	52000	52100	52050	156150
6800 lbs.	52400	52500	52450	157350
6850 lbs.	52800	52900	52850	158550
6900 lbs.	53200	53300	53250	159750
6950 lbs.	53600	53700	53650	160950
7000 lbs				

A.D.F.P.A.

TOP 20

52 kg.
114 lb.

This list by E. Jean Lambert covers lifts made in available Association of sanctioned American Drug Free Powerlifting results from May 1988 to April 1989. Please send a copy of all ADFFPA meet results to E. Jean Lambert, Box 467, Camarillo, CA 93011. This will keep these lists as up to date as possible. Thank you.

Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive PLUSA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

SQUAT		BENCH PRESS		DEADLIFT		TOTAL	
Rank	Name	Rank	Name	Rank	Name	Rank	Name
1.	413 Clemens, R., 813/88	270	McDonald, D., 4/9/89	479	Thompson, R., 8/13/88	1036	Castro, M., 6/25/88
2.	400 McDonald, D., 4/9/89	325	McCallie, A., 8/13/88	473	Castro, M., 6/25/88	1030	Castro, M., 6/25/88
3.	400 McDonald, D., 4/9/89	325	McCallie, A., 8/13/88	473	Castro, M., 6/25/88	1030	Castro, M., 6/25/88
4.	395 Bourque, K., 3/11/89	418	Callalano, J., 8/13/88	430	Vera, J., 3/25/89	1024	McDonald, D., 4/9/89
5.	395 Bourque, K., 3/11/89	418	Callalano, J., 8/13/88	430	Vera, J., 3/25/89	1024	McDonald, D., 4/9/89
6.	374 Osborn, R., 13/88	243	Vera, J., 3/25/89	1003	Bourque, K., 3/11/89	1003	Bourque, K., 3/11/89
7.	369 Bauer, K., 6/19/88	242	Mullion, T., 6/19/88	402	Sabella, R., 8/13/88	990	Vera, J., 3/25/89
8.	365 Dahlstrom, K., 3/25/89	402	Ruppel, K., 8/13/88	400	Escobedo, H., 3/25/89	990	Escobedo, H., 3/25/89
9.	365 Escobedo, H., 3/25/89	402	Ruppel, K., 8/13/88	400	Escobedo, H., 3/25/89	990	Escobedo, H., 3/25/89
10.	358 Castellano, J., 8/13/88	235	Leonard, A., 10/22/88	400	Garcia, H., 9/24/88	990	Nygren, D., 3/25/89
11.	358 Castellano, J., 8/13/88	235	Leonard, A., 10/22/88	400	Garcia, H., 9/24/88	990	Nygren, D., 3/25/89
12.	358 Castellano, J., 8/13/88	235	Leonard, A., 10/22/88	400	Garcia, H., 9/24/88	990	Nygren, D., 3/25/89
13.	350 Miller, B., 10/11/88	220	Garcia, H., 9/24/88	374	Davis, B., 5/22/88	955	Leonard, A., 10/22/88
14.	341 Howe, L., 11/5/88	215	Nygren, D., 3/25/89	374	Davis, B., 5/22/88	955	Mullion, T., 6/19/88
15.	325 Vera, J., 3/25/89	215	Chavez, J., 8/13/88	374	Clemens, R., 8/13/88	940	Miller, B., 10/11/88
16.	325 Vera, J., 3/25/89	215	Chavez, J., 8/13/88	374	Clemens, R., 8/13/88	940	Miller, B., 10/11/88
17.	325 Madigan, A., 12/11/88	214	Soukup, R., 8/13/88	369	Johnson, W., 12/11/88	925	Ruppel, K., 8/13/88
18.	314 Thompson, R., 8/13/88	210	Dahlstrom, K., 3/25/89	363	Bates, H., 2/26/89	905	Dahlstrom, K., 3/25/89
19.	314 Davis, B., 5/22/88	360	Escobedo, H., 3/25/89	360	Escobedo, H., 3/25/89	905	Dahlstrom, K., 3/25/89
20.	314 Sabella, R., 8/13/88	209	Castro, M., 6/25/88	352	Charlotois, J., 5/22/88	886	Barben, D., 3/27/88

IPF Pan American Championships
6 May 89 - Vancouver, B.C., Canada

Rank	Name	SQ	BP	DL	Total
1	Nelson (US)	446	236	363	1047
2	Edmondson (US)	385	308	473	1168
3	148 Myers (US)	600	374	589	1565
4	Maslow (US)	551	303	600	1455
5	Hindley (CAN)	490	270	529	1289
6	Forsy (CAN)	600	402	650	1653
7	Marshall (CAN)	573	336	639	1548
8	Foster (US)	622	341	672	1636

British Masters Championship
8-9 Apr 89 - Hertford (kg)

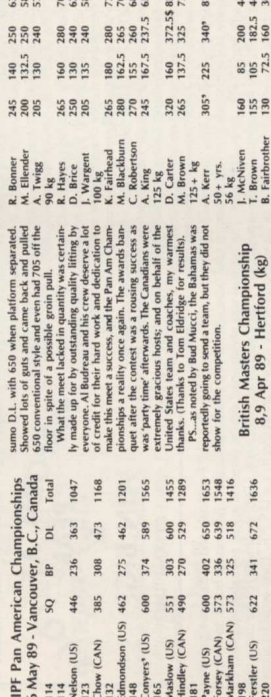
Rank	Name	SQ	BP	DL	Total
1	Misler (CAN)	639	407	683	1730
2	Maslow (US)	551	303	600	1455
3	Stiegler (US)	650	468*	650	1768
4	Ferrell (CAN)	633	418	650	1701
5	Caldwell (US)	639	418	650	1701
6	275	639	418	650	1701
7	Ufford (US)	633	418	650	1701
8	Peakes (CAN)	672	446	600	1719
9	Kennedy (US)	766	418	644	1818
10	Liffer - Conyers (Canada)	744	418	644	1806
11	White (White)	205	130	230	565
12	R. Vaughan	260	160	290	690
13	K. Elliott	240	160	270	670

sumo DL with 650 when platform separated. Showed lots of guts and came back and pulled 650 conventional style and even had 70% off the platform.

What the meet lacked in quantity was certainly made up for by outstanding quality lifting by everyone. Al Budson and his crew deserve a lot of credit for the excellent organization and for making this meet a success, and the Pan Am Champ quest after the contest was a rousing success as well. The British Masters was a very successful and extremely gracious hosts and on behalf of the United States team and coaches, my warmest thanks, (Thanks to Tom Eldridge for results).

50+ yrs.
55 kg.
60 kg.
65 kg.
70 kg.
75 kg.
80 kg.
85 kg.
90 kg.
95 kg.
100 kg.
105 kg.
110 kg.
115 kg.
120 kg.
125 kg.
130 kg.
135 kg.
140 kg.
145 kg.
150 kg.
155 kg.
160 kg.
165 kg.
170 kg.
175 kg.
180 kg.
185 kg.
190 kg.
195 kg.
200 kg.
205 kg.
210 kg.
215 kg.
220 kg.
225 kg.
230 kg.
235 kg.
240 kg.
245 kg.
250 kg.
255 kg.
260 kg.
265 kg.
270 kg.
275 kg.
280 kg.
285 kg.
290 kg.
295 kg.
300 kg.

Kevin Clemens is the top ranked squatter (above) on this month's ADFFPA TOP 20 114 lb. list, and Steve Soukup (below) of Florida appears in the bench press rankings.



people on stackable chairs. The stage was about five feet high and ran the width of the hall. The platform was firm and the bar, ordered from the USA, well lubricated and unspined. From the beginning, the lifters were in good luck. The plan was very cramped.

The sports council turned up to enforce a doping program. They had first gone to the city of Hertford by mistake. Had they arrived at the venue half an hour later the only person they would have been able to talk to would have been the caretaker. The Sports Council, a governmental agency, as the only competent body, took over the administration of doping control from the USA and other national governing bodies, about a month ago.

A healthy number of records were broken, others were attempted and a lot of performances were off the charts. The British 50+ team was the only one to break a record. The British 50+ team had acquired a couple of new lifters, and will be a force to be reckoned with. Overall an enjoyable weekend's powerlifting which testified to the strength of British Masters Powerlifting. (Thanks to Andy Kerr for results)

Oops! Vinces Eldridge's 645 lb. missed the ADFFPA TOP SHW list.

USA PAN AM TEAM...left to right: Conyers, Melezer, Stiegler, Nelson, Caldwell, Kennedy, Maslow, Liffer, Foster, Ferstler, Eldridge (elddridge)



(continued from page 22)

their champions. A change in the procedures is needed, something that will allow for urine or blood testing if so decided upon by the Board. The ADFFPA must work whatever fair means to decision is agreed upon. For now, the present situation has left an unrest in the ranks. The ADFFPA must work upon a beautifully run and completed championships.

The meet site was as comfortable as any I've ever seen. Many reasons why. The ADFFPA has a long history of being a well run organization. The ADFFPA has a long history of being a well run organization. The ADFFPA has a long history of being a well run organization.



Carroll Waters...SHW winner again (Finnegan)

the same, and I dare say that the particular Seniors had more of everything, but from other countries. Event was different from other meets. The ADFFPA has a long history of being a well run organization. The ADFFPA has a long history of being a well run organization. The ADFFPA has a long history of being a well run organization.

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huge weights, but at least appeared to be moral at times, few, if any of the first day's lifters, other than these two, had cause to smile.

Of the eight lifters in the 129s, one bombed in the squat, and the other seven made big weight successful attempts. The judging seemed to be on the side of the lifters. The ADFFPA has a long history of being a well run organization. The ADFFPA has a long history of being a well run organization. The ADFFPA has a long history of being a well run organization.

ADFFPA Women's Nationals
22-23 April 1989

Rank	Name	SQ	BP	DL	Total	
1	J. Godney	117.5	75	137.5	330	
2	S. Davilo	100	57.5	115	272.5	
3	104 lbs	110	77.5	130	317.5	
4	P. Beard	102.5	62.5	125	290	
5	L. Spaguer	102.5	52.5	125	280	
6	T. Mathis	102.5	47.5	117.5	267.5	
7	111 lbs	127.5	67.5	150	345	
8	N. Prince	117.5	72.5	125	310	
9	S. Razor	117.5	55	135	307.5	
10	K. Flynn	117.5	55	135	307.5	
11	D. Burke	105	57.5	137.5	300	
12	A. Sokal	100	65	127.5	292.5	
13	C. Edson	97.5	60	135	292.5	
14	T. Tucker	116 lbs	155	65	155	375
15	B. Rester	137.5	77.5	147.5	362.5	
16	R. Clark	102	52.5	130	305	
17	L. Klamn	112.5	57.5	135	305	
18	A. Flanagan	112.5	62.5	130	305	
19	T. Brock	90	47.5	130	267.5	
20	C. Murgerson	127.5	60	162.5	350	
21	A. Hagan	127.5	72.5	145	350	
22	R. Kraus	132.5	72.5	145	350	
23	R. Hack	132.5	70	147.5	350	
24	S. Brady	130	65	145	340	
25	K. Hayes	120	60	135	335	
26	E. Canille	130	70	150	350	
27	K. Hadley	117.5	65	142.5	325	
28	J. Johnson	110	62.5	125	297.5	
29	Vallancourt	90	65	150	315	
30	E. Hagan	155	85	172.5	410	
31	F. Collins	137.5	72.5	167.5	382.5	
32	T. Ruskok	147.5	72.5	160	380	
33	McLaughlin	133.5	85	162.5	380	
34	K. Besuden	145	70	160	375	
35	L. Ramos	147.5	75	145	367.5	
36	C. Stewart	132.5	72.5	160	365	
37	139 lbs	182.5	80	192.5	455	
38	M. Stevens	147.5	82.5	195	415	
39	A. Seidel	157.5	92.5	195	445	
40	T. Thompson	157.5	92.5	195	445	
41	DeGennaro	140	70	172.5	392.5	
42	R. Hull	140	70	172.5	392.5	
43	Markstetter	137.5	72.5	152.5	360	
44	M. Galante	120	62.5	145	345	
45	R. Sogas	120	62.5	145	345	
46	H. Wehner	120	62.5	145	345	
47	D. Orlando	142.5	60	132.5	335	
48	P. Sathlis	125	67.5	125	317.5	
49	B. O'Brien	154 lbs	200	100	227.5	
50	L. Pierce	157.5	87.5	172.5	417.5	
51	L. Belsito	160	85	160	405	
52	R. Draper	142.5	80	160	382.5	
53	R. Wedding	147.5	72.5	150	375	
54	Talarico	125	72.5	160	357.5	
55	141.5	97.5	145	355		
56	L. Luffor	132.5	70	147.5	350	
57	176 lbs	185	107.5	182.5	475	
58	B. Wometye	152.5	72.5	187.5	417.5	
59	S. Wenger	152.5	75	182.5	410	
60	D. Lemay	150	62.5	155	367.5	
61	M. Stollis	115	77.5	160	352.5	
62	J. DeJor	140	57.5	152.5	350	
63	140 lbs	205	112.5	192.5	510	
64	C. Waters	217.5	85	180	480	
65	Capignone	192.5	87.5	160	440	
66	K. Jewell	142.5	95	177.5	415	
67	C. Ha	205	135			
68	C. Reagan	205	135			
69	Gonsalves					
70	Conyers					
71	Melezer					
72	Ferstler					
73	Eldridge					
74	Stiegler					
75	Nelson					
76	Caldwell					
77	Kennedy					
78	Maslow					
79	Liffer					
80	Conyers					
81	Stiegler					
82	Nelson					
83	Caldwell					
84	Kennedy					
85	Maslow					
86	Liffer					
87	Conyers					
88	Stiegler					
89	Nelson					
90	Caldwell					
91	Kennedy					
92	Maslow					
93	Liffer					
94	Conyers					
95	Stiegler					
96	Nelson					
97	Caldwell					
98	Kennedy					
99	Maslow					
100	Liffer					

ADFFPA Women's Nationals
22-23 April 1989

Rank	Name	SQ	BP	DL	Total
1	J. Godney	117.5	75	137.5	330
2	S. Davilo	100	57.5	115	272.5

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The Greatest Natural Show in Powerlifting History

The 1989 Men's National ADFLA Powerlifting Championships

July 28, 29, 30

The Woodlands Inn & Resort
Wilkes-Barre, PA

SCHEDULE OF EVENTS

Friday, July 28
National Meeting
Nutritional & Training Seminars

Saturday, July 29
Lifting: 8:30 A.M. - 11:4-148
1:00 P.M. - 165-181

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

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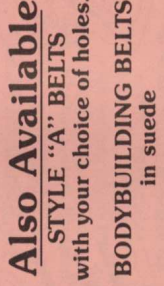
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records with lifts of 510, 230, and 550 for a 1290 pound total (over 10 times bodyweight). Fort Knox, Kentucky's Karl Tillman (29-29, 220) was the outstanding heavyweight lifter. Representing the United States, he lifted 510, 230, and 550 for a 1735 pound total. Guest Lifter Henry Garcia (20-24, 114), another member of the United States team, lifted 425, 225, 425, 225, and 410 for a 1710 pound total. Congratulatory letters to all of the police officers, firefighters, arm-and-legs men, and A Staff Members who participated in the meet.

In the masters division, West Nottingham Academy (Colorado, Maryland) Strength Coach Paul Grubb, lifting with a bad right leg, lifted 435, 145, and 375 for a 955 total. Bethel, Pennsylvania's Bill Hippard lifted flawlessly in the 275's, finishing with four Masters records, and a National record in the 181's. The meet was a success for all the master lifters and thanks for reinforcing the fact that life starts at 40!

In the women's division, A Wynestown, Virginia's Champion of Champions, representing the United States Army, Beth Anne finished with lifts of 265, 145, and 300 for a 710 total. Yale, Connecticut's Jennifer Smith, representing the United States, reached her personal goal of a 1000 pound total and set four new women's records as well. Congratulations to all of the female athletes who participated in the meet.

Three teams were involved in the contest as well. Representing the Teenage Division, Westover, Maryland's The Body Shop coached by Coach Tommie Williams, representing the Teenage Division, The Deputy Sheriff's Association of Prince George's County (Maryland) captained the Prince Open Division, and the Maryland Open Division, representing the Maryland Open Division. Congratulations to all of the teams on their fine performances.

Finally, a special thanks to Alan and Brenda Siegel for their assistance in the meet. Jerry Williams, a special thanks to Alan and Brenda Siegel for their assistance in the meet. Jerry Williams, a special thanks to Alan and Brenda Siegel for their assistance in the meet. Jerry Williams, a special thanks to Alan and Brenda Siegel for their assistance in the meet.

Record. This year's Mike Gardner High School Press Championship was the biggest one yet. The meet was held in the gymnasium of the school. The meet started right on time and ran smoothly and efficiently, thanks to the excellent spotting. Under the workers' aid an excellent time was had by all. It would also like to thank Charlie Rhinehart for adding that special touch to the meet. Thanks to Bud Huler for his assistance in the meet. Thanks to the Southport Fitness Center. Wish also to thank all the great lifters who travelled such long distances to compete in the event.

Another great meet. For next year brings free T-Shirts and 5 places instead of 4. (Thanks to Mike Gardner for results)

Treasure Coast Championship
 16 Apr 89 - Ft. St. Lucie, FL

Open	SQ	BP	DL	Total
J. Cunningham	480	290	420	1190
T. Coburn	395	395	580	1610
J. Chmielowski	425	255	420	1100
P. Ghym	570	340	545	1415
P. Hays	370	360		
D. Dvorna	600	285	525	1510
S. Saunier	490	320	500	1310
W. Strange	725	525	660	1910
A. Hirschenson	500			
R. Day	415	305	400	1120
M. Ryan	400	300	430	1130
Teenage	725	460	685	1870
M. Patrick	225	140	275	640
P. Arzoo	325	245	425	1095
R. Beck	430	205	455	1090
M. Stepp	370	215	315	935
M. Stepp	198			
B. Remley	435	295	470	1220
J. Chmielowski	400	200	410	1010
M. Chmielowski	480	300	490	1270
J. Sipko	425	255	420	1100
H. Hjulund	265	190	275	730
S. Leskinen	275	205	315	795
J. Popper	60	40	60	160
J. Popper	35	25	35	95
J. Popper	35	25	35	95

* Guest: (Thanks to Heikki Orasmaa for results) outstanding lifter, but is a real gentleman and a



1989 International Meet for the Visually Impaired saw entrants from Great Britain, Australia, Canada, France, and the United States. Roger and Judy Gedney coached three teams from the USA: men's, women's, and masters. Officials at the meet, above, left to right, include Nelson Sleno, Ray Gibbs, Judy Gedney, John Baxter (Meet Director and competitor), Andre Cholote, and Luc Leblanc (all of Canada, except for Judy). Best Lifter (light) was Mike Condero with 360, 220, 457, 1107, and Best Lifter Heavy was Galand Burris with 567, 424, 600, 1592. Photograph and information courtesy Judy Gedney.

IPA Free Men's & Women's National Championships
 8, 9 Apr - Potomac, MD

Women's	SQ	BP	DL	Total
M. Lewis	110	80	185	375
B. Howard	145	115	200	460
B. Lisa (BL)	265	145	300	710
M. Pinto	235	140	250	615
S. Vestal	220	115	270	605
M. Macchioni	190	105	275	600
P. Clark	400	200	400	1000
M. Ashley	215	135	275	625
M. Dolan	240	130	255	625
M. Miller	150	105	225	480
S. Macy	290	225	315	830
M. Macy	350	215	340	905
G. Durham	410	205	385	1000
J. Shirin	255	135	335	725
M. DeLoach	420	230	450	1100
M. Panico	270	240	360	870
E. Greene	305	230	350	885
C. Cobain	420	275	475	1170
C. Cobain	420	275	475	1170
R. Pinchak	210	220	380	810
S. Muggard	385	175	375	935
M. Gasstella	475	275	450	1200
198 lb.	365	275	385	1025
C. Moller	545	345	550	1440
J. Clark	450	275	500	1225
H. Garcia	425	225	410	1060
181 lb.	335	260	390	985
220 Wrt	375			
G. Howard	300	180	330	810
123 lb.	225	220	350	795
132 lb.	510	230	550	1290
D. Handborough	250	160	385	895
P. Yong	360	310	440	1210
J. Goodby	460	280	410	1050
C. McDowell	300	275	400	1005

3rd Annual High School Bench
 15 Apr 89 - Elmira, NY

114 lb.	G. Tanner	240
B. McEveven	140x	250
B. Seymour	110	250
Z. Sefo	110	215
123 lb.	J. Curry	181 lb.
S. Smith	215x	315x
S. Christ	205	275
M. Balmer	200	255
C. Agneta	190	250
148 lb.	185	210
D. Hall	260	205
C. Jain	260	185
D. Parrish	235	220
T. Wallace	215	320
J. Hoidal	215	320x
J. Carbone	200	280
J. Carbone	200	280
N. Brown	190	285
T. Benez	180	242 lb.
J. Lufan	175	305
J. Sturgill	165 lb.	300
L. Havens	275	305
J. Vandeke	275	325x
B. Canzone	265	325x
S. Paulman	240	250
C. Metcalke	275	305

Finnish Women's Championships
 11 Mar 89 - Mikkelä (kg)

44 kg	A. Kymaninen	317.5
V. Vittaari	335	317.5
48 kg	T. Hujanen	297.5
S. Kammonen	262.5	277.5
52 kg	L. Jurko	365
S. K. K. K.	315	460
R. Kolehmainen	285	460
E. Kumpuniemi	277.5	352.5
T. Ikinen	75	35
R. Vrikkanen	355	325
A. Kekkala	362.5	370
M. Salminen	315	270
T. Sipu	287.5	455
H. Hjulund	265	405
S. Leskinen	275	90
60 kg	J. Popper	425
J. Popper	35	35
J. Popper	35	35

Treasure Coast Championship
 16 Apr 89 - Ft. St. Lucie, FL

Open	SQ	BP	DL	Total
J. Cunningham	480	290	420	1190
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J. Chmielowski	425	255	420	1100
P. Ghym	570	340	545	1415
P. Hays	370	360		
D. Dvorna	600	285	525	1510
S. Saunier	490	320	500	1310
W. Strange	725	525	660	1910
A. Hirschenson	500			
R. Day	415	305	400	1120
M. Ryan	400	300	430	1130
Teenage	725	460	685	1870
M. Patrick	225	140	275	640
P. Arzoo	325	245	425	1095
R. Beck	430	205	455	1090
M. Stepp	370	215	315	935
M. Stepp	198			
B. Remley	435	295	470	1220
J. Chmielowski	400	200	410	1010
M. Chmielowski	480	300	490	1270
J. Sipko	425	255	420	1100
H. Hjulund	265	190	275	730
S. Leskinen	275	205	315	795
J. Popper	60	40	60	160
J. Popper	35	25	35	95
J. Popper	35	25	35	95

* Guest: (Thanks to Heikki Orasmaa for results) outstanding lifter, but is a real gentleman and a

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But that's only if you're using Dibencozide in its correct form. You may be using an incorrect, less powerful form. Here's what you should watch for:

Facts You Should Know

First of all, you have to watch for "Unstabilized" Dibencozide. You want Dibencozide in its correct, stabilized-release form so that it passes through your stomach intact and doesn't break down until reaching the upper intestinal tract where optimum assimilation takes place. Dibencozide that is not stabilized-release, and even some of those incorrectly labeled as stabilized-release, begins breaking down in your stomach, cheating you of optimum results.

The next thing you should know is that exposure to light will harm your Dibencozide. It's true. Dibencozide is extremely light sensitive. When exposed to light, it begins to break down. Thus the potency of the product will deteriorate rapidly. Therefore always purchase your Dibencozide in a light shielded container.

Avoid Inefficient Products

And you should also know that liquid forms of Dibencozide are not very stable, and can rapidly deteriorate in potency. In addition, sublingual forms of Dibencozide, either tablet or liquid, are very inefficient. As a matter of fact, they are at least 30% less effective than the stabilized-release capsule form that you swallow. And sublinguals and liquids will cost you more per milligram!

So use only 100% pure Dibencozide in stabilized-release capsule form. That way you can be sure your Dibencozide is being absorbed in the upper intestinal tract for optimum assimilation. Yes, there are nutrients better utilized in sublingual form, but Dibencozide is not one of them.

Are You Getting What You Paid For?

Finally, many people don't know that they could be using an under-potented Dibencozide! This could be the result of a number of factors, including intentional dilution of Dibencozide with less expensive B-12 or other ingredients. Buyer Beware!

How to Protect Yourself

You need to protect yourself, and avoid wasting your money on inferior Dibencozide. Here's how:

1) Buy from a well-known, high quality, supplier with an excellent reputation. Such companies will not cheat you, whereas the "fly-by-nighters" are more likely to scrimp on costly ingredients. You want to buy from someone who will deliver the goods as labeled.

2) Ask your supplier to guarantee—in writing—both the quality of their product and your complete satisfaction. If you're not satisfied, you get your money back.



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We guarantee Dibencozide Supreme as 100% pure. It's the real thing. And we don't add any sugar, starch, artificial flavors or colors, or preservatives.

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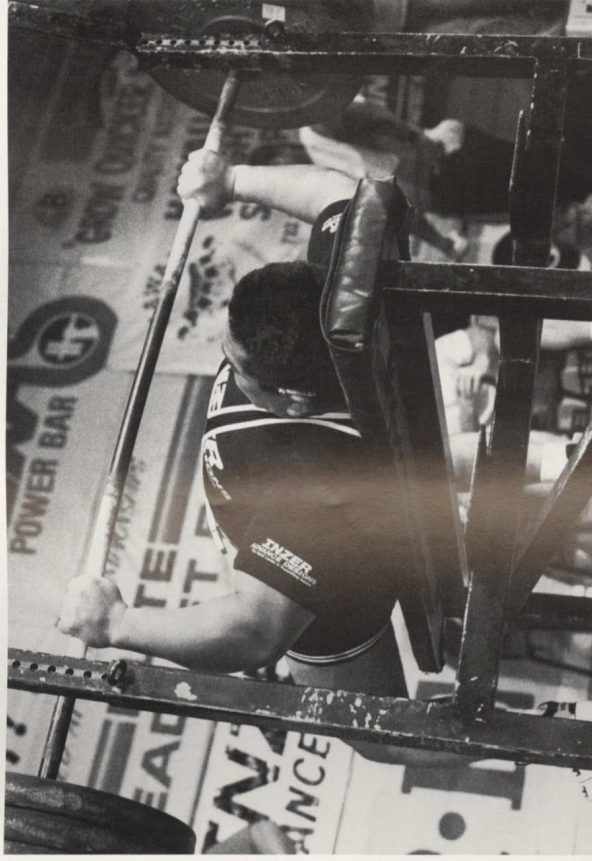


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