Pacifico International Brings:

NEW **Chromium Picolinate** 1000 mcg. 1 mg.
Highest Dosage: 5 times the potency of the exact same patented product sold elsewhere in this magazine. U.S. Patent #4,315,927
100 capsules - $21.00 200 capsules - $39.00

NEW **Muscle Explosion™** 6 Capsules - Dibencozide 10 mg, Smilax 200 mg, Inosine 1000 mg, Orchic Tissue 100mg, Beta Sitosterol 282 mg, Campesterol 112 mg, Stigmasterol 85 mg, Fucosterol 21 mg, Sereno Serrulata 500 mg, Boron 3 mg, Chromium Pocolinate 200 mcg, Ferulic Acid 200 mg, Vitamin B6 100 mg.
No other product equals Power Explosion™, the Ultimate Supplement
One box contains 30-3 capsule bags, **1 box - $31.00 2 boxes - $55.00**

Pure Dibenxozide from Europe This is not just vitamin B-12 that many of you are buying, thinking it's dibenxozide. (Full report available). Sub-lingual 5 mg tablets, 100 - $23, 200 - $40. Stabilized-release 10 mg dibencozide (passes through your stomach intact). Does not break down until it reaches the upper intestinal tract. DON'T OVERPAY — COMPARE PRICES
50 capsules - $24.00 100 - $39.00 150 - $59.00 200 - $76.00

NEW **Dibencozide Gold™** Liquid with Ferulic Acid and Boron. Each serving contains 5 mg dibencozide, 35 mg Ferulic Acid, 100 mcg Boron.
2 oz. bottle - $24.00 2 bottles - $45.00

NEW **Metrabolin Gold** Chocolate flavor.
Contains no sugar. Fantastic taste.
2.2 lb. can - $23.00 2 cans - $40.00

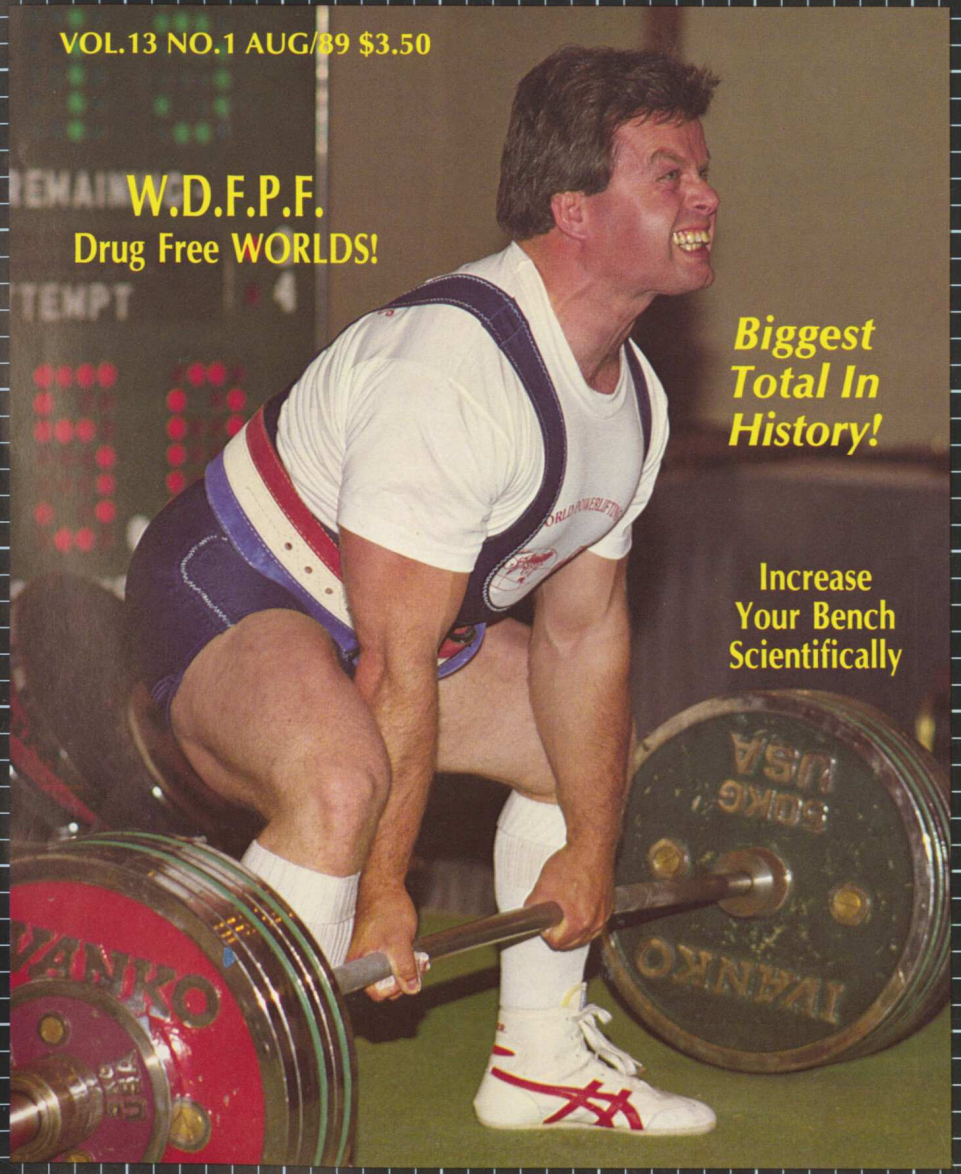
Yohimbe Bark Extract
500 mg, **100 capsules - $18.00 200 - $34.00**
750 mg. **100 tablets - $24.00 200 - $45.00**
1000 mg. **100 capsules - $35.00 200 - $60.00**

1-800-392-5496
(OHIO INCLUDED)

2062 Republic Dr., Dayton, Ohio 45414
COD • VISA • MASTERCARD
Add $2.00 postage FAX: 1-513-898-6064

POWERLIFTING USA

VOL.13 NO.1 AUG/89 $3.50



W.D.F.P.F.
Drug Free WORLDS!

Biggest Total In History!

Increase Your Bench Scientifically

University Studies Reveal

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

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

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

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

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

Before You Read Any Further

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

How The Studies Were Done

Here is evidence of a natural supplement that when taken in the proper form will have a natural anabolic effect on the body. In other words, it will help the insulin in your body work for a maximum effect, and produce a significant anabolic effect on your skeletal muscles. Quality, natural 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 all in a 42 day period.

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

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

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

Here's How It Works

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

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

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

Chromium Picolinate To The Rescue

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

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

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

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

Introducing Pure Form Chromo-Mass™

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

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

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

Call Today and Save

So if you'd like to enjoy the latest breakthrough in strength and muscle growth, then try **Pure Form Chromo-Mass™** from Marathon Nutrition. Each capsule contains: 200 mcg.* of Chromium Picolinate.

50 capsules $8.95 100 capsules $14.95 250 capsules $33.95

*Maximum legal dosage per capsule allowed by law.

Don't waste any time. Phone today! Our toll free number is:

1-800-321-5064
(In CA 1-800-231-4070)

We accept Visa nd MasterCard and C.O.D. Orders. If you desire 2nd day air delivery include $5.89 for shipping.

If you prefer to write, simply fill out the order coupon, and send it to Marathon Distributing Co., 1229 Via Landeta, Palos Verdes Estates, CA 90274.

Marathon® NUTRITION

© COPYRIGHT APRIL 1989 MARATHON DIST. CO.REPRODUCTION OR UTILIZATION OF THIS AD OR ITS PARTS IS PROTECTED UNDER THE COPYRIGHT LAWS OF THE UNITED STATES.

Here's How To Order: Call 1 (800) 321-5064 MasterCard VISA **In California 1(800)231-4070**

Powerlifting USA
Post Office Box 467
Camarillo, CA 93011

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

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

POWERLIFTING USA (ISSN 0199-8536) is published monthly for $26.95 per year. The office of publication is 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. 2nd class postage paid at Camarillo, CA and at additional offices.

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

SUBSCRIPTION RATES: (US funds only)
USA addresses, 1 yr.....$26.95
USA addresses, 2 yr.....$49.95
First Class Mail, USA, 1 yr.....$48.00

Outside USA, surface mail...$36.00 US
Outside USA, air mail.....$72.00 US

POWERLIFTING USA advertising rates available upon your request.

TABLE OF CONTENTS

Volume 13, Number 1 • August, 1989

WDFPF WORLDS.....Mike Lambert.....8
NUTRITION CONCEPTS.....George Zangas.....10
APF JUNIOR NATIONALS.....Doug Daniels.....12
USPF JUNIOR NATIONALS.....Mike Lambert.....13
DR. DARYL JOHNSON.....Bob Tabaka.....14
WORLDS STRONGEST PREVIEW...Derek FitzGerald...15
TOP 100 MIDDLEHEAVIES.....E. Jean Lambert.....18
STRETCHMARK MACHINE.....Paul Kelso.....19
WORKOUT OF THE MONTH.....John Ware.....20
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....22
SLY IS STRONG.....Gayle Hall.....24
JOE BRACA INTERVIEW.....Bob Gaynor.....27
ASK THE DOCTOR.....Mauro Di Pasquale MD.....32
QUESTION & ANSWER.....Roger Estep.....33
COMPETITION PACKING.....Frank Langhorst.....34
SOLE OF THE MATTER.....Ron Fernando.....35
Dr. JUDD.....Biasiotto/Ferrando.....36
GARY DRIGO.....Barry Herman.....38
WORKOUT RECOVERY.....Jeff Chorpenning.....40
USPF PRESIDENT'S MESSAGE....Dr. Conrad Cotter....46
UNCLASSIFIED ADS.....71
ADFPA TOP 20 123s.....E. Jean Lambert.....74
COMING EVENTS.....79

ON THE COVER...Mike Bridges gutting out a 738 pound world record pull at the WDFPF World Championsips

NEXT MONTH...Triple Seniors issue - USPF, APF, ADFPA!

© 1989 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent
Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

Name _____

Address _____

City _____ **State**_____ **Zip**_____

YES! SIGN ME UP!
Check one:

☐ **NEW**
☐ **RENEWAL**
☐ **Address Change**
(indicate previous address)

$26.95 for 12 monthly issues.
$49.95 for 2 years (save 14.6%)

Payable to: 'Powerlifting USA'
Box 467, Camarillo, CA 93011.

WDFPF WORLDS

as seen by PL USA Editor, Mike Lambert

The World Drug Free Powerlifting Federation is a new organization, and this World Championship was only the 2nd in its history. Though there are a few areas where the rough spots show, the innate enthusiasm of the lifters and administrators overflows with energy, making the overall look of prospects, present and future, for the group seem quite positive. Several countries were represented, and some of the faces would be familiar to competitors and officials in the IPF and certainly in their own national federations. Some of the foreign lifters have considerable experience, but a few seemed to be near-novices.

Dennis and Sandi Brady and all their numerous helpers from their B&W Gym membership and the surrounding Chicago area put on the meet, on behalf of the American Drug Free Powerlifting Association. There were many of the traditional and excellent Brady touches to the presentation, though the crowd seemed a bit lighter than for their ADFPA Nationals at the same site in 1987.

Certainly the foreign lifters should be congratulated for making the effort and assuming the expense to be present at this meet, because many of their national governments are probably financially supporting a different federation at this time. Although American lifters dominated the event, they too deserve some special consideration. As reported in the July edition of *PL USA*, the female team members for the USA contingent at this meet were selected at the ADFPA Women's Nationals, contested less than two months prior to the world event, and the male members won their slots at last year's ADFPA Men's Nationals, but many of them face the prospect of lifting again, in less than two months, if they wish to defend their titles at this year's Men's Nationals in Pennsylvania. Some of the men lifters took it easier than they normally would have for this reason, and some of the women did very well despite the need to peak again so soon after their drug tested triumphs in Florida. This was, of course, a drug tested meet, with an extensive number of urine samples taken. Reportedly, there was some controversy about where the samples would be evaluated, with some nations desiring that the testing be conducted by one of the IOC labs.

***What Spirit!**..the British team in particular lifted, cheered, and kidded around extravagantly well. Seen in this photo are (left to right) Ian Tudor, Derek Ambler, John Guern, Mike Leadbetter (obscured), Colin Foulser, Alan Gutteridge, Graham Price, Adrian Bundt (partially obscured), and Brian Spice. At award time, John Guern, the British Champion and Coach of the team, broke out the bagpipes and played and played and played, doing the same when the American team was up on the stand. On the way into the meet, he even gave an impromptu concert at O'Hare Airport, which was so lengthy that he was politely asked to cease. After the meet at the host hotel, he was found trying to do one armed pullups on the revolving entryway!*

***Jackie Pierce**...has acheived a new standard of ultimate success in Powerlifting, consecutive World and National titles in all three of the major world and national federations.*

Because of the 'youth' of the organization, the current list of world marks was easy pickings, and records fell like rain, on these two beautiful, clear, early summer days in Chicago. Smiling and busy, Judy Gedney lifted well and assisted in many ways elsewhere at the meet. Tracy Beard also won comfortably and helped when her lifting was over. Naomi Prince was elated to win her first world title, but her last deadlift must have resulted in some "muscle awareness" afterwards, in the words of Judy Gedney. She faced the screaming intensity of Evelyn Debosse of France, who had more left than her 4th attempt 341 deadlift, however, she was heavier than Naomi. Susan Brooker of Great Britain is the married daughter of WDFPF President Ken Smith, who formerly competed as Susan Smith in BAWLA and IPF competitions. She was pregnant last year and, thus, did not compete at the inaugural WDFPF World event, but 9 month old Andrew watched her lift this time.

Amy Hinman of the USA led a unique all teenage finish in the 122s, and Raymonde Cadre of France took charge in the 129s when Felicia Johnson crumpled under the bar on her first squat, while stepping back with it from the racks. She appeared to be injured, but gamely returned. She could not, however, get together a passable attempt on her subsequent tries.

Long, tall Michelle Stevens had a super day, but her nearest competitor, Kasbarian, had to be taken from the meet in an ambulance in excrutiating pain after failing to show on her first deadlift, making the weight on her 2nd, and then falling backwards in screaming pain to the platform at the conclusion of the lift.

Jackie Pierce won hugely, on but 4 attempts, crowning a magnificent quest to win an unprecedented series of multiple federation titles. What can she possibly do to top this string of successes in the USPF/IPF, APF/WPC, ADFPA/WDFPF? (She's got further plans, obviously, having entered the USPF Women's Nationals in Vegas, to take place only 4 weeks from this world meet!).

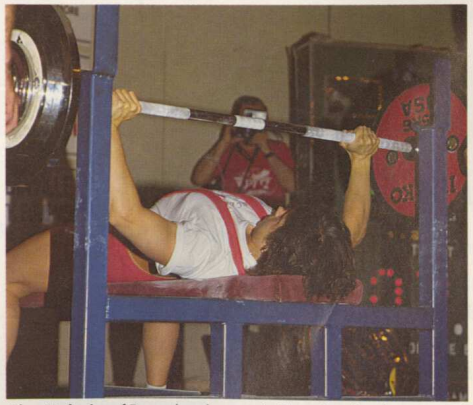
Betsy Wonyetye had a well deserved fine day on the platform in the 176s, finishing over 155 pound Joy Dobson of Australia, while Carol Water had a so so day in the SHWs.

Joe Catalfamo's fine day left no slack for the quality lifting of Britain's Graham Price to take advantage of. All of Joe's lifts were new WDFPF World Records and it was his birthday besides. Former IPF Masters contender Andrieu Prosper of France finished creditably in 3rd.

Ron Hoff had a gut-twisting day, hitting an inadvertent back roll after his first deadlift, before finally pulling out a squeaker on his final. Ron was going to go 132 at the ADFPA Nationals, but substituted on the USA team for a lifter at 123 and had to diet back from 141 for this meet.

The clash of the meet took place at 132, where a fired up Alan Gutteridge took up the battle with classy Ken Westbrook. Ken had to take his light squat opener over, and that left an opening for the Brit to bench in ahead of Ken at subtotal and control the issue in the deadlifts.

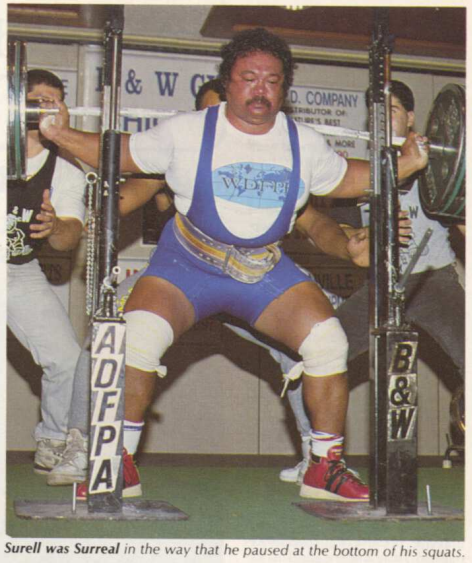
Ray Benemerito was looking after a slightly injured shoulder and was also saving himself for the Nationals. Adrian Bundt, in 2nd, was lean and fearsome looking.



***Clara Kasbarian of France** bench pressed with profound explosiveness, all the way up to 264, while weighing but 136.5, but collapsed on the platform with a wrenching back injury after bravely taking her only deadlift try.*

WDFPF WORLDS/17,18 JUN 89/Chicago, Illinois

	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
Women											
97 lbs.											
Gedney USA	248	259	264	143	148	~~154~~	413	281	303	308	722
104 lbs.											
Beard USA	242	264	281	137	~~165~~	~~170~~	418	242	270	~~303~~	688
		4th	~~303~~		4th	170					
Robinson GB	198	220	231	99	~~104~~	~~104~~	330	198	220	~~231~~	550
111 lbs.											
Prince USA	253	275	286	126	137	143	429	292	314	336	766
									4th	~~341~~	
Debosse FRA	264	286	~~308~~	121	126	137	424	286	308	~~336~~	733
									4th	341	
Brooker GB	242	~~264~~	~~264~~	148	159	~~165~~	402	242	264	~~286~~	666
116 lbs.											
Garner USA	297	325	347	126	137	143	490	308	341	363	854
Plouvier BEL	264	286	~~297~~	143	~~154~~	~~154~~	429	286	303	~~314~~	733
Bundt GB	176	220	~~242~~	154	~~165~~	165	385	176	~~220~~	—	562
122 lbs.											
Hinman USA	248	281	~~297~~	121	126	~~132~~	407	314	336	358	766
									4th	363	
Lemoulle FRA	264	~~286~~	~~286~~	137	~~148~~	~~148~~	402	275	297	~~319~~	699
Edmunds GB	209	~~231~~	231	121	126	~~132~~	358	264	286	303	661
Fairminer GB	253	270	~~281~~	~~126~~	~~126~~	~~126~~	—	—	—	—	
129 lbs.											
Cadre FRA	242	264	286	137	~~148~~	148	435	286	308	~~319~~	744
Detenon GB	~~231~~	253	~~264~~	121	~~126~~	126	380	308	~~347~~	~~347~~	688
Johnson USA	~~336~~	~~336~~	~~336~~								
139 lbs.											
Stevens USA	380	413	~~429~~	154	165	~~170~~	578	385	424	451	1029
Kasbarian FRA	286	319	330	237	253	264	595	~~352~~	352	—	947
Morales BEL	198	220	231	121	~~132~~	~~132~~	352	264	286	303	655
Samways GB	198	220	231	110	~~115~~	~~115~~	341	286	303	~~319~~	644
Danage GB	231	253	264	99	~~104~~	104	369	242	264	~~286~~	633
154 lbs.											
Pierce USA	413	~~446~~	~~446~~	~~231~~	231	~~237~~	644	462	485	~~496~~	1129
		4th	446								
Millington GB	275	297	308	143	148	~~154~~	457	352	391	396	853
176 lbs.											
Wonyetye USA	402	418	429	214	~~231~~	231	661	385	402	~~413~~	1063
		4th	435								
Dobson AUS	286	308	319	176	187	~~192~~	507	396	424	~~440~~	931
Briggs AUS	~~330~~	330	341	126	137	~~148~~	468	330	~~352~~	~~374~~	799
176+ lbs.											
Waters USA	~~418~~	418	~~440~~	220	231	237	655	418	~~446~~	~~446~~	1074
					4th	242					
Detraglia EGY	220	~~242~~	~~264~~	110	121	132	352	220	264	286	639
Men											
114 lbs.											
Catalfamo USA	358	380	396	214	237	~~248~~	633	374	402	413	1047
Price GB	319	336	358	192	203	~~214~~	562	407	429	~~446~~	992
Prosper FRA	242	264	~~275~~	143	154	~~159~~	418	363	385	~~396~~	804
123 lbs.											
Hoff USA	~~402~~	402	424	231	242	248	672	~~429~~	~~429~~	429	1102
Broullet FRA	352	~~374~~	374	203	214	220	595	418	440	~~451~~	1036
McFirbish IRE	352	~~374~~	~~374~~	198	209	~~214~~	562	330	—	—	892
132 lbs.											
Gutteridge GB	407	429	440	297	308	319	760	462	485	496	1256
Westbrook USA	~~424~~	424	518	225	~~237~~	237	755	451	473	496	1251
			~~556~~								
148 lbs.											
Benemerito USA	473	529	—	303	~~330~~	—	832	551	—	—	1383
Bundt GB	396	429	~~446~~	275	~~297~~	297	727	496	534	~~551~~	1262
Guern GB	319	352	374	264	281	286	661	507	534	551	1212
										~~575~~	
Lecompte BEL	396	~~418~~	418	231	242	248	666	418	~~446~~	~~446~~	1085
165 lbs.											
B. Bridges USA	~~534~~	~~534~~	534	341	358	369	903	650	672	~~738~~	1576
Mezzanote BEL	562	589	606	297	308	~~314~~	914	595	628	~~639~~	1543
Spice GB	418	462	490	220	237	~~248~~	727	518	573	—	1300
181 lbs.											
M. Bridges USA	622	—	—	374	380	424	1047	633	—	738	1785
					4th	429					
Ambler GB	529	545	556	308	319	~~325~~	876	551	~~573~~	573	1449
Vaughn AUS	518	540	551	292	~~308~~	308	859	551	567	589	1449
Lebreton FRA	451	496	512	275	286	~~292~~	799	540	573	595	1394
Boucheour FRA	396	440	462	297	319	~~330~~	782	507	573	~~589~~	1355
198 lbs.											
Shannon USA	600	650	—	402	—	—	1052	705	~~755~~	~~755~~	1758
Kalic FRA	562	584	~~606~~	325	336	341	925	606	617	639	1565
Foulser GB	518	545	562	352	369	~~385~~	931	540	584	595	1526
220 lbs.											
Ladnier USA	672	—	—	424	435	446	1129	622	~~710~~	—	1752
					4th	457					
Tudor GB	507	529	540	363	380	~~396~~	920	529	551	~~567~~	1471
Stoweman GB	529	551	584	303	~~314~~	—	887	573	~~595~~	~~595~~	1460
Turner AUS	529	551	—	275	~~286~~	—	826	551	573	~~595~~	1399
242 lbs.											
Stewart USA	705	—	—	451	~~468~~	468	1173	710	—	—	1884
275 lbs.											
Surell USA	722	804	859	407	424	~~435~~	1284	562	622	~~672~~	1906
Leadbetter GB	396	440	485	396	413	424	909	661	688	710	1620
Howell AUS	584	628	650	303	~~319~~	~~319~~	953	617	644	~~661~~	1598
SHW											
McCain USA	788	832	865	490	~~507~~	512	1327	666	688	705	2083
					4th	523					
Mostafa EGY	562	584	~~606~~	424	~~462~~	~~468~~	1008	606	~~661~~	—	1614
Gardner GB	551	584	~~606~~	~~303~~	~~303~~	303	887	518	584	628	1515
Van Uland BEL	330	352	374	176	~~220~~	—	551	440	473	485	1036
Shard AUS	462	485	496	~~286~~	~~286~~	~~286~~	—	—	—	—	



***Surell was Surreal** in the way that he paused at the bottom of his squats.*

In the 165s, Bob Bridges was hoping for a tremendous deadlift, perhaps something more than what anybody, in any organization had ever pulled before, but 738 was not to be. Totalwise, he had a relatively close finish with Francis Mezzanote of Belgium, a competitor with extensive previous IPF level lifting experience.

In the 181s, brother Mike Bridges put on his show, but chose not to go all out in the squat and bench, saving something special for the deadlift, where he was rewarded. 21 days before the meet, he had pulled 650 for 3 and 700 for 2 reps, and felt that 738 was in the bag for the meet. Mike was not only united with his brother on the platform, but they were both in the presence of their original coach and training partner, Mr. Al Smithers. When Mike heard Al's familiar voice, out of all the others in the audience, he knew he could make the tough lift that 738 proved to be. Now, Mike can lay claim to having set a world record in each of the lifts. Mike finds that it takes too much out of him to re-peak for another meet so soon, and will likely pass on the Men's ADFPA Nationals this time, but brother Bobby may show up. Mike's official bodyweight was only 171, but there was talk that the scale used was 'light' on occasion. Good lifters and lifting followed Mike in the 181s. Note the tussle that Derek Ambler and David Vaughn got into.

In the 198s, Bill Shannon looked more massive than ever, but he was taking things conservatively as well, and looking after a back injury. Still, he took two hearty rips at a 755 pull that was out of the groove. Kalic of France weighed only 185.

In the 220s, Joe Ladnier followed the lead of Mike Bridges, with an opener squat, 4 benches, and then a shot at a big deadlift, but his didn't come through this time. He also looked bigger than before, and should be a huge factor in the Nationals again. In 2nd was Ian Tudor of Great Britain, appropriately, a forklift operator.

In the 242s, Andrew 'Bull' Stewart gave bicep shots on demand (and sometimes not when demanded), clowned and conversed, and absolutely charmed some of the foreign supporters. He saved his big lifts for the Nationals, and there was talk of him squatting well over 800 there. Like most of the Americans, he also looked even bigger than ever before.

In the 275s, Ernie Surell took advantage of his chance to lift for the USA to produce a great new WDFPF squat record, performed in his inimitably slow descent style, a lift which stunned the foreign attendees.

Leadbetter, a British teacher, took it very easy on his injured knee, but showed substantial pulling power and ended up with a nice total, just ahead of another potentially much stronger lifter, Andrew Howell, a cabinet maker from Australia.

In the Supers, Dan McCain was his regular massive self and won predictably. It's not certain that he will lift in the Nationals this year, according to Tim McClellan. Mahmoud Mostafa of Egypt (via Syracuse, New York) comfortably handled the rest of the field, but didn't get the big bench he really wanted.

Best lifters at these championships were Jackie Pierce for the women and Mike Bridges for the men (followed by his brother Bob). Two of the foreign teams that we're supposed to show, didn't, but the foreignors who were there made it a raucous good time for all. They lapped up all the good, American-style lifting equipment they could afford and should be tougher next year at this meet, when it is held in Meaux, France.

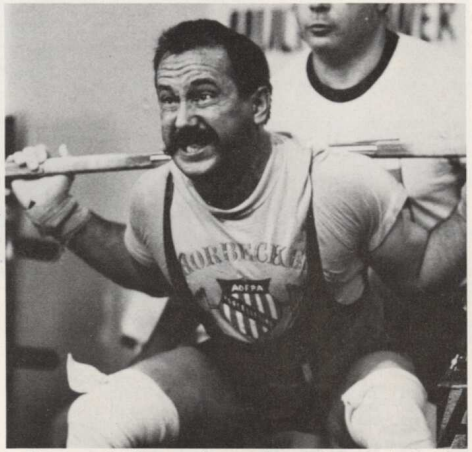
Advanced Concepts in NUTRITION

Getting STRONGER and Growing Naturally, Part 2

by GEORGE ZANGAS, Marathon Distributing

Last month's article ended by discussing the 4 phase approach to nutritional programming for powerlifters and strength athletes. The 4 categories are the aminos, the growth enhancers, performance enhances, and micronutrients (vitamins and minerals). Please keep in mind that all the products we recommend work very well on their own, and don't have to be taken as part of a program. Why I emphasize a complete program using products from all 4 categories is that it will bring you optimum results. A quick refresher course: aminos - for muscle repair and growth; growth enhancers - to potentiate the body's natural growth chemistry; performance enhancers - to enable you to train harder and longer, they are also essential for top performance in competition; vitamins and minerals - provide essential micronutrients that are basic to any good nutritional program. Now onto the subject at hand: the 4-phase supplement program for the powerlifter and strength athlete.

Phase 1 - The Aminos: There's quite a variety of the amino complexes available in the marketplace today. The best approach here and what we suggest is the Amino Supreme, because of its specially formulated 3-way amino stack. This formula was designed to incorporate the latest information available on amino acids. The first portion of the stack would be branched chain amino acids (50 percent leucine, 28 percent valine, and 22 percent isoleucine). This first portion makes up over 27 percent of the entire potency of the tablet. That's heavy duty! Branched chain amino acids are highly effective in building and rebuilding muscle mass, the kind that leaves a greater strength. They also help produce other amino acids. The second portion of the 3-way stack is the overall 17 amino acid complex. These 17 aminos are ideally proportioned to complement the branched chain amino acids, provide the high nitrogen balance required to affect muscle building and rebuilding. The third portion of this 3-way stack are the aspartates and aspartic acid. They are included as part of the overall complex. To help avoid fatigue and increase muscle action and endurance you can't find a more potent or effective amino acid complex. Each tablet contains 2200 mg of a fine balance of amino acids never before available. The combination of branched chain amino acids, the overall amino complex, and aspartates make it a remarkable and unbeatable product. The ideal use of Amino Supreme product when you're training hard is 5 tablets 2-3 times per day. One last word on the area of amino acids and that concerns the use of liver tablets, especially 2 gram liver. To provide glandular protein that's defatted, combine it with your Amino Supreme and you'll be very pleased with the increased results. It is also an excellent source of vital nutrients that will aid in your vitality and endurance. Recommended use for heavy training: 5 tablets twice a day.



***Modern Strength Athletes** need to pay strict attention to supplementation.*

Phase 2: Natural Growth Enhancers, also known as steroid alternatives, are nutrients that act as catalysts in harnessing your body's own growth chemistry. Dibencozide (coenzyme B12) is a highly effective nutrient that aids in protein and amino acid synthesis and also works at the cellular level to hasten recovery. It's a natural, non-steroidal anabolic agent. We recommend Dibencozide Supreme 10 mg. It is a capsule with stabilized release, designed to pass the stomach undisturbed to the upper intestinal tract. For maximum assimilation of Dibencozide to take place, liquids and sublingual forms are not suggested. They're at least 30 percent inefficient due to dibencozide's high molecular weight. In addition, liquids are not very stable when it comes to this nutrient. We recommend using 30-50 mg of Dibencozide Supreme (3-5 capsules daily)

Chromo-Mass, chromium picolinate, is another effective product in this category. It is relatively new, and quite a bit of information is available on its effectiveness in double blind testing for building muscle. This can be used in place of Dibencozide Supreme, or for that matter, if it's economically feasible, use both, as they will complement each other. Recommended ideal use: 600 mcg (3 capsules) 2-3 times per day.

The final growth enhancer that I highly recommend is double potency Smilax Officinalis. 1-2 dropperfuls morning and evening will go a long way. It's highly effective in maintaining optimum natural testosterone levels, so important to growth and strength. It works! The overall recommendation, then, as far as growth enhancers are concerned is: first and foremost, use double potency Smilax Officinalis, combined with either Dibencozide Supreme or Chromo-Mass. If you're economic situation allows you to utilize all three, it will be compatible as they work in different areas. Please remember, double potency Smilax Officinalis, Dibencozide Supreme and Chromo-Mass are highly effective when also used individually.

Phase 3 - Performance Enhancers: The recommendation here is easy - triple strength pure form Inosine 1500 mg is regarded as the number one performance enhancing nutrient. Use 2-3 capsules, 3000 mg - 4500 mg, 1 hour prior to training or competition, and you'll find yourself pushing or pulling heavier weights more often and recuperating faster between sets. Inosine enhances ATP production and your body's oxygen-carrying ability. An ideal companion to inosine will be performance enhancing beverage taken with your inosine capsules prior to workout or competition. We highly recommend Metaphase due to its unique blend of 3 key ingredients. They are: medium chain triglycerides, the preferred energy source for red muscle tissue (primarily found in back and legs); succinates, an energy metabolite; and branching glucose polymers, and advanced form of carbohydrates. Although it's not necessary to use anything with triple strength Inosine 1500 mg, combining it with Metaphase will give you even more of a "kick" for training or competition. Metaphase is very effective for recuperation. When taken after training, that is, within 2 hours, it reloads muscles with needed nutrients to hasten recovery.

Phase 4 - The "Micronutrients". The basics. The vitamins and minerals - they've been overlooked with all of our high-tech nutrition of the last 7-8 years, but they play a very important role in every bodily function from proper adrenal function to carbohydrate metabolism. They also play important roles in protein/amino acid utilization, proper hormonal balance, prevent cramping, and much more. If you think you're getting enough of these nutrients from your daily diet, you'll be surprised to find out you're being drastically short-changed in this basic, but vital area. Our recommendation here is either 1 of the Gold Medal Packs or the latest... in tailored nutrition.

The program that we have just described in Part 2 can be tailored to your needs. Everybody is different, and what we have presented you with in this program are some basics that work very well for everybody. Programs can get very exotic if it's required, but start simply. I must emphasize again, at the end of part 2, what I said earlier, and that is, any product we recommend here works very well on its own and doesn't have to be part of a program if you so choose. But please remember, when all 4 phases of the program are used, it will give you optimum results. If you write us at Marathon Nutrition, I'll be glad to give you a personalized diagram or daily schedule that relates to this program. Just ask us for Report Number 54 and provide us with information relating to the times of the day you train, and what days of the week you train.

Contact us at Marathon Nutrition, 1229 Via Landeta, Palos Verdes Estates, CA 90274, 800-321-5064 or 800-231-4070 (CA).

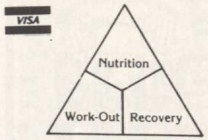
George Zangas is the founder and owner of Marathon Distributing Company, which specializes in high quality nutritional supplements and apparel for the powerlifting community. George was formerly Western Regional Sales Manager for Thompson Vitamins. He also founded and coached the "Thompson Power Team",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

COPYRIGHT 1989, Marathon Distributing Co. Reproduction or utilization of this article or its part is protected under the Copyright Laws of the United States.

STRENGTH AND FITNESS *OF COLORADO, INC.*

36 Research Dr.
Pueblo West, CO 81007
719-547-2008

Prices F.O.B. Pueblo West, CO



•THE COMPANY
THAT: isolates the movement
THAT: keeps you from cheating
THAT: makes you stronger faster.

BEHIND NECK PRESS
-$190.00

SOLID STEEL DUMBELLS
Made in the U.S.A.
Lifetime Guaranteed
Rack **FREE** with order of 10 pr. 85¢ per lb.

HOME UNIT-$700.00
•Lat Machine
•Seated Row
•Bench
•Incline Bench
•Leg Curl & Extension
•Dip
•Hip Flex
•Weight Plate Rack

INCLINE BENCH-$190.00

T-BAR ROW WITH CHEST REST-This bench allows you to isolate the upper body without putting strain on the low back. $225.00

WORK BENCHES
Flat $90.00
Incline $120.00
Decline $140.00

LEG EXT. & CURL ADJUSTABLE-Bench angle allows full range of movement and proper isolation of quadriceps and hamstrings for peak development. Bench back gives support and eliminates cheating. Bench back pivots down and seat angles up to allow leg curls to be done without stress in lower back. $450.00

•You get the same quality equipment for your home that we sell for commercial use.

REVERSE HYPER-Develop the lower back erector muscles, and tightens the buttucks $150.00

•We will custom build to fit your workout area.

SQUAT COMBO.-You can do it all by yourself and be safe
$500.00
with 310 weight set $700.00

A.P.F. Junior Nationals

as seen and told by DOUG DANIELS

APF JUNIOR NATIONALS
27-28 May 89 - Rosemont, IL

Women	SQ	BP	DL	Total
V. Lester	167.5	97.5	177.5	435
114 lb				
R. Burris	170	97.5	170	437.5
R. Thompson	140	85	207.5	432.5
123				
J. Sabella	162.5	105	180	462.5
H. Blake				
132				
R. Granato	182.5	127.5	205	525
148				
J. Thurm	230	135	230	595
R. McLaren	207.5	147.5	215	565
W. Ewing	207.5	125	222.5	550
165				
A. Berardinelli	265	160	262.5	687.5
T. Denton	260	142.5	250	652.5
P. Sacco	247.5	152.5	240	640
J. Taylor	237.5	132.5	247.5	610
181				
K. Davis	310	202.5	272.5	785
S. Farnsworth	292.5	170	262.5	725
S. Ickow	295	205	225	725
198				
T. Kamand	335	207.5	307.5	850
A. Croone	325	190	310	825
J. Emiliand	317.5	190	290	797.5
D. Christiansen	287.5	175	320	792.5
J. Troha	295	205	282.5	792.5
M. VanHee	307.5	187.5	295	787.5
L. King	295	195	292.5	782.5
D. Meeks	295	192.5	295	782.5
M. Almy	287.5	180	295	762.5
L. Sellers	277.5	177.5	290	735
J. Bott	262.5	175	292.5	722.5
H. Ruby				
J. Vrabel				
220				
J. Rose	372.5	227.5	315	915
D. Mellema	300	182.5	300	782.5
J. Bott	300	172.5	292.5	765
M. Detolve	305	157.5	300	757.5
C. Tritilli	277.5	195	282.5	755
S. Hdnrikson	25	232.5	125	400
C. Maxwill				
D. Blatnick				
242				
L. Mistric	367.5	235	312.5	915
R. Heller	347.5	220	295	862.5
D. Connett	335	180	320	835
D. Maratori	347.5	197.5	287.5	832.5
C. Knowlton	300	215	300	815
F. Carson	307.5	182.5	300	790
P. Weiss				
275				
B. Stevenson	365	212.5	327.5	905
J. Gnerre	340	220	310	870
R. Seagraves	337.5	215	310	852.5
N. Tierne	340	210	287.5	837.5
M. Israelson	295	185	272.5	752.5
P. Boucher				
SHW				
A. Larson	370	245	335	950
S. Brodsky	347.5	230	335	912.5
J. Ketchum	350	225	330	905
R. Barlon	322.5	227.5	342.5	892.5
K. Gorbal	357.5	157.5	282.5	797.5
GUEST				
D. Pasanella	467.5*	260	387.5*	1115*

*WPC world record.

This years APF Juniors were held at the Ramada Inn in Rosemont, Illinois and run by Al Falcon, owner of the Power Force Gyms in Highwood and Gurnee, Illinois. The facilities were high quality with more than ample space for spectators and competitors. About 60 lifters chose to compete in this year's meet. Top APF/WPC judges were seated and chriopractors James Stoxen and Galen Bauer were on hand to assist lifters with injuries such and were quite helpful and busy. As usual, Maris Sternberg did a great job announcing on both days showing off her hat collection gathered in her overseas lifting excursions. Al Falcon's spotting team should get an award for best lifting, saving numerous lifters and the platform from certain harm.

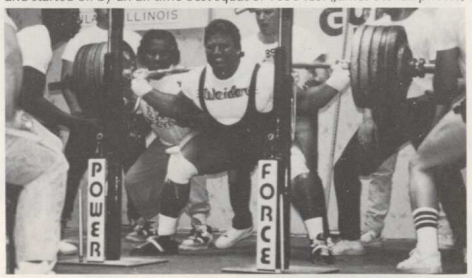
The women's class had only one competitor, Vicky Lester. She still lifted well totaling 959 pounds.

The light classes suffered from light turnout. Randy Burris, a fellow Hoosier, won with a 964 total. Randy had a very difficult time making weight, as last year he lifted at 132, but an illness kept his weight down. Roger Thompson, an ADFPA deadlift king, put up stiff competition and came close with a WPC deadlift record pull of 490.5. Interestingly, Roger credits barbell lunges for his progress in the deadlift.

At 123, Military lifter, Herbie Blake, looked to take the title, but couldn't please the judges with his 3 easy squat attempts. The judging at this meet, led by Tony Fitton, was not to be satisfied with 'close'. John Sabella finished first with a 1019 total to take the price.

Russ Granato finished second last year to Doug Heath, but this year, competed unopposed and claimed the title this year, just getting in his third attempt to total out.

Dave Pasanella *guest lifted himself to the biggest total in Powerlifting history at the A.P.F. Junior Nationals, a 2458 at 275 topped by an 854 deadlift and started off by an all time best squat of 1030 lbs. (James Stoxen photos)*



Jack Thurm bombed out last year at 148, but this year made up for it nicely, getting in a 507 squat beating out Rex McLaren and a physically impressive Willie Ewing.

At 165 Angelo Berardinelli came through with an improved total over his 6th place finish last year to best Thom Denton and Paul Sacco. Jimmy Taylor rounded out the class in fourth.

The 181 pound class looked to be a battle between the chiseled physiques of last years runner up, Kenny Davis, and Y National champ Steve Ickow. However, during warmup for the deadlift, Ickow tore a hamstring and bravely took his now lowered deadlifts to finish third by bodyweight to Scott Farnsworth's second. Kenny Davis performed a bit under his best, but still won the class as well as Best Lifter of the first day, which included transportation to the APF Seniors.

Jack Rose *precise lifting by the 220 lber from Tracy, CA (Daniels photo)*

The 198s, like last year, had the most lifters with 13. Tony Kamand from New Jersey, who finished second at the '88 YMCA Nationals, easily won this class behind balanced lifting and superior squatting ability. Undaunted by his second attempt being turned down, Tony went up to 738 for his third and got it with room to spare. Tony's got to be the widest lifter under 200 pounds with extreme shoulder width. Art Croone showed promise coming in second with a quality 1818 total. Josh Emiliano's solid squat gave him the edge for third. Dave Christiansen deadlifted his way into fourth. Jim Vrabel figured to be stiff competition with a 500 plus bench, but couldn't get any of his 3 squat attempts in to continue.

Jack Rose had Curtis Leslie to deal with last year and distinguished himself as a top lifter. This year, it was his turn to shine. His 821 squat was a thing of beauty and his other lifts were top notch too. Jack finished with a 2017 total for first and was best lifter of the second day which earned him a free ride to the Seniors and possibly another showdown with APF champ Curtis Leslie. Dwayne Mellema was easily the number 2 man of the class with a 1725 total. John Bott took third over Mark Detolve.

Texan Larry Mistric earned a well deserved victory at 242 but barely made his third attempt at 810 to stay in the meet. Larry failed to rise with the first two, but stuck with the third one and won easily. Randy Heller got second and Dan Connett nipped Dennis Maratori for the third place trophy.

Brad Stevenson weighed just over the 242 limit at about 244, and won the 275 class with a perfect 9 for 9 day. Jerry Gnerre ended up in second behind a better subtotal than third place man, Ralph Seagraves. Nick Tierney and Matt Israelson finished out the class.

Even with only 4 successful attempts, big Arte Larson from Arkansas, had control and eventually victory at super. Arte tried 925 in the squat but it wasn't meant to be yet. With his 815 squat, 540 bench and his favorite lift, a 738 pull, Arte added the Juniors award to his trophy collection. Steve Brodsky was thrilled with his second place finish, cracking the one ton mark and bettering his total of last year. Huge John Ketchum finished third with balanced lifts.

The big story of this meet and certainly one of the biggest stories ever, was Dave Pasanella. Dave came to guest lift and set some serious records, and so he did, and in a nonpareil manner. Dave brought with him the newly APF/WPC approved squat bar. This bar was designed for 1000 pounds plus squats, thicker and heavier, about 74 pounds. Since other lifters would be at a disadvantage if they used this bar for squats, the spotters would unload the regular bar and load the big bar at the end of each round for Passenella. His first squat of 948 was not very easy, but it was smooth, then it was announced that his second atempt would be 1030. If successful, it would be the most ever by a human. He handled the big weight easily out of the rack but the judges turned it down on depth. Dave took it again on his third attempt. The platform could be seen flexing downward under strain of the bar and the human forklift. He took it down and slowly, but surely rose up with it to the roars of the crowd. 2 white lights and a new squat record was on the books!

Tony Kamand*...persistency produced his National title (Daniels photo)*

Next was the total record. Passenella got 2 benches and 1 miss at 600 for a 1604 subtotal, more than many of the meet's 3 lift totals. A 766 deadlift went up easily to cement the squat record. His second deadlift of 826.5 erased Kazmaier's 2425 and John Ware's and O.D. Wilson's recent totals. This all done by a 275'er,yet. Showing deep intensity, Pasanella requested a third deadlift of 854 for icing on the cake.

This time it was a little harder, but gravity again, came in second. With this, Dave Pasanella upped the all time total record to 2458! A fourth attempt at 876 for a deadlift record only came up a few inches, but not before lifting history was made. It's all on the video tape. This man will total 2500 very, very soon. This was all done at a meet where judging was tedious, although there will be controversy over the squat bar used. Ernie Frantz said it is actually more to specification than some other squat bars used in competition. Perhaps it's time for equipment to be used to match the higher level of achievement of today's top lifters. Look for its use to increase in the future.

So ended the fourth APF Junior Nationals. Al Falcon and Power Force Gym with help from many others, conducted a quality, national meet. Comments from lifters and spectators I talked to were very positive. The team trophy was taken by the home team, Power Force. Second went to Brad's. Though the turnout this year was low, never the less, the APF Juniors remain one of the most popular meets in the sport. Til next year.

Errors...Jeff Gross should have been credited with a 425 in the results of the Metro Bench Meet (last issue) and Gary Kaiser's 562 deadlift at 165 was a TOP 100 lift. Andy Kotowski had a 470 bench in June/85 that was an ADFPA TOP 20 275 lb. class lift.

USPF JUNIOR NATIONALS
20,21 May 89 - Shawnee, OK (kg)

Men	SQ	BP	DL	Total
52 kg				
H. Garcia	192.5	97.5	175	470
J. Ross	110	92.5	130	340
56 kg				
R. Burris	177.5	100	172.5	450
60 kg				
S. Ryan	195	110	205	510
P. Weber	185	115	202.5	502.5
67 kg				
C. Wodraska	250	155	240	645
W. Weaver, Jr.	227.5	147.5	227.5	602.5
75 kg				
S. Zenobi	262.5	170	247.5	680
S. Jones	260	147.5	255	680
T. Stapleton				
82 kg				
B. Johnston	327.5	195	292.5	815
T. Malejko	272.5	160	315	747.5
T. Springer	290	200	252.5	742.5
D. Housey				
S. Auld				
90 kg				
R. Pittman	327.5	235*	337.5	900*
G. Bloom	320	195	305	820
M. Fessenden	305	205	272.5	782.5
S. Smith	305	177.5	275	757.5
G. Bryant	352.5	185		
100 kg				
J. Rose	382.5	228	320	930
S. Elgin	330	205	302.5	837.5
J. Hoffman	337.5	235	335	807.5
D. Mills, Jr.	312.5	190	292.5	795
R. Talton	280	160	307.5	757.5
R. Dotson				
110 kg				
P. Gentry	355	235	312.5	902.5
T. Allen, Jr.	362.5	230	300	892.5
J. Gnerre	332.5	217.5	305	855
D. Smith	337.5	195	320	852.5
S. Rodenberg	327.5	220	300	847.5
S. Glende	322.5	180	335	837.5
125 kg				
L. Ross	352.5	232.5	357.5	942.5
S. Vogt	340	225	320	885
M. Van Ness	340	217.5	285	842.5
SHW				
J. Houser	375	202.5	320	897.5
J. Bonus	367.5	197.5	315	880
G. Johnson	335	212.5	322.5	870
D. Crowley				
Women				
48 kg				
C. Oliver				
52 kg				
L. Mitchell				
60 kg				
N. Cline	167.5*	95*	192.5*	455*
C. Steinacker	115	92.5	120	327.5
67 kg				
H. Hoffman	192.5*	110*	207.5*	510*
82 kg				
S. Corson	195*	100*	170*	465*

* - Jr. Nationals Record. Men: Best Squat: Jack Rose; Best Bench: Robert Pittman; Best Deadlift: Robert Pittman; Best Lifter: Robert Pittman. Women: Best Squat: Hilary Hoffman; Best Bench: Hilary Hoffman; Best Deadlift: Nora Cline; Best Lifter: Hilary Hoffman. (Thanks to Rickey Dale Crain for results and photograph)

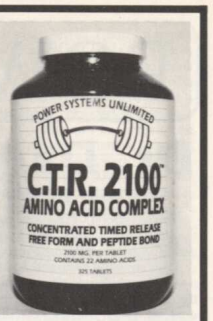
Big John Houser*..trying a 382.5 kg squat at the U.S.P.F. Junior Nationals.*

Since the APF came out with their version of the Junior Nationals, the turnout at one of these Juniors has always seemed to suffer, but this year it was relatively light at both of them. The US Military team has been a major presence at this meet and was once again this year. Henry Garcia was a winner at the Armed Forces Meet in February and picked up another national title at this one. Randy Burris is a former APF Juniors champ (1986) come to collect this version of the title as well. Steve Ryan sealed off Paul Weber in the 132s by not missing any deadlift attempts. In the 148s, Oklahoman Charles Wodraska avenged last year's 3rd place finish by winning this time, with 5 pounds more in the total. 165er Sergio Zenobi of Basix Promotions is a former USPF Juniors competitor as well, and he and his partners are thinking about promoting this meet in the future on the West Coast.

Likable Bob Johnston of the United States Marines has been challenging for this title in several previous years and was rewarded for his diligence, over fast rising Tyler Malejko. Robert Pittman was far and away the class of the 198s. If Greg Bryant hadn't bombed in the deadlift, he still would have been 60 kilos behind. Jack Rose avenged his tough 2nd place at last year's APF meet by winning it at 220 one week later, but began his double up act at this meet. Pat Gentry of Florida was injured in warmups with 610 in the squat, which buckled him, but it was too late to change his opener, and he gutted it out. Pat is the 10th national champion produced by Dick Armatrout's Suncoast Gym over the years. Dick and wife Karen have not been on the scene lately after being hit from behind, while walking on a sidewalk, by a runaway, uninsured 4 wheeler, that severed his hamstring, tore tendons, broke his arch, etc.

Lance Ross took 2nd last year to John Santos, but returned to win the 275s with 2077, 11 lbs. less than his 1988 performance. Popular John Houser had but a 4 attempt day, but was out of reach of the rest of his competition in the SHWs.

Texans Hillary Hoffman (Richardson) and Nora Cline (Allen) were hot lifters in the sparse women's division, along with Chris Steinacker of Haysville, Kansas and Shelby Corson of Waterville, Maine.



Power Systems' CTR 2100 Amino Acid Complex It's Timed Release!

NEW!

The function of Amino Acids is to aid the body in the utilization of protein. Protein builds muscle. Now, make sure aminos are present at the exact time your body is ready for them! Finally! Aminos when and where you need them! 2100 mg per tablet, 22 aminos, 325 tabs, all timed release. Usual price ~~$36~~. Introductory NOW $25!.

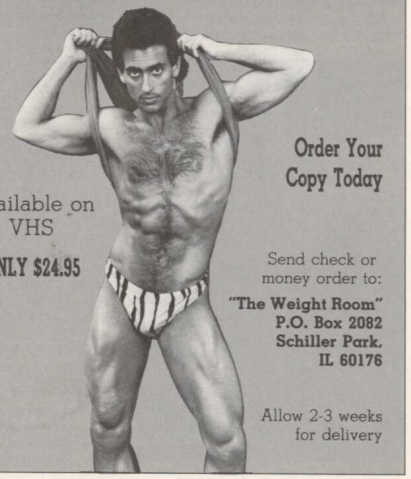
To order call
Power Systems Unlimited
1-800-248-LIFT

The Italian Games*...drew numerous American lifters, among them Sam Samaniego (left) and Ken Lain (right). Ken popped a 661 bench press at 275, and Chuck Braxton said that he was good for 680 and perhaps even as much as 700. Photograph courtesy Ernie Frantz.*

Best Women Lifters...the series of articles by Doug Daniels comparing the lifting achievements of top women through a combined Malone and Reshel Formula ranking system, published in previous issues of *POWERLIFTING USA* drew comment from Tony Fitton indicating that the conclusions were in error, mainly due to the development of a new version of the Reshel formula, which would make Mary Ryan the Greatest Female Powerlifter of All Time, and change the various individual lift rankings. Doug responds that he took some data previously published in *PL USA* to be accurate, and used the previous Reshel Formula because he understood that was the latest one available at the time, and wished to be consistent throughout the series.

Rip the WASTE off your WAIST!

JOHN ABDO'S WASTE-to-WAIST Video



Available on VHS

ONLY $24.95

Order Your Copy Today

Send check or money order to:
"The Weight Room"
P.O. Box 2082
Schiller Park, IL 60176

Allow 2-3 weeks for delivery

POWER PROFILE

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

Dr. Daryl Johnson

as told by his fried BOB TABAKA

'You're strong, but you aren't tough! You have to be both to compete. Cut back on the weight so you can get six good reps and build up a solid foundation. We'll worry about the doubles and tropies closer to the contest!' When Master Powerlifter, Dr. Daryl Johnson, gives out that kind of advice, serious competitors pay attention! Holder of several state, national and world titles, not to mention 21 American records, this man knows how to achieve powerlifting success WITHOUT THE USE OF STERIODS.

In fairness to the rest of us mortals, Dr. D.J. does have a few genetic advantages. Still, he trains long and hard to stay on top at an age when most have ong since hung up their lifting suits. For those of you who think you're over-the-hill in you're mid-thirties, you might want to reconsider. Daryl is now 58 and never touched a barbell before the age of 36! His thick and muscular physique is an obvious testimony to the strength he possess and the years of heavy lifting it takes to become a champion. If there ever was an exception to the aging process, this man is it!

Those who believe that brawn and brains don't mix need to meet Daryl. He has managed to put both his Masters' degreee from the University of South Dakota and his Doctoral degree from the University of Arkansas to work molding young minds at Mississippi County Community College in Blytheville, Arkansas. There he teaches biology, botany, zoology, and weight training. Daryl strives for excellence in all he does so it is not surprising that he has been credited with the former chairmanship of his division and the national presidency of the Gamma Beta Phi Society, an honor and service organization for students.

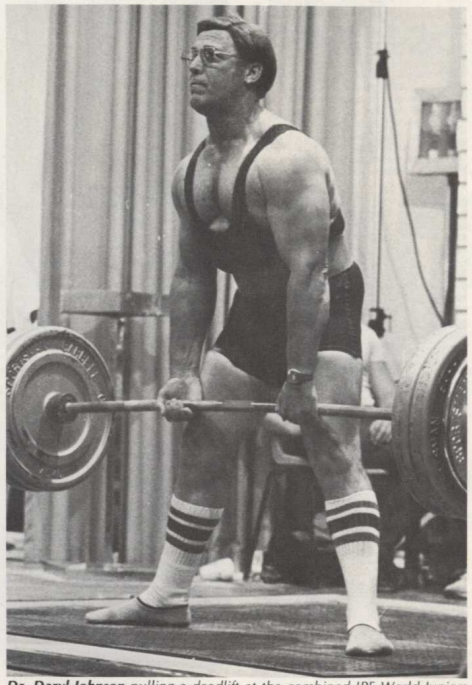
Even dedicated champions have to have an occasional diversion from the demands of work and heavy training. When Daryl isn't pick'n and grin'n or collecting cowboy boots (he has 18 pair), he and his lovely wife, Tobey, are touring the U.S. and Canada on a motorcycle. Speaking of Tobey, Daryl describes her as his inspiration. The truth is, Tobey inspires many a lifter to properly execute each lift or risk running a red light. She is a nationally qualified U.S.P.F. referee and a darn good one too!

So then, how does a man of such diverse talent and abiblity approach his training? The same way he does most things, by careful planning and followthrough. Daryl believes that powerlifting is a 'sport of success'. That means that your body and mind are encouraged to greater heights of achievement by the many smaller incremental successes along the way. You must choose poundages that are realistic for the required number of sets and reps you plan to do. Drug free training requires that the lifter by more tuned in to moods and energy levels either pushing harder or backing off accordingly. Gaining strength isn't an overnight proposition. One has to be willing to work hard, be patient, and persist!

Daryl believes that a solid lifting foundation can only be built by doing reps, usually in the 5 - 6 range. Triples and doubles are done about 4 - 6 weeks out from a competition in the peaking phase of training. He finds that by multiplying his best training triple by 110%, he can obtain a fairly accurate estimate of his maximum single. Rarely does he do maximum singles in training. Typically, Daryl trains four days per week. Mondays consist of heavy squats and benches.. along with abdominal crunches and flyes. Wednesdays find him doing lighter benches and heavy sumo deadlifts plus some shrugs, crunches, and calf raises. Fridays are a lighter version of Mondays and Saturdays are reserved for some lighter deadlifts and shrugs.

***Reaping the Awards**...another IPF medal!*

Daryl carefully plans his workouts at 3 - 4 week intervals mapping out the exact sets, reps, and weight he intends to use for each exercise. Such short term planning allows him to make any necessary adjustments to accomodate increasing strength levels or work out any unforeseen problems. He sticks to his plan as much as possible but isn't opposed to doing a little extra o a little less depending on his energy level.



***Dr. Daryl Johnson** pulling a deadlift at the combined IPF World Juniors and Masters Championships way down under in Australia, back in 1984.*

To give you a clearer idea of how Daryl trains, I've listed his actual 10 week training cycle for the deadlift in preparation for last year's National Masters. At that time, he was only deadlifting once per week. He executed his plan perfectly with only three exceptions in weeks 3 and 10. This proves that even the champs have their off days.

WK 1: 145x8, 235x6, 325x6, 425x6, 415x6. WK 2: 145x8, 235x6, 325x6 415x6, 455x6, 455x6. WK 3: 145x8, 235x6, 325x6, 415x6, 475x6 (got 2), 505x3. WK 4: 145x8, 235x6, 325x6, 415x5, 475x5, 505x5. WK 5 145x8 235x6, 325x6, 415x5, 475x5, 515x3. WK 6: 145x8, 235x6, 325x6, 415x5, 475x5, 515x3. WK 7: 145x8, 245x6, 325x5, 415x3, 475x3, 545x3. WK 8: 145x8, 235x6, 325x6, 415x5, 475x4, 505x2, 575x1. WK 9: 145x6, 235x6, 325x6, 475x4, 505x3, 555x3. WK 10: 225x5, 315x5, 405x5, 475x3, 505x3 (got 2), 555x3 (got 2).

At the meet, Daryl opened with a solid 551 and then went on to 589, but missed. Fortunately, he got it on his third attempt. This is exactly the type of training that in 1987, at the age of 57, helped him to set an American Masters deadlift record of 617 lbs. in the 220 division and achieve his Elite status.

What does the future hold for Daryl? Well, based on past performances, it would probably be a safe bet that current Masters records are in danger of falling to this ageless Hercules. He will, no doubt, continue to support the sport he loves so much in other ways too. For example, Daryl currently serves as powerlifting chairman for the state of Arkansas while frequently helping to judge state and local meets. I predict that he will continue to set the standard for Masters competition for a long time to come. Not just because he is a great lifter, but because he is an exceptional human being.

BOB TABAKA

Worlds Strongest Man Preview

Bill Kazmaier, arguably the strongest man ever to walk the face of the Earth, is now in the twilight of an illustrious career. His contributions to the world of powerlifting are well documented in the record books. His IPF world records set in 1981 still stand unbroken. They are proud achievements - and so they should be. The impact made by the man on the world of strength is still fresh in the minds of most of us, even though he hasn't competed in powerlifting since 1983. While Kaz will never chalk up, or wrap or wedge his muscular bulk into a lifting suit for another powerlifting meet, his career as a strength athlete is still ongoing. Kaz is still looking for ways to test his talent, and while the events and the venues have changed, the challenge remains - to be the very best that Bill Kazmaier can be.

Replacing the squat, bench, and deadlift are stone lifting, log pressing, barrel loading, truck pulling and any number of other strength testing demands. Kazmaier has never been shy about accepting these challenges and throughout most of his powerlifting career he engaged, and was highly successful, in strongman events. Success in this area puts bread on the table. Like the rest of us, at least in one respect, 35 year old Bill Kazmaier is just trying to make a living.

In 1988 Kaz spent 4 months in England and Scotland competing in more than 30 strongman contests and highland games as well as providing his insight into strength through a series of more than 30 seminars. He had a lot on his plate last summer, but devoured the lot. He says that might have put him in less than the best of shape for entering the World's Strongest Man contest in Hungary. He was not happy finishing second to Jon Pall Sigmarsson, with whom he continues to have an intense rivalry. This year he's trained more with an eye to the world championships, foregoing most other events that might aggravate any injuries or detract him in any way from the sole purpose of winning the 1989 World's Strongest Man title.

When I caught up to Kaz, in May, he was training in Birmingham, England's second largest city of some 4 million. Birmingham is a steel city. It's working class environment provides a suitable setting for training. Chris Lawton operates the Forum gym, one of Britain's finest, no question about it; a spacious, fully equipped, intelligently laid out facility with more than 2500 members. If Kaz needs heavy dumbells for shoulder pressing, no problem, Chris has them up to 175 pounds. While in England Kaz has been staying with Chris and his wife Diane and kids John and Dean, all of whom work their butts off to make the gym the obvious success it is. Chris has also run some strength meets featuring Kaz, Sigmarsson & Jamie Reeves. The Forum strength contests are an attempt to popularize, at a grass roots level, what have previously been, for the most part, high powered international events.

As for training partners in England, Kaz has John Neighbour, the 1987 World Powerlifting champion in the 275 pound class. In a recent workout, Kaz was banging out 5-8 reps with 500 in the bench and there looked to be room for more. One wonders how high his World Record could have been, had the bench shirt been around in '81. These days his training requirements are different than they were for powerlifting. Strongman events require overall body strength. As Kaz puts it, you need to have the Big Three of powerlifting, as well as pressing strength, hand grip strength, good joint stability, and last but not least, aerobic capacity, which will allow the athlete to go all out for a full minute without having the "monkey jump on your back." Kaz remembers in the early 80s, one of the 400 lb. plus entrants in the World's Strongest Man competition demonstrating tremendous power loading the first few of a dozen or so beer kegs onto a flatbed truck in an astonishing 20 seconds, and then spending the next minute and a half, loading the rest of the barrels. The man had 'hit the wall'. He was pooped! If Kazmaier has a set philosophy of strength, it certainly encompasses an athlete being capable of moving well on his feet. The modern strength athlete, from Kazmaier's point of view, must be a decathlete of strength. Kazmaier's world record 200 meter run with a 200 pound sack of sand on his back in 42 seconds, set at The Mark 10 Challenge in Montreal, is testimony to the fact that he is more than strong, and he is fit too.

***World Strongest Man - 1988** with Kaz 2nd, Jon Pall Sigmarsson 1st, and Jamie Reeves 3rd, should be very competitive once again in Spain this August, and these 3 could again be the top finishers, but in what order?*

This summer's World Strongest team championship will see O.D. Wilson join Kaz. This event is different from the World's Strongest Man championship run by Trans World International. There is only one entrant from each country for this meet and Kaz is the entrant from the U.S.A., but in the the team championship, Kaz hopes that O.D. can bring the "Nightmare" to Europe, but given what we've learned about the fitness factor, the "nightmare" could belong to 380 pound O.D.

While there has developed an elite crew of strength athletes in the world, capable of coming to grips with these outrageous physical demands, Bill Kazmaier, Jon Pall Sigmarsson, and Jamie Reeves are the best. In addition Tom Magee has proven himself in these types of strength events. According to Kaz, there are probably hundreds of American powerlifters and professional fotballers, who given either the chance, or the inclination, could likely be quite successful in strongman competition.

TUNE-UPS FOR THE WORLD'S STRONGEST MEN

Kazmaier, Sigmarsson and Reeves - three of the top strength athletes in the world cramped onto one tiny isle - England. That was the scene for most of the month of May. Reeves is a native Englander - a welder who works the coal mines near Sheffield and whose welding talents have been well spent in the building of his gym. Reeves is a highly talented strength athlete, and although we won't have read or heard too much of him in regards to powerlifting, he plans to enter a major British meet later this year after the World's Strongest Man contest takes place. He is a natural super, at 6'3" and 330 pounds. In training he's moved some big numbers, like a 550 bench and 650 for 10 and 705 for 5 in the squat. He's handled about the same numbers in the deadlift, which he regards as the truest test of a man's strength. At 27, Reeves has years to improve - a scary thought when you think about his potential. Even Kaz, who is not quick to praise where praise is unwarranted, considers Reeves as a peer when it comes to pressing and in most strongman events. He sees Reeves, barring injury, as the strongman of the '90's. Reeves has seated pressed 155 pound dumbells for 5 reps - Kaz has done 156 pounds for 10 standing and 165 for 5, and while Reeves regards Kaz as the greatest powerlifter in history he has a few goals of his own in that domain. The first is a 1000 kilogram total.

The problem with strongmen competition is that it is so demanding that little time, energy, or inclination is left for the pure pursuit of powerlifting, but Reeves fully acknowledges that for true recognition in the world of strength to be considered - the Big Three lifts have to be performed outside the gym and in a contest situation. Incidentally Jamie's wife Debbie who runs their Sheffield gym, has placed third in the British powerlifting championships in the 75 kilogram class via a 374 squat, 203 bench press, and a 384 deadlift. Jamie and Debbie have opened their home to fellow competitors Jon Pall and Kaz, and it was my great fortune to stay with them while in England.

Kaz is back in Alabama for a few weeks traing at his own gym awaiting a visit from O.D. He'll return to England for more training before the world championship.

Jon Pall Sigmarsson has a busy schedule leading up to the Worlds. Jon Pall has a manager, Dougie Edmonds who promotes highland games and has Jon Pall travelling & performing all over Scotland. It pays JP's bills, but it also leaves him tired. When he can get away, he travels down to England to train with Jamie. Earlier this year JP won a bodybuilding competition back home in Iceland. His bodyweight was way down and now he has the task of getting it back up before August. Debbie Reeves provides an excellent training table, so Jon Pall will be able to eat well. He is one of the world's most versatile strength athletes, able to add 50 pounds of quality bodyweight within a relatively short period of time, and still move with the grace and ease of a much lighter athlete.

While assorted arm, leg, and back problems are bothering Kaz, Reeves, and Sigmarsson one thing is certain. Each man hopes the others will arrive in Spain in tip-top shape. By August the 20th, we will learn who will carry the title - World's Strongest Man. I'll pass along the news from Spain. Until then, to all powerlifters and strength athletes - have a great training summer.

Derek J. FitzGerald
RR 1, Lanark
Ontario, Canada KOC IKO

P.S. Many thanks to Jackie Reeves who went beyond the call of duty to make my visit to England profitable as well as highly enjoyable. A special thanks to Kerri, who ate my shoes!

POWERLIFTING USA MAGAZINE TOP 100

198 lb./90 kg.

for USA lifters competing June 1988 to May 1989

	SQUAT	BENCH	DEADLIFT	TOTAL
1	810 Bell, G...2/16/89	600 Lee, J...4/2/89	771 Anderson, S...10/25/88	2094 Bell, G...2/16/89
2	804 Chorpenning, J...7/17/88	588 Confessore, C...7/23/88	766 Shannon, B...8/13/88	2066 Pittman, R...2/16/89
3	788 Anderson, S...10/28/88	540 Danaher, L...9/3/88	766 Pittman, R...2/16/89	2006 Chorpenning, J...7/17/88
4	788 Bryant, G...2/5/89	534 Siebold, B...5/13/89	755 Payne, M...7/17/88	2000 Anderson, S...10/25/88
5	777 Northcutt, M...6/5/88	529 Bell, G...2/6/89	755 Bell, G...2/16/89	1985 Phillips, M...11/13/88
6	777 Payne, M...7/17/88	529 Pittman, R...2/16/89	744 Duke, B...11/88	1984 Payne, M...7/17/88
7	771 Johnston, R...6/5/88	525 Davies, D...6/26/88	720 Whitehead, G...3/18/89	1978 Duke, B...11/88
8	771 Pittman, R...2/16/89	523 Graham, J...5/13/89	720 Humphrey, L...4/30/89	1951 Confessore, C...12/3/88
9	765 Phillips, M...11/13/88	520 Yearby, A...11/5/88	716 Bryant, G...2/5/89	1940 Northcutt, M...6/5/88
10	755 Pardue, R...4/8/89	518 Bolden, B...5/13/89	715 Craft, R...10/22/88	1912 Gay, D...12/11/88
11	750 Person, P...11/13/88	515 Phillips, M...11/13/88	705 Chorpenning, J...7/17/88	1901 Johnston, R...6/5/88
12	749 Bloom, G...7/17/88	507 Erb, R...7/16/88	705 Robertson, G...7/17/88	1879 Bryant, G...2/5/89
13	744 Duke, B...11/88	505 Padgett, D...11/5/88	705 Ferstler, G...11/12/88	1862 Kamand, T...12/3/88
14	733 Kamand, T...12/3/88	500 Reid, R...7/30/88	705 Phillips, M...11/13/88	1846 Johnson, L...2/11/89
15	733 Gay, D...12/11/88	500 McMillan, D...8/18/88	705 Gay, D...12/11/88	1845 Pardue, R...4/8/89
16	733 Linton, P...2/5/89	500 Clark, R...10/22/88	705 Byron, S...2/25/89	1835 Shannon, B...8/13/88
17	730 Scialpi, S...10/30/88	496 Chorpenning, J...7/17/88	700 Wansley, B...3/18/89	1824 Bloom, G...7/17/88
18	730 Fusco, L...11/19/88	490 Duke, B...11/88	700 Graser, B...4/2/89	1820 Scialpi, S...10/30/88
19	725 Susco, P...6/18/88	490 Davis, K...12/7/88	700 Sutton, T...5/6/89	1800 King, L...9/88
20	722 Gaugler, R...7/10/88	490 Giordenengo, M...4/1/89	699 Johnson, K...1/29/89	1800 Fusco, L...11/19/88
21	722 Confessore, C...12/3/88	485 Stamper, W...8/7/88	690 Maxwell, C...11/19/88	1796 Hanlon, M...6/5/88
22	720 Athey, P...5/6/88	485 Borgen, T...4/1/89	688 Johnson, L...2/11/89	1791 Thomas, W...8/13/88
23	716 Hanlon, M...6/5/88	480 Boulay, R...6/5/88	688 Riley, E...2/26/89	1790 Smith, B...4/1/89
24	710 Francis, M...5/7/89	480 Rushing, C...11/13/88	685 Lumpee, S...8/27/88	1775 Person, P...,11/13/88
25	705 Johnson, L...2/11/89	479 Northcutt, M...6/5/88	683 Johnston, R...6/5/88	1769 Fessenden, M...6/5/88
26	705 Smith, B...4/1/89	479 Thomas, W...8/13/88	683 Northcutt, M...6/5/88	1758 Scarazzini, G...8/13/88
27	702 Carson, S...12/11/88	474 Gay, D...12/11/88	683 Scarazzini, G...8/13/88	1752 Johnson, K...1/29/89
28	700 Krieger, M...8/14/88	473 Lewelling, T...10/8/88	683 Byrd, J...1/15/89	1750 Susco, P...6/18/88
29	700 Wansley, B...5/6/89	470 Young, M...11/6/88	680 King, L...9/88	1750 Athey, P...12/10/88
30	699 Murdock, S...2/16/89	470 Cappozola, R...4/1/89	677 Helton, M...3/18/89	1745 Riza,...4/15/89
31	690 King, L...9/88	468 Gaugler, R...7/10/88	675 Flora, J...2/18/89	1740 Washington, W...11/13/88
32	690 Washington, W...11/13/88	468 Rittenberg,...2/4/89	675 Plante, P...4/8/89	1736 Lewelling, T...10/8/88
33	688 Fraser, S...2/5/89	465 Joyce, T...9/17/88	672 Thomas, W...8/13/88	1736 Fraser, S...2/5/89
34	683 Rival,...8/13/88	465 Evans, J...11/5/88	670 Scialpi, S...10/30/88	1730 Rittenberg,...2/4/89
35	683 Hitchcock, K...10/8/88	465 Knight, T...3/4/89	670 Pardue, R...4/8/89	1730 Graser, B...4/2/89
36	683 Betts, M...11/13/88	462 Kamand, T...12/3/88	670 Riza,...4/15/89	1725 Robertson, G...7/17/88
37	683 Garcia, C...2/5/89	460 Bartlett, J...8/7/88	666 Francis, M...10/16/88	1725 Billman, B...2/4/89
38	680 Fessenden, M...12/11/88	460 Jones,...8/27/88	666 Kamand, T...12/3/88	1725 Whitehead, G...3/18/89
39	677 Magee, M...3/4/89	460 Strong, J...9/10/88	665 Love, D...4/2/89	1725 Potts, R...5/6/89
40	672 Spadafora, D...9/25/88	460 Scalfani, A...9/17/88	661 Hanlon, M...6/5/88	1720 Wansley, B...3/18/89
41	672 Adams, J...1/29/89	460 Herring, G...11/5/88	661 Walter, J...6/11/88	1719 Craft, R...8/13/88
42	672 Jandoc, W...4/2/89	460 Ferrantelli, M...12/17/88	661 Digello, J...10/9/88	1719 Wenner, K...2/26/89
43	672 Padilla, B...4/2/89	460 Reinhart, D...3/19/89	661 Perrotta, C...12/3/88	1715 Payman, D...3/18/89
44	670 Maxwell, C...4/2/89	460 Zurick, R...5/27/89	661 Derouselle, C...1/29/89	1714 Rival,...8/13/88
45	670 Benford, G...5/7/89	457 Terrell, D...9/24/88	661 Murdock, S...2/16/89	1714 Murdock, S...2/16/89
46	661 Parish,...8/13/88	455 Dunmire, M...5/14/89	660 Carson, S...6/4/88	1712 Carson, S...12/11/88
47	661 Scheuchl,...8/13/88	451 Fessenden, M...6/5/88	660 Fusco, L...11/19/88	1708 Francis, M...10/16/88
48	661 List,...8/13/88	451 Payne, M...7/17/88	660 Hall, D...11/20/88	1705 Love, D...4/22/89
49	661 Boyles, B...11/13/88	451 Johnson, L...2/11/89	660 Hulbert,...2/18/89	1703 Ferstler, G...2/16/89
50	661 Stoddard, E...12/3/88	450 Traha,...7/13/88	660 Stein, R...3/11/89	1700 Traha,...7/31/88
51	661 Delsignore, M...12/3/88	450 Ledvina, R...8/14/88	660 Payman, D...3/18/89	1700 Hulbert,...2/18/89
52	661 Johnson, K...11/29/89	450 Gelard, T...11/5/88	655 Givens, F...10/29/88	1697 Hitchcock, K...10/8/88
53	661 Passon, D...1/29/89	450 McDaniel, J...4/22/89	650 Fessenden, M...6/5/88	1697 Perrotta, C...12/3/88
54	661 Ferstler, G...2/16/89	450 Preston, S...4/30/89	650 Jefferson, J...6/18/88	1692 Garcia, C...2/5/89
55	661 Billman, B...4/2/89	446 Johnston, R...6/5/88	650 Watson, R...6/88	1690 Humphrey, L...4/30/89
56	660 Becker, M...10/22/88	446 Patillo, W...5/13/89	650 Anello, V...7/10/88	1686 Parish,...8/13/88
57	660 Riza,...4/15/89	445 VanHasselin, B...6/11/88	650 Rival,...8/13/88	1686 King, C...2/5/89
58	660 Potts, R...5/6/89	445 Scott, J...4/22/89	650 Parish,...8/13/88	1681 Schmidt, J...12/11/88
59	660 Meyer,D...5/27/89	440 Fontes, L...7/9/88	650 Sabonis, J...8/27/88	1681 Adams, J...1/29/89
60	655 Henton, G...6/25/88	440 Young, R...7/10/88	650 Morris, C...9/3/88	1681 McDougal, J...5/14/89
61	655 King, C...2/5/89	440 Scarazzini, G...8/13/88	650 Meyer, C...9/24/88	1680 Clay,...4/15/89
62	650 Allen, T...7/17/88	440 Fuller, D...9/10/88	650 Bush, K...10/1/88	1675 Amoroso, L...11/19/88
63	650 Shannon, B...8/13/88	440 Anderson, S...10/25/88	650 McWhorter, L...10/22/88	1675 Hall, D...11/20/88
64	650 Ward, A...8/14/88	440 Garcia, A...11/20/88	650 Confessore, C...11/19/88	1675 Earl,...2/4/89
65	650 Short, W...8/20/88	440 Fisher, G...12/11/88	650 Sample, L...11/20/88	1671 Jones,...8/27/88
66	650 Freeman, R...9/88	440 Huff, D...2/4/89	650 Franklin, V...3/18/89	1670 Dell, R...3/18/89
67	650 Henry, D...10/25/88	440 Shults, C...3/4/89	650 Smith, B...4/1/89	1669 Scheuchl,...8/13/88
68	650 Jasperson, B...2/5/89	440 McDougal, J...5/14/89	650 Todd, B...4/22/89	1669 Henton, G...1/29/89
69	650 Sevora, A...2/16/89	435 Shannon, B...7/9/88	650 Single, G...5/7/89	1669 Magee, M...3/4/89
70	650 Schmidt, B...2/26/89	435 Wenner, R...8/13/88	650 McDougal, J...11/13/88	1664 Allen, T...7/17/88
71	650 Barton,...4/15/89	435 Lass, D...10/15/88	645 Manley, T...2/12/89	1664 Derouselle, C...2/4/89
72	650 Murchison,...4/15/89	435 Daniels, R...11/12/88	645 Pratt, S...3/25/89	1664 Linton, P...2/5/89
73	650 Paschal, J...5/7/89	435 Taylor, D...12/3/88	645 Potts, R...5/6/89	1664 Riley, E...2/26/89
74	650 Rounsevelle,...5/30/89	435 Nichols, M...3/11/89	645 Brown, G...7/17/88	1660 Sutton, T...5/6/89
75	645 Bales, J...11/26/88	435 Smith, B...4/1/89	644 Henton, G...11/27/88	1658 Henry, D...10/25/88
76	645 Peyman, D...3/18/89	430 Constabileo, J...8/14/88	644 Schmidt, J...12/11/88	1659B Betts, M...11/13/88
77	645 Adams, G...4/2/89	430 King, L...9/88	644 Steele, K...4/15/89	1658 Devora, A...2/16/89
78	644 Digello, J...10/9/88	430 Parker, A...10/29/88	644 Garner, R...4/16/89	1658 Schmidt, B...2/26/ 89
79	644 Dell, R...11/20/88	430 Green, M...11/27/88	640 Susco, P...6/18/88	1655 Green, M...11/27/88
80	644 Perrotta, C...12/3/88	430 Bethel,...12/10/88	640 Scalfani, A...9/17/88	1655 Hernandez, M...11/27/88
81	644 Wenner, R...2/26/89	430 Payman, D...3/18/89	640 Lawrence, D...11/13/88	1655 Maxwell, C...4/2/89
82	644 Bruner, T...3/11/89	430 Kellum, J...3/18/89	640 Veil, G...1/29/89	1653 Markel, P...10/30/88
83	640 Szymanski, S...6/25/88	430 Plummer, J...3/19/89	639 Wenner, R...8/13/88	1653 Boyles, B...1/29/89
84	640 Traha,...7/31/88	429 Bloom, G...7/17/88	639 Scheuchl,...8/13/88	1650 Freeman, R...9/88
85	640 Hightower, W...12/10/88	429 Hitchcock, K...10/8/88	639 Nagele, M...9/27/88	1650 Bethel,...12/10/88
86	639 Thomas, W...8/13/88	429 Markle, P...10/30/88	639 Billman, B...2/4/89	1650 Fisher, G...12/11/88
87	639 Rittenberg,...2/4/89	429 Schmidt, J...12/11/88	639 Scott, D...3/4/89	1650 Barton,...4/15/89
88	639 Terry, S...3/4/89	429 Billman, B...2/4/89	635 Hernandez, M...11/27/88	1650 Preston, S...4/30/89
89	635 Kowalczk,...7/24/88	429 Sullivan, P...2/18/89	635 Athey, P...12/10/88	1647 Digello, J...10/9/88
90	635 Dicillo, T...11/5/88	425 Kacmarski, M...6/26/88	633 Evans, J...10/8/88	1647 Jandoc, W...4/2/89
91	635 Pratt, S...11/19/88	425 Stillwell, T...10/22/88	633 Boyles, B...1/29/89	1645 Szymanski, S...6/25/88
92	635 Love, D...4/22/89	425 Havelka, L...11/5/88	630 Kramme, A...11/5/88	1645 Krieger, M...8/14/88
93	633 Scarazzini, G...8/13/88	425 Arnold, G...11/5/88	630 Washington, W...11/13/88	1645 Meyer, C...9/24/88
94	633 Craft, R...8/13/88	425 Person, P...11/13/88	630 Amoroso, L...11/19/88	1645 Pratt, S...11/19/88
95	633 Lewelling, T...10/8/88	425 Amoroso, L...11/19/88	630 Mirabal, R...11/20/88	1645 Mirabal, R...11/20/88
96	633 Earl,...2/4/89	425 Welch, M...11/19/88	630 Crenshaw, C...12/3/88	1642 List,...8/13/88
97	633 Scott, D...3/4/89	425 Wessels, W...12/11/88	630 Carson, S...12/11/88	1642 Passon, D...1/29/89
98	633 Ventress, L...3/4/89	425 Gordon, M...2/18/89	630 Dell, R...3/18/89	1642 Bruner, T...3/11/89
99	633 Sanger, G...3/89	425 Clay,...4/15/89	628 Lewelling, T...10/8/88	1640 Paschal, J...5/7/89
100	630 Mirabal, R...11/20/88	425 Farih, J...4/29/89	628 Earl,...2/4/89	1636 Anello, V...7/10/88

PL USA TOP 100 Achievement Awards

Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievements is $5. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for $18.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send $5 per certificate or $18.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. CA residents add 6% sales tax.

NEXT MONTH...TOP 220s

25,588 POWERLIFTERS CAN'T BE WRONG...

For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want suits, wraps, belts and advanced supplements that work as hard as they do, in training and on the platform.

FOR A COMPLETE LISTING OF MARATHON POWERLIFTING PRODUCTS, TURN TO CENTER SECTION.

Marathon DISTRIBUTING COMPANY

Power Fun

The Stretchmark Machine

There was an uncomfortable silence when Lope Delk took his bench shirt off and hung it on the upright. A small crowd had been watching out of the corners of their eyes as the "old guy" with the cowboy mustache worked up to 365. Now the rawhide physique with the "farmers" tan was bared for all to see. The muscularity was more that of a man who had worked in the oil fields and logging plots than in gyms.

The gang stared in macabre fascination at the network of scars, gouges and stretch marks lacing his torso. Under the right scapula was a four inch indentation left by the white pine that had fallen across his back, shoved a rib into a lung and partially crippled a leg. A zipper scar followed the left oblique up into the serratus area, courtesy of a Viet Cong mortar. Several suspicious puckers reflected the effects of Rurale gunfire from what the Matamoros newspaper described as a "general melee."

On top of this lay roadmaps of stretch marks in the pec-delt tie-in area and under the arm pits over the upper lats. He resembled a high-altitude, infra-red photo of the South Dakota Badlands. Lope was oblivious to the stares. It would never occur to him to display himself any more than he could understand why anyone would want to do such a thing.

That he was the toughest and meanest looking down-from-the-hills hombre to walk into a gym in Sacramento since the Gold Rush meant nothing to Lope, if he was even aware of it. I have known him a long time and believe he assumes everybody picks up similar souvenirs as part of the natural order of things.

I have witnessed some strange happenings and heard some outrageous notions in the thirty-odd years I've been around the Iron World. But the all-time, world-class, "unclear on the concept" award has to go to the kid who was standing next to me.

His eyes were just about popping out of his head and the expression on his face was a mix of awe, hero worship and transcendental envy. He stood transfixed, mouth open, watching Lope work out for the next half hour. Occasionally the kid would turn to the mirror and hold his arms full length over his head and CHECK HIS ARMPITS.

I was pulling on my sweats to go when the kid sidled over and sat by me. "Uh, Mr. Kelso, you write for the magazines and know a lot of people and all, well, I was wondering if you know how to get 'em?"

"Get what?"

"Them." He pointed at Lope. "Stretch marks."

"What?"

"I mean, what exercises do I do."

"WHAT?"

"For stretch marks. Is there a special machine for them, or could I have one made?"

"Hawnh?"

Take it on faith about that last word. That's roughly the sound of the East Texas good ole' boy who absolutely does not comprehend what is going on. I felt like Lope's pine tree had landed on me.

Stretch Marks are a common, though rather harmless, side effect of an intensive upper body exercise routine that many top lifters succumb to early in their careers.

The look on my face must have scared the lad off. He left me sitting there as I pondered the possibilities. Think of it. First there was the plate-loading barbell, then power racks, then the pec-dec and the abductor machine, trap bars, curl bars, squat bars -- and next, direct from a post office box in Sacramento --- THE STRETCHMARK MACHINE!! Think of it.

A whole new industry waiting for marketing. I figured I'd start with overpriced chrome jobs for the spa chains followed by heavy duty models for the iron gyms. Then promo rip-offs from Taiwan at $19.95 for the late cable movie channels. Plus, paint-on stretch marks out of the bottle (washes off with water) to be sold on the same counters with instant sun tan solutions. Then, to cap my career, licensed franchises complete with bonded technicians in lavendar leotards who will help the customer pick a stretch mark design that is suited to his lifestyle and personality. (Choice of colors optional).

The amount of pain inflicted during the treatment will depend on the customer's ability to pay, of course.

Finally, the ultimate culmination: bodybuilding contests with points and special awards categories for "BEST STRETCH MARKS." Think of the women's flights. Boggles the mind.

Lope had taken my being in California as a good excuse to show the blonde 121 pounder some country, but when I told him what the kid had asked I could see the decision to head on back forming in his eyes. "Is there something in the well water out here? Hell, I'd give him all a' my scars he wants, if I could." Then Lope fixed a slitted, Clint Eastwood eyeball on the kid for a good thirty seconds. "Maybe I oughta' arrange for him to have a few of his ownself."

There is a certain kind of stupidity that Lope just can't abide, usually centered on another person's inability or unwillingness to come in out of the rain. I hustled him on out the door. I glanced back over my shoulder and saw the kid standing there looking like a four year old who had just seen Santa Claus drive by the house without even slowing down.

My guess is that the kid saw Lope's scars and marks as some kind of a badge of manhood that, once attained for himself, would make him mature and masculine. Not to mention he'd be the first kid on the block to have them. Reminds me of all the teenage soldiers I served with who went out on their first pass and headed straight for the tattoo parlor. They wanted desperately to be considered men. Unfortunately, neither tattoos nor stretch marks will stop bullets or bring instant strength and respect.

I am no expert on this, but as I understand it stretch marks are caused by extremely rapid growth of muscle or fat deposits under in-elastic skin. Women who have borne children often have the marks on their abdomens for much the same reason. Excessive use of stretching movements with heavy weights while over-emphasizing pec-delt training is the chief culprit in weight training. As so many trainees work that area out of all proportion to other body parts, the result is uneven, localized growth.

Lope's taut, leathery hide was caused by years of work in the Texas sun and the fact that he has never carried any visible body fat. When he began benching at age 43, his skin could not adjust to the unfamiliar strain or grow with the new muscle. Lope wrote the stretchmarks off as the price of doing business. This man has a lot of pride, but no ego, if that makes any sense. He thinks "narcissism" has something to do with Neches River Numbweed.

If I could have a special machine custom made that would get rid of stretch marks, I'd become a millionaire and retire. These marks may look impressive to some now, but any older man or women who has them, including myself, would pay big bucks to have them gone. Many do. They can be painful if adhesions occur. Ask Lope, if you can find him. My guess is he's moved back into the woods as far off the pavement as possible.

So many trainees want to look the part without attaining the benefits. I actually knew a guy who went to a clinic and had silicone injected into his pecs. Like a stripper. One side didn't take and the lump slid down to his hip. He nearly died from the complications, and the "Doctor" was out of business.

Who needs this nonsense, and why?

Power lifters as a whole are not very concerned with appearance, but every gym has two or three yahoos whose main motivation is to get humongous in order to intimidate others and who dress like refugees from a Leather Bar. Remember people, image and fantasies don't do one thing for your health, strength, athletic ability or adult career. I suppose the behavior of the kid who wanted stretch marks can be overlooked or understood, but too many so-called adults fall into similar traps. Looking good, "bad" or imposing is no substitute for striving to be the best and working for genuine achievement. Lope came by his "badges" honestly, but the person who SEEKS the bizarre and grotesque to bolster his low self esteem would better spend his money on counseling than gym dues and exotic supplements. It is the freaks in the Iron Game that give the public a bad image of us all.

I am sorry to report that the "Shrug Book" has been delayed again. Thanks for the inquiries. Please enclose $10 for replies to training questions.

PAUL KELSO
3046 33rd Street
Sacramento, CA 95817

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).

INCREASE YOUR BENCH PRESS SCIENTIFICIALLY *by John Ware*

I will assume that the lifter coming into this routine is capable of a 450 lb. maximum bench press. This particular routine we'll run for a total of twelve weeks. An increase of 20 to 30 lbs. could be anticipated.

This routine will be based upon a principle of 'Load leaping'. This is a highly specific system that combines the principles of supercompensation and variety. The system also utilizes changes in leaps of loading and unloading.

That is, during this routine we will have three weeks of loading followed by one week of unloading or a recovery phase. It is my contention that athletes need restoration or recovery phase built into a cycle.

In addition the cycle is divided into three specific phases. (1) The hypertrophy phase, where the primary concern is the development of muscle during the peaking phase. (2) The second phase is the building phase where we begin to enhance motor unit activation through an increase in intensity (intensification phase). The more intense training also promotes variety which eliminates physiological and psychological stagnation which can be caused by repetitive training loads.

The third and final phase is the peaking phase. In this phase volume is decreased, but intensity is at its maximum. At this time we peak our strength, develop our tendon and joint attachments to the maximum and work on total new muscular integration to work on timing and control of heavy poundages.

The Total Bench Press Program
Weeks 1-4 (hypertrophy phase)

Week 1: Bench two times on Monday & Thursday; Monday: bench press 1x10 (135), 1x10 (225), 1x10 (290), 1x10 (300); Incline barbell press 10-8-8-8; Dumbell Flyes 10-10-10; Seated Alternate DB Press 10-10-10; Dumbell 21's (2 sets) 7 reps front raises, 7 reps side raises, 7 reps bentover laterals, done consecutively without a pause, this is 1 set; Tricep pushdowns Superset with Alt Standing Dumbell Curls 10-10-10-10; Thursday: Bench Press 1x10 (135), 1x10 (225), 1x10 (275), 1x10 (290); Dumbell Incline Press 10-8-8-8; Dips 10-10-10; Behind Neck Press 10-10-10; Tricep Pushdowns Superset with Alt DB Curls 10-10-10-10 use 80% of Monday's weight.

Week 2: Monday: Bench Press 1x10 (135), 1x10 (225), 1x10 (290), 1x10 (300), 1x10 (315) assistance exercises same as week one; Thursday: Bench Press 1x10 (135), 1x10 (225), 1x10 (275), 1x10 (290), 1x10 (300) assistance exercises same as week one.

Week 3: Bench Press 1x10 (135), 1x10 (225), 1x10 (290), 1x10 (300), 1x10 (315), 1x10 (330) assistance exercises same as week one; Thursday: Bench Press 1x10 (135), 1x10 (225), 1x10 (275), 1x10 (290), 1x10 (305), 1x10 (315) assistance exercises same as week one.

Week 4: This is a recovery or an unloading week. During this week we will bench press only one time. This enables us to recover and prevents the cumulative detrimental effects of overtraining. During this week we will bench on Wednesday only. The workout is as follows: 1. Bench Press 1x10 (135), 1x10 (225), 1x8 (290), 1x6 (330), 1x4 (370); 2. Incline Press 10-10-10 light; 3. Dumbell Flyes 10-10-10 light; 4. Alternate Seated DP presses 10-10-10 light; 5. DB 21's 2 sets light; 6. Alt Standing Dumbell Curls Superset and Tricep Pushdowns 10-10-10-10 light

Week 5: Week five begins the building phase of our cycle. We will begin to focus on increasing the weights and paying more attention to the technical aspects of the lift. I have had great success by videotaping my workouts beginning at this phase.

The Workout

We will bench once again on Monday and Thursday. Monday: Bench Press 1x10 (135), 1x8 (225), 1x5 (290), 1x5 (330), 1x5 (360); Incline Barbell Press 30 degree angle 10-8-6-4; Dumbell Flyes 10-8-8; Seated Alt DB Press 10-8-6; Dumbell Side Laterals 10-8-6; Alternate DB Curls Superset with Tricep Pushdowns 10-8-8-6; Thursday: Bench Press 1x10 (135), 1x8 (225), 1x5 (315), 1x5 (330), 1x5 (345); Dumbell Incline Press 30 degree angle 10-8-6-4; Dips 10-8-6 add weight; Behind neck press 10-8-6; Tricep Pushdown Superset with Alt DB Curls 10-8-8-6 Same reps as Monday use only 80% of weight.

Week 6: Monday: Bench Press 1x10 (135), 1x8 (225), 1x6 (275) 4 sets of 5 reps (360) this is another method of adding overall variation to our program. In previous weeks we have added weight for each successive set during this week we do compound sets at the same weight. Concentrate on moving the weight fast (Hatfield's compensatory acceleration) The rest of auxillary movements are the same as week 5. Thursday: Bench Press 1x10 (135), 1x8 (225), 1x6 (275), 4 sets 5 reps (340) the rest of auxillary movements same as week 5.

Week 7: Monday: Bench Press 1x10 (135), 1x8 (225), 1x5 (275), 1x5 (340), 1x5 (370) The rest of auxillary movements same as week 5. Thursday: Bench Press 1x10 (135), 1x8 (225), 1x5 (290), 1x5 (315), 1x5 (340), 1x5 (370) The rest of auxillary movements are same as week 5.

Week 8: Week eight is once again a recovery week. We will bench only once during this week preferably on Wednesday. The workout is as follows: Wednesday: Bench Press 1x10 (135), 1x10 (225), 1x8 (295), 1x6 (340), 1x4 (385); Incline Press 30° angle 10-10-10 light; Dumbell Flyes 10-10-10 light; Alternate seated DB Presses 10-10-10 light; DB 21's 2 sets light; Alt standing DB Curls Superset with Tricep Pushdowns 10-10-10-10 light

The final four weeks consitute our peaking phase. This is where we put it all together and begin to increase our strength and explosive power. We will once again increase our intensity but decrease our volume and auxillary exercises. This is also the phase where plyometrics can come into play, on your off days. Plyometrics utilizing medicine balls seem to work the best for me. Simply find a partner and practice explosive chest passes from a distance of 10 or 12 feet apart. A bench shirt should also be used for your welcome workouts for the remainder of the cycle.

Week 9: Monday: Bench Press: 1x10 (135), 1x10 (225), 1x8 (270), 1x6 (315), 1x4 (360), 1x3 (385), 1x2 (410); Seated Alt DB Press 10-8-6-4-3; Standing Alt DB Curls with Tricep Pushdowns Superset 10-8-6-4-4; Thursday: Bench Press: 1x10 (135), 1x10 (225), 1x6 (315), 3 sets of 3 reps (360); DB Front Raises 8-8-8; Standing Alt DB curls with Tricep Pushdowns Superset 10-8-6-4-4 use only 80% of Mondays weight.

Week 10: Monday: Bench Press 1x10 (135), 1x8 (225), 1x6 (325), 1x4 (370), 1x3 (400), 1x2 (425) auxillary exercises are the same as week 9; Thursday: Begin to use Bench shirt; Bench Press: 1x10 (135), 1x8 (225), 1x6 (325), 3 sets of 3 reps (385) Auxillary exercises are the same as week 9

Week 11: We will bench only one time this week on Monday to assure ourselves of full recovery for week 12 (meet week). Use your Bench Shirt. Monday: Bench Press 1x10 (135), 1x8 (225), 1x6 (315), 1x3 (375), 1x2 (430), 1x1 (460); Alt DB Curls with Tricep Pushdowns Superset 10-8-6-4-3 (only auxillary exercises used)

Week 12: Meet Week; Monday: Bench Press 1x10 (135), 1x5 (225), 1x3 (315), 1x1 (365), 1x1 (405), 1x1 (440) opener for meet; Alt DB Curl with Tricep Pushdowns Superset 10-10-10 light; Saturday or Meet Day: Bench Press 1x10 (135), 1x5 (225), 1x3 (315), 1x1 (365), 1x1 (405); 1x1 (440) opener; 1x1 (465) second attempt; 1x1 (475-480) third attempt

This routine maximizes muscular response by adding overall variety to the lifters training program. Recent research indicates that strength training programs may lose their efficiency after only two weeks since the body adapts rapidly to the stress of training loads.

If the nervous and muscular systems are allowed to adapt to constant training loads the efficiency of the program will be diminished.

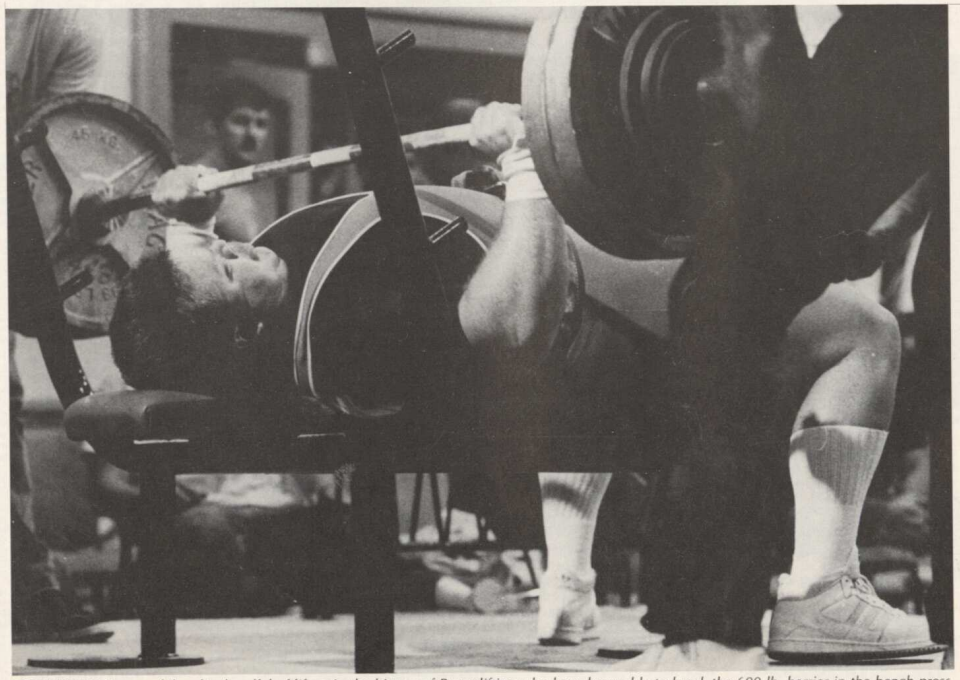
We also must remember that muscles gain strength quicker if trained at various speeds. The speed of muscular contraction has a specific training effect on the neuromuscular system. Therefore, during the hypertrophy phase of the cycle (weeks 1-4) I recommend training at slow speeds to develop maximum muscular strength. This also develops a strong muscular base.

Speed or contraction should be increased to a moderate tempo during the building phase and should escolate to a higher speed during the peaking phase.

Key Principles of the Overall Program
1. Variety is utilized throughout the cycle to maximize your training response. 2. By using the loading and unloading or restoration weeks, overtraining is eliminated. 3. Speed of contraction is specific to the training effect desired. 4. Auxillary exercises are added or deleted as necessary to control overall volume and intensity within the cycle. 5. Rest periods between sets should increase as the cycle increases. As a good general rule: use 1½ minute rest periods during the hypertrophy phase, use 2-3 minute rest periods during the building phase, and use 3-4 minute rest periods during the peaking phase. Good luck!

Individual training routines are available. Send me a detailed training summary, including your present maxes in the squat, bench, or deadlift. Also include your height, weight, accessary exercises utilized, and lengths of training experience.

Courses are 20 dollars for one lift, 35 dollars for two lifts or 45 dollars for all three lifts. Send requests to: John Ware, c/o Football Office, Northeast Missouri State University, Kirksville, MO 63501.



JOHN WARE...is one of the elite handful of lifters in the history of Powerlifting who have been able to break the 600 lb. barrier in the bench press.

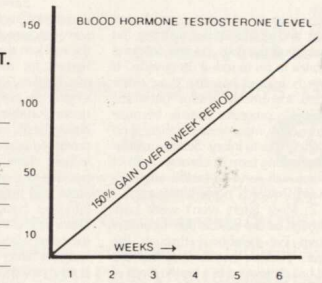
NOW AVAILABLE IN THE U.S.A.!!

THE MOST POWERFUL BLEND OF DIBENCOZIDE, SMILAX, BORON AND FERULIC ACID EVER!

- So unique it's patent pending
- Scientifically tested and proven effective
- Increases Testosterone levels without side effects
- Safe for male and female athletes
- Sublingual formulation for direct absorbtion and and maximum effect

ORDER TODAY FROM:
WHEELER'S FITNESS AND STRENGTH ENT.
206 BERNARD ST., BAKERSFIELD, CA 93305
DEALER INQUIRIES CALL 1-805-327-5536

NAME _____
ADDRESS _____
CITY _____ STATE _____
ZIP _____ PHONE ( ) _____
CHARGE MY: MC _____ VISA _____
CARD # _____
EXP. DATE _____ SUB TOTAL _____
CA RES. ADD 6% _____
AK & HI ADD $3.00 _____
OUTSIDE USA ADD 25% _____
MIN. SHIPPING _____ 2.00
TOTAL _____
*COD's ADD $3.00



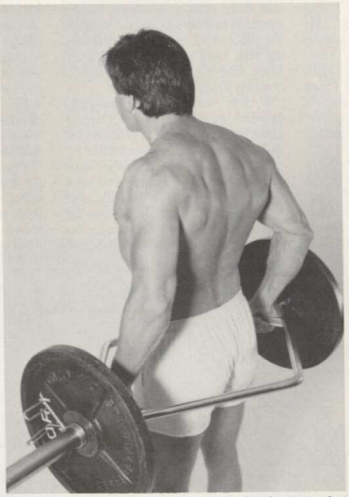
☐ 60 Day $36.95
☐ 120 Day $72.95
☐ 6 Month Special $93.95
Wholesale inquiries welcome

TO ORDER CALL TOLL FREE 1-800-255-6304

More From Ken Leistner

A number of years ago, a patient of mine was the subject of an unusual movie. *MY DINNER WITH ANDRE* was an avant garde production which portrayed a dinner discussion with this well known individual, and focused on his views of many things, *vis a vis* those of an equally well known and respected individual, with directly antagonistic opinions. While not a well known movie, it was considered to be an artistic success, and proved to be the linchpin of a new genre of cinema. While we missed dinner, I did have the opportunity to enjoy a day with Al Gerard, the inventor of the Trap Bar. Al is an engineer from North Carolina, who is an exceptional deadlifter, and an extremely likeable man. Although our meeting occured at a football strength training seminar at Rutgers University, many of the points made could be applied to powerlifting.

Over the past years, I have stressed that training for any athletic purpose, especially football, should be based first upon certain rules of safety. The assumption of a properly designed strength training program is, in fact, that it reduces the probability of on the field injury. The training procedures themselves should reduce the probability of injury in the weight room. Secondary to this, is the program's effectiveness in getting one muscularly stronger and larger. One's powerlifting program should be based upon the same priorities. One cannot train effectively, if at all, if they are injured. Constant or chronic injury, makes it impossible to fulfill one's strength potential due to the inability to train, an inability to train on a regular basis, and/or an inability to train with those movements that would best enhance one's powerlifting abilities. Overtraining, high risk training, training too frequently, and too training too frequently with high force are the primary roadblocks to progress for most serious lifters.



AL GERARD...shows the kind of back development that his possible with some hard work and his TRAP BAR.

Al and I agreed on a number of points that could immediately be applied to one's training in a positive manner:

1. Do not move the bar quickly: moving any weight quickly, especially a heavy weight, produces some negative effects. "Jerking" or quickly applying force to the bar often means that one will not maintain proper form or technique. This alone often leads to injury. Quickly accelerating a weight exposes the muscle and connective tissue to forces that are greater than the amount of weight on the bar, a force that will produce major or minor tears if it exceeds the integrity of that tissue. A few months ago in *PL USA*, Dr. Tom McLaughlin noted the importance of lowering a weight in the squat and bench press, if only to maintain the proper and most efficient path of travel, emphasizing that this slow and controlled descent is the hallmark of championship lifts and lifters.

I am of the opinion that even if legitimate research indicated that rapidly accelerating a weight was best for enhancing one's lifting ability, it would not be worth the potential risk of injury. Most experienced lifters agree that it is more important to "squeeze" a weight off of the platform, not "rip" or jerk it off in the deadlift, a point that Al completely supported. "When I make my biggest deadlifts, I concentrate on keeping good position and gradually accelerating the weight off the floor. It's just not good advice to try to jerk it up quickly." If one is injured because they either lifted "too quickly" and/or "out of the groove", progress ceases because there is no improvement if there is no training due to injury. Serious injuries can be long term or chronic, both of which will serve to inhibit anyone's march towards powerlifting gains.

2. Most lifters won't work hard enough on the basics: this is another point I've belabored through the years. I believe that the Trap Bar that Al has developed is a terrific piece of equipment. It allows one to do a basic, result producing exercise in a more efficient and orthopedically safe manner. Some of the new Hammer Strength Machines serve a similar purpose; they allow one to do basic movements such as dumbbell pressing, rowing, dips, and other exercises in a safer and more efficient manner than that provided by conventional equipment, including a barbell (as effective as the row might be as a basic strength and muscle builder, it can be dangerous for many lifters). Nonetheless, when one's sport consists of performing squats, bench presses, and deadlifts, it is important that one first master the techniques of those movements, and work hard and consistently to increase the weight used for these competitive lifts.

There has been an increasing tendency to try to utilize every obviously good and obviously bad strength training principle in one's training routine. This has occured hand in hand with the tendency to over utilize the available pieces of equipment found in most gyms and weight rooms. While the highly respected programs used by greats like Hugh Cassidy might seem "too simple" by today's aspiring powerlifters, they in turn have gone overboard in dressing up their programs with a multitude of assistance exercises. It remains true that one can work very hard or very long, but not both. Instead of concentrating on the three competitive lifts and working as hard and intensely on those as possible, most lifters, even successful ones, have limited the really brutal work on the lifts, especially the deadlift and squat, and have rationalized this by using many adjunctive movements.

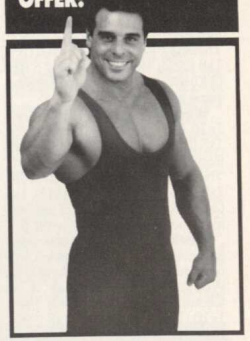
While it is important to carefully select those assistance movements that would serve to correct an existing problem, the modern day lifter "saves" him or herself for the many movements which follow the three lifts, and fails to give the proper effort in the more uncomfortable, yet more rewarding heavy, basic, major movements. Few published powerlifting routines fail to include three or four pressing or pec/delt movements, leg extensions, curls, and presses, and two to four lat/upper back exercises. As most lifters also want the recognition that they feel should come with lifting weights, direct bicep and tricep work is rarely excluded. Al made the point that few of the younger lifters he knows are willing to work their deadlift as hard as is necessary to stimulate realistic gains.

"They do a few deadlifts, usually well below what they could be capable of, and move on to any number of other things. Even the ones they do aren't that tough." Al and I remember when powerlifting was not yet an organized sport, and the deadlift, like the squat, was used as a very effective growth stimulating exercise. I made the point that we always did deadlifts in sets of ten to twenty reps, and sometimes up to thirty. We treated it like other basic movements because we did the deadlift not with an eye towards doing singles in competition, but as a means to become much bigger and much stronger. "Ken, if more guys would try to deadlift for sets of ten, really all out sets, they would be surprised how much they could deadlift in a contest, following a period of doing lower reps and singles as contest preparation." When I noted that this type of very hard work is rarely seen in any gym these days, Al just shook his head knowingly.

There are many "good" exercises that a powerlifter can do. There are some machines that can actually assist the lifter in overcoming limitations that exist in each specific lift. However, before time and energy is spent on "other" exercises, dues first have to be paid on the Big Three of our sport. It isn't necessary to have an unlimited budget, a computer, an understanding of percentages, or anything else exotic to be a successful or at least an improving powerlifter. It is however, necessary, to work as hard as possible, on a consistent basis, on the time honored, basic movements we use in the competitive arena.

WHAT'S THE NO.1 LIFTING SUIT FOR COMPETITION & TRAINING?

TURN TO CENTER GATEFOLD FOR THE ANSWER AND A SPECIAL OFFER!



HERCULEAN BODYBUILDING PACK

The most intense and complete Bodybuilding pack available, contains: Mega Vitamins & Minerals, digestive aids, Argentine Beef Liver, fat burners, Smilax, Gamma Oryzanol, Inosine, Natural Sterol Complex (2) and Herculean Aminos (3). Sixteen tablets in each pack, 30 pack supply. #6700 $47.99

Herculean Amino 1900 1900mg 500 tablets #6710 $34.99	**Herculean Sterol Complex** *A mass and density enhancer that includes natural plant sterols, electrolytes, energy stimulants and amino acids.* 2200mg 150 tablets #6716 $24.99	☆ ☆ NEW! ☆ ☆ **CHROMIUM PICOLINATE** *Biologically active chromium supplement* 200mcg 100 capsules US Patent # 4,315,927 #5941 $9.99	**Amino Density** This Month's Special 1500mg 325 tablets #5800 $14.99
Yohimbe Gold *A powerful formula for strength and mass building. Extra energy and aggressive attitude.* Sublingual 1 fluid oz. #5930 $29.99	**Yohimbe Complex** *A powerful formula for strength and mass building. Extra energy and aggressive attitude.* 665 mg 60 capsules *Special with this ad* #6714 ~~$20.00~~ $14.99	**Yohimbe Bark Extract** *750 MG* *FOR THE ADVANCED BODYBUILDER* #5939 $31.99	**DIBENCOZIDE** *B–12 Coenzyme, sustained release in the strongest dosage available.* 10mg 100 tablets #6100 $34.00 10mg 100 capsules #6200 $40.00
Super–Cuts *Unique sublingual formula of L-Arginine, L-Orithine and L-Carnitine.* 1 fluid oz. #5950 $14.99	**Free Forms** *100% Crystalline Pharmaceutical Grade Amino Acids* 1000mg 90 capsules #6720 $14.99 1000mg 250 capsules #6724 $29.99	**GH Release Formula** *Fast acting free form amino combination of 400mg L–Arginine, 200mg L–Ornithine, and 200mg L-Lysine* 800mg 120 tablets #6719 $18.99	**Amino Density** *Amino acid tablets derived from lactalbumin hydrolysate and free form L-Ornithine.* 1900mg 325 tablets #5830 $22.99 1900mg 150 tablets #5840 $12.99
Fat Fighters *(Lipotronic Formula)* *Contains all of the metabolic substances, from Choline to Inositol to L-Carnitine to aid in breakup of fat deposits.* 120 tablets #5860 $14.99	**Smilax Gold** *The strongest extract (10X). Naturally helps the body raise its testosterone levels.* 1 fluid oz. #5910 $20.00 2 fluid oz. #5915 $33.99	**Tetrabor Plus** *Unique sublingual formulation of boron complex 5000mcg, plus Smilax Officinalis Extract 10X.* 1 fluid oz. #5920 $29.99	**DIBENCOZIDE SUBLINGUAL** *B–12 Coenzyme, sustained release in the strongest dosage available.* 2 fluid oz. *Special!* #6300 ~~$40.00~~ $30.00

Minimum $25.00 order, $2.00 shipping on orders under $50.00. COD orders call (800) 832–6009. Virginia residents add 4.5% sales tax. ***Free T–Shirt with orders of $100 or more!***

Mail to:
TEAM BODYBUILDING, INC.
301 Meadow Creek Dr. • Chesapeake, Virginia 23323

Available at finer Health Food Centers, Gyms

GNC GENERAL NUTRITION CENTERS & gymees THE FITNESS SOURCE

Distributed by: **Advanced Supplements & Supplies**, Toledo, OH, (419) 729-1455 • **Bartee Nutrition**, Manassas, VA, (703) 590-0037 • **Bob O'Leary Sports Supplements (BOSS)** • Scranton, PA, (800)666-8870 • **Bob Uro, Inc.**, Vitamins & Health Food, Ft. Lauderdale, FL, (305)-484-6773 • **Brian R. Silk, Mr. Jr. America – '87**, Lakeland, FL, (813) 686-3031 • **Pauly's Nutritional Discount**, Romulus, MI, (313) 697-3909 • **The Body Shop**, White Plains, MD, (301) 870-2157 • **Tom Rinker**, State College, PA, (814) 867-0291

Distributor/Dealer Inquires Welcomed!

POWER PROFILE

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

- SLY - IS STRONG LIKE AN OX

SYLVESTER ANDERSON:

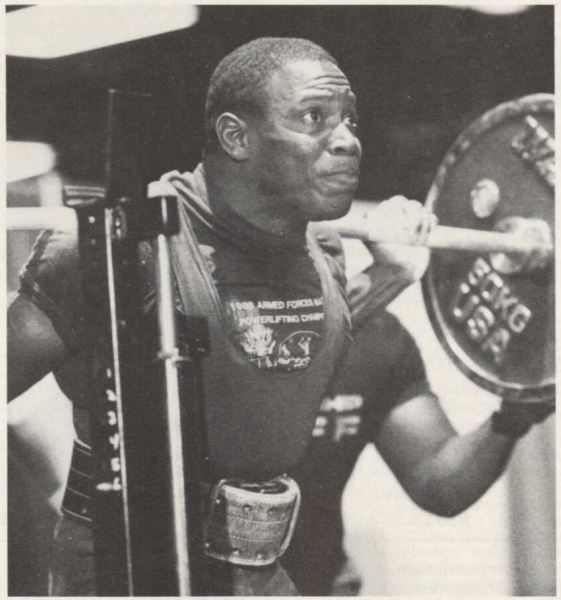
World Champ/Marine Corps Athlete of the Year

as told to POWERLIFTING USA by GAYLE HALL

At times, a powerlifter's greatest hope can be that there is someone, anyone, at the gym competent enough to hand off for that heavy set of bench presses. Some powerlifters want it all. They hope there will be a couple of guys around on deadlift day, just in case they make that PR triple, someone who'll appreciate it. Of course, we all try to make arrangements ahead of time; get together with a partner or two, but there's your job, their job, your overtime, their kid. You do what you can and make the best of the situation as often as possible.

Sylvester Anderson doesn't worry about any of that. He trains with an entire team, including Ausby Alexander, and they train on the clock; yeah, he gets paid. Sly is in the Marine Corps and that's how they do it there. They've got over 25 gyms on the Camp Pendleton base in Southern California. Their facilities are terrific, their program is supportive, flexible and professional, and the combined services are responsible for developing more World Champion and world class powerlifters than any other affiliated group. Sly has been competing for 12 years, and he's going to compete for at least eight more. Now is that a slick setup, or what?

To recap some of the more recent accomplishments of his lifting career, Anderson took top honors in the 181 pound class at the Senior Nationals in '86 totaling 1791, then placed second to Virtanen of Finland at the Worlds. In '87 he placed first at the Seniors in the 198 pound class, totaling 1868, and then won the World championships totaling 1829. Last year he didn't get to the Worlds, but placed first in the All Marine Championships in both powerlifting and bodybuilding. That accomplishment earned him the honor of being named Marine Corps Athlete of the Year. So far in '89 he's already won the Inter-Service Powerlifting Championships at 181 and the Overall Armed Forces Bodybuilding Championships. The list goes on and on.



***Sylvester "SLY" Anderson**...always an asset to the Armed Forces team at the Seniors.*

Sly's best lifts and totals have come most recently. He totaled 2015 at the '88 California State Powerlifting Championships via an 810 squat, a 455 bench and a 750 deadlift, the squat, deadlift and total being California State records at 220 (Sly weighed in at 204). Shortly before, he competed at the Corporate World Games in San Francisco and totaled a state record 2001 at 198, squatting a record 788, benching 442 and deadlifting a record 771. His best total at 198 was a 2005 at the All Marine Championships at the end of '88 where he upped his personal squat record and the Cal State record of 804. He's hit 1912 at 181 before.

The problem at the Senior Nationals in '88 was a combination of factors including a trip back to Mississippi to take care of personal problems concerning property he owns there and an insect bite that made him sick and caused him to lose weight. 'I was sick and weak. I only totaled 1752 and I've been in the high 1700's for two years in that class. I'm not making excuses though, I just placed third. But God knows it's going to be different this year.'

Thirty year old Anderson is a cook in the Marines. He entered the Corps after a brief enrollment in a Job Corps training program in Bethelridge, Kentucky that followed high school. Originally from Shelby, Mississippi, he's got four sisters and six brothers. The Anderson's supported themselves by farming and raising most of the protein they ate. As soon as an Anderson was old enough to carry a share of the load around the farm, they carried it.

Sly was introduced to weight training by an older brother who lifted as part of his football conditioning, but the Job Corps actually had a powerlifting program. He entered his first meet while in the Job Corps as a 165 pounder. He squatted 300, benched 225 and deadlifted 315. Anderson stands 5'5" in height. His weight at this first competition was only a couple of pounds more than his high school bodyweight. This relatively untrained, but solid and trim physique, had obvious potential. Upon entering the Marines and with their support, facilities and encouragement, his strength soared.

Stationed in Japan in '79 and '80, Sly began winning powerlifting titles in the 165 and 181 pound classes. 'Winning in Japan was my ticket back to the World.' I qualified to return to the States and compete in the All Marine Championships. I had to return to finish my tour, but it was a nice break to return to the 'real world' for a while. I placed fourth at the first All Marine Championship in 1980.'

'For the last six years I've won my weight class in the Marine Corps Championships. That qualified me to enter the Interservice Championships. The first Interservice meet was in '83. I placed third. In '84 I was second. I was competing at 165 then, and I had to go up against a real good Air Force lifter named Gene Bell (two time World Champion, 2132 total at 198, 2110 at 181). He moved up to 181 in '85. I stayed at 165 and placed first.'

Anderson improved consistently, finally placing second at the World's in '86. The following year he felt he had a chance for first, but ended up placing second to Eddie Coppin of Belgium. He received the title some six months later when Coppin's drug test came back positive, but the feeling wasn't anything like he had hoped a world title might be. 'Six months is a pretty long time to wait to find out things like that. I was pretty upset about the whole thing. I totaled 1829 and he totaled 2072. He was over 240 pounds ahead of me! I'm not saying I can't get beat, but I've never in my life got beat that bad. We were both National Champions and experienced lifters. I could see getting beat by another guy by 50 or 60 pounds, maybe, but by over 200, the way I got beat? I just couldn't see that. It can hurt to lose by only a few pounds, but at least you think you can work a little more on this or that. The other guy was better than you, but at least you're within range. I felt like I wasn't even in the picture.'

Most people would consider Anderson's accomplishment at the '87 Worlds enviable; I mean, what can a guy do? His teammates told him 'cheer up, you did good!' But rational or not, Sly felt he'd let his country down. 'I'll guarantee you, for the next three days, whenever I thought about that meet, I was in tears. It was the most depressed time of my life and I'll never forget it as long as I live. I'm just glad my kids weren't around. It made me realize what a great part of my life powerlifting had become, to get that emotional. I was really torn up. It also made me take the sport a lot more seriously and train a lot harder. Since that contest I've done better than I ever have.'

Do you always go by the name, Sly?

'Yes, well a lot of the guys call me that. I got it from my first coach when I was stationed in Japan. He said 'nobody's going to remember Sylvester.' I'm kind of a quiet and shy person, and sometimes young ladies will mention that the name Sly doesn't really fit me because it's supposed to represent 'cool' or 'slick' and I'm not none of that, you know. I guess I'll just have to live with it.'

Sly has three sons, ages 12, 11 and 8. They comprise his primary source of relaxation and recreation. 'I like all kids. My boys are involved in football and I'll go down to the school where they play and meet all the kids on the teams and help out a little. Sometimes, they'll come up to me and say, 'make a muscle, make a muscle.' It makes me feel good that they respect my physique. When I was a kid, my older brother had a good physique and I remember lots of people were impressed with him. I used to think it would really be something if one day I could get praise and attention like that, but I never thought one time in my life that I'd be in the position I'm in right now.'

'My oldest boy is involved a little with powerlifting. He entered the APF Jr. World Teenage Powerlifting Championships a few months ago. He weighed in at 90 pounds, squatted 175, benched 60 and deadlifted 225. I guess he wants to be just like his father, but I don't want any of them to injure their back or knees. I try to keep their lifting to a minimum.'

Anderson also collects classic cars. He's got a 1939 Chevy coupe, a 1940 Pontiac coupe, four '69 Lincoln Continental Mark III's and two 65 Ford Mustangs. The Chevy is in cherry condition. It's sky blue with a white interior, has big racing tires and ample power to spin them on a whim. The 425 horsepower racing engine can push Sly through the quarter mile with an elapsed time in the low 10's at a speed of about 125 miles per hour. 'I really don't get on it very much. I need to stay healthy.'

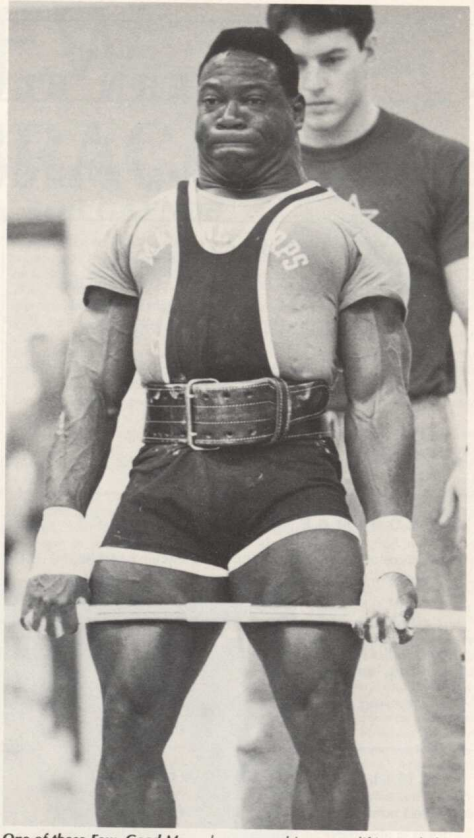
'I do have to admit I have a love for bikes, though. I'm not sure if that's bad or good. A couple of days ago, I bought myself a Suzuki GS 650. It's really beautiful down here and my wife and I sometimes like to go sightseeing and trooping down by the beach. You take your chances every day, but we do ride carefully. Still, nobody's guaranteed tomorrow.'

Sly has a home on 2-1/2 acres in Temecula, California. It gives him a place to keep his cars and offers plenty of room for the kids to run around. He also has purchased several acres of residentially zoned property as an investment toward college tuition for the kids. 'I just got this property and I get mail saying it's gone up in value and I should sell it. Back East you can buy property and two years later you may be lucky to get what you paid for it. But out here, property appreciates so quickly, and not by years, by months!'

One would think that a guy who has been competing in powerlifting for 12 years might be getting on toward to the end of his career and has already seen his best days. Sly Anderson doesn't fit that mold and is looking forward to even higher achievements. Toward the end of '88 and early '89, Anderson hit four major power meets in rapid succession, as well as his bodybuilding efforts. 'I went over 2000 pounds for the first time and I wanted to see if I could do again (and again). It probably wasn't the smartest thing to do' but they were taking good care of me in the Marine Corps.'

His experience at the '87 Worlds was what instilled the new enthusiasm, of course, and he's got his sights set high. Concerning Gene Bell: 'I've got a lot of respect for the young man. He's really a strong lifter. In the gym, I'm benching 470-480 right now. If I can get it up to about 501, I feel I would have a good chance of beating him. I feel I can deal with him on the squat and deadlift , but he's really got a good bench. I think a lot of people would like to see us go at it sometime. I'm not running from anyone. I just go where I think I can do the best. It's just common sense.'

Anderson is always busy toward the end of the year, but if his calendar works out right, keep an eye out for him at the Mr. Iron Man Bodybuilding/Powerlifting Competition this year. San Francisco Meet Promoter Don Amini tried to get him last year and may have an easier time convvincing him to enter in '89. If he enters, I'd think that would be about the safest bet for the title since Roger Estep in '85.



***One of those Few, Good Men** who can combine powerlifting and physique excellence all the way up to the national level, Sly is that rare combination, a lifter who is, in actuality, just as powerful as you might imagine he could be, from the way he appears. He hopes to be able to challenge anyone in the world at his bodyweight when he gets his bench up over 500.*

EASTERN BLOC SYSTEMS

★ HIGHEST QUALITY ★ LOWEST PRICES ★

DIBENCOZIDE 10.0

You've read about the smashed world records and the graphs comparing Dibencozide with anabolic steroids. You have also seen prices as high as $39.95 for 100 - 5 mg capsules.

HERE IS WHAT YOU HAVE NOT SEEN!
PURE PHARMACEUTICAL GRADE DIBENCOZIDE

100 - 10 MG CAPSULES ONLY $29.95!
200 - 10 MG CAPSULES ONLY $53.90!

FRAC 75.0

Ferulic Acid in a capsule form. 75 mg of FRAC per capsule. Recent documented studies reveal that FRAC is absorbed over 30 times more efficiently than gamma oryzanol. Conclusive studies show significant muscle gains (3.7 lbs. solid muscle in 8 weeks) and reduced bodyfat by those using ferulic acid. Unlike steroids FRAC has no side effects.

100 - 75 MG CAPSULES ONLY $14.95!
200 - 75 MG CAPSULES ONLY $25.90!

YOHIMBE BARK EXTRACT

This product is still one of the hottest selling products in the country. The FDA has not taken this product off the market yet. Many brands claim that Yohimbe contains 13.9% methyl testosterone. Eastern Bloc Systems makes no such claims! We merely sell for much less than any body else.

100 - 750 MG CAPSULES ONLY $29.95!
200 - 750 MG CAPSULES ONLY $53.90!

SUBLINGUAL FRAC 20.0

Ferulic Acid is the active portion of gamma oryzanol. Each two fluid oz. bottle contains a 30 day supply of 20 mg doses of FRAC. FRAC in the liquid form is absorbed immediately. Stack FRAC 20.0 and Smilax 30:1 for double results.

GET ONE 2 FL. OZ. BOTTLE FRAC 20.0 $14.95
BUY TWO BOTTLES OF FRAC 20.0 FOR $25.90

SMILAX OFFICINALIS 30:1

A 30:1 strength Smilax for better results. This sublingual form is absorbed and assimilated more quickly. Each bottle contains a 60 day supply.

ONE 2 FLUID OZ. BOTTLE JUST $12.95
TWO 2 FLUID OZ. BOTTLES ONLY $21.90

CHROMIUM PICOLINATE

A recent study of 42 football players showed chromium picolinate to have very similar anabolic effects on muscle growth as anabolic steroids. The players given 1.6 mg of CHROMIUM PICOLINATE gained an average of 5.8 lbs. of muscle and reduced their bodyfat by 22% over a six week period with significant results in two weeks. CHROMIUM PICOLINATE had no side effects.

180 - 1.6 MG CAPSULES ONLY $12.49
360 - 1.6 MG CAPSULES ONLY $22.90

We supply documented studies for chromium picolinate and ferulic acid with every order. Order now and receive a free one year Eastern Bloc System membership for free product, discounts and the latest in muscle building technology.

Please rush me_____bottles of Dibencozide
Please rush me_____bottles of Frac 75.0
Please rush me_____bottles of Yohimbe
Please rush me_____bottles of Liq. Frac
Please rush me_____bottles of Smilax
Please rush me_____bottles of Chrom Picol

Total with shipping and handling_____
Name_____
Address_____
City_____St_____Zip_____
MC_____VISA_____Money Order_____Check_____
Credit card no._____Exp._____

For the lowest prices anywhere order now!
Order by phone toll free 1-800-444-4729.
We accept*MasterCard*Visa.
Send check or money order to:

Eastern Bloc Systems
P.O. Box 391
Suisun, CA 94585

California residents add 6% sales tax
Add $3.00 for shipping & handling
Foreign orders add 25% for shipping

INTERVIEW

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

JOE BRACA

as interviewed by BOB GAYNOR

This interview was done with Joe Braca in mid March of 1989 as he began preparation for the 1989 ADFPA Men's Nationals.

B.G. Joe, what is your age and current residence?

J.B. *I am 26 years of age and I live in Flourtown, Pennsylvania.*

B.G. What is your occupation?

J.B. *I'm a heavy equipment operator.*

B.G. How long have you been training and competing?

J.B. *I have been lifting for 10 years and competing for eight years.*

B.G. Joe, How did you get started in weight training?

J.B. *I started lifting in my junior year in high school after being cut from the football team. To fill in some free time I started lifting on a Universal at school. Then I started at home with a wooden bench and about 100 lbs. Since that time my brother Jim and I have been buying weights and equipment over the years. Now, in 1989, I own two sets of squat racks, three benches (1 Olympic) and 2000 lbs. of weights (1200 Olympic)*

B.G. What are your best lifts?

J.B. *My best competitive lifts are a 530 squat, 336 bench press, and a 600 pound deadlift.*

B.G. Joe, could you tell us some of the titles and records you hold?

J.B. *A few of my titles are 1st in Pennsylvania Collegiate States in 1982, 1st in Pennsylvania States in 83-84, 1st Collegiate Nationals 84, 2nd in ADFPA Nationals 85-86-87, 1st ADFPA Region II's, 86, 1st in Pan Am Games 87, 1st North Americans 88, 3rd ADFPA Nationals in 1988. Some records that I have are the Collegiate USPF Deadlift with 567, Pennsylvania ADFPA Squat at 530, Deadlift at 600, and total 1430. These were all done at 148 lbs. bodyweight.*

B.G. What goals do you have?

J.B. *Future Goals: I would like to finish out the 148 lb. class with a 1500 lb. total and set a new ADFPA National Deadlift Record. Also, I would like to continue lifting and move up to the 165 lb class and do as well as I did in the 148's.*

B.G. What are your views on steroids and drug testing?

J.B. *I am totally against steroids. It might be an advantage to the athletes who are taking drugs now, yet later on in life there will be side effects and it will be a little too late to stop. I feel that the drug testing the ADFPA does is just fine, and they should continue testing the top three or five in each weight class.*

B.G. Joe, what kind of diet do you follow?

J.B. *My diet consists of three meals a day that contain the four basic food groups. Also, a few doughnuts and a couple of beers won't hurt.*

B.G. Do you follow any type of supplementation program?

J.B. *I have never taken any supplements. I feel that if you eat right and get the proper amount of rest you won't need to take supplements.*

B.G. Give us your views on training.

J.B. *My training cycle starts out 8 to 9 weeks before a contest. A 9 week cycle could go like this. Three weeks of 2 sets of 5, 2 weeks of 2 x 3, 2 weeks of 2 x 2, a week of singles and the Monday before the meet would be openers.*

During the off season I train a little lighter for about 12 weeks so my body can rest from the heavy intense workout I go through before a meet.

B.G. Joe, what advice would you have for beginners?

J.B. *Beginners should start off slow and be patient. They should work on their form and technique, which will be very important at the beginning of training and all throughout the years that are put into training. The heavy weights and size will come in time. Also, beginners should train with a partner or look for a coach to assist them in their workouts.*

B.G. Who are some of the individuals you admire in powerlifting?

J.B. *I admire athletes who do not use drugs to enhance their athletic abilities in any sport. One man I admire of Fred Glass. He is an inspiration to all athletes. I've seen him helping out beginners, as well as veterans in powerlifting.*

B.G. What are your interests or hobbies besides lifting?

J.B. *My interests include all types of sports such as football, baseball, all star wrestling and playing pool on the weekends.*

B.G. Joe, would you like to make any other comments?

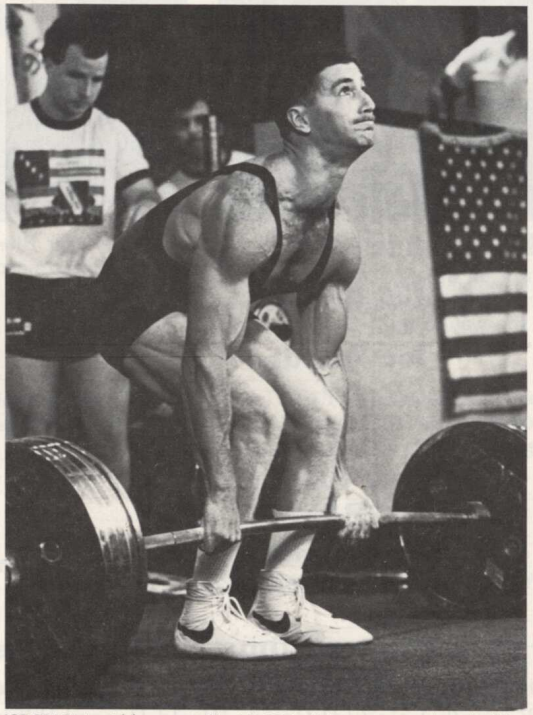
J.B. *I would like to thank Bob Gaynor for giving the other lifters and myself a chance to express ourselves to all the readers of* Powerlifting USA. *I would also like to thank my parents for having such patience and letting my friends and I lift in their basement for the past 10 years. I would also like to thank my family, coaches and friends for the help and support they have given to me over the years. My brother Tony, my coaches, Paul, Louie, Jack and my friends Marty, Joe J., Matt, Brett, M.F. and C.S. and my future wife, Patty. Thanks.*

25,588 POWERLIFTERS CAN'T BE WRONG...

For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want suits, wraps, belts and advanced supplements that work as hard as they do, in training and on the platform.

FOR A COMPLETE LISTING OF MARATHON POWERLIFTING PRODUCTS, TURN TO CENTER SECTION.

Marathon® DISTRIBUTING COMPANY



JOE BRACA *is widely renowned in A.D.F.P.A. circles as a tremendous deadlifter.*

NEW: UPDATE FIVE

TO "DRUG USE AND DETECTION IN AMATEUR SPORTS"

BY MAURO DI PASQUALE, B.SC., M.D.

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

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

THE COST OF THE BOOK "DRUG USE AND DETECTION IN AMATEUR SPORTS" PLUS ALL FIVE UPDATES is
$41.50 U.S. Funds plus $3.50 P&H.

Update Four is $10.00 U.S. Funds Plus $1.00 P&H., Updates One to Three - all three for $12.00 Plus $1.00 P&H. The Book, "Drug Use and Detection in Amateur Sports," is $14.95 Plus $2.00 P&H.

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

Be Informed - It's Your Right

Order from:

MGD Press
23 Main Street
Warkworth, Ontario, Canada
K0K 3K0

Subscribe to Ironsport

The Magazine of Powerlifting, Weightlifting and Strength Training

Extensive coverage of major meets, training techniques and close-ups of the Superstars of Strength.

Subscribe now. $12 for six issues, $20 first class (US and Mexico), $22 Canada, $29 all other foreign.

Enclosed is $ _____ for six issues of Ironsport.

Name

Address

Payable to: Ironsport, P.O. Box 1776, Aptos, CA 95001

Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send $15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0.

DEAR MAURO: I am 20 years old and have been weight training since I was 14. I am not, nor never was, very big or strong, however I love the "high" of going to the gym and working out. I would like to train normally again and achieve decent muscle tone. My problem is much like the man with the shoulder problem in your article in the November '88 issue. I have been X rayed. I have been to an M.D., an orthopedic surgeon, an M.D. specializing in sports medicine and three chiropractors. Diagnoses varied: compressed disks, superior posterior serratus trigger point, soft tissue damage around my rotator cuff, torn trapezius with tendonitis in the shoulder, T-4 facet. I'll describe my problem. My shoulders click. The main problem is on the right side. In my upper back I get a cryptic pain, it pops and cracks when I breathe and aches when I sit. The front of my right shoulder clicks and aches. I supposedly have tennis elbow on the right side also. The shoulder clicks when I work out, but doesn't hurt until a day or two after. The elbow does hurt when I work out. I also have a problem with my right knee. It is supposed to be tendonitus or another trigger point. I am going this week to be sure it is not cartilage tear. The knee gets worse after I work out also, but not while I'm working out. My lower back was sprained in November '86 doing barbell bent rows. The pain comes and goes for no reason. Doctors said it is lumbar lordosis. I get an electrical like shock sometimes if I bend certain ways. The region will remain sore and vulnerable for about a week and then clear up. My shoulder has been bothering me for a year, my knee since November 88. I have tried a 2 month complete lay off, but it was no help. Working out is not enjoyable anymore, but I want to get back. I feel like my life is over; like I am about 90 years old. I can't do anything physical anymore. I know if I was a would class athlete something could be done to get me back. I never took steroids or wanted to. However, I wonder if there is any therapeutic effect they can have for my problems. I have great determination to get normal again. Please help me however you can. Is there a drug rehibilitation program? What did you have to tell the man in the article with the shoulder injury (other alternative)? I am only 20 and never had any physical problems until 18. No history of these problems runs in my family. So far weight training has done nothing good for me. How do guys lift into their 70s? **JAN C.**

DEAR JAN: *It sounds to me like you're overdoing it for your physical capabilities. I don't think there is anything serious going on. There are several things you need to do. First of all, only do those exercises that don't cause you any pain - even if it means doing partials in the exercises you think you should do. Start off like a beginner, with light weights and low reps. At first, your workouts shouldn't be more than a half hour 3 times a week. Once the injuries improve (remember you shouldn't feel any pain - if you do, modify the exercise or do another one instead), slowly increase your exercise weight and the time you're working out. Also use whatever wraps you need to minimize the strain to the affected joints. For example use light knee wraps even when warming up in the squat (actually keep the knees wrapped all the time you're at the gym). For your shoulder, wear light elbow wraps if it helps. Anabolic steroids might help you get back on your feet quicker and also might allow you to work out harder without injuring yourself so easily, but because of possible side effects, it's a decision you'll have to make. Certainly if the above regimen doesn't help (and it should as long as you don't rush it) I'd give it a try for one or two cycles. The alternative for that other lifter was an injection using a cortisone and an anabolic steroid. I wouldn't recommend this for you since you have so many other areas involved. Sincerely,* ***MAURO***

DEAR MAURO: I have been lifting for several years. In my off-season I play football. Well, I was chasing the quarterback and, trying to avoid a late hit, I dived over the him. In the process I felt a burning sensation in the lower groin and right leg. I wasn't able to squat or raise my leg for over two months. When I started squatting again I felt pains in my inner leg about 8 inches below my groin. My bodyweight is 210 lbs. and I was squatting over 700 lbs. I would like to know if I have torn any muscles or tissues, and how long would it take for me to start squatting heavy again. **Kenneth M.**

DEAR KEN: *It certainly sounds like a tear. You should be able to get back into it right now. You might have to change your stance so as to decrease the strain on that injured area. Once you get back up to the heavy weights you could slowly try going back to your old style. Make sure you warm up that leg and keep it warm all through your workout. Best of luck,* ***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 Holgate, Anaheim, CA 92802

DEAR ROGER: I am a non-competitive weight lifter, 6'1" and 205 lbs. I currently bench press 265 lbs., but can't seem to get above this. Please devise a bench press routine that would enable me to reach 300 lbs. **Mark D.**

DEAR MARK: *As you know from my articles I believe in heavy weights year round. I have had success with this type of program and I'm sure you will also. You should train the bench twice a week, once light to medium and once heavy. On your light day you should never leave the gym fatigued. The light day shoud work your technique and develop the proper groove to bench pressing. You should leave the gym very hungry for your heavy day, so you can make new progress. I would say that your light day sets up your heavy day. Your heavy day is the time to put your mind and body to work. On this day you should feel fatigued after the session.*

I will outline a program considering a 265 bench as your starting max. Training days: Monday (light) and Friday (heavy). 1st Week: Monday bench - 135, 1 set, 10 reps; 135, 1 set, 8-10 reps; 165, 1 set, 5-6 reps; 185, 1 set, 1-2 reps; 205, 1 set, 1 rep; 225, 1 set, 1 rep; 135, 1 set, 10 reps. Friday bench - 135, 1 set, 10 reps; 135 1 set, 10 reps; 165, 1 set, 5-6 reps; 185, 1 set, 1 rep; 200, 1 set, 1 rep; 225, 1 set, 1 rep; 245, 1 set, 1 rep; 265, 1 set, 1 rep; 205, 1 set, 1 rep with pause; 145, 1 set, 10 reps.

2nd Week: Monday bench - 135, 1 set, 10 reps; 135, 1 set, 10 reps; 165, 1 set, 5 reps; 185, 1 set, 1-2 reps; 210, 1 set, 1 rep; 230, 1 set, 1 rep; 145, 1 set, 10 reps. Friday Heavy - 135, 1 set, 10 reps; 135, 1 set, 10 reps; 165, 1 set, 5-6 reps; 185, 1 set, 1 rep; 210, 1 set, 1 rep; 235, 1 set, 1 rep; 255, 1 set, 1 rep; 275, 1 set, 1 rep; 215, 1 set, 1 rep; 155, 1 set, 10 reps.

3rd Week: Monday Bench - 135, 1 set, 10 reps; 135, 1 set, 10 reps; 165 1 set, 5 reps; 195, 1 set, 1 rep; 220, 1 set, 1 rep; 240, 1 set, 1 rep; 155, 1 set, 10 reps. Friday Bench Heavy - 135, 1 set, 10 reps; 165, 1 set, 5-6 reps; 185, 1 set, 1-2 reps; 215, 1 set, 1 rep; 245, 1 set, 1 rep; 265, 1 set, 1 rep; 285, 1 set, 1 rep; 225, 1 set, 1 rep; 165, 1 set, 10 reps.

I think you can see the pattern of weight increases each week. Assistance work should include your favorite exercises for the biceps and lats. You should work these two muscle groups very hard to try to get an increase in size which will help you come off the chest during the bench press. Tricep work should also be included, but keep it to a medium intensity workout so you don't overtrain the tricep. Your triceps are getting a lot of work during the bench press and overtrained triceps mean an under trained bench press. ***Roger***

Powerlifting USA BACK ISSUES

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

Jun/1983... Women's Worlds, Anello deadlift routine, Dan Austin, Cycling, All Time 800 squat list, Bill West - Pioneer of Power, TOP 100 Supers.

Aug/88... Bill Kazmaier Update, USPF Juniors, Women's IPF Worlds, Greatest Deadlifters, Dawn Reshel and Myrtle Augee Profiles, Sport in 2001, Squatting Primer by Fred Hatfield, TOP 100 181s, ADFPA TOP 20 114s.

Sep/88...USPF Seniors, APF Seniors, The Greatest Powerlifter, Jeff Chorpenning Profile, Drug Free Worlds, TOP 100 198s, ADFPA TOP 20 123s.

Oct/88...ADFPA Nationals, Gary Heisey Profile, Doug Hepburn /Joe White Interviews, Strongest Man in the NFL, Offseason Training, TOP 100 220s

Nov/88... World Record Breakers Meet, Deadliest Deadlift in Texas, Best Woman Squatter, Benching by Confessore, Magic Leg Machine, Bob Wagner Interview, Dave Pasanella Workout, TOP 100 242s, ADFPA TOP 20 148s.

Mar/89... Powerlifting of the Future, Soft Tissue Therapy, World Bench Championships, Bench Press Assistance, TOP 100 123s, Women's TOP 20.

Apr/89...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, ADFPA TOP 20 242s.

May/89...ADFPA Lifetime Drug Frees, Ray Benemerito Interview, Post Meet Blues, Kenneth Lain Bench Workout, Making Weight, Milo Steinborn Tribute, 'Darwin Deadlift', Dennis & Sandi Brady, TOP 100 148s, ADFPA TOP 275s.

Jun/89... Hawaii Record Breakers, Ken Lain Bench Workout, Muscle Composition, Deadlift Ponderings, "I DISAGREE" by Louie Simmons, Paragraphs of History, ADFPA & USPF Colleiates, TOP 100 165s, ADFPA TOP SHWs.

Jul/89...USPF Masters, ADFPA Womens, USPF High Schools, The Sentencing of Mike MacDonald, People Power, TOP 100 181s, ALL TIME TOP 20.

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.

WARNING!

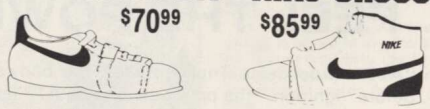
IF YOU'RE PAYING MORE THAN THESE PRICES...

Overstocked on Suede Power Belts
Regularly $60.00
Now $35.00

- Double Prong
- Suede on both sides
- 4 rows of white stitching
- Maximum thickness
- Colors: Blue or Red
- Special Offer: Purchase a Squat Suit or Bench Shirt for $35.00, Pay only $25.00 for a Belt!

Limited quantities on belts, so hurry, they're going fast!

Also Available—Nike Shoes



$70.99 Low top — $85.99 High top

Available in sizes 8-13.
Order ½ size smaller than normal shoe size.

Special

Amino 1600 325 tabs . . **$19.99**

Smilax
2 oz. bottle **$13.99**

Dibencobol (Dibencozide)
An Alternative to Anabolic Steroids
100 tabs - 10 mg - $34.95

Visa / MC orders $2.50 for postage.
C.O.D. orders $4.50 for postage.

FRANTZ SPORT CENTER
31 N. BROADWAY
AURORA, IL 60505
FAX 312-892-0909
(312) 892-1491
Order Only 1-800-537-5532
Outside of Illinois

STARTIN' OUT

A special section dedicated to the beginning lifter

Competition Packing

as told by Frank Langhorst

After spending untold hours and money preparing for a contest, the last thing you want to do is show up without some key item. (Any forgotten item becomes a key item). A good way to prevent this is to pack the night before, using a checklist.

Every lifter should have his/her own personal checklist, created to reflect their own specific circumstances. After every competition, any item that was need, but forgotten, can be added to the list, therefore you will be establishing a more complete list each time out.

All items that will have to be checked and authorized by the referees should be packed separately. It is especially helpful to have a bag with three compartments, one for each lift. One should pack all items necessary for the squat in one compartment, all bench press items in another, and all deadlift items in the third. This will save many precious minutes of searching once the competition gets underway.

What follows is my own personal checklist, which can be used as a guide in preparing your own:

Items to be checked by the referees:
(packed separately)

SQUAT: shoes, socks, knee wraps, groove briefs, suits (at least two), t-shirt, wrist wraps, belt.

BENCH: shoes, suit, belt, bench shirts (at least two).

DEADLIFT: slippers, suit.

(Items used for more than one lift need not be repeated in each separate packing location, i.e., wrist wraps, socks, etc.)

Other Items

ADFPA/APF/USPF registration card, rulebook, Icy Hot etc., smelling salts, aspirin, potassium, etc., chalk, padlock, towels, warmup suit, snacks, notebook and pens, mouthguard, toiletries, alarm clock.

Don't fail to maximize your "Total" potential by forgetting important items! Good luck at your next meet!

No Matter *if you're going to the Worlds (like Terry Young of Canada, above) or the County Open, you still have to pack right to perform right on stage.*

FEEL THE POWER OF "IGNITION"

"ATP" (Adenosine Triphosphate): The body's natural "spark plug" in building size and strength. Before "Ignition," the only way to raise ATP levels was to take Inosine.

"IGNITION": The most powerful form of pure, stabilized ATP in bioavailable form.

"FACT": Inosine alone cannot deliver the same results as "Ignition." Why? Because the body must first biologically utilize Inosine to raise ATP levels. "Ignition" **is** ATP in stabilized form, and is biologically available at cellular levels within minutes. Results? Virtually 100% absorbtion rate with maximum natural power increase.

"CONCLUSION": When you're ready for results with the first workout . . .

HIT THE IGNITION!

☐ 1 Month Supply $29.95 ☐ 2 Month Supply $57.95 ☐ 4 Month Supply $99.95

NOW AVAILABLE
100% PURE FERULIC ACID! !

★ Ferulic Acid is the bio-available ingredient of Gamma Oryzanol.
★ One dose (50 MG.) of Ferulic Acid is equal to 2500 MG. of Gamma Oryzanol!
★ One bottle of Ferulic Acid is equal to 8 x 100 size bottles of Gamma Oryzanol!

☐ 1 Month Supply $29.95
☐ 2 Month Supply $57.95
☐ 4 Month Supply $99.95

CHARGE CARD ORDERS CALL TOLL FREE
24 HRS. (orders only) 1-800-255-6304

★ UPS. Rush Orders $6.00 min (credit cards only)
★ C.O.D.'s add $3.00 to min. shipping.

WHEELER'S
FITNESS AND STRENGTH ENT.
206 Bernard St., P.O. Box 1483
Bakersfield, CA 93302
1-805-327-5536

ITEM	QTY	PRICE	TOTAL

Name _____ Sub Total _____
Address _____ Discounts _____
City/State _____ CA res. add 6% _____
Zip _____ Phone ( ) _____ Min. Shipping $2.00
Charge my: VISA _____ MC _____ **TOTAL** _____
Card No. _____ Exp. Date _____

FOR FASTER SERVICE SEND MONEY ORDER OR CASHIER'S CHECK
ALASKA/HAWAII ADD 10% U.S. CURRENCY ONLY OURSIDE U.S.A. ADD 25%

TRAINING

To the Sole of the Matter

by Ron Fernando, Ironmasters Gym

In my years as a powerlifter, trainer and sports journalist, I have seen the sport blossom from a backwater activity into a relatively well received international sport. Although we still have not received full official acceptance from the IOC our sport has progressed rapidly. The powerlifting enthusiast can now buy highly specialized lifting equipment to aid his or her quest for the Ultimate Total. One area remains that, I feel, needs some attention. Our sport is so highly specialized that many of the current lifting shoes available do not really meet the needs of the powerlifter. Some of them are great, general purpose 'cross-training' shoes, while others were originally intended for Olympic lifting. The following is an analysis of some of the shoes currently available on the market and some thoughts regarding future applications for our sport, specifically.

Powerlifters do not form a significant demographic niche in the marketing plans of the major athletic shoe manufacturers. I recently attended the International Racquet Sports Association trade show and convention in Reno, Nevada and was privy to some of Nike and Reebok's latest offerings. By and large all of them were attractive, well made, and applicable to the health spa enthusiast doing 150 lb. leg presses, but I saw little that would meet the overall needs of a serious PLer. Most lifters purchase specialty shoes or boots for one reason - the squat. In the early days, lots of powerlifters used combat boots or heavy work boots to support the ankles and offer some minor heel elevation if one squatted using a fair amount of quad. As the wider stance 'Bridges Flare' became in vogue, a flatter sole was needed, and some lifters used a variety of high-topped basketball shoes.

It was during the early 70's that Adidas came out with their original (and perhaps finest) all-purpose squat boot. I am sure if you dug up some old shots of Jon Cole hitting his then historic 903 squat, he will be seen with the old black-and-white Adidas. For some mysterious reason, Adidas discontinued the black-and whites for more esthetic (yet perhaps less functional?) blue suede model with a wooden heel. This model is primarily an Olympic lifting asset, as it is a very low-cut version with an instep strap. Why Adidas disco'd the old black n' whites is a real enigma since they were selling well both overseas (many of the early Bulgarian stars such as Valentin Kristov, Norar Nourikian and Atanas Shopov used them successfully for their world record lifts) and in the USA for both Powerlifting and weightlifting. Another very good all-purpose power weightlifting boot that has since gone to the 'Happy Hunting Grounds' was the Karhu (made in Finland and marketed by Karhu Sports AB). I have heard that the company itself went under in the latter 70's - early 80's. During the eighties both Puma and Nike entered the weightlifting boot marketplace with their current high and low cut offerings. These boots are quite functional, although

HEAVY BOOTS*...are the footgear preferred by some lifters, like Bret Medeiros, seen above squatting at the 1985 Hawaii Record Breakers Meet.*

I personally feel that the Nike high-cut boot is better suited for the narrow stance squatter. Rumor has it that Eddie Coan is working with a major shoe manufacturer in an entirely new squat shoe design slated to come out soon. I will be interested in seeing whether this product is geared specifically for the powerlifter/squatter or more for the general, hard-training fitness enthusiast.

A shoe that has gone relatively unnoticed is the Riedell high-topped boot. Safe's Power & Body (a Riedell reseller) will actually modify the heel to your specs - either shaving a bit off if you prefer a flat surface to squat on, or adding however much heel you need (look out, Herman Munster!).

Of the current (mass marketed) fitness shoes available, Gold's has a product called the 'Gladiator'. It is a heavily made high-top shoe with criss-cross ankle straps and has been designed for the flat-footed squatter in mind. After talking to the Reebok rep in Reno, they told me that they are coming out with a heavily made cross-training shoe in the fall that looks pretty good for a medium to close-stance squatter.

Walking through a typical shopping mall shoe store will stun a lot of you. Many of the prices are in triple digits and you really cannot purchase a decent set of training shoes for under $50. As our needs are specialized, lots of times you have to be a little inventive. Many top lifters have squatted in Adidas Hercules Wrestling shoes. These shoes are perfect for someone wanting tight ankle support, a solid base to squat from, but no heel. The advantage of using something like the Hercules is that generally you won't find yourself changing shoes between events (not to mention their bargain price).

If you are a new lifter or just a lifter in the market for new shoes, here are some general tips to consider before purchasing.

Your feet are an important asset. Screw them up and you will be one unhappy camper, pardner.

Analyze each lift individually - quite often you may need up to three pairs of shoes to compete effectively (a pair of heavy boots - depending on your style - for squats; a pair of lower cut court shoes for the bench (if you have an exaggerated arch then a high-heeled boot is perfect) and a very low-to-no heeled shoe such as a gymnastic slipper for the deadlift.

Analyze your squatting style. Generally, narrow-stance squatters will want to use an elevated heel-boot and wider stance lifters will go for a higher cut basketball shoe, or even a pair of wrestling shoes.

If, because of any biomechanical problems, you need a very high ankle support get a good pair or Army jump boots or all purpose work boots. These will last, literally, forever. They range in price from $25 for the GI boots to $150 for the Danner (considered the best boots, by the way).

Use your lifting shoes for lifting only. I saw some idiot jogging in a $90 pair of Adidas lifting boots once. I know his feet were not feeling entirely well, and all of the stress was ruining his shoes, to boot (bad pun, folks). Use 'em, then put them back into your gym bag. A good cobbler will keep your shoes in shape if you need heels, soles, etc. for a fraction of the cost of a new shoe.

Do NOT use jogging or similarly configured lightweight shoes for lifting. They are designed for speed, not strength. Your feet will scream at you unmercifully if you do this sort of thing.

Above all, do not be overly concered with every new high-tech 'training shoe' that comes to the market. Treat your shoes as you would your 'significant other'. Once you find a pair that suits your needs, stick with them. Unless there is a marked amount of wear and tear, there is no need to 'trade them in'.

Be prepared to spend a decent chunk of change on your shoes. They are very important and if taken care of will help you 'walk away' with many trophies!

I feel that the 'ultimate' power shoe or the future would be one in that it could be able to 'instantly' configure to a person's particular lifting style. Ideally, this would involve either pumping either air or gel into the heel, (and being able to deflate it) plus having special orthotics for the instep. Orthotics are an inexpensive and simple device that you can have made at the local podiatrist. Maybe one day an ingenious company will make a high-tech shoe with digital pressure pads which react to any given pressure. Imagine a shoe that could even detect flaws in your style and react accordingly! (Remember, they all laughed at Thomas Edison!)

Dr. Judd

EXPERIENCE IS THE BEST TEACHER: A View From The Masters

by World Class Enterprises/Judd Biasiotto Ph.D.-Arny Ferrando

Powerlifting USA, books, video tapes, seminars, and lecturers can certainly teach us a thing or two about increasing our performance. But, as in most things in life, there is no substitute for experience. Many of the accomplished lifters we've talked to felt that they received their best advice from older lifters who had already been through it all -- those who had won and lost, coped with injury, bombed-out, overcame plateaus, experimented with drugs and dealt with the progressive transition of the sport. Such expertise is unrivaled. More than once we've heard veteran lifters say "If only I knew then what I know now." Obviously they feel that what they know now would have helped them then. In an effort to find out what they know now -- and wished they knew then -- we though it best to just ask. Now, with the benefit of 20/20 hindsight, here are some of their answers.

"Get yourself a good coach. Someone who knows about nutrition, biomechanics, psychology, etc. Also, be patient. It takes years of good training to be a good lifter. Most importantly, stay away from drugs. They may help you at first but in the long run, you'll regret it."

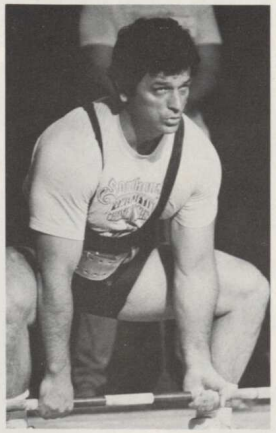
Jorge L. Garcia
Bronze Medalist, 1968 Olympics
USPF Two-time National Champion
(30 years of lifting experience)

"Well I think it helps to participate in as many competitions as possible. Some lifters avoid entering meets until they think they have a good chance to win. This is not a good idea in my opinion. Also you need to prepare your mind as well as your body. Many athletes will spend years honing their bodies but forget entirely avout their minds. The mind is just, if not more important, than the body in the stressful situations of competition."

Judith M. Gedney
World Powerlifting Champion
(12 years lifting experience)

"Stay drug-free. With a positive mind set to excel and consistent hard training, one can succeed well on into middle age. Tough it out through the sticking points -- make power training a part of your belief structure, a part of every day."

Larry G. Arthurs
Masters Record Bench - 513 lb./220
(26 years of lifting experience)



"Compete with yourself, not against other lifters. Don't worry about what the other guy is doing. In the same light, don't worry so much about winning - it's how well you're improving that really counts. If you're improving from meet to meet, you're on the right track. I don't care if I finish last in a competition as long as I did my best. If I finish first, but lift poorly I'm anything but happy. Work hard, be patient, and keep smiling."

Rick Vaillancourt
Master World Record Squat 810/275
(27 years lifting experience)

"If you're serious about competition, train with a knowledgable coach. Techniques and training methods that produce results are slowly gained by trial and error. I continue to improve, at 45, so I wonder how competitive I could have been if I would have sought out a coach 18 years ago when I started. Practice your technique until you have perfect form. Also don't fudge on your training. Remember, what you do in practice you'll most likely do in a meet."

John Nesbitt
Region II Master Champion
(18 years lifting experience)

"In life and in lifting it's not what you start with that counts, but what you finish with. Don't worry about where you are now - focus on what you're doing each day and there's just no telling how far you can go."

Fred Glass
World Master Champion
(30 years lifting experience)

"Make sure you have picture-perfect form. If there is one thing that all great lifters have, it's technical precision in their lifts. Also, be patient and persistent. Small gains made consistently over a long period of time add up to big totals - generally such gains stay with you. Ask for advice from more experienced lifters. There's no substitute for experience."

Steve Mathues
Florida State Record Holder
(17 years lifting experience)

"Do everyting you can to learn the proper technique and form for each lift. So many lifters get hung up with the idea of lifting heavy weight that they sacrifice their form for the pounds. Eventually, though, their lack of form becomes the limiting factor for reaching their goals or parameters. Then they have to face a greater problem of relearning the skill/technique all over again. It's a lot harder to relearn a skill than it is to learn it the right way in the first place."

Lanny Shepard
ADFPA National Champion
(20 years lifting experience)

"Learn as much as you can about your sport. Look for anything that will give you a little edge - nutrition, psychology, whatever. Also, get yourself a good coach, who really knows the sport. Don't rely on a training partner. You need someone to cycle you, push you, and analyze your movements, not someone who is just going to act like a cheerleader"

Edwin Sizemore
United States Master Champion
(24 years lifting experience)

"Powerlifting is not a life and death situation, it's a sport that is meant to be enjoyed. Keep it in proper perspective and have fun with it. Don't let it control you like it has many lifters. Stay away from drugs. I'm amazed at all these lifters who are supposed to be health conscious, and then flood their body with dangerous drugs. When you use drugs in sports or life you not only cheat yourself, but you cheat the people around you. You don't need drugs to be successful. There are a lot of lifters around who have proved that. So say 'No' to drugs and help keep powerlifting a drug-free sport."

Ben Lockett
U.S. Olympic Lifting Record Holder
(29 years lifting experience)

"I think the important thing is to be consistent year in and year out. Don't rush, just keep a nice easy pace and before you know it, you'll be lifting awesome poundages. Remember, you eat an elephant one bite at a time. A lot of lifters try to go too fast, and end up with a serious injury instead of a serious total."

Jack Talley
Three-time GA State Champion
(28 years lifting experience)

"Be patient. Take your time and everything will fall into place. If you get injured, you should back off. Don't try to work through an injury, you'll only end up making it worse. You can work around an injury, but you're not going to work through it."

Jack Webster
Florida State Champion
(23 years lifting experience)

"Look for every edge--nutrition, psychology, equipment, etc. The more you know the better off you're going to be. If there was one thing I had to point to that helped me more than anything else it was nutrition. Through proper nutrition, I was not only able to maximize my workouts, but ensure that I recovered and benefited from them. I recommend strongly that you research the area of performance nutrition. And of course any other field that might give you a competitive edge.

Eddie Johnson
Georgia State Powerlifting Champion
(15 years lifting experience)

"Find yourself a good "power" gym. A place where people know what they're doing and are willing to help you. The better the people you train with, the better you're going to be. Don't let your ego get in the way of trying something new. Sometimes you have to do less in the present in order to do more in the future."

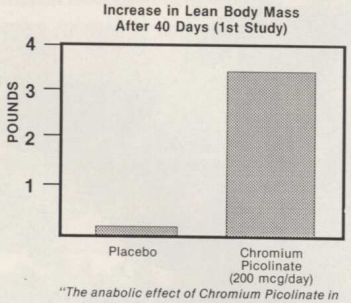
Saul Shocket
American & National Record Holder
(22 years lifting experience)

ANABOLIC CHROMIUM PICOLINATE

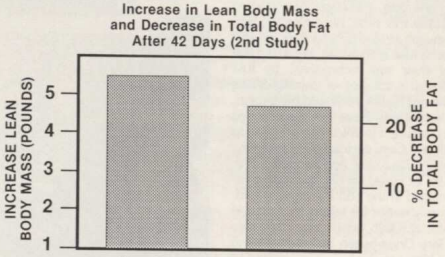
UNIVERSITY STUDIES CONFIRM THE POTENT ANABOLIC EFFECT OF THIS COMPOUND

ACP-1000™

ANABOLIC CHROMIUM PICOLINATE



"The anabolic effect of Chromium Picolinate in male subjects: a safe alternative to anabolic steroids", Gary W. Evans, Ph.D., Bemidji State University, Bemidji, Minnesota



"The anabolic effect of Chromium Picolinate in male subjects", Gary W. Evans, Ph.D., Bemidji State University, Bemidji, Minnesota

Dealer Inquiries Invited

MEDSPORT™
QUANTUM™ NUTRITION

MEDSPORT LABORATORIES
3314 Harbor Blvd., P.O. Box 5078
Port Charlotte, FL 33949-5078
Credit card and COD customers may call toll free 24 hours per day, 7 days per week.

1-800-446-MAXX

YES, please rush me the following:

ACP-1000™
1000 mcg. per capsule
Regularly $29.95

Qty ..... Amount
____ 90 capsules (3-month supply) ..... $24.95 .... _____
Add $2.00 for C.O.D. ..... _____
TOTAL AMOUNT ENCLOSED $ _____

NAME _____
ADDRESS _____
CITY/STATE/ZIP _____
METHOD OF PAYMENT: (Please check one)
☐ CHECK ☐ MONEY ORDER ☐ COD ☐ VISA ☐ MC
AUTHORIZED SIGNATURE _____
ACCOUNT NUMBER _____
EXPIRATION DATE & NAME OF BANK _____

Power Profile

GARY DRIGO

as told by his friend Barry Herman

Even as a child, Gary Drigo didn't need to clip Charles Atlas advertisements. He was a three year starter on his high school wrestling and baseball teams and already carried a muscular 165 lbs. on his 5'8" frame. Gary dieted down to 140 lbs. for wrestling. Those years of dieting would have a profound effect on his ideas about bodyweight in the years to come. Gary's first chance to handle a powerlift came in gym class in his junior year of high school. Steve Johnson, a high school teacher and coach, tested the students in the bench press and after a few practice attempts, 145 lb. 17 year old Gary Drigo blew everybody's mind with a 275 lb. lift.

After learning that this was Gary's first time "lifting weights", Steve encouraged him to continue with weight training. Gary joined a Nautilus facility and trained on the machines for six months before getting into free weights, but by graduation he was benching 315 lbs., and within five months benched 365 lbs. as a middleweight. In 1982, suddenly aware of his potential, he started entering bench press competitions.

Gary mixed brains with brawn and after high school attended Bowder College in an accelerated electronics program. He went through a normal two year Associate Degree program in one year. Although Gary trained during this time, his education and new job at Motorola took its toll and as he rose at Motorola, becoming one of their top technicians, he lost almost a full year of training during the last half of 1984 and the beginning of 1985. Now, his body started to mature. His thick frame began to fill out. Gary decided that his dieting years were over and jumped to the 198 lb. class, yet his bodyweight remained in the 185 lb. range. When, barely out of his teens, he made an official 500 lb. bench press, the name *Gary Drigo* began to have meaning in lifting circles.

Up to this point, Gary's lifting had been largely one dimensional. Now, it was time to move on. Gary entered his first three lift meet at 21 years of age, in October of 1985. He qualified as an Elite lifter, winning the novice division of the Florida State Powerlifting meet, totaling 1855 via a 700 lb. squat, 535 bench press, and a 620 deadlift. Although still more of a bencher than a complete lifter, at 211 lbs., he let the world of Powerlifting know that here was a comer.

Let me pause here for a moment to personalize my friend Gary. I've known him for over three years and although he has an awesome physique, being 5'8" and 220 lbs. of solid muscle, Gary is not a show-off and I've never even seen him wear a tank top. With his movie star looks and composed demeanor, many people find Gary intimidating, however, when you get to know this quiet behemoth, you'll find a friendly, intelligent man.

Let's get back to lifting. Gary's progress really took off when he started working for Ken Beley in 1986 at Gold's Gym in Sunrise, Florida. At the Regional meet in April, Gary totaled 1922 with a 744 lb. squat, 523 bench, and 655 lb. deadlift. At his third meet, Gary added 20 kilos to his total and placed third to Steve Goggins and Larry Mistric at the 1986 YMCA Nationals. This was Gary's first real national exposure and was his chance to see, in person, the guys he'd only been reading about before. Gary still weighed only a little more than 210 lbs.

Up to now, Gary was training by himself. He got some encouragement and technical advice from magazines and occasional phone calls from John Parillo. John suggested some changes in Gary's deadlift style, namely, pre-loading the bar. Gary won the 1987 APF Junior Nationals with his last deadlift, beating good friend John Black, and totaling 2030 with his first 800 lb. squat, along with a 545 bench and a 685 deadlift.

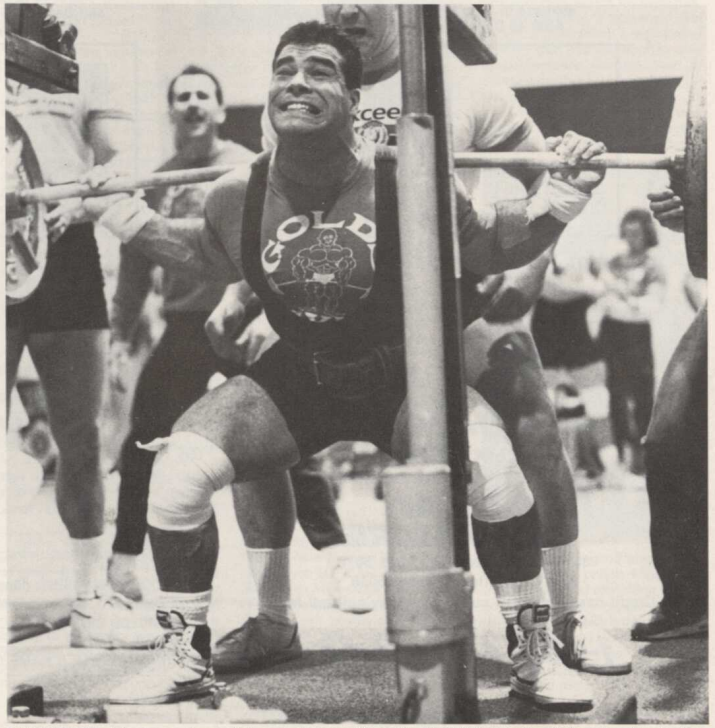
At the YMCA Nationals in December of 1987, Gary made another jump to a personal record total of 2105 lbs. and won Best Lifter via an 815 lb. squat, 545 lb. bench press, and 745 lb. deadlift.

During 1988, Gary had his first real slump. Between personal problems and being sick, he dropped under 200 lbs., and following only 6 weeks of real training, he totaled 2022 at the 1988 APF Senior Natioals. He did, however, win the Open World Championships in Canada with a 2050 at year's end.

By the time 1989 finally arrived, Gary was back on track, with a new training partner. The same high school coach that started Gary lifting seven years earlier, Steve Johnson, now trains with his star pupil and has compiled some impressive lifts himself, totaling 1600 lbs. at the Novice Florida State meet, at 40 years of age. With his sights set on National Masters competition, Steve pushed Gary back to form and in April, Gary squatted 825 lbs., benched 550 lbs. and deadlifted 725 lbs. for a near PR total of 2100 lbs. Gary has been training hard for the Seniors, lifting four days per week and staying heavy, sticking with basic movements. Gary has interesting training ideas, and has yet to suffer a major lifting injury. Gold's Gym owner, and close friend, Ken Beley describes Gary's lifting as "like watching hydraulic machinery."

Ken predicts a 2300 lb. total, eventually, for Gary and feels he is capable of a 900 lb. squat, 600 lb. bench press, and 800 lb. deadlift. Gary's training lifts include a 585 lb. bench press, touch and go, without a bench shirt. He has squatted over 800 lbs. for triples and has now found his best form to be close stance in the squat and sumo in the deadlift.

Gary makes no predictions, and would rather let his lifting speak for itself. Meanwhile, he is keeping me busy writing, as I'm all set to go to press with *"How I Trained To Win The Senior Nationals by Gary Drigo."*



***GARY DRIGO** at the scene of one of his greatest competitions, the 1987 YMCA National Championships in Ohio.*

POWER APPAREL™

TOP QUALITY, LOWEST PRICES!

BLUE WONDER WRAP

Tight weave, heavy gage, with 140% stretch. The same high specs and performance as the Goldline.
PA301 Knee wrap **7.75** pair
PA302 Wrist wrap **3.75** pair

HAND STRAP

Heavy duty and durable, and available in S, M, L, for a performance fit.
PA303 Strap type **3.75** pair
PA304 Strapless type **3.75** pair

SQUAT BRIEF

For maximum rebound. Send body weight for correct size.
PA305 **12.00** ea.
Color black

POSING BRIEF

Lined, S, M, L, available in any color shown below.
PA202 **16.00** ea.

Topsoglou Enterprise Inc. uses the very finest 80/20 nylon lycra blend. Each pant is constructed with a non-roll waistband, drawstring, crotch panel and pocket. All short and knee length garments have leg elastic, with gripper elastic used in the midcalf and long pants. We proudly stand behind each and every Power Apparel garment we produce.

UNISEX SIZING XS-S waist 23-30, M-waist 30-34, L-XL waist 34-38

VISA AND MASTERCARD
Phone Order Only Call **1-800-332-WEAR (9327)**
Questions and Dealer Inquiries Or For Free Catalog
513-277-0659

Power Apparel is available in 4 lengths, and over 30 different styles. Colors available; black, red, yellow, royal blue, emerald, lavender, silver, aqua, pink, purple, snake, and white.

1-800-332-WEAR
Phone Orders Only **(9327)**

PA044 MEN'S T-BACK TANK—18.00 ea.
PA035 VICTOR LONG—30.95 ea.
PA047 WOMEN'S MIDRIFF T-BACK—15.00 ea.
PA041 TURBO PANT—30.95 ea.

PA043 MEN'S TANK—18.00 ea.
PA037 VICTOR SHORT—24.95 ea.
PA045 WOMEN'S TANK—16.00 ea.
PA038 VICTOR KNEE LENGTH—26.95 ea.

PA043 MEN'S TANK—18.00 ea.
PA036 SPLIT STRIPE SHORT—24.95 ea.
PA046 WOMEN'S T-BACK TANK—16.00 ea.
PA032 CURVE STRIPE MID CALF—28.95 ea.

PA044 MEN'S T-BACK TANK—18.00 ea.
PA022 OLYMPIAN LONG—30.95 ea.
PA047 WOMEN'S MIDRIFF T-BACK—15.00 ea.
PA017 STRIPE LONG—30.95 ea.

PA047 WOMEN'S MIDRIFF T-BACK—15.00 ea.
PA201 TONG—10.00 ea.
PA102 AERODYN—30.95 ea.
PA043 MEN'S TANK—18.00 ea.
PA101 CHALLENGER—26.95 ea.

POWER APPAREL

Order and payable to
TOPSOGLOU ENTERPRISE INC.
P.O. BOX 472
DAYTON, OH 45401

Please check _____ Visa _____ MasterCard
Account # _____ Expiration Date _____
Signature _____
Please Print Name _____
Address _____
City, State, Zip _____

Prices subject to change without notice
Power Apparel is a registered trademark of Topsoglou Ent. Inc.

Stock #	Style	Color	Alternate Color	Size	Quantity	Unit Cost	Total

(Outside U.S.A. and Canada add 20% for shipping)
Money orders, cashiers checks, Visa or MasterCard Accepted

+6% sales tax for Ohio residents.

Subtotal	
Shipping	2.00
Total	

TRAINING

Workout Recovery Yields Powerlifting Success

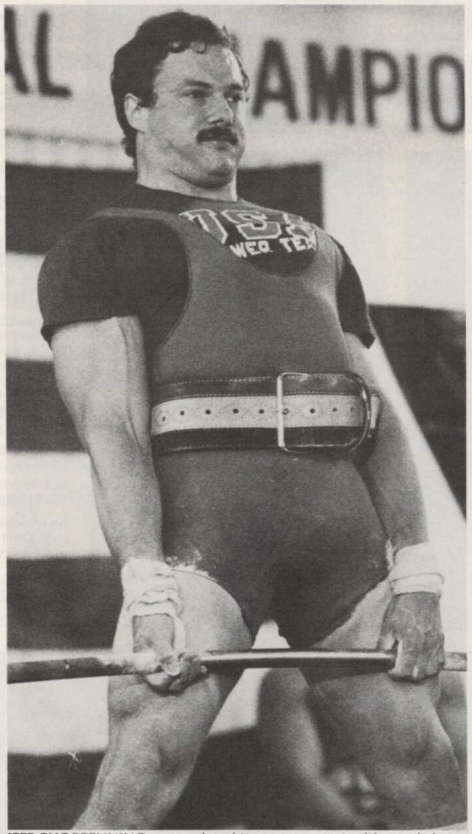
as told by JEFF CHORPENNING

How often should I train? How many times a week should I squat, bench press, or deadlift? How heavy? These three questions are common ones heard in the gym and at contests. My mailbox and answering machine are often full of these type of training questions. As simple as these questions may appear, there are as many answers as there are lifters. A routine may lead one lifter to win a national title while it only hinders another. Whatever the routine, a lifter should keep some basic things in mind in order to get the fullest from training.

Overtraining or undertraining? Finding the perfect training level may seem impossible. To maximize the fullest effect from training, one's 'ideal' level of training should always be the goal. More is not always better. A personal example I like to use is my deadlift training. I attained my best deadlift by pulling only twice a month in an eight to ten week time span. Other lifters I know never train the deadlift directly and pull records in contests! Improving the deadlift as with the other two lifts does not necessarily mean training more, heavier, or harder.

In order to find your personal 'ideal' training level, workouts should be monitored carefuly. A workout log has helped me considerable in refining my routine to getting closer to an 'ideal' training level. My training log has become more than a list of sets, weights, and repetitions. It also serves as a record of other factors such as how the weight feels, outlook, bodyweight, workout attitude, atmosphere, etc. It is an advantage to listen to your body. Listen and make the appropriate decisions based on all related factors. Stick to your basic workout, but don't be too stubborn to adjust it daily as needed. No trainer will be able to tell you some of the clues your body will. Listening and reacting to the body's signals appropriately will hopefully lead you to an optimal performance on contest day. Every lifter, novice or elite, has the potential to improve their best total. One important key to unlocking this potential is to get as close as possible to your 'ideal' training level.

Most lifters at one point or another have tried someone else's routine, often times ending in disappointment. Regardless of the routine, modification and adjustments to the workout are important when striving for the 'ideal' level of training. One good example from my own experience is the training I did prior to the 1987 APF Senior Nationals. I picked out the routine of one of the world's strongest deadlifters, Bret Russell. "He pulls an upper 800 deadlift, I should be able to pull a mid 700 with this routine," I thought. Forgetting any adjustments, I set up my training routine on a strict percentage and multiple set and repetition basis. The last workout prior to the meet, I pulled multiple sets of 675 for reps, ignoring the signs of fatigue. Meet day came and my 672 opener was it for the day! Moral of the story: a routine can look great on paper, but it must be adjusted and refined to be successful.



JEFF CHORPENNING...remembers his roots as a novice lifter and always puts his advice in terms that the common lifter can relate to and utilize.

After evaluating the 87 Seniors, I modified Bret's routine by staying heavy and doing multiple sets of single repetitions. Less than a year later by customizing the workout to my abilities and workouts, I finally pulled the 750 deadlift. The 'Power Atlas' training log I use was extremely helpful when figuring out how I could modify Bret's routine to work for me.

Recovery from workout to workout is a must to obtain the best training results. Recovery will allow for heavier and harder workouts as contest day approaches. Regardless of the routine, recovery can help all lifters. Better recovery can come from: working out less frequently, reducing the intensity of workouts, short layoffs, and proper sleep and rest. The more fresh and alert you are for the workout, the better the results.

Regular solid meals and good supplementation should not be ignored during a trainng cycle. Ten to twelve weeks from a contest, I always try to cut out the "fast food meals" and increase the amount of supplement intake. Yes, drugs can also aid in the recovery process. Aspirin or pain relievers can help if there is pain in the joints and muscles due to the heavier training. The idea of recovery is to legally and safely find alternatives to 'more drugs.' Many new strength supplements are now on the market. Looking through the lifting magazines today, trying to sort out the advertisements and find good supplements can be an overwhelming task! I have found it most beneficial for me to stick to the basics. I recommend a vitamin/mineral supplement, a protein supplement, (amino acids, protein powder, liver tabs, or other protein source), and a carbohydrate powder or drink. During contest periods, I often add one or two additional supplements to the list. The "in" supplements seem to often be a fad. A few years back glandulars were the big craze. The later 80's seem to be the amino acid years as we go into the more expensive era of smilax, boron, yohimbe bark, and dibencozide. Supplements themselves can be faddish, but the basics of nutritional needs such as vitamins, protein, and carbohydrates remain constant. Proper supplementation will aid in the workout recovery process.

The average lifter could quickly go broke buying supplements, new products, or even drugs; but just like the workouts, higher quantity does not always mean a higher total! Another supplement point to keep in mind is that higher prices do not necessarily mean higher quality. Yes, this is the motto to Athlete's Natural Supplements, a company I endorse. Regardless of the brand, it's a good point to remember. Overuse of supplements is definitely a waste of money.

Whirlpools, saunas, steam baths, stretching, massage, and sufficient sleep can be helpful in the workout recovery process. All of these things will not only reduce fatigue and soreness but also reduce pre-contest anxiety. Stretching is an activity neglected by many powerlifters. One way to 'remember' to stretch is to do it while in a whirlpool or steam room. I have found this to be a good time to stretch because the warmth of the water or room helps prevent the potential strains caused from stretching 'cold'. Warm muscles can stretch more easily. Spending 15 to 20 minutes in a whirlpool stretching two to four times weekly helps the recovery process. Massage is also a great way to speed up the recovery from a heavy workout and prevent overtraining. Liniments or rubs, hot and cold can be used not only during workouts, but for massage or after a stretching session.

By doing all you can to recover from workout to workout, the best maximal training should result. By keeping in mind some of the previous suggestions you should be rested and ready for the next workout and on the road to your next championship. Good luck in developing your own 'ideal' training program.

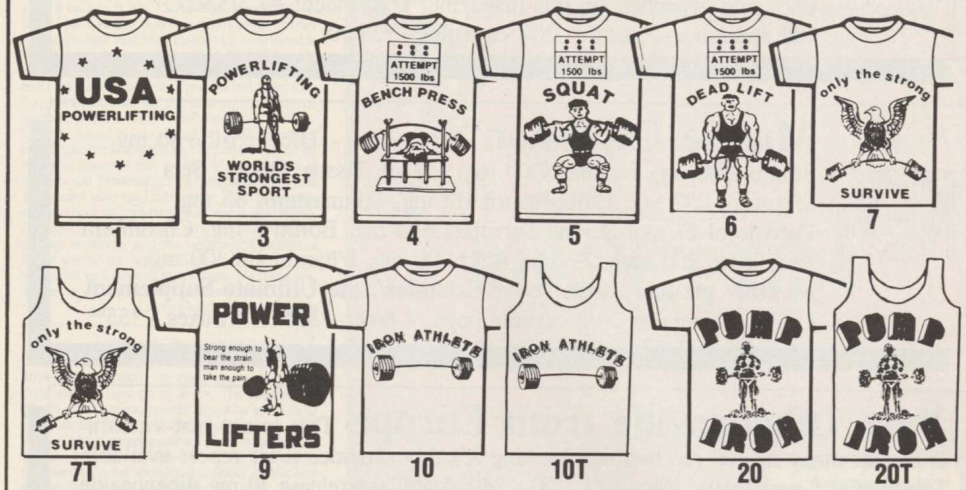
Feel free to write or ask questions:

Total Power c/o Jeff Chorpenning
1172 King Avenue
Columbus, Ohio 43212.

KUC'S FITNESS

CLOTHES & ACCESSORIES FOR THE STRENGTH ATHLETE

T-SHIRTS MultiColor Artwork Tee's S/M/L/XL/XXL Tanks S/M/L/XL $9 ea. 3 for $24



1 3 4 5 6 7 7T 9 10 10T 20 20T

STAFF SHIRT $15.95 S/M/L/XL/XXL

SWEATSHIRTS S/M/L/XL $16 XXL $18

GEAR BAG HUGE CANVAS EQUIPMENT BAG WILL HOLD ALL YOUR GEAR Blue or Red 12" x 28" $16.95

SHORTS Poly/Cotton S/M/L/XL/XXL $9

SWEATPANTS S/M/L/XL $15

JACKETS Maroon/Navy Silver S/M/L/XL/XXL QUILTED SATIN AWARD STYLE $41.95 ea.

Brass Arm Keychain $5.95
Brass Dumbell Keychain $9.95
Dumbell Necklace (Gold or Silver) $8.95
Dumbell Pin $4.95

Make check or money order payable to:
KUC'S FITNESS SYSTEMS
P.O. Box 215
Mountaintop, PA 18707
Call in orders Toll Free **1-800-543-2497**
$2.50 Shipping on all orders - Foreign Orders add 20%

Pacifico International Brings:

NEW **Chromium Picolinate 1000 mcg. 1 mg.**
Highest Dosage: 5 times the potency of the exact same patented product sold elsewhere in this magazine. U.S. Patent #4,315,927
100 capsules - $21.00 200 capsules - $39.00

NEW **Muscle Explosion™** 6 Capsules - Dibencozide 10 mg, Smilax 200 mg, Inosine 1000 mg, Orchic Tissue 100mg, Beta Sitosterol 282 mg, Campesterol 112 mg, Stigmasterol 85 mg, Fucosterol 21 mg, Sereno Serrulata 500 mg, Boron 3 mg, Chromium Pocolinate 200 mcg, Ferulic Acid 200 mg, Vitamin B6 100 mg.
No other product equals Power Explosion™, the Ultimate Supplement
One box contains 30-3 capsule bags, **1 box - $31.00 2 boxes - $55.00**

Pure Dibenxozide from Europe This is not just vitamin B-12 that many of you are buying, thinking it's dibenxozide. (Full report available). Sub-lingual 5 mg tablets, 100 - $23, 200 - $40. Stabilized-release 10 mg dibencozide (passes through your stomach intact). Does not break down until it reaches the upper intestinal tract. DON'T OVERPAY — COMPARE PRICES
50 capsules - $24.00 100 - $39.00 150 - $59.00 200 - $76.00

NEW **Dibencozide Gold™** Liquid with Ferulic Acid and Boron. Each serving contains 5 mg dibencozide, 35 mg Ferulic Acid, 100 mcg Boron.
2 oz. bottle - $24.00 2 bottles - $45.00

NEW **Metrabolin Gold** Chocolate flavor. Contains no sugar. Fantastic taste.
2.2 lb. can - $23.00 2 cans - $40.00

Yohimbe Bark Extract
500 mg, **100 capsules - $18.00 200 - $34.00**
750 mg. **100 tablets - $24.00 200 - $45.00**
1000 mg. **100 capsules - $35.00 200 - $60.00**

1-800-392-5496
(OHIO INCLUDED)

2062 Republic Dr., Dayton, Ohio 45414
COD • VISA • MASTERCARD
Add $2.00 postage FAX: 1-513-898-6064

READER OPINIONS

After reading Ken Leistner's observations of the 1989 ADFPA Women's Nationals, several statements disturbed me. It seems that the rules were adhered to and testing passed, but a great lifter was singled out as being some sort of alien from outer space. Jackie Pierce's name was mentioned in this writeup no less than 7 times. Mr. Leistner went on to cite the exact amount of weight by which Ms. Pierce beat her opponent, whom Mr. Leistner coaches. Many other women in this contest won their classes by considerable margins, yet this wasn't so noted. If all lifters submitted to and passed the required test (which has been the method of testing used in this federation for years), now is not the time to question the method or the results. I don't really feel that Mr. Leistner meant to intentionally hurt Ms. Pierce or undermine her lifting ability, his purpose probably being to question the validity of the method of testing used. However, of the many lifters and fans in my area who read this article, most were concerned about its content as it related to Ms. Pierce. Perhaps, in the future, the time to question rules, testing methods, and the veracity of individual lifters should be dealt with at an administrative level prior to the meet. In any case, Ms. Pierce is, indeed, a mortal, albeit a talented lifter.

Laura Dodd, Columbus, OH

This year in Orlando, at the ADFPA Women's Nationals, I saw another effect of drug use in athletic competition, the effect that *suspicion* of drug use can have on *all* lifters. The speculation began when questions were raised by some as to when Jackie Pierce qualified. Her lifts were spectacular, which raised questions about how she was tested, or if she was tested at all. A lot of energy was wasted in the speculations about Jackie, and the whole episode was especially unfair to her. Because of *random* testing, she was denied the full acknowledgement of her peers. Random drug testing is a farce. Drug testing should be mandatory for *all* lifters. Random drug testing invites accusations of favoritism and preferential treatment. While there was controversy about Jackie Pierce, there was anger at the organization. Many lifters felt the ADFPA failed to uphold its standards for drug free competition, and to protect Jackie Pierce from speculation about her qualification to lift "drug free". The ADFPA needs to address these issues now to regain credibility for itself and all it stands for. *Beth Beaston, Hicksville, NY*

I am disgusted with the fact that there is so much talk of astronomical lifts and totals, when the power of the top men in the sport is no greater than, if even comparable to, greats like Paul Anderson and Doug Hepburn. Why is it so hard to admit the actual limitations of the human structure? Why the obsession with bigger numbers, when if you took away suits, wraps, and 'juice', you'd have mainly the same totals as yesteryear?

P. Harris, New York, NY

My first meet was the 1980 Ohio State Championship. What a shock going from my basement gym to some of the finest lifters around. I have seen many changes since then, a mix of good and bag. We now have 3 associations, and many divisions, and I have competed in most of them. Though there are exceptions, most powerlifters cooperate and support each other at most meets. Powerlifting keeps my mind health and my body strong. It's a part of my life and I hope to compete for a long time. I competed in my first masters meet on June 19th. I met many fine lifters as well as their families. I can only hope that the sports leaders can cooperate and form one association that could provide meets suited to every lifter's ability. *Steven G. Miller, Martins Ferry, OH*

(Opinions are edited for brevity, clarity, etc.)

VitaLIFE Sport Products

THE LEADER IN SPORTS NUTRITION

TESTOSTERONE

BUILDS MASS AND STRENGTH!

and the 100% natural alternative is
Mexican Sarsaparilla

- **Mexican Sarsaparilla** safely helps to raise the Testosterone level in your body.
- It is the key for building mass, increasing strength and faster recuperation.
- **Mexican Sarsaparilla** is a natural herb and is 100% legal for ALL sports.
- Contains the natural plant anabolics Smilagenin, Hecogenin and Diosgenin.

Used by thousands of athletes around the world.

500/500 mg. tablets....$21.95 for 2 month supply

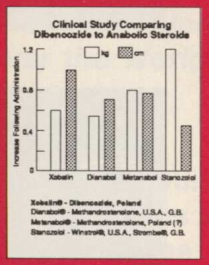
DIBENCOZIDE

(5-6 dimethyl benzimadazole-cobamide coenzyme)

A Powerful Non-Steroidal Anabolic Agent
The 100% Safe and Effective Pathway Towards Muscle Growth, Repair and Recuperation

Athletes Throughout The World Are Reporting Amazing Size and Strength Gains Proclaiming That NO Steroid Could Match The Results They Achieved with DIBENCOZIDE.

FOREIGN PHARMACOPIA STATES:
"DIBENCOZIDE aids in the synthesis of body building proteins. The therapeutic effect is the promotion of building amino acids for biosynthesis. DIBENCOZIDE has an importance in tissue structure and tissue regeneration as well as stimulation of growth and developmental processes of the cell".



100 Tablet Bottles 2500 mcg. per tablet **$19.95**

Sub-Lingual Liquid Formula 5000 mcg. per CC
2 fluid ounces per Bottle (60 CC).....**$26.95**

Super High Potency Stabilized Capsules
10,000 mcg. per capsule.
100 capsule bottles.....**$35.95**

SUPER FAT BURNERS

Super Fat Burners are the ultimate metabolic regulator. The ingredients in **Super Fat Burners** have been shown to:

- Reduce fat & cholesterol
- Protect liver, kidney & heart
- Increase cell metabolism for greater stamina
- Reduce high blood pressure
- Increase the energy output in cells for endurance

200 tablets.....$11.95

Each daily dosage contains:

Choline	2000	mg
Inositol	1000	mg
Methionine	400	mg
B6	100	mg
Betaine HCL	400	mg
L-Carnitine	100	mg
L-Lysine	200	mg
Lecithin	200	mg
Iron	8	mg
Linoleic Acid	200	mg
Oleic Acid	100	mg

Why VitaLIFE Sport Products?

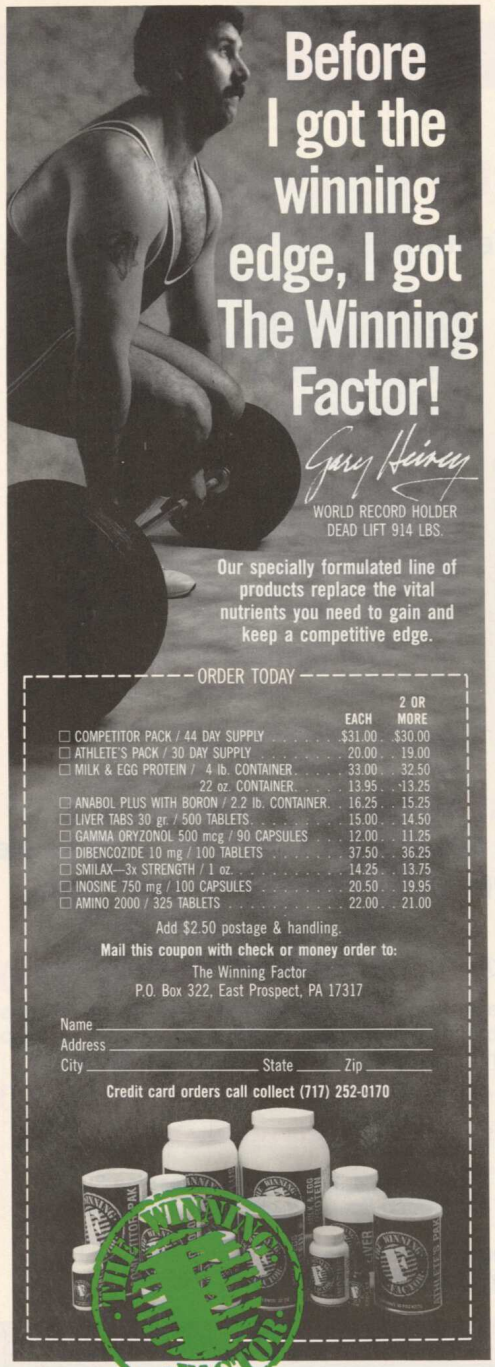
- 100% Natural ingredients made from the freshest, purest, most natural sources
- Highest quality USP grade ingredients
- Laboratory Certified for purity and potency

Send check or money order to:
VitaLIFE SPORT PRODUCTS, INC.
P.O. BOX 184 Dept RV
MARLBORO, NJ 07746

In the USA add $3.00 for shipping. In Canada add $4.00, US funds only.
We carry the finest supplements from **VitaLIFE, Universal, Nature's Best, Healthy 'N Fit, Bricker Labs, Twinlab, Weider, Champion Foods** and more at Discounted Prices.

SEND FOR OUR FREE CATALOG

call (800) 247-6263
For Information: 1-201-972-2220



USPF President's Message

Letters to the editor and private communication are increasingly calling for the USPF, the APF and the ADFPA to resolve their differences and get under one umbrella for the good of the sport. Getting together is easier to call for than to accomplish.

Because complicated anti-trust issues are involved, the counsel of each of the federations must be part of any negotiation.

The Balkanization of powerlifting in this country has had the effect of depriving each of the three federations of adequate leadership and first-rate meet directors. Thus, the map is divided into enclaves. Market penetration is inordinately difficult for either of the outside federations.

Each of us has friends in the other two federations. Some of us enter teams in the national championships of all three. We don't relish alienating friends by making choices. Frequently, rather than to be forced to choose, we opt to run the meet unsanctioned. All three federations suffer when the meet is unsanctioned.

Double sanctioning appeals to lifters who may lift with either membership card and to meet directors who by this method may tap two reservoirs of lifters. However, double sanctioning can have certain disadvantages. One is that the quality of judging may be uneven. Another is that the rules of the two federations may differ. Finally, we have found that where the membership cards of two federations are offered for sale, one federation's sales are sure to suffer. The federation in whose enclave the meet is being held always has an advantage in the sale of memberships.

The disadvantages of Balkanization are all but overwhelming. It is so easy to split away and so hard to heal the split once it has occurred. If we could but learn to resolve our differences and cleave to each other despite the ever-present temptation to run away and form yet another group! One of the temptations is that when the rank and file are calling for a policy change, and the policy change is not immediately forthcoming, it is easier to lead the group out than to use the group's power to force the desired change.

But once split, even though the policy differences may in time have all but disappeared, the leadership of the new group will have by now developed a vested interest in maintaining the "integrity" of the organization and the cries from the rank and file for "getting together" will not be heard. It is a rare act of statesmanship for a leader of a group that has broken away to heed these cries for reunification and take those first steps toward reconciliation.

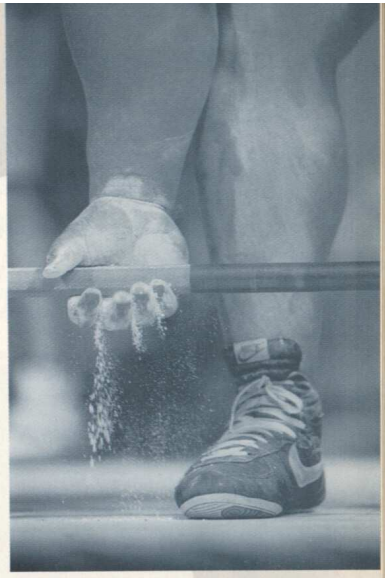
Rare, but not unheard of. "Getting together" must start with the leaders' response to the membership. Given the power of the predominant federation within any one enclave, it is naive to expect that lifters will vote with their feet, that is, bypass local meets in order to lift farther from home in the federation of one's choice.

In the interest of the membership of all the federations; in the interest of the sport; in the interest of the U.S. representation in international powerlifting, it is essential that we subordinate organizational feuds and rivalries to the interest of reunification.

Dr. Conrad Cotter, President, USPF
Box 18485, Pensacola, FL 32523

***Ernie Frantz, President, APF** will be meeting with Dr. Conrad Cotter, President, USPF, at the USPF Senior Nationals in Las Vegas. No promises are being made in advance, but the two leaders will be talking about the issues.*

Thousands Now Compete Successfully Who Never Thought They Could!



Dear Friends,

As the song goes, "the times they are a changing." And, as a matter of fact, they have changed. . . for the better. The statement, "Thousands Now Compete Successfully Who Never Thought They Could!", has never been truer than it is today.

But it wasn't always that way. It wasn't too long ago powerlifters felt they would have to resort to other than natural means, the chemical route, if you will, in order to be competitive. But with advances in nutritional science, specifically in the area of sports nutrition, that attitude has also changed. And for powerlifters and strength athletes the best part is we've only scratched the surface! Even our fellow powerlifters who choose to use chemicals are realizing the importance of natural supplementation, not only to protect themselves from the inherent dangers of chemical use, but in making the transition to training and competing successfully without chemicals.

As powerlifters and strength athletes, we are constantly seeking better and more sophisticated nutritional prgrams to help us in our quest for greater strength, lean muscle mass, and increased recuperation. First and foremost, it should be emphasized and re-emphasized that our daily food intake of dietary protein, carbohydrates, and a small amount of fats is the basis of all good nutrition. It is of great importance to point out, though, that even with the best balanced diet you can create, extra supplementation is a very necessary requirement for today's competitive powerlifters.

The search for highly effective nutrients to assist us in our quest for greater strength and power has always been a priority. The never-ending search for the nutrient or combination of nutrients which would offer us, as powerlifters, a natural solution to the chemical program has become even more complex.

On the following pages Marathon Nutrition brings you the finest, most effective and advanced nutritional supplements available. They will help you get stronger, train harder and perform more efficiently. The mere fact that there have been many natural nutritional breakthroughs which offer a solution for powerlifters and strength athletes has made it more difficult for us to arrive at which one is best.

For this reason, Marathon Nutrition has created four categories of supplementation for powerlifters and strength athletes. These four categories, 1) the Aminos, 2) Natural Growth Enhancers, 3) Performance Enhancers, and 4) Micro Nutrients (Vitamins & Minerals) cover every aspect of nutritional supplementation powerlifters and strength athletes require. Although any individual product has been designed to work well on its own, for optimum results utilize at least one product from each category. That's not a requirement just sound nutritional advice.

Please review the following pages carefully and in case you have any questions or want some advice on setting up an optimal food supplement routine, please call or write and we'll be happy to discuss the latest advances in sports nutrition and how you can intelligently apply them to your training and competition.

Best regards,

George S. Zangas

Marathon®
NUTRITION & DISTRIBUTING COMPANY, INC.
1229 Via Landeta, Palos Verdes Estates, CA 90274 (213) 519-7111

ADFPA North Americans
29,30 Apr 89 - Wilkes-Barre, PA

Women	SQ	BP	DL	Total
Lightweight				
B. Grater	220	105	230	670
F. Mangenello	265	100	250	650
C. Cocco	260	135	265	625
M. Valez	190	85	200	555
J. Scheuerman	140	60	170	380
Heavyweight				
P. Harrington	225	125	255	655
M. Bush	225	85	250	655
114 lb. Open				
B. Bozzelli	325	225	370	950
F. Mangenello	265	100	250	650
114 lb. Class I				
F. Mangenello	265	100	250	650
123 lb. Open				
L. Stires	260	150	275	720
132 lb. Open				
J. Dibell	385	280	450	1115
J. Johnson	405	235	450	1090
P. Verrastro	335	250	375	960
R. Filed	325	205	380	910
132 lb. Class I				
P. Verrastro	335	250	375	960
148 lb. Open				
J. Jacobs	440	285	510	1235
D. Naughton	405	340	425	1170
K. Davis	425	275	470	1170
P. Romanko	415	260	480	1155
R. Pfister	375	230	500	1105
148 lb. Class I				
R. Fortino	410	240	430	1080
L. Verrastro	360	295	425	1080
J. Verrastro	335	275	350	960
165 lb. Open				
J. Braca	535	345	590	1470
P. Cano III	520	310	535	1365
T. Bongo	460	315	510	1285
B. Clayton	480	280	455	1215
R. Falcone,Jr.	400	335	400	1135
165 lb. Class I				
A. Gerace	465	330	435	1230
F. Wagner	430	280	485	1195
K. Burns	400	275	475	1150
181 lb. Open				
L. Kusior	585	335	560	1480
S. Dokes	500	315	630	1445
J. Rizzuto	490	310	525	1325
T. Braca	500	275	520	1295
J. McGowan	485	300	485	1270
181 lb. Class I				
J. Rizzuto	490	310	525	1325
J. Marason	470	320	500	1290
J. McGowan	485	300	485	1270
198 lb. Open				
J. Pyra	600	350	600	1550
A. Margulies	525	360	615	1500
M. Palumbo,Jr.	550	340	585	1475
A. Parker	500	390	580	1470
A. Smith	530	375	535	1440
198 lb. Class I				
A. Parker	500	390	580	1470
P. Posillico	500	305	525	1330
T. Kiefer	430	290	515	1235
220 lb. Open				
R. Babbitt	625	400	650	1675
M. Kacmarski	585	430	615	1630
J. Kane	600	390	635	1625
M. Makofsky	535	410	530	1575
K. Dotson	550	385	575	1510
220 lb. Class I				
J. Parrish,Jr.	475	345	500	1320
M. Dinapoli	430	325	485	1240
R. Martinez	460	275	500	1235
242 lb. Open				
R. Smith	550	405	600	1555
J. Malise	565	405	570	1510
S. Willock	545	370	530	1445
J. Dunn	490	295	550	1335
E. Bobnar	500	300	450	1250
242 lb. Class I				
J. Malise	565	405	540	1510
S. Willcock	545	370	530	1445
J. Dunn	490	295	550	1335
275 lb. Open				
R. Rosenberry	560	300	600	1460
D. Reph	565	320	560	1445
H. Rein	485	370	500	1355
275 lb. Class I				
R. Rosenberry	560	300	600	1460
H. Rein	485	370	500	1355
SHWT Open				
B. Mohr	605	340	635	1580

Champion of Champions: Joe Braca. Officials: CHarlie Schroeder, Jack Stevens, Bill Clayton, Joe Pyra, Ralph Latuvera, Tamara Mahoney, Scott Edmiston. M.C.'s: Cathy Stevens, Marie Furillo Scorekeepers: Cathy Stevens, Debbie Belinski, Molly Tracy. Spotter/Loaders: Dave Banik, Elmer Geiger, Roger Garrett, the Wilkes College Football Team. (Thanks to Bob Gaynor for results)

***Tony Tolbert**...tries a 525 bench for an ADFPA American record at 242 at the ADFPA North American Championships. (photo courtesy Joe Pyra)*

***Winners** at the ADFPA North Americans included Anthony Gerace, Beth Grater, and Jeff Jacobs. (Photo provided courtesy of Beth Grater)*

ADFPA Northwest Open
7 May 89 - St. Louis Park, MN

Women	SQ	BP	DL	Total
111				
K. Kitzman	150	65	200	415
116				
D. Falenschek	120	115t	225	460
122				
L. Pugh	145	115	230	490
154				
S. Austing*	255t	120t	260t	635t
Men				
114				
T. Beugen	230	175	320	725
K. Nguyen	260	155	305	720
123				
G. Baker*	415s	265	435	1115
132				
M. Mason	440	270	440	1150
J. Bodnar	180	170	235	585
148				
B. Niederkorn	485	270	480	1235s
D. Schmitz	410	300	460	1170
W. Miller	400	255	490	1145
J. Dunn	390m	250m	470m	1110m
R. Bauer	340	205	450	995
D. Schmidt	335	225	425	985
D. Green	300	230	310	840
K. Nelson	315	175	345	835
M. Hulse	335			
165				
J. Reinardy	540	260	555	1355
R. Wiggins	510	340	500	1350
L. Nelson	455	290	515	1260
R. Massengill	450	275	500	1225
J. Ford	425	265	465	1155
L. Jaques	400	245	505	1150
R. Sainati	375	250	505m	1130m
R. Healy	375	240	460	1075
C. Peterson	400t	230t	425t	1055t
D. Ryan	405	235	410	1050
C. Brookhart	325	215	415	955
M. Bowman	325	185	350	860
D. Varela, Jr.	360	185		
D. Maier				
181				
C. Kantor	560	300	600s	1460
F. Trapp	500	365	535	1400
S. Bell	505	335	530	1370
M. Prieve	465	330	530	1325
D. Bedenbender	475	310	540	1325
C. Jacobson	465	265	545	1275
J. Finley	405	315	500	1220
K. Kitzman	415	225	515	1155
S. Jacobson	390	275	410	1075
B. Frazzini	355	260	435	1050
B. Dolan	375	245	420	1040
J. Tschann	235m	305m	325m	865m
198				
M. Terry	585	375	585	1545
L. Nelson	600m	350	550	1500m
B. Hudyma	535	350	500	1385
M. Griswold	535	330	470	1335
J. Richardson	500	285	525	1310
P. Morley	510	275	525	1310
D. Wheeler	480	320	510	1310
M. Pilla	450	350	500	1300
R. Werner	450	285	550	1285
K. Carlson	500	310	435	1245
R. Foreman	435m	290m	515m	1240m
R. Dushaw	485	260	475	1220
M. Horton	370	275	480	1125
220				
D. Clark	610	350	650	1610
C. Smith	610	360	615	1585
W. Oberg	565	300	610	1475
K. Gillingham	530	350	560	1440
T. Thoma	495	305	595	1395
P. Halden	510	335	535	1380
T. Gregor	490	310	550	1350
D. Leifer	485	340	500	1325
K. Worcester	135	365		
242				
M. Edelstein	615	400	635	1650
B. Gillingham	575	415	640	1630
B. How	605	300	610t	1515
M. Hartle	575	375	560	1510
F. Demuth	550	390	550	1490
R. Simmons	550	350	555	1455
M. Sorenson	500	365	550	1415
K. Kitzman	550	320	540	1410
M. Schumer	530	300	510	1340
K. Roettgering	475	300	535	1310
J. Moorhead	650	400		
275				
K. Sartin	675	450	600	1725
J. Salzer	505	305	575	1385
B. Bossert	465	330	580	1375
M. Dongoske	135	450s	135	720
J. Green				
SHW				
D. McCain*	850	525	650	2025
S. Schaeflauer	605t	390t	545	1540t
D. Day	460	315	400	1175
J. Freiberg	605	350		
National Wheelchair	198	Bench Record		
R. Wills		360		
Master				
Lightweight				
J. Dunn	390m	250m	470m	1110m
R. Sainati	375	250	505m	1130m
R. Healy	375	240	460	1075
D. Ryan	405	235	410	1050
D. Green	300	230	310	840
Heavyweight				
D. Clark	610	350	650	1610
L. Nelson	600m	350	550	1500m
R. Foreman	435m	290m	515m	1240m
J. Tschann	235m	305m	325m	865m
J. Clark	200m	150m	300m	650m
B. Mozis				
D. Rhodes				

* - Best Lifter, s - Minnesota State Open Record, m - Minnesota State Masters Record, t - Minnesota State Teenage Record. Team Standings: 1st - Northwest Clubs, 33 pts.; 2nd - Elite Gym, 8 pts.; 3rd - Bemidji, 7 pts.

Congratulations to the following lifters for their outstanding performances: International Elite - Daniel L. McCain (IA); Elite - Gary S. Baker, Charles D. Kantor, Bill J. Niederkorn, Jeff A. Reinardy, Kim J. Sartin, Mark S. Terry (OK), Ross B. Wiggin; Master - Dennis Bedenbender, Steve C. Bell, David Clark (IA), Mitchell Edelstein, Brad H. Gillingham, Monte R. Mason (SD), Robert L. Massengill, Wayne W. Miller, Larry G. Nelson, Larry M. Nelson, Wayne W. Oberg, Michael F. Prieve, David J. Schmitz (IA), Chuck Smith (IA), Fred M. Trapp. (Thanks to Erin Feldges for results)

Southern States Bench Press
22 Apr 89 - Atlanta, GA

Open			
123		A. Fuller	480
L. Frostbaum	285	L. Thomas	455
S. Kinsey	190	SHW	
132		J. Majors	550
M. Callahan	325	D. Gardner	525
R. Allen	305	R. Baston	475
P. Carlo, Sr.	240	A. Holland	405
B. Coleman	210	B. Bell	400
148		Women	
D. Stewart	315	Under 123	
E. Sanfilippo	310	C. Divizio	155
E. Zwick	310	123 - 132	
B. Rogers	300	T. Shropshire	190
D. Shannon	300	V. Hubble	120
165		D. White	60
R. Bellamy	430	over 132	
S. Harrell	360	J. Lentz	235
R. White	325	C. Prewitt	185
181		S. Gilbert	180
C. James	410	K. Fortney	120
J. Karasek	410	T. Shewokis	105
P. Boysaw	375	Men Over 40	
W. Staines	375	Under 165	
L. Lindsey	350	I. Zwick	310
198		D. Shannon	300
J. Evans	440	B. Coleman	210
D. Walker	400	165 - 198	
M. Smith	400	R. Zastrow	375
T. Mitchell	330	P. Jolly	335
R. Roach	285	G. Taylor	230
220		R. Roach	285
O. Chavez	515	J. May	260
T. Felder	460	198 - 220	
Z. Gore	460	L. Pinnell	475
S. Works	450	C. Nettleton	415
J. Trammell	445	C. Oweta	345
242		J. Coble	280
P. McClanahan	475	220 - 242	
R. Ball	450	N. Bailey	420
B. Robinson	440	G. Robinson	440
P. McKnight	420	O. Johnson	445
J. Hinson	410	J. Godby	260
275		Over 242	
R. Cassriel	530	L. Thomas	435
D. Younginer	505	A. Hayes	415
G. Resnik	485	W. Allen	285

(Thanks to Sandy Ellis for results)

Free Aminos & Lifting Straps

Use this coupon when placing an order with The Winning Factor and receive free lifting straps with a $50 or greater purchase, or a free container of Aminos with a $75 or greater purchase.

1989 Ladies Open
21 May 89 - Towson, Maryland

97 lb.	SQ	BP	DL	Total
M. Omelio	100mt	125amt	195amt	420mt
104 lb.				
C. Perrotti	250	115	280	635
B. Morgan	230	105	250	585
111 lb.				
D. Burke	250m	140m	300m	690m
116 lb.				
D. Whitaker	220			
122 lb.				
A. Schneidmill	300	160	325	785
B. Lista	265m	145m	310m	720m
T. Wessner	215J	100	260H	575J
129 lb.				
J. Dingle	295m	150	325	770m
I. Parks	215	100	270	585
139 lb.				
L. D'Orazio	275	125	310	710
154 lb.				
B. Hayes	300	160	345	805
176+				
J. Butler	455	295a	375	1125

a - Teenage (14-16) American record; m - Maryland State Open record; t - State Teenage (14-16) record; J - Maryland (17-19) State record. The 1989 Ladies Open Powerlifting Championships held on May 21st, at Towson YMCA in Towson, Maryland when very well. My only disappointment was that the turnout was very low. Other than that, the meet showcased some of the best women lifting I have ever seen.

Michele Ornelio from Eldersburn, Maryland, was in the 97 lb. class alone but that didn't stop her from breaking the Maryland State Ladies Open & Teenage (14-16) Bench Press and Deadlift records every time she step on the platform. Michele also established new Totals records in the Open & Teenage divisions bringing her number of State records that she holds to 6! Michele also broke the American Women Teenage Bench with her opening bench, and her final attempt on the bench exceeded the previous record by more than 35 pounds. Lastly, Michele took a fourth attempt in the deadlift to set a new American record, not bad for a young lady in her first meet. The 104 lb. class featured two consistently strong Maryland lifters. Christine Perrotti, current Collegiate American & National Record holder in the bench and deadlift, who went 8 for 9 to take first place over Beverly Morgan. Beverly, current owner of all the Maryland State Master (45-49) records, had a bad day getting 3 of 9 attempts.

Debbie Burke of Annapolis, Maryland, who usually competes in the 104 lb. class moved up into the 111 lb.. class and broke all of the existing state records. Now, she holds every state record in the 104 & 111 lb. classes.

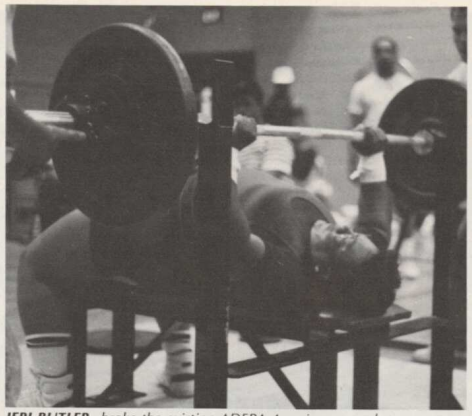
In the 122 lb. class, Lossie Schneidmill of Brownsville, New Jersey won first place and Best Female Lifter with a 785 lb. total. Beth lista of Bowie, Maryland, took second place with a 720 lb. total. Beth also broke all of the existing state records. Tracy Wessner, a teenager for Sunderland, Maryland, broke all of the existing state records (except for the bench) in her age group and finished third with a 575 lb. total.

Julie Dingle of College Park, Maryland, won the 129 lb. class with a 770 lb. total in route to breaking the state squat and total records. Newcomer Isobel Parks of Fort Washington, Maryland, finished in second place.

Lisa Wright D'Orazio of Fredericksburg, Virginia, won the 139 lb. class by going 9 for 9 (making every attempt with ease) and totalling 710 lbs. Belinda Hayes of Richmond, Virginia, won the 154 lb. class with the second highest total (805 lbs.) of the contest.

Jeri Butler of Washington DC, won the 176+ lb. class with a 1125 lb. total!!! Jeri made a 455 lb. squat attempt and seemed to have more than enough power left to break C. Reagan's American Record of 480 lbs., but she chose to forego breaking the record until the Second Annual Ladies Open Powerlifting Championships. Jeri put on an amazing display of power as she succeeded in breaking C. Reagan's American Bench record (275 lbs.) on her second attempt of 280 lbs. and again with her third attempt of 295 lbs. Every attempt was done with excellent execution (I don't recall her receiving any red lights for any of her lifts). To say that Jeri left a few pounds on the platform would be a gross understatement.

Winning the best team award was Dynamo Power Team of College Park, Maryland. Olympic Fitness Power Team of Dunkirk, Maryland, took the Runner-Up team award. Best Lifters of the meet were Annette Schneidmill and Julie Dingle. The Second Annual Ladies Powerlifting Championships is currently scheduled for early February 1990, but if the Women Nationals are held in early March then we would move the meet to September 1990. We want to schedule the meet so that some of the ladies who want to qualify for the Nationals can do so. We'll also be adding novice, teenage, master and bench divisions. I would like to take this time to thanks the spotters, loaders, judges: Spero & Tshontikidis, Paul Griffith, Bradley Phillips, Debbie Rosentrater, John Mogavero (announcer), Larry Walker (general assistant), Patricia Womble (lab tech), and Calvin Tucker (meet coordinator). I would also like to thank Nancy Brooks, YMCA Activities Coordinator, for all of her help and support. American BioTest Laboratory in Santa Clara, California performed the drug testing (all test results were negative). (Thanks to Brian Washington, Meet Director, for results)



***JERI BUTLER**...broke the existing ADFPA American record on every one of her bench attempts at the Ladies Open. (photo courtesy Brian Washington)*

Oregon High School Championship
29 Apr 89 - Medford, OR

Girls			
115			
J. Oliveira*	520	J. Lovell	1075
K. Kutch	395	S. Leson	995
L. Konopasek	355	J. Brumble	960
123		J. Scheffler	955
S. Leard	545	C. Wells	880
d. Evenson	465	D. Wright	840
A. Hamilton	420	E. Patton	835
132		B. Allen	805
S. Hogge	500	K. Allaire	805
J. Jacobs	425	M. Johnson	790
148		T. Amaral	740
S. Lowery	550	T. Cooley	675
L. Hickey	520	N. Lazzaretti	665
R. Hunter	245	C. Schweizer	
SHW		181	
R. Capello	640	B. Steiner	1210
M. Fullbright	595	S. Edmundson	1200
C. Looney	545	S. McKee	1180
S. Priester	495	T. Fletcher	1115
J. Freudenthal	490	C. Moisan	1110
Boys		M. Lemmon	1085
115		J. Houk	1045
K. Freeman	680	C. Hurd	
J. Capello	510	M. Ledlow	
J. Rixe	490	N. Hurley	
123		198	
J. Saling	875	A. White*	1395
J. Garcia	845	C. Kelley	1240
S. Hart	700	B. Schroeder	1235
J. Lewis		A. Sturdevant	1170
K. Cooke		B. Willits	1150
132		S. Straw	1045
T. Dunning	950	S. Andrews	1000
C. Zottola	910	D. Hassenger	900
M. Watson	825	K. Rigel	
D. Ingram	740	220	
J. Bloomburg		J. Negrete	1410
148		A. Carver	1230
K. Smith	920	J. Gall	855
D. Hundley	835	M. Martin	785
D. Patton	735	SHW	
R. Jones	660	P. Bruesch	1115
G. Beller		D. Cochia	1090
165		M. Randall	1070
J. Chapman	1200	C. Daul	1045
J. Templeton	1090	D. Hedden	950

* - Best Lifter. Team Standings: 1st - North Medford H.S.; 2nd - Eagle Point H.S.; 3rd - Butte Falls H.S. This was the first annual Oregon State H.S. Championships sponsored by the Rogue Valley Powerlifting Association. We have sponsored a Southern Oregon H.S. meet for the two previous years. We had 80+ lifters from all over the state. We used two platforms and the rounds system and the meet ran quite well. The judging was fair and consistent. With this meet behind them this bunch of youngsters could compete at any level and do well. Thanks to the members of the R.V.P.A. and all the meet help. You all did a great job and are greatly appreciated!! Hope to see you all next year. (Thanks to Gary Pepper for results)

Eastern Correctional Facility Meet
2 Apr 89 - Napanoch, NY

114	SQ	BP	DL	Total
R. Taylor	200	185	300	685
148				
C. Jefferson	385	200	505	1090
R. Cowell	375	175	405	955
P. Lam	250	215	335	800
165				
J. Rodriguez	320	255	410	985
J. Morton	330	255	410	965
H. Salgado	250	185	365	800
181				
J. Mendoza	550	340	575	1465
R. Powell				
198				
E. Haskins	480	415	525	1420
C. Freeman	480	315	540	1335
F. Mendoza	480	305	475	1260
B. McNair	315	275	500	1090
220				
C. McNeal	500	400	625	1525
N. Greene	460	290	550	1300
Blackshear	400	290	550	1300
242				
K. Moss	725	375	675	1775
W. Tookes	400	375	570	1345
SHW				
R. Boykins	580	340	680	1600

Best squat: Moss-Schwartz total 411.8; best BP: Haskins, S Total 257.3; best DL: Mendoza, S Total 388.125; move valuable lifters: 1st: Moss, Sch total 1008.2; 2nd: Mendoza, Sch total 988.87; 3rd: McNeal, Sch total 901.27. Meet directors; Mr. Hennig, Mr. J. Novak; judges: Tony Candela; Hilary Hollborn, Marco Moncayo; scorekeepers: Wm Brauner, Culpepper; spotters and loaders: Mullings, Combs, Wright, West, Centeno, Correa, River. Expeditor: Graham; Results forwarded by Ervin Haskins. On April 2nd, 1989 the inmates of the Eastern Corr Facility in Napanoch, NY organized and performed in a postal power meet. The very impressive contest was held inside their well-equipped gym and was attended by an audience of about 200. Discipline was evident everywhere; every lifter put his all into every lift and you could sense the adrenaline 'in the air'. These men approach their lifting seriously!

The event ran very smoothly. The men loading and spotting for the day responded instantly to the diredtion of the expeditor. Each lifter was 'on deck' when he was supposed to be. The result was an extremely satisfying show for the onlookers; a super respectful display of powerlifting. Adding to the lifters efforts were the many supportive people in the bleachers who showed their interest enthusiastically. It does make a difference when you have that final few inches to go to have the honest support of so many people cheering you on!

Directing and judging for the meet was the Olym,pic Power Team headed by record holder Tonyk Candela. Other members of the team in attendance were Hil Hollborn, Marco Moncayo, and Billy Brauner, all fine lifters in their own right. Several times each year Tony and his Olympic Power team reach out to the community to demonstrate, judge, and participate in regional events not only to help the people involved, but also to promote the sport of powerlifting.

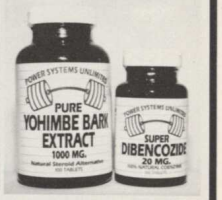
Among the many fine lifts of the afternoon were four NYS Dept of Corrections record breakers. K. Moss, the powerlifting team captain, established a new total of 1775 pounds and he also had the best squat for the day: a tremendous 725 pounds! to set a new record for the squat. In the unlimited class R. Boykins set a new record in the deadlift of 680 pounds and in the 198 lb class, E. Haskins set a new record in the bench press of 415 pounds. Having watched each lifter at this meet it would be difficult to pick out anyone who was not impressive. All these men are dediated to doing their very best and their performance is definitely noteworthy!
(Thanks to Rich Marsella for results)

FCI Talladega Inside/Outside
6 May 89 - Talladega, AL

Lightweights	SQ	BP	DL	Total
Forte	535	245	535	1315
Watson	420	300	465	1185
McCoy	415	315	430	1160
Davis	350	280	405	1035
Moore	370	235	425	1030
Gomez	415	235	425	1075
Williams	385			
Garcia				
Herrera				
Middleweights				
Achille	540	350	590	1480
Pleasant	500	285	520	1305
Eaddy	425	305	520	1250
Orozco	400	350	500	1250
Eastwood	415	250	465	1140
Fortson	350	250	360	960
McChristie	515			
Hodge				
Yates				
Heavyweights				
Garrisson	540	325	535	1400
Brennon	500	370	650	1520
Upton	600	380	485	1465
Dampman	480	285	470	1235
Hernandez	400	250	450	1100
Khadr	550			
Masters				
Bowser	455	315	500	1270
Rizzo	460	290	525	1275

(Thanks to John Martin for results)

POWER SYSTEMS UNLIMITED PRESENTS



The most potent, powerful duo in history!

1000 mg Pure Yohimbe Bark Extract, the most potent product of its kind. A real size and strength enhancer. Natural source of testosterone. 1000 mg 100 tabs $49.50

20 mg Dibencozide, A biologically active co-enzyme of Vitamin B-12, found mainly in muscle tissue. May be one of lifting's most significant breakthroughs in supplementation! 20 mg 100 tabs $60.00

USED TOGETHER, THESE PRODUCTS ARE DYNAMITE

order from POWER SYSTEMS UNLIMITED
1-800-248-LIFT

YOU NEED GREAT GAINS if you're going to win big! Gains in Weight... Gains in Mass... Gains in Strength... Gains in Explosiveness... can all be achieved through natural anabolic sources. For the beginner, GREAT GAINS promises results even if you have a hard time gaining weight and muscle density. If you're near the top, after years of training, you know how hard it can be to build that extra inch or push that extra rep. Take a good hard look at the supplements you're using right now. Are they working for you? Or are you working for them?

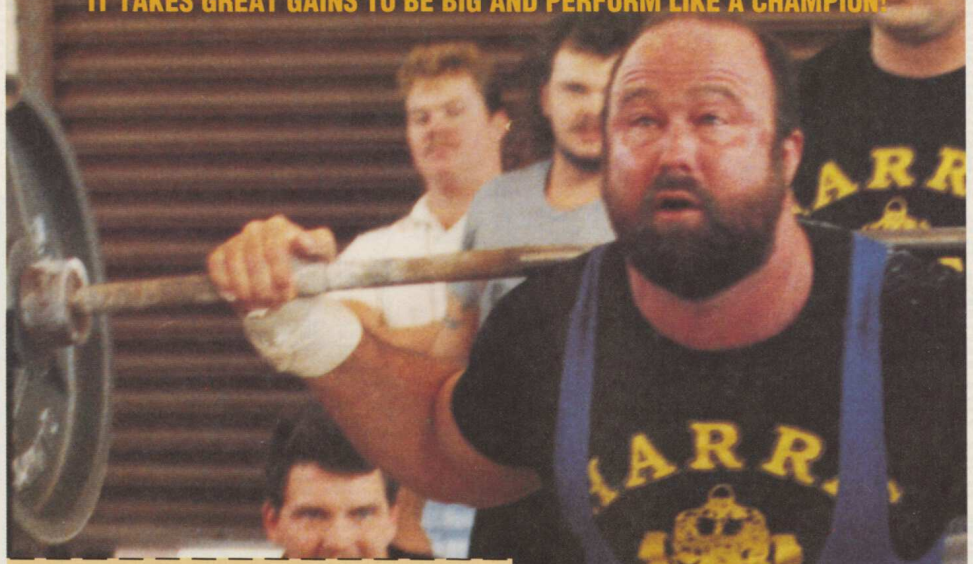
UNIVERSAL

GREAT GAINS.

Steroid free GREAT GAINS is a radical new formulation which incorporates botanical, bovine, amino acid and trace elements into a dynamite power packed capsule. The GREAT GAINS stabilized release capsule contains highly concentrated anabolic nutrients that break down in the intestinal tract without being affected by destructive stomach acids. GREAT GAINS is the perfect method for fueling your body with the intrinsic factors you need for hard gains and training at your peak. CAll 1-800-USA-0101 to order or for more information.

FOR MAXIMUM ANABOLIC EFFECT

IT TAKES GREAT GAINS TO BE BIG AND PERFORM LIKE A CHAMPION!



YES, Send my GREAT GAINS now!

_____ Bottles (100 Capsules per bottle) @ $24.95 each. $ _____

Shipping & Handling _____

6% Sales Tax for NJ Residents _____

TOTAL AMOUNT ENCLOSED $ _____

To place Visa or Mastercard order CAll 1-800-USA-0101

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

UNIVERSAL 3 TERMINAL ROAD, NEW BRUNSWICK, NEW JERSEY 08901

"When training for a big meet, I depend on GREAT GAINS as an essential part of my nutritional program."

Joe McDougal
North Carolina
Master Record Holder
Top 100 Powerlifter

ADFPA New York Championships
22-23 Apr 89 - Medina, NY

Women	SQ	BP	DL	Total
Lightweight				
K. Laukern (120)	$300*	155	325	780*
S. Buddle (126)	270*	125	305	700
M. Waggoner (120)	250	135	315	690
C. Zaft (121)	260	135	290	685
Heavyweight				
C. VanDerKarr (155)	300*	120	305	725
C. Johnson (158)	190	115	230	535
D. Barr (139)	185	110	170	465
Men				
114				
K. Miner	260	195	375	830
J. Mitchell	200	125	250	575
123				
A. Giannino	375*	240	470*	1085
S. Sano	350**	220**	375**	945**
132				
A. Pallas	450*	245	460	1155*
K. Beaty	360	220	475*T	1055
B. Jones	365$$	205	350$$	920$$
148				
J. Audia	430	350*	475	1255
S. Bhojwani	425	315	450	1190
D. Benfanti	435	270	455	1160
D. Congilosi	400	270	425	1095
R. Zehr	340	235	400	975
165				
T. Gauthier	525*A	265	500*T	1290*A
J. Marsala	480	275	480	1235
K. Buddle	450	225	500	1175
M. Italiano	450	255	470	1175
K. Nautel	355	305	505	1165
181				
L. Kusior$	600	340	570	1510
T. Piazza	525	365	545	1435
T. Sylvester	510	320	540	1370
B. Ray	450	250	600*$$	1300$$
B. Marchetti	465	305	510	1280
198				
J. Cox	545	335$$	625AA	1505
M. Carroll	450	400	500	1350
J. Stuhr	500**	285**	530**	1315**
K. Hothkiss	480	315	510	1305
M. Gehem	430	305	540	1275
220				
J. Danahay$	655	425*	640	1720*
C. Sianpanides	600	375	680	1655
R. Babbitt	615	400	640	1655
T. Canahay	630	425*T	600	1655
D. Cottom	480	315	550	1345
242				
M. Cochran	630	365	610	1605
F. Dias	575**	345**	575**	1495**
L. DiCenso	545	385	550	1480
N. Norton	540	375	525	1440
D. DeCaire	540	325	550	1415
275				
K. Albern	700	450	640	1790
D. Ballowe	670	470	610	1750
D. Tolve	600	430	610	1700
P. Wrafter	395	280	500	1175
SHW				
J. Kristel	750*	375	710*	1835*
P. Grisondi	650	450	575	1675
J. Titsworth	300	300	350	950

$ - Best Lifter, * - NY State Record, $ - NY State Teen (14 - 16) Record, $$ - NY State Teen (17 - 19) Record, A NY State Masters (40 - 44) Record, ** NYS Masters (45 - 49) Record, A - American Teen (14 - 16) Record, AA - American Teen (17 - 19) Record, *T - Tied NYS Record. Meet Staff: Meet Director - Steve Downs; Head Judge - Walt Bird (NYS ADFPA Chairman); Assisting Judges - Brian Lachell, Gary Gilia, Russell Bruning, Steve Downs; Head Scorer - Bob Bloom, Jr.; Scoring Assistants - Debbied Gilia, Tom Grupp, Linda Weese, Gwen Albone; Spotters/Loaders - Bill Evoy, Mike Wendt, Pat Kusiar, Jack Snyder, Mark Snyder, Dan 'Quickness' Stephany, Kenny James, Ben McCollum; Administrative Assistants - Val Snyder, Chris Sumerski, Paul Russo, Mike Eaton, Larraine Johnson, Tom Meacham; Announcers - Lawrence Kusiar, Steve Downs. Additional Sponsorship: Titan Athletic Club (Lockport, NY), Sports & Graphisc (Medina, NY), Fitness Plus Equipment (Cattaraugus, NY). Team Champions: 1. West Harrison Fitness Center, 2. Auburn YMCA. The 1989 ADFPA N.Y. State Drug-Free Powerlifting Championships were held at the Lake Plains YMCA in Medina, NY. Two major sponsors who supported the meet were Bob O'Leary Sports Supplements (Scranton, PA) and NATURAL PHYSIQUE Magazine (Manhattan). In addition, Titan Athletic Club of Lockport, NY supplied the bars, weights and other equipment for the contest.

Saturday's lifting involved the Women (lightweight and heavyweight) and Men's classes from 114 to 181. Kelly Laukern (Auburn) won the lightweight title by posting a 300 squat, 155 bench and 325 deadlift (780 total) at a bodyweight of 120. Kelly also recieved Best Lifter honors among women. Carol VanDerKarr (Buffalo) won the heavyweight division with a 725 total. At 114, Kurt Miner (Fulton) easily outdistanced John Mitchell (New Harford) for the win. Andy Giannino (Seneca Falls) won the 123 class by setting squat, dead and total NY state records, while Anthony Pallas (Harrison) set squat and total records at 132. In the 148 class, John Audia (White Plains) hit a 350 state bench record on his way to a 1255 winning total, while teenager Tim Gauthier (Auburn) set numerous records as he won the 165 lb. class. Lawrence Kusior (Ogdensburg) won the 181 class in strong fashion, also taking Best Lifter honors among lightweight men.

Best Lifter at the New York State ADFPA Championships, Lawrence Kusior (right) receives his award from meet director Steve Downs. (Photograph by Russell Bruning).

Sunday's lifting started out with James Cox (Buffalo) setting teen state and American records as he won the 198 lb. class. Four-time state 220 champ Joe Danahay (Buffalo) extended his streak to five as he defeated brother Tim and the rest of the large class. Joe also set a new bench press record and won the sculptured Best Lifter trophy for the heavyweight men. Former USPF drug-free squat record holder Mike Cochran (N. Tonawanda) easily won the 242 lb. class, while Kevin Albern (Russel) dominated the 275 group. Super heavyweight winner Jeffrey Kristel (Schenectady) had a fine day, setting squat and deadlift records in the meet on his way to an easy victory.

The Team Champion trophy went to annual favorite West Harrison Fitness Center, while the Auburn YMCA grabbed second place honors.

N.Y. ADFPA chairman Walt Bird (Syracuse) served as head judge for the meet, while Steve Downs (Lockport) was the meet director and judging assistant. Bob Bloom, Jr. (Medina) was the meet's head scorer and Jack Snyder (Medina) doubled as chief spotter and set-up technician. (Thanks to Steve Downs for results)

USPF Texas State Natural
8 Apr 89 - Arlington, TX kg)

Teenage	SQ	BP	DL	Total
132 lb.				
M. Owens	172.5*	100	167.5*	440*
R. Ahlsted	117.5	77.5	145	390
R. Johnson				
148 lb.				
B. Gilliam	127.5	85	162.5*	375
B. Johnson				
165 lb.				
J. Munn	140	90	162.5	392.5
181 lb.				
J. Fahy	180	92.5	180	452.5
198 lb.				
B. Anderson	185*	95*	180*	460
J. Morgan	167.5	95	170	432.5
220 lb.				
J. Stokes	170*	90*	165*	425*
Masters				
181 lb.				
J. Caldwell	197.5*	115	222.5*	535*
198 lb.				
C. Antal	220	115	200	525
J. Fuentes	115	130	195	445
242 lb.				
C. Pagano	195	132.5	195	522.5
Womens				
105 lb.				
D. Williams	75*	47.5*	120*	242.5*
114 lb.				
S. Negrete	125*	55	130	310
C. Keller	70	37.5	77.5	185
123 lb.				
D. Castro	137.5*	75	147.5	360*
132 lb.				
E. Pepe	137.5	77.5	160	375
148 lb.				
K. Jorddahl	145	90*	165*	400*
165 lb.				
O. Zirker	120	62.5	150	332.5
Pure				
148 lb.				
G. Alvarez	150	112.5	190	452.5
C. Martinez	145	122.5	182.5	450
J. Fedderson	132.5	95	172.5	402.5
165 lb.				
G. Kiser	227.5	14	257.5	625
S. Todd	235	147.5	225	607.5
K. Simmons	162.5	132.5	217.5	512.5
G. DeLeon	182.5	110	185	477.5
181 lb.				
T. Meyers	275	150	310*	735*
S. Montelongo	250	162.5	255	667.5
D. Chlup	237.5	137.5	250	625
C. Hanan	220	137.5	210	567.5
R. Gaynor				
198 lb.				
M. Belanger	235	137.5	227.5	600
T. Brown	197.5	152.5	237.5	587.5
P. Fowler	212.5	125	237.5	575
220 lb.				
K. Johnson	315*	185	325*	825*
S. Kivela	280	147.5	250	677.5
D. Cullinane	265	167.5	252.5	675
T. Schepper	227.5	150	240	617.5
B. Brand	227.5	140	240	607.5
D. Garcia	227.5	145	227.5	600
J. Whitley	172.5	137.5	172.5	482.5
242 lb.				
D. Villarreal	290	185	280	755
Z. Laky	260	162.5	252.5	675
K. Arends	230	150	212.5	592.5
275 lb.				
W. Tolbert	300	237.5	300	837.5*
R. Finch	245	125	272.5	642.5
Natural (1 year)				
181 lb.				
A. Flores	270	145	257.5	672.5
G. Anthony	205	145	227.5	577.5
R. Brown	195	132.5	227.5	555
J. Puett	160	107.5	205	472.5
198 lb.				
M. Belanger	235	137.5	227.5	600
S. Caldwell				
220 lb.				
R. Caraway	282.5	142.5	237.5	662.5
G. Bowling	242.5	150	265	657.5
B. Langan	235	147.5	227.5	610
242 lb.				
K. Yoxall	262.5	180	272.5	715
R. Wells	205	150	247.5	602.5
P. Workman	287.5	182.5		
Below Class II				
148 lb.				
D. Newcomer				
B. Johnson	155	125	187.5	450
165 lb.				
K. Simmons	162.5	132.5	217.5	512.5
181 lb.				
R. Brown	222.5	127.5	242.5	592.5
R. Stowe	185	122.5	212.5	520
R. Lacoume	150	137.5	195	482.5
J. Gaines	160	117.5	197.5	475
220 lb.				
D. McKienzie	222.5	150	247.5	650
B. Langan	235	147.5	227.5	610
B. Brand	227.5	140	240	607.5
242 lb.				
R. Wells	205	150	247.5	602.5
Open				
123 lb.				
R. Everhart	180	120	182.5	482.5
132 lb.				
F. Styles	215	115	210	540
148 lb.				
K. Tyler				
181 lb.				
E. Huffstetler	297.5	180	285	762.5
R. Brown	222.5	127.5	242.5	592.5
J. Puett	160	107.5	205	472.5
198 lb.				
D. Nostrant	255	165	217.5	637.5
220 lb.				
S. Kivela	280	147.5	250	677.5
242 lb.				
R. Stringer	300	212.5	305	817.5
Natural				
123 lb.				
R. Everhart	180	120	182.5	482.5
165 lb.				
J. Tiger	227.5	125	200	552.5
181 lb.				
G. Anthony	205	145	227.5	577.5
198 lb.				
S. Caldwell				
220 lb.				
D. Cullinane	265	157.5	252.5	675
G. Bowling	242.5	150	265	657.5
T. Schepper	227.5	150	240	617.5
242 lb.				
K. Yoxall	262.5	180	272.5	715
R. Wells	205	150	247.5	602.5
Bench Press Division				
123 lb.				
R. Everhart	120	220 lb.		
148 lb.		D. Cullinane		157.2
D. Newcomer	125	242 lb.		
C. Martinez	122.5	R. Springer		212.5
181 lb.		D. Villarreal		185
E. Huffstetler	180	275 lb.		
G. Anthony	145	W. Tolbert		237.5
198 lb.		M. Cavins		207.5
T. Brown	152.5	T. English		187.5

* - new Texas State Natural Record. All first place finishers automatically qualify for the 1990 Natural Nationals to be held in February at Reno, Nevada. (Thanks to Marsha Peters for results)

Florida Firefighters Olympics
13 May 89 - Miami, FL

	SQ	BP	DL	Total
Women under 140				
J. Padelford	205	165	330	700
Men				
151 lb.				
T. Istock	370	275	420	1065
R. Schroeder	290	285	400	975
A. Berkowitz	320	265	385	970
163 lb.				
B. Zelouis	485	260	470	1145
175 lb.				
R. Bargueiras	500	350	525	1375
A. Vega	415	275	500	1190
J. Byrd	365	315	460	1140
187 lb.				
J. Pickover	610	405	625	1640
G. Lawson	650	405	580	1635
T. Lang	425	400	455	1280
R. Penland	405	250	445	1100
A. Lobeto				
199 lb.				
T. Debrecht	520	320	600	1460
B. Williams	425	275	495	1195
K. Gaskell	425	310	455	1180
R. Urena	405	275	450	1130
A. Hogue	390	300	400	1090
E. Schumaker				
219 lb.				
D. Fonti	415	340	550	1305
Over 220				
G. McCartney	550	485	600	1635
D. Fonti	550	350	550	1450
E. Kranski	3465	330	500	1295
Masters				
J. Weston	450	370	470	1290

Squat record: G. Lawson 650; Bench record: by G. McCartney 485. APF rules were strictly enforced. (Thanks to G. McCartney for results)

25,588 POWERLIFTERS CAN'T BE WRONG...

For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want suits, wraps, belts and advanced supplements that work as hard as they do, in training and on the platform.

FOR A COMPLETE LISTING OF MARATHON POWERLIFTING PRODUCTS, TURN TO CENTER SECTION.

Marathon DISTRIBUTING COMPANY

USPF Maryland Championships
13 May 89 - Patuxent River, MD

Senior Mens	SQ	BP	DL	Total
52 kg				
S. Shimko	155	95	152.5	402.5
N. Murdock	77.5	40	90	207.5
60 kg				
K. Westbrook	250*	110	220	570*
B. Cole	122.5	82.5	155	360
M. Hall	110	67.5	130	307.5
E. Murdock	97.5	42.5	122.5	262.5
67.5 kg				
E. Zerphy	217.5	130	227.5	575
F. King, Jr.	165	112.5	182.5	
P. Pitilis	137.5	125	167.5	430
75 kg				
R. Green	210	147.5	247.5	605
S. Haroon	177.5	120	212.5	510
R. Wetzel	167.5	130	192.5	490
S. Griffin	170	120	167.5	457.5
82.5 kg				
C. Muriel	245	142.5	237.5	625
C. Bradham	182.4	170	242.5	595
M. Daniel	185	140	210	535
C. Johnson	155	125	207.5	487.5
C. Hunt				
90 kg				
J. Pitts	272.5	162.5	272.5	707.5
J. Crockett	247.5	152.5	272.5	672.5
M. Boutte	252.5	162.5	237.5	652.5
S. O'Hara	185	125	190	500
D. Brown	170	115	192.5	477.5
A. Holmes	187.5			
100 kg				
C. Williams	250	162.5	297.5	710
R. Rood	255	177..5	272.5	705
D. Hyde	255	150	272.5	
C. Antonio	277.5	160	225	662.5
B. Sanders	227.5	155	232.5	615
R. Jones	150	95	162.5	407.5
110 kg				
B. Phillips	292.5	172.5	297.5	762.5
W. Parks	247.5	192.5	255	695
R. Smith	220	142.5	245	607.5
D. Fesser	200	152.5	250	602.5
J. Scali	192.5	132.5	190	515
125 kg				
D. Nettles	320	147.5	282.5	750
J. Gannt	182.5	120	192.5	495
SHW				
J. Hickey	205	157.5	185	547.5
Senior Womens				
67.5 kg				
J. Gould	127.5*	77.5	147.5	352.5
75 kg				
L. Bozzelli	115	55	135	305
Best Lifter				
Women				
J. Gould	127.5	77.5	147.5	352.5
L. Bozzelli	115	55	135	305
Masters Men				
82.5 kg				
40-44 yrs.				
C. Johnson	155	125	207.5	487.5
100 kg				
45-49 yrs.				
R. Rood	255	177.5	272.5	705
50-54 yrs.				
R. Jones	150	95	162.5	407.5
SHW				
J. Hickey	205	157.5	185	547.5

Ken Westbrook..got a new record at the Maryland State Meet. (Savage)

Teen Mens				
14-15 yrs.				
52 kg				
N. Murdock	77.5	40	90	207.5
75 kg				
D. Carter	135*	82.5*	155*	372.5*
90 kg				
R. Dennee	95*	87.5*	160*	342.5*
16-17 yrs.				
60 kg				
M. Hall	110*	67.5*	130*	307.5*
E. Murdock	97.5	42.5	122.5	262.5
100 kg				
L. Ciccarello	187.5	142.5	237.5	567.5
18-19 yrs.				
75 kg				
S. Griffin	1760	120	167.5	457.5
82.5 kg				
C. Long	177.5	117.5	205	500
125 kg				
J. Gannt	182.5	120	192.5	495

* - State Record. Team Results: HSI - 33; Olympic Fitness - 8. $2500 was raised through the Special Olympics Lift-a-thon held with this event. (Thanks to Ted Herring for results)

USPF Alaska Championships
6 May 89 - Fairbanks, AK

Women	SQ	BP	DL	Total
105				
S. Calvillo	195	110	290	595
114				
R. Davila	155	95	195	445
123				
M. Martin	325*	140	285	750*
T. Pevan	145	90	190	425
T. Lester				
132				
A. Gelinas	225	110	250	585
P. Parker	185	105	265	555
148				
N. Stack	200	120	275	595
165				
B. Leonard	100	125	220	445
181				
E. Osborne	195	125	265	585
Men				
132				
N. Broumley	235	145	240	620
148				
J. Briery	320	20	375	955
P. Briery	250	235	300	785
G. Coon	240	185	325	750
165				
R. Delaune	475	275	475	1225
R. Segers	405	275!	485	1165!
R. Cardoza	400	260	440	1100
J. Thacker	400	210	400	1010
E. Richards	285	175	380	840
B. Frick	460			
181				
P. Sheirich	450	300	470	1220
M. Smith	465	270	460	1195
J. Hadlock	375	245	565	1185
T. Jensen	430	275	465	1170
D. James	325	225	325	875
J. Sedovic				
R. Blohm				
198				
E. Gohr	440	320	500	1260
M. Osborne	475	240	475	1190
D. Leonard	455	265	455	1175
D. Bergener	390	285	475	1150
C. Slone	355	185	385	925
220				
R. Kennerson	550	350	525	1425
R. Burnett	500	265	525	1290
P. Matheis	375	275	450	1100
S. Thomas	400	250	450	1100
L. Rambur	315	225	415	955
242				
H. Lloyd	550	325	560	1465
G. Hampton	530	300	455	1285
R. Hall	375	270	450	1095
G. Nickarz	355	335	385	1075
J. Guidry	325	230	410	965
275				
J. Rice	550	470*	555	1585
B. Pevan	550	380	500	1430
R. Ryal	260	175	340	775
SHW				
T. Belli	615	400	610	1625
W. Miller	350	235	385	970

(USPF Sanction 2242-89). * Alaska State record; ! - Alaska St Teenage record. Best lifter men: Jody Rice, best lifter Masters: Tom Belli; best lifter women: Monica Martin, women masters: Penny Parker. Teams: TAC The Athletic Club (Fairbanks); FAC Fairbanks Ath Club (Fairbanks);PAC Polaris Ath Club (Anchorage); HJG Howard's Gym (Wasilla); E Eielson Air Force Base; P Peninsula Ath Ctr (Kenai); U Unattached. Team standings: 1st place: Howard's gym, 2nd: Fairbanks Ath Club, 3rd: Polaris Ath Club. Referees: Ben Brent, Joni Withrow, Ron Murray, Rick Stovarski, Ken Ringstad, Don Coles; Chief Scorer: Cheryl Bates; Announcer: Brian Wynn; Card handlers: Cheryl Toenies, Donna Kreiensiek, Kelly Bergener; spotter/loaders: Rick Hand, Russ Amith, Steve Sawyer, Mark Forman, Phil Younker, Ara Hollenbach, Greg Fowler; Food: Joni Withrow; Athletic trainer: Bob Carpenter; Receptionists: Bob Andresen, Helen Matesi; Timers: Steve Wilson, Patty Sawyer; meet director: Joe Matesi. (Thanks to 'The Athletic Cluib' for results).

Oregon Open Bench Press
29 Apr 89 - Hood River, Oregon

High School Girls			
Light Division			
J. Mackin	85*	D. Oullette	120
Heavy Division		Heavy Division	
C. Grimm	120	A. Hughes	190*
S. Snair	115	C. Richart	190
S. Swanson	115	C. Lane	135
High School Boys		Men's Open	
114 lb.		114 lb.	
T. Williams	170	J. Sedory	245*
P. Pinto	120	132 lb.	
123 lb.		D. Miles	255
J. Benson	215*	R. Rodriquez	225
K. Pointer	140	148 lb.	
132 lb.		E. Lumpkin	325
J. Bradley	130	R. Peine	320
148 lb.		J. Bebe	315
J. Eells	280*	165 lb.	
B. Namba	265	B. Baertlein	325
J. Harrang	265	L. McAlister	305
165 lb.		L. Hager	285
J. Van Bleck	290	181 lb.	
J. Thornton	275	B. Beebe	425*
B. Larson	270	B. Larson	400
181 lb.		B. Banister	380
J. Stavros	295	198 lb.	
J. Mascak	295	K. Davis	430*
M. Rodriquez	285	B. Lane	365
198 lb.		D. Wilson	330
D. Rodriquez	305	220 lb.	
P. DiNapoli	295	C. Mabe	430
J. Osborne	290	M. Schultz	405
220 lb.		T. Schuler	395
K. Bradbury	260	242 lb.	
Heavy weight		S. Sparks	450*
J. Grist	405*	T. Van Dyke	435
P. Thompson	320	J. Byers	425
Womens Open		Super Heavy	
Light Division		L. Cook	480
R. Hix	145	B. Adams	455
M. Feizler	140	M. Gruse	450

* record. Best Lifters: Amy Hughes; Byron Beebe. (Thanks to Mike Schend for results)

Mid-Atlantic Open Bench Press
16 Apr 89 - Standardsville, Virginia

148 lb.			
R. Adkins	330		
C. Heath	295		
J. Stewart	285		
R. Bartley	195	G. Ruebush	375
165 lb.		B. Dolan	345
T. Wade	325	M. Durrutte	330
R. Hernandez	315	242 lb.	
J. Shifflett		R. Wampler	400
181 lb.		R. Kite	330
B. Hankins	330	275 lb.	
R. Hawkins	320	S. Carey	560
K. Wood	300	SHW	
198 lb.		R. Hall	450
R. Daniels	430	Masters	
K. Smith	375	G. Stacherski	285
B. Johnson	320	J. Allen	275
M. Deeds	270	W. Thacker	245
220 lb.		Female	
M. Williams	385	K. Jones (157)	185

Team: 1. Standardsville Barbell; 2. U.S. Marine; 3. Iron World. Thnks to John Shifflett for results.

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION

PLEASE PRINT * COMPLETE ALL ENTRIES *

LAST NAME | FIRST NAME | INITIAL

STREET ADDRESS | CURRENT REG. NUMBER

CITY | STATE | ZIP CODE

AREA | TELEPHONE NO. | DATE OF BIRTH (MO DAY YR) | AGE | SEX | U.S. CITIZEN YES | U.S. CITIZEN NO

REGISTRATION FEE $20.00 HIGH SCHOOL $10.00

In recognizing the need for Drug-Usage Detection, I agree to submit to any testing procedures deemed appropriate by the ADFPA or its agents and shall accept the results and the consequences of such tests

APPLICANTS, fill out card completely and mail with fee to:

Make checks payable to:
A.D.F.P.A.
1340 W. IRVING PK., SUITE 208
CHICAGO, IL 60613 (312) 334-1527

IF UNDER 18 HAVE PARENT INITIAL

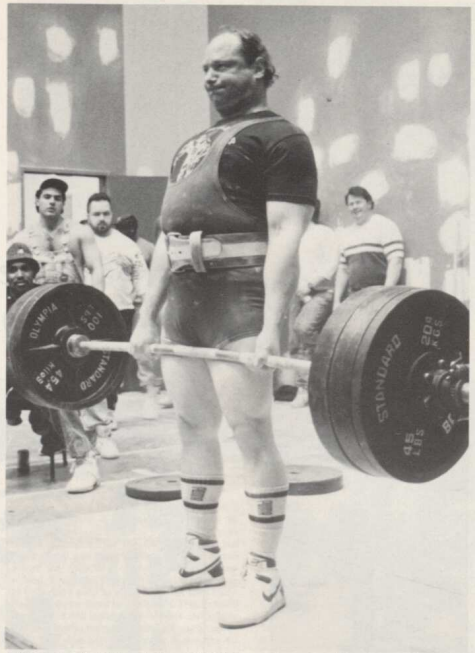
SIGNATURE _____ DATE _____

APF Tri-State
18 Mar 89 - Brooklyn, NY

Women	SQ	BP	DL	Total
Z. Gerling	275	150	315	740
B. Baio	190	105	240	535
TEEN				
F. Savarege	550	400	625	1575
C. Moller	525	355	540	1420
S. Liss	455	320	610	1385
B. Benzaminovich	385	260	475	1120
M. Gordon	410	405	465	1280
B. Casper	500	265	480	1245
R. Barnes	395	365	490	1250
MEN'S OPEN				
123				
B. Leone	315	250	150	715
132				
R. Villamar	315	200	415	930
148				
J. Delpreto	430	240	455	1125
165				
B. Benzaminovich	385	260	475	1120
H. Medina	300	240	350	890
181				
F. Rubin	430	305	525	1260
A. Liberman	395	285	440	1120
198				
J. Corsito	585	305	600	1490
G. Ruff	610	315	515	1440
F. Mozdiak	455	275	500	1230
C. Wagner				
220				
P. Susco	735	375	670	1780
J. Johnson	700	395	670	1765
C. Taufman				
242				
J. Copland	575	340	580	1495
D. Compton	460	360	550	1370
275				
P. Rambalski	580	350	535	1465
SHW				
E. Optiz	715	425	520	1660
R. Carere	570	420	610	1600
J. Alberti	560	390	565	1515

Outstanding lifters: Jeff Delpreto 148; Pat Susco-220. The weather outside was awful; torrents of rain pounded the metal roof of the Paerdaget Athletic Club in Brooklyn, NY. Inside, however, spirits were high among the 29 powerlifters competing in the APF sanctioned Tri-state power meet. Considering the inclement weather and the distances some of the lifters had to travel (New Jersey, Connecticut, Long Island and Upstate NY), the meet was very well attended. Each lifter had several fans in the audience and it was good to see so many supportive people turn out. Of the 29 lifters this day, only two were women: Zina Gerling and Barbara Baio (Scott's cousin). The teenage division, however, had 7 entrants, roughly 25 percent. A solid indication of the interest that is being generated in the young people today to enter powerlifting. Most of the time you see 'older' lifters (age 25 and up) in the ranks because this is such a demanding sport. Powerlifting requires much discipline over a long pweriod of time to see big results. Show me a powerlifting champion who has not devoted several years of hard training to get where s'he is today! It is most gratifying to know that, several years from now, we will have champions who we lifted with 'back in '89'! One of these teens to watch closely, by the way, is Steve Liss from New Jersey. This powerful young man is capable of breaking the New Jersey state teenage DL record. He did 610 and he's only sixteen! Among the veterans in attendance were Pat Susco, holder of several NYS records and Jeff Copeland, NYS APF chairman. Pat lifted in the 220 lb class and Jeff lifted in the 242 lb class. Both men won their respective classes and Pat amerged as the outstanding lifter in the upper classes for the day. Also notable was Jeff Delpreto at 148 lbs. His 1125 total qualified him as outstanding lifter in the lower wt classes.

The meet directors were Frank Mansueto, Charlie Williams and Glen Thompson. Judging for the squat were Frank Mansueto, Charlie Williams and Robert Bocchino. For the bench press: Chris Confessore, Pat Brago and Joe Steinfeld; and for the deadlift judging was done by James 'wiz' Jefferson, Glen Thompson and Charlie Williams. The scorers were Colleen O'Neill, Maria Candelas and Lisa Epppilto, and keeping the meet running efficiently, in addition to keeping the fans involved, were Grace Rondinelli-Williams and Lisa Eppolito. These 2 girls probablyi added as much to the overall meet as the lifters because of their untiring dedication to keeping the day running smoothly. The directors informed me that the meet was actually running 2 hours ahead of what they expected; to date, the best run meet they have organized. Results like this can only happen if you have outstanding people at the microphone. It takes a deeply motivated person to keep not only the audience interested, by noting interesting lifting facts about the next lifter, but also to keep the lifters chemselves 'on deck', 'in the hole', etc. These two announcers certainly deserve recognition for their fine performance at the 'mic'.



Jeff Copland...lifting at the APF Tri-State Championship. (Marsella photo)

All considered, this Tri-state power meet certainly gets high marks in all areas. The lifters themselves were exciting, the people helping to run the meet (spotters, loaders, announcers, etc.) performed flawlessly, and the directors have outdone themselves in organizing another well run power contest. 'Way to go' Frank, Charlie and Glen! (Thank to Rich Marsella for results)

Y-Bridge Classic
14 Mar 89 - Zanesville, OH

123 lb.	SQ	BP	DL	Total
M. Cesa	265	160	250	675
132 lb.				
C. Dodson	240	175	345	760
C. Rudolph	150	105	230	485
148 lb.				
H. Rome	400	215	425	1040
R. Hamsher	365	220	410	995
T. Craft	315	250	370	935
C. Alexander	335	170	415	920
L. Bravard	350	200	350	900
A. Mellor	300	215	315	740
C. Puka	260	170	310	740
165 lb.				
J. Dietrich	475	315	425	1315
J. Schroeck	475	310	450	1235
T. Griffen	425	280	460	1165
K. Patterson	410	300	435	1145
B. Mohr	420	260	405	1085
A. Duke	405	250	425	1080
P. Dodd	360	260	420	1040
B. Steed	325	250	550	1015
C. Michell	350	270	375	995
B. Miller	360	240	370	970
W. Hall	245	170	370	785
B. Durant	270	175	310	755
W. Myers	255	185	315	755
J. Todd	280	175	295	750
M. Jones	250	200	285	735
L. Hoffman				
181 lb.				
L. Newman	550	300	555	1405
C. Paublus	500	345	510	1355
G. Rome	500	315	510	1325
T. Anderson	500	310	450	1260
M. Moore	505	305	450	1260
T. King	450	280	520	1250
M. Daverio	440	275	515	1230
J. Gardner	475	280	475	1230
B. Dillion	430	350	430	1210
D. Fry	400	250	440	1190
C. Lee	425	245	515	1185
C. DeLoye	415	315	440	1170
M. Martz	405	225	515	1145
L. McGue	440	205	425	1070
N. Loman	355	275	425	1055
T. Woodworth	195	140	275	610
M. Petras				
D. Fry				
D. Walker				
C. Wells				
R. McCoin				
198 lb.				
S. Hall	540	385	530	1455
L. Gagnon	525	385	535	1445
M. Wall	515	360	510	1385
J. Stewart	485	345	500	1330
T. Bretlinger	480	330	500	1310
B. Rine	500	305	450	1255
J. Howell	450	315	480	1245
W. Shaffer	440	315	470	1225
J. Miller	475	275	475	1225
S. Hamilton	440	300	475	1215
S. Loudy	445	285	470	1200
J. Herbein	405	260	500	1165
D. Miezio	450	255	450	1155
S. Fuctio	370	225	415	1010
2220 lb.				
T. Kunkel	530	320	620	1470
K. Stankus	480	400	585	1465
J. Ritzler	550	390	505	1445
R. Buck	550	350	540	1440
C. Northrup	500	365	515	1380
L. Edwards	510	325	520	1355
G. Keith	500	360	425	1285
J. Hardwick	380	275	410	1065
J. Dempsey	410	215	435	1060
242 lb.				
J. Kenny	640	470	560	1670
M. Bainter	585	420	530	1535
D. DiDomenico	450	330	385	1165
D. Price	390	235	490	1115
275 lb.				
R. Walker	500	375	700	1575
D. Shephard	650	350	550	1550
SHW				
E. Hampton	675	460	550	1685
J. Wolk	475	300	570	1345
T. Cang	290	195	330	815
Masters				
F. Nichalson	420	275	540	1235
R. McCord	580	320	475	1375
H. Rome	400	215	425	1040
M. Daniels	450	280	505	1235
H. Hartman	450	275	575	1300
J. Holbein	405	260	500	1165
J. Miller	475	275	475	1225
J. Vest	430	360	460	1250
G. Keith	500	360	425	1090
D. Fry	400	250	550	1090
B. Coyer	455	325	535	1315
R. Murphy	415	300	460	1175
J. Bowling	325	225	400	950
J. Hardwick	380	275	410	1065
J. Dempsey	410	215	435	1060
J. Holgren	250	175	300	715
Teens				
C. Holbrook	550	350	535	1435
T. King	450	280	520	1250
K. Patterson	510	300	435	1145
B. Mohr	520	260	405	1085
J. Harris	440	315	500	1255
J. Doud	400	195	405	1000
P. Dodd	360	260	420	1040
J. Denton	425	300	500	1225
T. Devaul	560	290	490	1240
B. Miller	360	250	370	970
C. Dodson	260	175	345	780
S. Fucito	370	225	415	1010
T. Woodworth	215	400	915	
W. Haul	245	170	370	785
B. Durant	270	175	310	755
M. Jones	250	200	285	735
W. Myers	255	185	315	755
J. Todd	280	175	295	750
T. Lang	290	195	350	835
C. Roosevelt	150	105	230	485
T. Woodworth	195	140	275	610
M. Petras	300	215	400	915
Female				
S. White	310	175	360	845
L. McKenzie	315	180	405	900
C. Puka	260	170	310	740
D. Black	185	145	245	565
J. Elerink	190	120	230	540
B. Randolph	185	115	225	525

(Thanks to Jay Butler for results)

USA Fitness Center Bench Contest
29 Apr 89 - East Liverpool, Ohio

Women		Open	
Under 120		148	
S. Burrows	90	J. Manroe	210
J. Scott	85	165	
Over 120		T. Miller	355
A. Miller	165	B. Newlun	
J. Burchett	135	181	
Teens		V. Fiorenza	335
132 & Under		B. Sheuille	300
J. Campbell	210	M. White	185
L. Williams	190	198	
B. Kelly	185	S. Kozora	380
148		S. Roynak	380
J. Tennrelli	195	S. Kapp	315
E. Thompson		220	
165		R. Thomas	400
S. Cunningham	235	G. Marcer	400
T. Jones	235	J. Bufalini	375
J. Bergfeild	210	J. Smith	365
181		242	
R. Coukart	275	B. Thayer	385
SHW		M. Dotson	375
J. Stokes	380	G. Hoyt	350

Thanks to these people for helping out: Judges - Tony Pharr, Ernie Nagy, Bill Williams; Spotters - Kerry Hoyt, Jonathan Stokes, Bob Sheville, Mark White; Officials - Lina Smith, Bonnie Sheville, Sharon Burrows; Loaders - Eddie Linger, Dan Maxwell, Mark White. Sponsors: USA Fitness Center, Local 419 GBPAW. Thanks to all for their help, and hope to have many more contests. (Thanks to Ernie Nagy for results)

Pennsylvania State Bench Press
8 Apr 89 - Philadelphia, PA (kilos)

Women			
I. Stephkanopoulos	62.5		
J. Havriliak		J. Barcelone	152.5
Men		D. Guyger	142.5
114 lb.		M. Magee	140
R. Mellen	102.5	J. Moore	132.5
S. Hinelline	60	C. Benson	120
132 lb.		D. Mortimer	112.5
R. Johnston	110	198 lb.	
A. Martino	82.5	D. West	190
148 lb.		D. Mosk	187.5
K. Senseman BL	175	J. Foose	180
J. Kilcourse	149	S. O'Kelley	172.5
J. Martino	82.5	B. Rosenfield	137.5
165 lb.		E. O'Brien	125
I. Morrison	180	220 lb.	
J. Carbone	170	H. Marsella	215
R. Tucker	150	T. Cheveroth	165
G. Brady	150	242 lb.	
K. Hastings	140	H. Sharkey	185
A. Yaller	135	M. Orlando	145
J. Palantino	127.5	275 lb.	
J. Carsner	120	R. Virgilio (BL)	245
T. Mastrocola	92.5	J. Moore	192.5
181 lb.		SHW	
J. Giamoni	162.5	P. LeJarza	230
M. Melini	157.5	T. Opitz	172.5

(Thanks to Michael Lombardo for results)

INZER
ADVANCE DESIGNS
We Make Power Gear A Science
1-800-222-6897
214-236-4012
IMMEDIATE SHIPPING
MC, VISA, C.O.D.
The Inzer Blast Shirt is patented under United States patent no. 4473908

. . . and more testimonies of ones who know.

"This is the shirt for super benches. Also, I wouldn't even think about training heavy without wearing the Inzer Shirt. It has kept my shoulder injury in check."

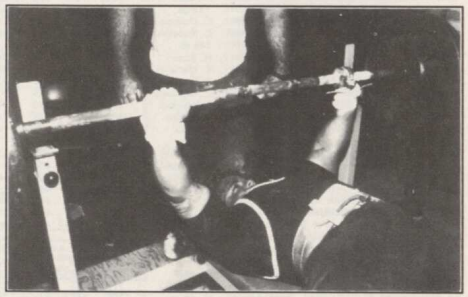
CHRIS CONFESSORE
562 at 181! 589 at 198!

"I've used other shirts but they were a waste of time compared to the Blast Shirt. The Inzer Blast Shirt gives me twice as much."

ED MORISHIMA
446 at 148!
most ever in 148's

"The Blast Shirt is the best. It's also letting my shoulder heal and still train."

JULIAN LEE
617 at 220! 600 at 198!



"Everytime I lift, another record is threatened to be broken and as long as I'm using the Inzer Blast Shirt, the competition better get used to second place."

BIG JAN HARRELL
385 lbs!
most ever benched by a woman.

ADFPA California Drug Tested BP
6 May 89 - Fremont, CA

Women's			
L. Tamke (124)!	154*		
J. Littler (126)	132		
A. Augusto (110)	115*	D. Palermini	330
T. Hanks (119)t-19	121	D. Spraggs	308
K. Sents (93)	93*	T. Myers	303
R. Ballard (129)	115	J. Pascual	275
Teenage		R. Lawrence	237
114 - 165		B. Trimble	237
J. Grioranengo	297*	B. Sanborn	220
M. Mooney	231	S. Oransky	
P. Rossi	209	181	
181 - 198		Open	
M. Taylor	253*	J. McAuliffe !	457*
220 - 275 +		L. Lozano	380
B. Bruner	198*	P. Garcia	363
Masters		B. Ivanco	352
181 - 198		Novice	
40 - 49 yrs.		B. White	369
R. Tsutsui	352	J. Glenzer	341
F. Siebert	352*	198	
A. Ticer	286	Open	
F. Mikulewicz	275	D. Georges !	418*
Above 50 yrs.		J. Abadir	402
A. Kirshner	347*	G. Trembly,Jr. !	396
C. Ferrando	303	B. Rosenthal	380
R. Roscoe	231	S. Roscoe	363
R. Seymour	242	S. Waits	358
220 - 275 +		D. Bowen	352
40 - 44 yrs.		D. Davis	336
R. Surabian	440	C. Hirota	319
A. Hejnal	358	Novice	
L. Bruner	363	E. Wayne	368
Above 45 yrs.		A. Motooka	336
J. Tremblay	396	D. Ramirez	319
B. Pothier	319	T. Kokas (M-49)	314
B. Hill (217)(46)	292	F. Byrum (M-43)	286
Open & Novice		R. Williams	275
114		220	
Open		Open	
M. Michaels	181	M. Gessini	451*
123		B. Fernandez	429
Open		R. Smally	418
D. Farling	242*	B. Myer	363
Novice		M. Venuta	
D. Coronado	259*	J. Serda	
D. Seymour	137*	Novice	
132		L. Austin, M.D.	330
Open		J. Ondell	275
J. Arenberg !	281*	J. Lamke	
G. Oliveira	187	242	
Novice		Open	
F. O'Hara	231	T. Gilman	468*
T. Jarrett	198	R. Mamamoto	407
148		S. Warner	374
Open		M. Maldonada	363
M. Aberton	325	Novice	
R. Abad	314	S. Bird	407
B. Uyeoka	286	P. Belcher	369
W. Aozasa	281	I. Willis	336
Novice		J. Etherington	297
D. Frisk	314	275	
J. Bertero	297	Open	
M. Ramkowsky	275	T. Ivaldi !	440
W. Hayashida	275	B. DePorter	407
J. Randazzo	259	Novice	
165		I. Liu	435
Open		J. Lemmon	402
M. Augustin !	363	L. Contreras	391
J. Tjan	358	SHW	
S. Saito	347	R. Rosas !	540*
M. Farros	336	R. Harries !	451
Novice		S. Millard	429
P. Rodriguez	347	J. Viray	418

Team Awards: Open - Mission Muscle Factory, 1st; Basix, 2nd. Novice - Muscle Lode, 1st. Women - Basix, 1st. Notation: * - A new California Single Lift Record in respective divisions. ! - Drug Tested. Helpers: Judges - Bill DePorter, Gary Hunnicutt, Joe Bernazzani, Joe Randazzo, George Crocker, John Kennerson, Dave Santos, Brian Sato, Bill Grotenrath. Loaders and Spotters - Jeff Meintz, John Kennerson, Don Serrate, A.J. Kapoor, Mike Taylor, Jon Bonham. Announcers - Lori Hirahara, Frank Siebert, Alan Kirshner. All Other Capacities - Susan Fisher-Kirshner, Mike Forney, Kelly Doyle, Cassandra Richmond, Sue Morton, Shellie Chandler, Jan Smittle, Nicole Darby, Gary Hunnicutt, Joe McAuliffe, Mike Taylor, Brian Sato, Don Davis, Anna Remedios, Tom Moreno, Mike Speegle, Don Serrate, Jeff Meintz, Mike Church, Jon Bonham, Kathleen Wade, Kevin O'Neill and his Delta Chi Fraternity Brothers from California State University, Hayward. Meet Director's Comments: As a Meet Director, I sometimes wonder if anyone appreciates the time and energy that it takes to put on a class one competition. I recently received a beautiful letter from a Chris Hoskins. Chris is a lifter who has travelled over 600 miles from Southern California the last few years to attend my meets. His words need publication, not just to assuage my ego, but to publically thank all of those who volunteer their time for powerlifting. Chris wrote: 'On behalf of the Ridgecrest Powerlifting team, I would like to thank you and all the people who helped you put on the 1989 California State Drug-Tested Championships. In our view, it was another superbly run meet. I know that there is a tremendous amount ot organizational and logistical planning that goes on for months before one of your meets, but there is still one thing that can make or break a meet that is out of your control; the people involved. You consistently get lots of great people to help and I want to make sure that they know they are appreciated by the lifters. Thanks to all the spotters and loaders, the referees and judges, the people who transported and set up the equipment (and who carry it all away again), the expeditors, scorekeepers, and announcers, and expecially those beautiful coeds you manage to shanghai into selling concessions and work the various tables. By the way, I thought having someone other than you do the announcing was a very good idea as it allowed you the freedom to roam about and keep on top of things.'

Chris almost said it all. He forgot to thank all the lifters and their warm comradeship. That is the most beautiful part of drug tested contests- the warmth and friendship that prevails.

And, for a few highlights of the 1989 California Bench Press Championships: 1. Everyone drug test passed. 2. I allowed lifters to compete in one division only. This resolved any flight problems and added to the efficiency of the contest, even if it meant less money to Ohlone Athletics. 3. Joe McAuliffe benched a phenomenal 457 lbs in the 181 lb class. Since he is only 5.5 lbs from the American Record he will go for it in Stockton on July 22nd. 4. Richard Rosas did an easy 540 lb bench in the supers. He said he will begin squatting and deadlifting soon. Look out superheavyweights! 5. Yours truly, Alan Kirshner, won the Masters Division with a 347 lb bench at 170 lbs. I had the advantage of a calculator with built in Schwartz and Foster formulas. I took exactly what I needed to beat Charles Ferrando. Charles at 61 years of age weighed 179. He did a 303 lb bench. The way the formula works I barely beat him lifting 44 lbs more at my young age of 51. Once again we had the contest in the college cafeteria as it opens into the hills and overlooks a lake. A beautiful site for those who wanted a break from the lifting to relax and enjoy the view. I know people often took advantage of the patio while waiting for their favorite lifter, however, the audience seemed packed all the time during the three sessions.

Once again putting on a bench press contest is a dream after doing a two platform three lift meet. I look forward to next year in order to see what new horizons I can achieve. (Respectfully submitted, Alan M. Kirshner, Ph.D.)

***457 the Hard Way**...Joe McAuliffe prepping for his impressive record bench at the Cal Drug Tested meet (Kirshner)*

ADFPA Wisconsin Sr. State Meet
15 Apr 89 - Eau Claire, WI

	SQ	BP	DL	Total
132 lb.				
M. Mannisto	380	260	380	1020
148 lb.				
D. Johnson	385	300	400	1085
J. Brewer				
165 lb.				
D. Brehm (BL)	620*	375	605*	1600*
F. Mangine	500	270	560	1330
181 lb.				
H. Henk (c)	600	250	540	1390
S. Leggett	580	285	525	1390
D. Fouts (t)	485	285	485	1255
198 lb.				
R. Craft	620	305	675	1600
E. Stoddard	650	375	570	1595
220 lb.				
S. Cain (BL)	640	445	705	1800
G. Eckenrod	500	330	605	1435
242 lb.				
R. Vivier	650	460	605	1715
S. Antczak	620	375	650	1645
J. Miller	605	400	640	1645
T. Cloyd	560	425	575	1560
275 lb.				
R. Miller	650	430	565	1645
C. Devine	590	375	630	1595

* - State Record; BL - Best Lifter; t - Teenage; c - Collegiate. The 1989 Wisc. Senior State meet was promised to be something special and it was. The event took place at the State Theatre in Eau Claire and featured Wisconsin's finest lifters.

Mark Mannisto did some fine balanced lifting in taking the 132 lb. title uncontested.

The 148 lb. featured the #1 and #2 men from last year and promised to be a tough battle, but unfortunately Jeff Brewer had dizziness from weight loss and couldn't control his opening squat and left Dale Johnson to take the title with unpressured lifts.

What can you say about Dave Brehm at 165, other than a close miss at 400 in the bench, he was flawless, smooth and countrolled. A deserving winner of the light session best lifter award. Fred Mangine showed good progress from his last meet and took home 2nd place.

181 lb. featured two great Olympic style squatters in Henry Henk and Steve Leggett. Henry wa able to pull in the gold with a solid 540 deadlift, beating Steve on bodyweight. Teenager David Fouts got his first taste of big time lifting and did a very mature job of keeping his composure, coming in in 3rd place and qualifying for Teenage Nationals. At 198 lb. it looked like Robert Craft might not be a state title holder for the first time in nine years. He was recovering from a dislocated shoulder received in a mountain bike accident. Ed Stoddard figured to be the odds on favorite, but couldn't quite build up enough of a subtotal lead to keep Robert at bay.

Shawn Cain cruised to an 1800 lb. total and barely missed a 725 lb. deadlift attempt. He was the Heavy session Best Lifter and also raised close to $2000.00 in pledges for Muscular Dystrophy. This year's state meet was a fundraiser for MDA and was dedicated to the memory of Shawn's brother Ron, who was totally injured in a freak car accident last Christmas. Shawn and Ron's wife Diana awarded the trophies, which were metal sculpted eagles (Beautiful!!). Gary Eckenrod totaled 1435 in taking second place, enjoying every minute of his lifting.

242 lb. hosted a lot of talent, with Madison's Robert Vivier benching his way into 1st place, leaving Scott Antczak and James Miller to battle it out for second place honors in the deadlift. Scott proved worthy of the task with Ted Cloyd coming in fourth. Ted weighed 221 lbs. and is an incredible body builder who is giving powerlifting a go-round. Robert Miller, sore back and all, emerged victorious in the 275 lb. class over veteran lifter Chuck Devine.

The state meet will be in Eau Claire again next year - don't miss it! I was asked to lower the qualifying totals a little for next year, which I will do. I believe this meet was undoubtedly the best display of natural strength Wisconsin has ever seen. I would like to extend my sincere gratitude to Z-100 Radio for their support and a big thank you to all of the guys who helped spot, load, judge and just carry things out after the meet.

P.S. This meet only had 18 lifters in it, but the audience loved it. The contest was done in 3½ hours. The article in *PLUSA* about trying to get more audience appeal is right on track. I had already decided to do this meet in that manner before reading the article and can tell you the concept is fantastic and to give it a try. (Thanks to Lee Graese, ADFPA St. Chairman, for results)

New Hampshire Prison Novice
30 Apr 89

	SQ	BP	DL	Total
123				
R. Monroe*	—	155	315	470
132				
M. Catlow*	190	155	300	645
148				
T. Monroe*	250	160	320	730
J. Vasquezdifo*	250	245	325	820
165				
G. Wheeler	335	245	440	1020
G. Boyd	300	300	415	1015
181				
M. Bundy	385	225	405	1015
V. Coppola	400			
R. Bailey**	500	300	500	1300
198				
A. Magoon*	335	315	405	1055
220				
B. McDonald	425	315	495	1235
242				
R. Brown*	225	175	365	540
275				
M. Donnelly	560	315	495	1370

* indicates first time lifter; ** indicates best lifter.

On Sunday, April 30, 1989 13 very fine lifters from New Hampshire St Prison gathered to compete in a novice power meet. For over half of the field of competitors it was the first time they had ever competed in a powerlifting event. I stayed to officiate after giving a training seminar and was glad I did as the quality of the lifting was very good. Had this been a sanctioned event a couple of the guys lifting would have broken records. Those who scratched on one lift were allowed to continue on in the event which gave them an idea of what was expected of them in an open sanctioned meet regarding trhe rules of the lifts. On July 16, 1989 this will materialize at the New Hampshire St Prison where there will be an APF open power meet and an APF novice power meet. I am hoping there will be a good turnout as this hsould be a very interesting meet. (Thanks to Scott Taylor, New Hampshire/Vermont Powerlifting Chairman, for results.)

APF New Hampshire & New England States Open
22 Apr 89

New Hampshire State Meet	SQ	BP	DL	Total
148				
G. Sutcliffe	475	185	470	1130
C. Martin				
165				
J. Kathios	380	320	475	1175
181				
A. Gibson	520	305	515	1340
K. Akey	485	350	455	1290
B. Sampson	425	325	535	1285
198				
B. Todd	550	400	650	1600
J. Piper	460	345	560	1365
220				
T. Weeks	620	330	575	1525
B. Mallilieu	555	345	540	1440
F. Domowitz	480	375	500	1355
242				
T. Lamy	670	480	570	1720
275				
P. Boucher	760*	485*	760*	2005*
G. Taylor	600	410	625	1635
SHW				
R. Paul	525	275	525	1325
Masters				
J. Piper	460*	345*	560*	1365
M. Bergeron	400			
New England States Open Power Meet				
148				
R. Kaufman	485	245	520	1250
B. Ducharme	440	280	450	1170
D. Salberg	400	315	440	1155
G. Morrison	325	230	385	940
G. Pimental	340	210	345	895
165				
D. Massison	530	280	470	1280
J. Kathios	380	315	475	1175
181				
C. Street	585	370	545	1500
R. Adams	460	345	620	1440
D. Schuman	510	315	500	1325
B. Sampson	425	325	535	1285
J. Donahue	415	265	550	1230
T. Magliore	425	315	445	1185
198				
B. Todd	550	400	610	1600
F. Palmer	550	405	560	1515
M. Mercier	580	310	570	1460
P. McDougal	550	320	525	1395
220				
M. Mari	640	375	660	1675
S. Demarco	560	380	630	1570
T. Weeks	620	330	575	1525
J. Weneus	480	380	660	1520
242				
T. Lamy	670	480	570	1720
M. Boutin	630	405	650	1685
275				
P. Boucher	760	485	760	205
G. Taylor	600	405	650	1635
SHW				
B. Peacock	720	400	680	1800
T. Mancini	575	425	560	1560
R. Paul	525	275	525	1325
Women				
G. Uva	185	130	265	580
B. Street	225	150	250	625
Masters				
J.M. Bergerone	660	430	585	1675
G. Morrison	325	230	385	940
Juniors				
16 - 17				
M. Bergerone	320	285	385	990
18 - 19				
T. Nichols	455	250	470	1175
22 - 23				
D. Pearlstein	500	275	555	1330

1st Place Trophy: Workout Plus, 2nd Place Team: Ocean State. Men's best Lifter: Paul Boucher. Women's Best Lifter: Gina Uva. Master of Ceremonies: Jayne Tayler. Judges: Scott Taylor, Linda Piper, Richard Paul and Al Cyr. Meet Directors: Scott and Jayne Taylor.

This year's New England States Powerlifting Championships were run together with the New Hampshire State Powerlifting Championships to enable the New Hampshire lifters to pead for one meet rather than have to get ready for two meets held weeks apart. Three very fine lifters from Canada newly formed the North American Powerlifting Federation showed up to compete wih Jean Bergerone taking 1st place honors in the masters category. The North American Powerlifting Federation is Canadas siter federation to the APF, and is registered with the WPC. Any Canadian lifters wishing information on this federation, contact me. The lifter that stood out most in my mind at the New England meet was Bill Peacock who competed in the Supers. A forklift had run over Bill's foot one week prior to the meet and Bill was determined to compete, broken toes and all. Bill placed 1st in the Supers with a nice 720 squat. It was quite obvious that he was in quite a bit of pain at this meet and his performance was quite a show of will and determination. Big Paul Boucher took best lifter honors in both the New Hampshire State Power Meet and the New England State Meet with an impressive 2005 total. A total of 54 entries were received for the competitions and some very high totals were made. Best lifter in the womens division was Gina Uva making a total of 580 at a bodyweight of only 105 lbs. Mens & Womens Best Lifter Awards were over 5 feet tall and some very beautiful sculpture awards were presented to those who placed in their weight classes. Special thanks to the judges who did one fine job of officiating, to my wife Jayne who did a very fine job as M/C, Announcer/Scorekeeper and timekeeper when the help she was promised did not materialize. I also with to give very special thanks to those who helped with spotting and loading when the help I was promised did not materialize. I look forward to next year's event and thank the lifters for a great show of sportsmanship and a very vocal audience for providing these lifters with a lot of support. (Thanks to Scott Taylor for results)

Continental Sports Conference Meet
18 Mar 89 - Hahn AB, WG (kg)

Women's	SQ	BP	DL	Total
48 kg				
S. Ross	27.5	25*	37.5	90
D. Primasch (C)	67.5	47.5	97.5	212.5
52 kg				
G. Mayes	115	62.5	125	302.5*
56 kg				
N. Lauth	70	37.5	97..5	205
C. Andrews	55	35	77.5	167.5
60 kg				
C. Paige	72.5	42.5	92.5	207.5
67 kg				
D. Reese	90	47.5	117.5	255
S. Goujeon	82.5	50	115	247.5
75 kg				
T. Conard	125	57.5	137.5	320
Men's Division				
52 kg				
J. Dier	160*	102.5*	170*	432.5
M. Nelson	75	47.5	137.5	260
60 kg				
C. Fielder	150	137.5*	167.5	455
R. Moten	157.5	82.5	195	435
S. Crayton	112.5	80	157.5	350
S. White	67.5	65	137.5	270
67 kg				
S. Cooper	222.5*	117.5	220	560
D. White	190	140	185	515
P. Scott	175	122.5	182.5	480
A. Villasuso	160	132.5	182.5	475
R. Phillips	147.5	100		
P. Zima	127.5			
75 kg				
K. Youngblood	227.5	150	240	617.5
M. Collins	225	102.5	265	592.5
R. Johnson	180	130	200	510
R. Lindenstruth	130	122.5	182.5	425
D. Akia	130	115	175	420
J. Puente	150	102.5	150	402.5
L. Black				
82 kg				
C. Carter	217.5	155	250	622.5
D. Banker	195	140	230	565
R. Bost	182.5	167.5	210	560
J. Mahoney	195	110	250	545
R. Union	170	142.5	180	492.5
K. Tharp	170	100	190	460
B. Rudolph	142.5	147.5	165	455
T. Loekle	115	100	180	395
D. SHawn	152.5	112.5		
90 kg				
M. Helton	245*	160	307.5*	712.5*
A. Brooks	217.5	142.5	227.5	587.5
M. Dorsey	195	145	250	580
R. John	160	110	212.5	482.5
M. Dinardo	155	100	140	395
M. Barr	112.5	85	135	332.5
G. Slutts				
100 kg				
T. Garcia	282.5	160	255	697.5
R. Seabreeze	240	140	275	655
J. McChriston	245	137.5	245	627.5
H. Weiner	235	170	230	625
M. Brody	227.5	155	242.5	625
D. Keller	210	170	230	610)
D. Logan	175	107.5	220	502.5
D. Griffin	165	127.5	182.5	475
110 kg				
M. Drew	365*	220	325*	910*
G. Echevaria	222.5	145	202.5	570
G. Drake	160	147.5	185	492.5
M. Pereira	165	130	182.5	477.5
125 kg				
M. Neuman	300	190	330*	820
R. Lawton	295	215*	285	795
T. Lamgley	235	155	215	605
D. McKenna				
O. Rivera				
125+ kg				
G. Church	230	185*	255	670
G. Hunter	182.5	130	205	517.5

* - Denotes CSC record. C - Only military personnel were eligible for CSC standings. (Thanks to W.R. Chapman for meet results)

PERSONALIZED Powerlifting Training

Designed by 'PL USA' writer Doug Daniels and top lifter Jim Vrabel

Not Just Sets and Reps
But a Comprehensive
Program to Success

'Our Personalized Power Programs Provide:

1) Personalized routine for each customer's goals and needs
2) New training articles and info to fit each program - get the facts
3) Geared toward novice and intermediate lifters - men and women
4) Save $$$ and time - recomendations on lifting gear and supplements
5) Got a question during the course - write us
6) The most experience in personalized programs

Three 12 week programs available
1) Bench Press, 2) Squat, 3) Deadlift
Each program available for off season or contest phase, please specify

Send check or money order to $13.95 per program, $25.00 for two, or $30.00 for three payable to:

STRENGTH INK, INC.
Dept. PL USA-B, Box 148
Hammond, IN 46325

Allow 1 week to mail out questionaire
Allow 2-4 weeks to mail out program after receipt back of completed questionaire

HOME GYM BUYERS

We are dealer for Major Companies at Discount Prices. Call or write for our **FREE CATALOG.**

THE TRAP BAR.
The newest, hottest item for your Home Gym. The **SAFE** way to lift heavy weights immediately. It's fun!!
Used by Pro Teams, Schools, Prisons, Gyms, Armed Forces.

If you don't have one - **GET ONE!**
For Olympic Plates
Only $149 Prepaid
Regular bar available

Telephone order to
405/942-5606
Use your Visa, MC or AMEX
ROYAL HOUSE
Box 12622
Oklahoma City, OK 73157

SUPER AMINO 2525
2525 MG Per Tab.
300 Tabs.
$17.25

PLUS, over 30 other supplements & lifting accessories!

TO PLACE AN ORDER OR TO RECEIVE A *FREE* CATALOG CALL:

1 800 356-7319
DAYTON: (513) 294-5005

OR WRITE TO:
ATHLETE'S NATURAL SUPPLEMENTS
P.O. BOX 2841, DAYTON, OH 45401

A.D.F.P.A. Illinois Championships
15 Jan 89 - Chicago, IL

114	SQ	BP	DL	Total
C. Dopke (97)	90	37.5	102.5	230
123				
C. Washington	170	107.5	192.5	470
132				
J. Glidic	175	112.5	187.5	475s
V. Garramone	185s	97.5	175	457.5
J. Loftus	137.5	85	157.5	380
L. Brand	67.5	52.5	110	230
148				
R. Tipping	215	137.5	225	577.5
L. Johnson	205	135	227.5	567.5
J. Gillono	215	115	227.5	557.5
M. Tompulis	195	220	212.5	517.5
N. Annang	127.5	77.5	142.5	347.5
E. Oliver				
165				
G. Zweig	245	152.5	265	662.5
R. Parkman	227.5	160	245	632.5
B. O'Connell	232.5	160	215	607.5
D. Dunne	210	140	255	605
R. Hollnagel	225	125	255	605
R. Flores	200	127.5	227.5	555m
R. Parel	202.5	125	225	552.5
P. Volpe	197.5	140	210	547.5
D. Klemp	185	120	205	510
D. Montgomery	170	130	217.5	497.5
M. Ball	137.5	117.5	197.5	452.5
M. Hubbard	147.5	92.5	162.5	402.5
M. Haskell	150	85	137.5	372.5
R. Rosales	160			
181				
T. List	287.5	182.5	287.5	757.5
D. Brady	227.5	157.5	227.5	612.5
B. Curtin	232.5	140	227.5	600
S. Noren	210	147.5	190	547.5
F. Torres	197.5	115	220	532.5
C. Cohen	200	112.5	205	517.5
J.P. Hackman	195	92.5	212.5	500
J. Feig	147.5	112.5	162.5	422.5
198				
J. Byrd	272.5	147.5	310	730
L. Nebel	230	160	220	610
G. Leininger	215	137.5	242.5	595
B. Sebok	210	142.5	212.5	565
T. Pastorello	182.5	120	190	492.5
R. Pasenko	175	82.5	217.5	475
G. Theologes	140	110	190	440
E. Riley				
220				
K. Hartley	272.5	182.5	292.5	747.5
S. Harris	305	182.5	242.5	730
A. Burlison	280	185	260	725
D. Dick	285	157.5	282.5	725
W. Jones	277.5	165	262.5	705
R. Jones	237.5	170	272.5	680
J. Crifasi	260	160	242.5	662.5
M. Petrus	250	162.5	232.5	645
H. Lande	205	140	245	590
E. Davis	207.5	117.5	217.5	537.5
M. Nicholas	212.5	125		
242				
C. Smith	227.5	127.5	260	615
M. Marcotte	215	167.5	230	612.5
T. Geisinger	207.5	145	217.5	570
275				
J. Budde	290	147.5	290	727.5
M. Johnson	257.5	195s	227.5	680
C. Klehm	80	147.5m	160	390
H. Jackson	102.5	102.5	155	360

m - American Masters Record, s - State Record. Masters (Formula): Rich Flores, Gary Leininger, Harb lande, Earl Davis, John Loftus, Jerry Feig, Carl Rehm, Larry Brand. Best Lifters: 1. Troy List, 2. Greg Zweig, 3. Robert Tipping. Best Squat: Troy List, Best Bench: Troy List, Best Dead: James Byrd. Teams: 2. Danville, 2. B & W, 3. Eisenhower. Drug Testing - 8 Polygraph, 3. Urinalysis, all passed.

This year's state championship in Chicago drew the largest crowd in the meet's history. Over 400 people jammed the St. Gregory gym to see Illinois' finest lifters. In the 114 class, Cindy Dopke lifted unopposed in order to gain team points for B & W. She did hit a PR 198 lb. Squat and was within an inch of locking out a 258 Deadlift that would have broken her own American Deadlift and Total record. The 123 class also only had one lifter, Charles Washington, who showed much potential for the future. A future match-up between him and Freddie Higgins could be very interesting. Teenager John Glidic arrived with a bang in the 132 class, breaking a total record that had stood for four years. Vince Garramone was second with a new state squat record and a qualifying total for the Collegiate Nationals. B & W master lifter John Loftus was third.

Robert Tipping was the surprise winner in the 148 class, and also ended up as the third best lifter in the meet. Lafare Johnson was second, followed by teen Joe Gillono. None of these lifters had as exceptionally good day, and any one of them was within one attempt of winning.

B & W's Greg Zweig continued his domination in the 165 class posting an easy win, but not without his problems. First he passed out at the top of a 556 squat that would have been a good lift, and then ran into all kinds of problems in the deadlift. An experiment with Sumo this past cycle went awry as Greg missed his opener, and then came back and made it conventional. A third attempt Sumo went nowhere. Ricky Parkman suffered through the squats and benches before putting three deadlifts together to lock in a second place finish. B & W lifter Bernie O'Connell strung together a perfect 9 for 9 day with all new PRs to take third over close competitors David Dunne and Ray Hollnagel.

The big story of theis year's meet was the outstanding performance of Troy List. Troy had been a good 198 lifter, but was really more of a 181 that needed a little more consistency in his lifting. He put on a show proving he is one of the top 181's in America today. With a perfect 9 for 9 day and good for more in all three lifts, troy should be good for over 1700 at this year's nationals. Second went to Dennis Brady who just took three attempts in order to get a qualifying total in for the liftime nationals in Arizona, followed by Bart Curtin.

In the 198 class, perennial state champ Ed Riley couldn't get his 633 opener down to the judges' satisfaction leaving the door open for James Byrd. James, who made only 4 attampts, still easily outdistanced Lee Nebel. Ken Hartley, who had been very impressive at last year's Viking Open, seemed to lose a bit of fire without partners John Clay and McGee, but still had enough to easily outperform the rest of the field. Steve Harris used a big 671 squat to lock-up second, followed by Aaron Burlison and newly returned David Dick.

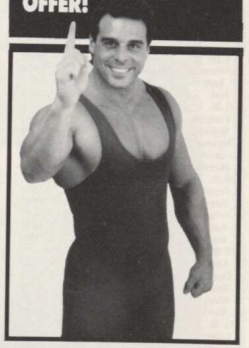
In the 242 class, teenager Carvelle Smith used a big breakfast and a lot of water to move up from the 220's and win his first state championship. Mike Marcotte was second followed by Todd Geisinger. Hardworking ADFPA national judge Joe Budde avenged a hard loss at last year's meet with a decisive victory over Mark Johnson, who himself set a new state record in the bench. The next two places were one of the most interesting stories of the meet. B & W lifter Harry 'Jumbo' Jackson was talked into lifting as a super heavyweight for team points despite the fact that he was really training for the collegiate nationals. Harry worked until 5:00 a.m. the morning of the meet, and then found he had not kept enough weight on to make super. By this time, Harry just wanted to go to sleep, but he once again was talked into lifting since it looked like the team battle would be very close, and it was figured Harry could get a third without even trying. Meanwhile, top master bencher Carl Klehm had not made weight for the 242 class, and he too had moved in the 275. While Harry was just taking one very easy attempt in each lift, Carl was slowly accumulating attempts until he was ahead of Harry. Harry took a second attempt in the deadlift to make up some ground, but then when he saw Carl pass his third he passed his third also, without realizing he was still behind. Before we realized what had happened, the weight on the bar had moved out of Harry's range, and Carl had clinched third place.

The Masters division in this year's state meet was loaded with top lifters. Rich Flores and Carl Klehm set American records, and Gary Leininger was this year's national champ. Herb Lawde and John Loftus were second place finishers at this year's nationals. Earl Davis is a new lifter, and should make big progress by next year.

This meet was once again a good indicator of the cooperation that exists in the ADFPA. National judges from out of state included Joe Brettnacher, David DelReal, Mike Lira and ADFPA Vice President, Pat Malone from Indiana, and Robert Craft from Wisconsin. Top Illinois judge Kal Sachs rounded out the starting judges, with back-up from Illinois National judges Mary Seida, Becky Brink and Dennis Brady. At out State Meet every year, we try to use as many out of state national judges as possible, to reduce any hint of favortism. I would like to thank all the help from B & W and our friends in powerlifting throughout the midwest. The names are too numerous to mention, but they all know who they are. (Thanks to Dennis Brady for results)

WHAT'S THE NO.1 LIFTING SUIT FOR COMPETITION & TRAINING?

TURN TO CENTER GATEFOLD FOR THE ANSWER AND A SPECIAL OFFER!

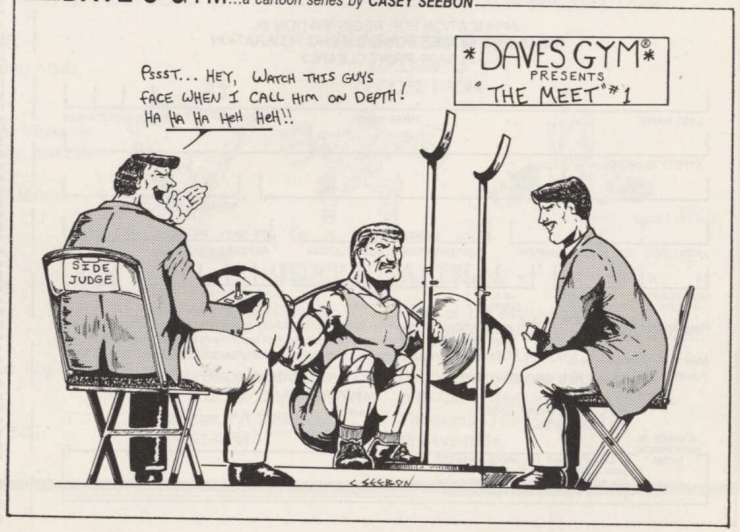


Wolf River Meet
6 May 89 - FCI Memphis, Tennessee

114 lb.	SQ	BP	DL	Total
B. Kimberlin	370*	236	370	976*
148 lb.				
M. Bennett	405	225	425	1055
165 lb.				
S. King	490	300	550	1340
T. Merchant	405	295	415	1115
D. Coleman	445	225	415	1085
181 lb.				
A. Manning	550	320	575	1445
J. Dacas	485	305	530	1330
V. Robinson	525		530	1055
198 lb.				
T. Sutton	610	350	700	1660
C. Caraballo	380	240	475	1095
220 lb.				
E. Mann	370	360	500	1260
242 lb.				
K. Malchow	735	455	650	1840
SHW				
J. Fernandez	570	375	555	1500

* - Denotes national record. BL light- Kimberlin; Heavy- Sutton. On May 6, 1989, The Wolf River Recreation Club sponsored the Third Annual Powerlifting Competition at FCI Memphis. Inside and outside lifters met to be judged under the critical eye of David Karem, who drove down from Ohio for this meet. Brett 'Master Blaster' Kimberlin, who had just arrived from training with Ray Pearce in Oklahoma, went 7 for 9 to set a new Senior Postal Record in the squat and total. Ali 'The Terrible' Manning, in the Masters class, blew away the younger competition with his respectable 1445 total. Tyrone 'The Bruiser' Sutton, although having an uncharacteristic 3 for 9 day, held everyone spellbound with his 700 pound deadlift. Kenneth 'The Hulk' Malchow showed the crowd how easy it is to squat three times bodyweight. I want to give special thanks to Sports Specialist and Power Coach Ray Merritt for his strong support of the powerlifting program, and also to head judge David Karem and meet coordinator Bill Russell. Finally, my appreciation to the Wolf River Recreation Club and all the others who spotted, loaded, and cleaned up. (Thanks to Isiah Bailey for results.)

DAVE'S GYM...a cartoon series by **CASEY SEEBON**



Texas High School Championships
1 Apr 89 - College Station (Top 5)

	SQ	BP	DL	Total
114 lb.				
M. Castillo	365	180	375	920
L. Mays	320	170	340	830
B. Bagesse	315	185	330	830
T. Nguyen	330	150	340	820
D. Vasquez	315	175	315	805
123 lb.				
K. Hall	340	195	425	960
M. Pena	350	205	385	940
S. Reynolds	345	180	405	930
C. Bullock	390	165	370	925
V. Nguyen	340	205	375	930
132 lb.				
A. Elizondo	470	240	500!	1210!
W. Lewis	460	220	440	1120
R. Sandoval	390	285!	440	1115
M. Bills	460	220	435	1115
M. Smith	480	190	415	1085
148 lb.				
C. Dial	565!	280	545	1390!
E. Bui	515	290	520	1325
W. Richardson	505	260	550	1315
R. McClain	495	280	515	1290
B. Green	515	250	500	1255
165 lb.				
B. Owens	565!	295	565	1425!
C. Carr	420	325	515	1360
L. Simmons	500	310	510	1320
W. Anderson	580	265	570!	1315
C. Hall	505	285	525	1315
181 lb.				
R. Funches	500	310	580	1390
R. Watson	530	300	520	1350
J. Stevens	540	290	515	1345
M. Lewis	510	305	520	1335
K. Helmcamp	475	335	584	1285
198 lb.				
V. Franklin	550	345	655	1550
R. Garner	560	310	645	1515
S. Schobel	550	415	470	1435
A. Adams	510	315	575	1400
D. Mellenix	525	350	525	1400
220 lb.				
A. Lewis	575	335	625!	1525
J. Durham	585	310	620	1515
B. Bradfor	590	335	575	1510
R. Clark	570	340	585	1495
D. Clark	570	320	570	1460
242 lb.				
J. Kaiser	570	335	685!	1590
K. Cambron	620	325	570	1515
S. Strain	575	290	600	1465
L. Loden	560	280	600	1440
C. Tate	600	300	500	1400
SHW				
M. Henry	805!	430	705!	1940!
C. Roundtree	560	385	550	1485
J. Karkoska	550	350	555	1455
W. Kurney	620	285	520	1425
J. Prewitt	600	300	450	1350

The Texas High School Powerlifting Association held its boy's state championships on April Fool's Day, but the lifters this year were anything but fools or fooled. No less than 15 records fell at the meet. The lifters of Texas are getting better each year as evidenced from the fact that there are only four records from 84, two from 85, and two from 86. The other 36 records were recorded from 1987-1989.

Jim Griffith, John Pettitt, and J.B. Adams were given special awards for their outstanding and continued support of THSPA. The awards, as well as the weights, were provided by BSN-Champion Barbell Equipment. The THSPA is very appreciative of these people for their support.

This years meet showcased 191 lifters from over 80 high schools throughout the state.

In the 114 lb. class Mike Castillo of Raymondville totaled 920 lbs. to start the days list of champions. Lance Mays, JAsper, and Bubba Bagesse tied for second. Lance got the second place trophy on body weight.

Kenneth Hall of Ennis won the 123 lb. class going away after pulling a 425 lb. deadlift. The real battle in this division was for second place between Marcus Pena of Ennis and Sam Reynolds of Grapevine. Pena won on the last lift when Reynolds failed in his deadlift attempt. Pena's second place gave the Lions of Ennis a 1-2 finish in the 123's. Then the records began to fall. In the 132 lb. class Michael Smith of Littlefield did a 480 lb. squat; Red Sandoval, Kingsville, pushed up 285 lbs. in the bench; Buna's Anthony Elizondo broke the deadlift record with a 500 lb. lift. Elizondo's deadlift also put him in first place in the class with another meet record for total weight - 1210 lbs. Next came Dallas Jefferson's. Calvin Dial super effort in the 148 lb. class. Calvin broke two of the existing records in the 148's on his way to earning the light platform outstanding lifter award with a Schwartz formula of 1025.685!!! Dail's totals were: 565 lb. squat (new record); 280 lb. bench; 545 lb. deadlift; 1390 lbs. total (new record).

One of the oldest records in the book fell in the 165 lb. class when William Anderson of Fort Arthur SFA pulled 570 lbs. in the deadlift, 560 lb. was the old record set in 1984. Byron Owens, also of SFA, added two more records for his school on the way to his first place finish. His 565 lb. squat and his 1425 lb. were offically put in the record book. Traditionally, the 181 lb. class is one of the top weight classes, but this year it gave way to the 148's and SHW's. Howeer, Reginald Funches of Dallas T.J. was very impressive with his class total of 1390 lbs. Reginald topped his lifts with a good 585 lb. deadlift.

One of powerlifting rarities occurred in the 198 lb. class. Victor Franklin of Corsicana dominated the class with a 550 lb. squat, a 345 lb. bench and a record deadlift of 655 lbs. for a total of 1550 lbs. for first place. But, runner-up Richard Garner of Port La Vaca Calhoun won the heavy platform outstanding lifter award with a Schwartz total of 920.630. Hastings Scott Schobel gave his coaches gray hair on the way to his record setting bench press. Scott's first attempt would have been the record, but he missed. On his second attempt at the same weight he missed again. His third attempt at 415 lbs. was good, much to his relief and that of his coaches.

The 220 lb. and 242 lb. class both recorded record attempts in the deadklift, and both new record holders also won their weight class. Jaspers, Anthony Lewis pulled 625 lbs. enroute to a 1525 lb. total for first place in the 220's. James Kaiser, Port Arhtur SFA's second first place finisher won the 242 lb. class with a 1590 total. He also earned a place in the record book with a 685 lb. deadlift.

In the last division, the Super Heavy Weights, the crowd was rewarded with six records, all by Marc Henry of Silsbee. Marc's first squat was an 'easy' 700 lbs. On his second attempt of 805 lbs., his lift was turned down. He came back for the new record of 805 lbs. on his last attempt. It was good (broke the old record by 70 lbs.) The rumor around the meet was that if he got 805 on the second try, he was going for 900 on the third. Marc's best bench was a mere 430 lbs., but it got him warmed up for his record breaking deadlift. On his third attempt Henry pulled 705 lbs. With those three lifts, Marc broke Anthony Clark's total of 1870 lbs. with a new record of 1940 lbs.!!! But that's not all. Marc Henry is just a junior in high school and will be back next year.

I think I failed to mention earlier that Calvin Dial the outstanding 148 lb. lifter, is just a junior also. The team championship competition is always close at the state meet because of the quality of the lifters and this year was no exception. Dallas Thomas Jefferson and Corsicana ended up in a tie, both totaled 16 points, but by winning two first places, T.J. was declared the champion with Corsicana being awarded second place. Port Arthur, Stephen F. Austin and Jasper, tied for third place with 14 points each and on the tie breaker, SFA was awarded third and Jasper fourth. Ennis, with its 12 points, finished the day in fifth place. Individual best lift awards were won by Calvin Dial, Dallas T.J. in squat; Scott Schobel, Alief Hastings in the bench; and Anthony Elizondo, Buna in the deadlift.

Judges for the heavy platform were J.B. Adams (Mesquite), head judge. Side judges were Scott Vinzant (Athens) and David Perkins (Austin) and Toby Edwards (Ralls) was the alternate judge.

Platform 2 judges were Dave Spadafora (San Antonio), head judge; Elvin Smith (Kountze) and John Bumpass (Austin) were the side judges.

On the light platform the head judge was Jim Griffith (Austin). Side judges were Tommy Chavez (Athens) and Ronnie Shiflat (Corsicana).

The announcer, who did an outstanding job, was Bil Witten of Wimberly, and he was assisted by Shannon Bell of Cross Roads.

Facilities for the meet were provided by Texas A&M University, at B. Rollie White Colliseum, under the direction of Athletic Director, John David Crow. The President of THSPA, who did a fantastic job of organizing the meet, is Mark Sartain of Cross Roads High School. (Thanks to Jim Yakubovsky for results)

FULLY LOADED AND READY TO SHOOT

LINDA FINNEGAN
Free Lance Photographer
Where Were You Shot!

'88 USPF Women's Nationals & Natural Nationals, ADFPA Women's Nationals, APF Jr. Nationals, USPF Jr. Nationals, Muscle Beach Open, Texas Grand, USPF Boys & Girls Teen Nationals, Deadliest Deadlift in Texas, World Record Breakers Bench Press Meet, Texas Cup, Greater Texas Classic, '89 USPF National Collegiates & National High School, '89 ADFPA Women's Natls. USPF Masters (some in color!)

Please send photo requested to: LINDA FINNEGAN, Box 48463, Ft. Worth, TX 76148

8x10 size photo is $8.64
(includes packaging & postage)

ADFPA Nebraska State Meet
6 May 89 - Omaha, NE

	SQ	BP	DL	Total
132 lb.				
S. Sedivy	220*t	170*t	325*t	715*
148 lb.				
D. Nguyen (OL)	505*	280*	480*	1265*
T. Merill	300	230	330	860
165 lb.				
J. Albin	505*	320*	505*	1330*
D. Durre	405	240	455	1100
181 lb.				
J. Harris	425	280*	480*	1185*
J. Hughes	450*	250	405	1105
M. Schrom	300	215	370	885
198 lb.				
J. Lee	540*	360*	540*	1440*
J. Kavan	530	275	505	1310
P. Breton	485	275	470	1230
M. Mapes	325	270	365	1005
M. Scott	360	230	410	1000
220 lb.				
M. Mapp	525	370*	570*	1465*
A. Spingman	595*	330	520	1435
R. Wright	475	270	480	1285
J. Riggs	440	355m	405	1200
242 lb.				
W. Sapp (OL)	680*	420*	680*	1780*
K. Ermy	600	145	550	1295

* - State Record; OL - Outstanding Lifter; M - Master Record; T - Teenage Record. The first annual Nebraska State Powerlifting Meet was the first Drug Free Meet in the state of Nebraska. We started out with 21 lifters and had two bomb outs. There was some outstanding lifting at the meet. In the 148 Duk Nguyen posted a very firm total of 1265. At 165 Jim Albin totaled 1330 and has a very good future. At 181's Joe Harris had a good day and could have deadlifted more. At 198 John Lee didn't lift to his potential but had a good day. The 220's were the largest class of the day and their was a good battle between Tony Springsman and Matt Happ and it came down to the deadlift to decide a winner with Matt out deaded Tony to become the 220 champ. At 242 Willie Sapp was a show himself. Willie has to be at least 6 ft. 2. in. tall and built like a freight train and in a short time total, well in to the 1800's.

I'd like to thank all the people who helped. It's people like these that make Drug Free Powerlifting so great. Special thanks to Bob CoCo for all his unselfish help. Hope next year's meet is bigger and better. (Thanks to Fred Kooser for results)

APPLICATION FOR REGISTRATION IN
THE UNITED STATES POWERLIFTING FEDERATION
PLEASE **PRINT** CLEARLY

LAST NAME | FIRST NAME | INITIAL | DATE OF APPLICATION

STREET ADDRESS

CITY | STATE | ZIP CODE

AREA CODE | TELEPHONE NUMBER | ELITE MASTER I II III IV CURRENT USPF CLASSIFICATION | IPF CAT I IPF CAT II NAT STATE REFEREE STATUS

HIGH SCHOOL ATHLETE? Y N | COLLEGIATE ATHLETE? Y N | U.S. CITIZEN? Y N | USPF CLUB NAME | MONTH DAY YEAR DATE OF BIRTH | AGE | SEX M F

Registration Fee $20

NOTE: High School Athletes who validate their school enrollment by including a copy of their high school activity card or other proof of enrollment may register for $10. Currently incarcerated inmates of penal institutions may also register for the $10 fee.

Mail and make checks Payable to:
ATHLETE'S REGISTRY INC.
P.O. BOX 389,
ROY, UTAH 84067-0389
PH: 801 825-5826

PLEASE CHARGE TO MY:
MASTERCARD ☐ VISA ☐
CARD # _____
EXP. DATE _____

IF UNDER 18 HAVE PARENT INITIAL

I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE U.S. POWERLIFTING FEDERATION. SIGNATURE X

SUPER SPECTRIM POWER

DOUG FURNAS ! 985 SQUAT AT 265 BODY WEIGHT

"SUPER SPECTRIM'S **POWER KIT PAC** IS THE BEST!" **DOUG FURNAS**

DR. VENUS - WORLD RECORD - 400 POUND ONE ARM LIFT OVERHEAD WITH **SUPER SPECTRIM!**

POWER KIT PAC
- 20 Different Free Form Amino Acids
- Up to 100% absorption
- Chelated Minerals
- Up to 12 Hour Time Release Vitamins
- All the supplements you may need for extra strength !
- Still the Best Buy For Your Money - 30 day supply @ $54.95

SWEATSHIRT
- Extra Large Neck Opening
- Extra Large Sleeves
- White, Black, or Gray
- Big Sizes : XL or XXL
- Victory, Deadlift, or Squat Logo
- Great Buy @ $23.95

ADD $2.50 FOR SHIPPING

SWEATSHIRTS
3 LOGOS TO CHOOSE FROM

Victory Logo

Squat Logo

Dead Lift Logo

ORDER TODAY FROM:

East of the Mississippi:
BOSS
Bob O'Leary's
Sports Supplements
P.O. Box 132 Dept. PLUSA
Scranton, PA 18504-0132
717-342-4984

West of the Mississippi:
Dr. Carlin C. Venus •Official Award
1985 World's Leading Athletic, Body Building and Strength Counselor
2666 Calle Manzano Dept. PLUSA
Thousand Oaks, CA 91360
805-492-0455

USPF Maine State
18 Mar 89 - Portland, ME

Women	SQ	BP	DL	Total
97				
R. Jewett	285	130	265	680
A. Sheble	100	55	115	270
105				
R. Rackleff	270	115	285	670
114				
T. Marshal	210	110	285	605
L. Bourgault	165	90	240	495
J. Boudreau	190	85	220	495
B. Gantnier	180	100	200	480
123				
T. O'Neal	220	85	250	555
M. Manley	190	90	220	500
L. Leadbetter	180	75	200	455
132				
C. Dibble	250	150	285	685
S. Oldham	240	125	280	645
J. Mathieu	210	115	280	605
B. Sabins	185	90	205	480
148				
P. Frost	250	150	265	665
D. Beaton	230	115	300	645
M. Michaud	215	120	290	625
L. Voisine	220	115	225	560
L. Sawyer	170	100	235	505
181				
S. Pooler	325	140	300	765
S. Iveson	305	130	295	730
L. Look	260	90	310	660
198				
D. Sabins	260	115	220	595
A. Andrews	145	145	145	435
SHW				
M. Meader	340	170	300	810
D. Dooler	150	130	260	540
Mens Open				
114				
D. Lajoy	260	135	275	670
J. Mills	190	100	300	590
123				
D. Hallowell	360	220	395	955
D. Benham	225	180	320	725
132				
J. Shea	435	265	425	1125
R. Gradie	365	230	425	1020
J. Shoppee	360	220	360	940
148				
D. Nadeau	485	270	455	1210
J. Doyle	435	250	450	1135
G. Beaulieu	420	280	430	1130
W. Nason	405	250	375	1030
B. Howard	340	180	430	950
M. Miller	320	170	375	865
165				
P. Higgins	460	305	540	1305
B. Cunningham	490	280	500	1270
S. Clement	470	225	475	1170
181				
A. Holmes	500	375	650	1525
J. Eichelberger	550	350	615	1515
R. Jeselskis	570	335	510	1415
D. Simpson	540	325	520	1385
R. Rodique	515	330	505	1350
P. Dolley	530	305	470	1305
F. Bonneau	510	285	510	1305
D. Adams	470	260	450	1180
E. Drochers	420	245	415	1080
M. Kneeland	375	265	400	1040
C. Leadbetter	275	170	420	865
198				
K. Meserve	575	350	540	1465
G. Dugal	525	280	495	1300
M. Desrochers	530	305	450	1285
B. Lamontagne	450	310	480	1240
S. Webster	405	265	365	1035
D. Pritchard	325	220	370	915
220				
J. Cassidy	760	510	640	1910

SAVE ON SUPPLEMENTS

All major brands. We'll beat the lowest price you can find by an extra 5%. Nobody sells lower. Call or write for a catalogue.

SYMBIONICS
731-C KIRKMAN ROAD
ORLANDO, FL 32811
1-800-537-7671

WORLD CLASS ENTERPRISES *Presents*

GOING BEYOND

1. 2. 3. 4. 5. 6. 7.

1. Fundamentals of Fitness.....$7.00
2. 2001: A Sports Odyssey.....$8.00
3. Hypnotize Me and Make Me Great....$7.00
4. Lifting in the 5th Dimension.....$8.00
5. Take Control - Weight Reduction.....$8.00
6. Make Me Great - 6 Tapes of Mind Control$29.95 +$2 handling
7. The Odyssey Continues....$10

ANY 2 BOOKS $13.00

ANY 3 BOOKS $19.00

Send Check or Money Order Plus $2.00 Postage & Handling to:
(Add $3.00 Outside USA)
WORLD CLASS ENTERPRISES, INC.
2002 Skylane Drive - Albany, Georgia 31705

S. Rowe	600	330	540	1470
P. Conley	525	285	500	1410
K. LeClair	485	300	560	1345
A. Nadeau	475	320	530	1325
J. Davis	440	300	540	1280
S. Graham	360	180	420	960
242				
T. Winter	685	465	570	1720
T. Halliday	700	360	580	1640
B. Scully	670	350	550	1570
K. Fosler	585	335	600	1520
B. Lowell	550	325	510	1385
S. Day	480	340	480	1300
R. Gilliland	410	235	420	1065
D. Richardson	365	210	475	1050
L. Beaulieau	460	265	265	1000
275				
W. Littlefield	805	500	610	1915
R. Dugal	600	350	500	1450
J. Smith	475	365	500	1340
SHW				
D. Gilbert	730	380	550	1660
P. Bondreau	600	400	485	1485
B. Donvan	450	250	475	1175
M. Couture	450	265	435	1150

Mens: Best Squat, Bench Total - Jack Cassidy; Best Deadlift - Alan Holms. Womens: Best Squat, Bench, Total - Robin Jewett; Best Deadlift - Rebecca Rackleff. Masters: Women - Lynne Sawyer; Men - Pete Higgins, John Davis, Sonny Day, Don Richardson, Richard Gilliland. Teen: Women - Stephanie Pooler, Tanya O'Neal, Michelle Manley. Men - John Doyle, Pete Dolley, Jason Shoppee, Brent Lowell, Dale Adams. Special thanks to all who attended and a special thanks to all spotters and loaders who work harder than anyone at a meet. (Thanks to Chris MonteCalvo, Meet Director, for results)

Icelandic Championships
2 Apr 89 (Kg)

Men	SQ	BP	DL	Total
67.5kg				
K. Eliasson	180	140	230	550
75kg				
M. Oskarsson	242.5	117.5	225	585
H. Haraldss	180	100	180	460
82.5kg				
O. Sveinsson	250	150	230	630
A. Jonsson	210	115	220	545
90kg				
J. Gunnarsson	300	167.5	312.5	780
H. Eyborsson	315	165	290	770
G. Hjartarson	265	180	260	705
F. Jonsson	265	155	260	680
K. Egisson	250	140	230	620
100kg				
O. Sigurpalsson	310	150	312.5	772.5
S. Adils	320	150	290	760
B. Skulason	290	190	270	750
110kg				
M. Steinborss	335	180	332.5	847.5
M. Egetss	240	160	255	650
K. Helgason	240	145	250	635
125kg				
M. Magnuss	385	235.5	340	960
over 125kg				
H. Arnason	380	245	375	1000
H. Sigurbj	125	247.5	125	467.5
MASTERS 40-49				
52kg				
H. Jonsson	95	70.5	125	290
V. Sigurjonsson	90	40	115	245
60kg				
J. Gudmundsson	150	70	150	245
V. Hardarson	100	75	125	300
67.5kg				
J. Gudmannsson	100	65	130	295
75kg				
V. Adalstss	170	90	25	485
H. Haraldss	180	100	180	460
82.5kg				
A. Jonsson	210	115	220	545
S. Gudjonsson	175	90	170	435
B. Olafsson	145	72.5	140	357.5
O. Svensson	120	80	130	330
90kg				
G. Hjartarson	265	180	260	705
MASTERS over 50				
60kg				
U. Sigurjosd	147.5	67.5	140	335
75kg				
E. Ragnarsdottr	150	70	175	395

(Thanks to Halldor Sigurbjornsson for results)

Southern U.S.A. Bench Press
22 Apr 89 - Lakeland, Fla.

123 lb.				
K. Snell	225			
148 lb.				
A. Conyers	395*			
J. Niski	330			
T. Weedo	320			
T. Haddad	300			
M. Davis	300			
165 lb.				
A. Milo	380			
K. Marcinkowski	375			
J. Pitz	360			
J. Wiggins	330			
181 lb.				
W. Conoly	415			
B. Thompson	400			
T. Helms	340			
J. Sellers	320			
S. Saunier	315			
198 lb.				
A. Yearby	490*			
J. McDaniel	450			
J. Scott	445			
D. Vitale	405			
O. Grant	390			
220 lb.				
W. Strange	520			
D. Cieply	510			
K. Raines	480			
C. Whittemore	460			
A. Gemmiti	415			
242 lb.				
A. Hirschenson	480			
G. McCartny	475			
D. Finvora	445			
B. Moran	430			
275 lb.				
S. Tilomai	470			
M. Smith	440			
B. Earles	410			
B. Phillips	400			
S. Kraft	390			
Super				
D. Brown	470			
D. Coleman	365			
Women (formula)				
L. Nawrocki	305			
N. Pratt	170			
K. Hun	165			
M. Blagoff	140			
T. Fleishman	140			
Teenage (formula)				
K. Spires	340			
M. Washington	375			
D. Burwell	315			
B. Strickland	275			
S. Swestyn	280			
Master (formula)				
J. McDaniel	450			
W. Rodenberry	410			
D. Binns	295			
F. Hart	295			

* - Best Lifter. Team trophy to All American Gym. Anthony Conyers dominated the 148 lb. class as usual with an easy 395 and a close miss at 415. Every lifter at 148 did over double bodyweight! At 181, Wayne Conoly, a drug free lifter shoved up 415 for a solid win. Alvin Yearby won the 198's with his opener 490, missing 530. This also won him the best lifter for the heavy classes. Jim McDaniel was second with 450, which also locked up the masters win for him. Wilfred Strange looked like a bodybuilder and benched like a world class powerlifter as he pushed up 520 for the heaviest lift of the meet. David Cieply was close on his heels at 510. Kenny Raines got only his 480 opener, but kept pressure on the leaders, Kenny is another competitor who is drug free and proud of it! At 242, Al Hirschenson and Gary McCartney had a close shootout with a 5 lb. differential. Gary needed the trophy to try and keep up with his pro bodybuilder wife Joann. Sergio Tilomai weighed a very hard 250 and pressed a very easy 470 to win the 275 lb. class. In the Supers, former 275 National Competitor Dave Brown made an easy lift for team points for All American Gym.

In the womens competition, Lisa Nowrocki pressed an easy 305, but couldn't quite lock out 325. She weighed in at a muscular 196. Two national caliber bodybuilders followed well behind with a close competition of their own, Nancy Pratt (49 years old) doing 170 and Kimberly Hun doing 165 at the same bodyweight. Kent Spires and Mike Washington kept the teenage contest interesting, requiring three decimal places on the formula to find a winner between them!

The awards at this meet were large sculpted bench press figures, and much appreciated. Thanks to Jim Bibby and his judges for a strictly run contest, and thanks to Louis Baltz for another great meet. (Thanks to Frank Kostyo for results)

Serious Members Gym Bench Press
6 May 89 - Middletown, NY

Women			
148 lb.			
C. Johnson	120		
198 lb.			
S. Barnes	200		
Men			
123 lb.			
P. Heilfurth	225		
S. Hogan	150		
132 lb.			
C. Byrnes	275		
R. Fitzgerald	195		
148 lb.			
N. Crianza	280		
P. Kerr	255		
F. Massa	25		
R. Bellartoni	250		
K. Harris	220		
J. Richardson	215		
S. Kaplan	185		
165 lb.			
M. Ronsine	345		
C. Horton	310		
G. Webber, Jr.	270		
M. Orloff	270		
J. Small	255		
J. Mitchell	250		
181 lb.			
J. Sklar	345		
D. Petty	335		
C. Higgins	310		
J. Riker	305		
B. Watson	260		
A. Roberts	250		
P. Ippolito	215		
A. Reamer	200		
P. Santo	165		
198 lb.			
J. Lewis	380		
G. Miller	365		
J. Leonadis	350		
G. Warijcka	305		
B. Eccleston	280		
J. Ippolito	220		
220 lb.			
M. Makofsky	400		
J. Leggio	370		
F. Manouvelas	350		
J. Mayhev	350		
J. Temple	325		
H. Rabiega	300		
242 lb.			
R. Cote	420		
P. Averbach	325		
G. Webber, Sr.	300		
B. Hogan	280		
S. Baker	185		
275 lb.			
J. Titsworth	305		
SHW			
C. Binnie	525		
D. Taggart	400		
S. Barone	300		
B. Baker	225		

Best Lifters: teen- Jarrod Sklar; master- Roland Cote; open- Chris Binnie. Thanks to Marie Borrillo, Darlene Forbes, Jason Farrell, Malcom Forbes, Frank Dias, Jr., Mike Scrano, Ken Wilson, Fran Smith, Mrs. Wilson and Catherine's mom. Special thanks to Brian Baker. (Thanks to Charles Schroeder and Frank Dias for results)

USPF Vermont Championships
29 Apr 89 - St. Johnsbury, VT

Women Novice	SQ	BP	DL	Total
J. Driscoll	235	135	280	650
J. Hebert	150	90	180	420
N. McMenemy	185	95	220	500
Men's Novice				
132 lb.				
T. Bergeron	235	190	320	745
T. Bergeron	215	190	335	740
148 lb.				
P. Miller	360	225	400	985
R. Sheehan, Sr.	245	185	280	710
165 lb.				
D. Inman	405	265	430	1100
B. Gagne	360	250	450	1060
N. Lantz	405	250	400	1055
B. Lepage	365	275	380	1020
S. Talbert	300	215	390	905
181 lb.				
R. Stark	430	290	435	1155
S. Sullivan	405	290	410	1105
M. Feitelburg	370	310	410	1090
P. Temple	375	245	420	1040
G. Hudson	300	185	390	875
198 lb.				
B. Bean	550*	330	600	1480
T. Shear	515	320	510	1335
220 lb.				
D. Villeneuve	575*	365	600	1540*
M. Schneller	540	365	550	1455
J. Weaver	540	380*	530	1450
E. Billings	515	340	580	1435
M. Jenks	485	320	475	1280
M. Raymond	435	355	490	1280
W. Celley	450	270	475	1195
R. Inman	405	225	500	1130
242 lb.				
T. Lamb	405	360	435	1200
Supers				
H. Smith	500*	345	560	1405*

* - Denotes State record Vermont. Masters: Thomas Shear, Gary Vezina, Walt Celley, Rod Inman, Woody Beam. Best Lifters: female- Debbie Mondics; male- Boyd Bean. Team Trophies: 1. WNNE TV; 2. Iron Works Gym; 3. Iron Masters Gym. The 1989 USPF State Meet could be classified as an excellent rebuilding contest. Many first time competitors showed their strength and talents, and did extremely well. Many of our regular competitors came and offered their support. Everyone wins in our Novice classes, because all of the class winners automatically move to the open divisions, thereby creating a whole new class of competitors.

'Best Lifter' award went to Boyd Bean of Lyndonville, Vt. and Debbie Mondics of St. Johnsbury. Tom Shear of White River Junction won overall Masters' division, while WNNE-TV won 1st place Team. Special thanks to Walt Nadeau, Bruce Boyle and Fred Guilmette, our judges. Glenn Doten and Marc Gagnon our spotters. Marc gets the 'best dressed spotter Award!' Chip (Cosell) Troiano, our announcer (you are the Li.ft..or), and Bessie Sheehan our scorer.

Also thanks to Norm Martel and John Richardson, Bill, Natalie, and Casey Rodd, Gloria and Sherri from the Old Mill Fitness Center, for much behind the scene preparation and support.

In a closing comment, I'd like to say that I'm very proud to be a part of Vermont's Powerlifting scene. Everyone always offers to bring equipment, and help out doing whatever is necessary, and it is very common to see lifters cheering their own competition. Thanks everyone. (Thanks to Steve Dolgin, Meet Director, Vermont USPF Chairman, for results)

North Eastern Bench/Deadlift
30 Apr 89 - Williamsvillie, NY

Bench				
132				
D. Evans	250			
B. Cook	225			
J. Lawson	200			
148				
B. Lachiusa	315			
J. Marsala	260			
J. DiFonzo	235			
165				
B. Johnson	385			
J. Swiatek	385			
R. Camarre	340			
M. Kauffman	300			
T. Grego Jr.	290			
J. Marsala	285			
J. Hopf	250			
D. Englert	175			
181				
D. Modica	365			
B. Wolsko	340			
C. Guzda	315			
P. Storms	315			
J. Curry	305			
R. Bolognese	305			
198				
R. Chase	415			
G. Baren	350			
J. Argentieri	345			
C. Kuras	290			
220				
J. Rogers	440			
S. Hendricks	365			
R. Consola	360			
C. Russ	305			
242				
C. Seeker	440			
D. Swick	360			
H. Schnell	335			
SHW				
D. Palumbo	350			
Deadlift				
132				
J. Lawson	375			
D. Evans	325			
148				
B. Lachiusa	400			
J. Marsala	380			
165				
T. Myers	540			
J. Marsala	495			
B. Johnson	470			
D. Englert	300			
181				
R. Bolognese	445			
J. Curry	440			
S. Peters	375			
198				
M. Prince	590			
C. Kuras	510			
220				
C. Russ	575			
R. Consola	500			
242				
C. Seeker	675			
H. Schnell	530			
D. Swick	400			
SHW				
D. Palumbo	575			

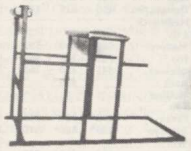
Outstanding Lifters: Lightweight - Brad Johnson; Heavyweight - Carl Seeker; Teen - Joe Marsala. Master Bench: Steve Hendricks, John Hopf. The 1st Annual North Eastern Bench and Deadlift Contest was held at Future Physique. This is a brand new gym which is soon to be one of Buffalo's hottest gyms. It's got it all, from body building to the most serious powerlifter. We saw some great benching in the 165 pound class. Also saw some big benches from Rick Chase and John Rogers. We saw some good Deads from Tim Myers and Mark Prince who's been out of action for awhile. What a way to come back. Also, Carl Seeker hit an easy 675. We want to thank Doug Riser, Andy Vona, all the loaders and spotters, Lynn Miller and Tina Seeker whoe warked the table. Mike Vona who was meet director and put in a long day. (Thanks to Carl Seeker for results)

Jubinville Health Equipment Bench Press Contest
29 Apr 89 - Holyoke, MA

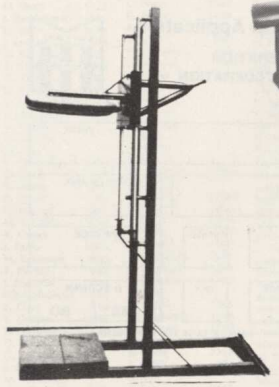
Novice			
V. Shove	140		
C. Capone	125		
K. Georgia	65		
132 lb.			
T. Grasso	225		
148 lb.			
B. Blackac	245		
165 lb.			
J. Towns	325		
T. Early	300		
M. Ancona	275		
181 lb.			
P. Chasse	335		
B. Thomson	165		
198 lb.			
J. Farih	425		
D. Dornhofer	390		
E. Medeiros	350		
220 lb.			
B. Cluney	385		
S. Smith	380		
M. Pirog	375		
242 lb.			
B. Riley	410		
Open			
148 lb.			
D. Kabasakalian	295		
165 lb.			
J. Towns	335		
M. Ancona	290		
E. Elias	285		
181 lb.			
D. Harvie	395		
W. Parks	390		
E. Falcinelli	330		
198 lb.			
D. Dorhofer	400		
E. Medeiros	355		
P. Flannery	335		
K. Ferris	330		
220 lb.			
J. Bartlett	415		
J. Costin	415		
242 lb.			
B. Jarmulowitz	425		
R. Cote	420		
W. Hersey	410		
Over 242			
M. Galzarini	475		
Over 40, Bench reps with Bodyweight			
B. Mennetti	170, 23		
B. Pirtel	160, 17		
E. Fitzgerald	155, 13		
R. Cote	225, 3		
R. Dinapoli	175, 16		
Bench Reps with 50 lbs. over bodyweight			
J. Bartlett	260, 24		
J. Faria	235, 22		
J. Laluna	200, 21		
J. Costin	270, 19		
B. Jarmulowitz	280, 17		
K. Ferris	235, 16		
D. Kabasakalian	185, 16		
E. Falcinelli	230, 16		
M. Pirog	255, 15		
M. Balzarina	340, 14		
J. Towns	205, 14		
W. Elias	220, 13		
E. Elias	210, 13		
E. Elias	210, 12		
A. Alexander	240, 10		
C. Clark	255, 4		

Held at Lynch Junior High School. (Thanks to Ed Jubinville for results)

SUPER DELUXE SEATED INCLINE BENCH
W/Spotter Bench
$185.00
Made to use with 7' olympic bar

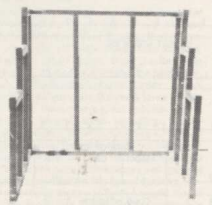


HYPER EXTENSION – ROMAN CHAIR
$75.00
Free standing and will not tip.
Heavy square tubing will last a lifetime.

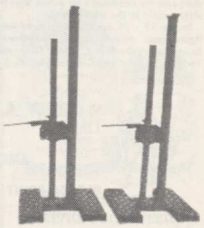


Super Deluxe
Upright Squat Unit
$400.00

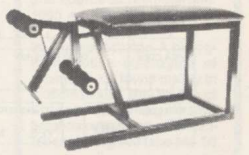
SUPER DELUXE NARROW PRONE BENCH
SPOTTER SEAT – ADJUSTABLE UPRIGHTS
$150.00
Uprights are 18" wide outside to outside. Designed to handle 1,000 lbs.



SUPER DELUXE STEP SQUAT RACK
$210.00
Made to use with 7' olympic bar.



MIGHTY BRUTE JACK RACKS
$150.00 PAIR



NEW TYPE CURL-EXTENSION
$220.00

SEND FOR ILLUSTRATED CATALOG TODAY *OVER 90 ITEMS* *WE DO NOT PAY SHIPPING*

JUBINVILLE HEALTH EQUIPMENT, P.O. BOX 662, HOLYOKE, MA 01041

ADFPA Pikeville Open Bench
1 Apr 89 - Pikeville, KY

Women's Open			
K. Cox-125	125		
P. Collins-127*	170		
Teenage 14-16		R. McIntosh-163	315
Light		C. Pennell-162	275
R. Holbrook-109	130	J. Harris-147	265
Middle		T. Yeager-140	210
T. Goodman-153	200	D. Hines-161	235
K. Hunt-153	120	J. Napier-154	225
C. Cole-136		T. Young-160	205
Heavy		D. Mullins-157	190
B. Wallen-315	325	R. Skeens-164	
M. Potter-217	255	**166 - 198**	
T. Slone-184	200	J. Thompson-192$	335
Teenage 17-19		B. Applegate-189	330
Middle		M. Graham-168	270
J. Baker-181	300	J. May-197	250
J. Harris-147	265	J. Baker-181	300
T. Young-160	205	B. Owens-196	245
G. Huff-146	180	N. Elwood-174	220
N. Elwood-174	220	C. Smith-196	
Heavy		**199 - 242**	
J. Thompson-192	335	R. Barnette-241	360
G. Feltner-205	335	G. Feltner-205	335
B. Compton-189	270	J. Beder-205	325
T. Crawford-221	275	M. Contrell-235$	335
R. Swinney-203	255	T. Willer-205	285
T. Blackburn-204	245	R. Swinney-203	255
R. Kylter-224	255	R. Kylter-224	255
Men's		J. Newberry-241	
132 & Under		**243 - SHW**	
R. Holbrook-109	130	J. Shipley-275$	415
133 - 165		P. Sutherland-290	385
C. McGlynn-163$	315	H. Mooney-266	390

* - Guest Lifter, $ - Drug Tested Athlete. The first annual Pikeville Drug Free contest was held on April 1st, but it was no April fool's day contest. We had been hoping for at least thirty lifters so I was very pleased with the response we received in a new area where previously there had been no ADFPA contests. Since this was a bench contest, the lifts were not eligible for State records, records can only be set when all lifts are done. I hope all of the people who are close or did surpass the records will be at the Power Festival on July 8th and officially set a record. All classes were run on Schwartz formula for placings.

We had two women, but both put on a fine show. Karole Cox would have set a new state bench record in the 116s. Patsy Collins tied her existing state record in the 129s.

It was great to see so many teen lifters at this contest. In the 14 - 16 age bracket, lightweight division it was Ross Holbrook, the middleweights was won by Todd Goodman and second was Kevin Hunt, and in the heavyweights Brian Wallen took top honors. Mitch Potter second and Tim Slone third. Todd and Ross are real close to state records and Brian's lift would have been a state record in the teen supers.

In the 17 - 19 age bracket, there were no lightweights entered. In the middleweights, Jamey Baker placed first, Johnny Harris second, Todd Young third and Greg Huff fourth. Johnny would have tied a state record in the 148s. In the heavyweights, Jeff Thompson took all honors, with Greg Feltner second, Compton third, and Crawford fourth. The existing 198 record is 280 and Jeff would have blasted this one out of the water with a 335 bench. Bill Compton is also only ten pounds off of a new state record.

In the Men's division we ran 5 weight classes, 132, 165, 198, 242, and SHW. Ross Holbrook won the Men's 132 pound class and under. Chuck McGlynn and Rodney McIntosh fought out the closest battle of the meet in the 165s. They weighed in the same, lifted the same, and after reweighing, Chuck weighed lighter at the end of the day to win. Third place was Chris Pennell and fourth Johnny Harris. In the 198 pound division, Jeff Thompson took honors over Bryan Applegate in another close race, Michael Graham third, and John May fourth. The men's 242 pound class saw a close race between Ronnie Barnett, Greg Feltner, and Joe Beder. Barnett edged Feltner by one point on the formula and Beder took third. Mark Contrell placed fourth. In the Unlimited class, Jim Shipley placed first, Harve Mooney second, and Paul Southerland third.

I hope everyone enjoyed themselves at the Pikeville contest. We had four bombs but hopefully they will come back to compete in another contest. Thanks to Don's Pro Fitness Center and the Pikeville people in their help for making this meet a success. Hopefully we will see all of you at the Lexington Power Festival. (Thanks to Carol Waters for results)

Ohio State Reformatory S-Dorm
29 Apr 89 - Mansfield, OH

132 lb.	SQ	BP	DL	Total
B. Ashley	265	215	285	765
L. Adams	205	165	295	665
C. Morgan	190	140	290	620
148 lb.				
J. Cherry	400	275	430	1105
O. Sataella	270	265	370	905
A. Mihoci	300	210	315	825
165 lb.				
M. Flechler	505	260	430	1195
J. Smitley	405	310	405	1120
M. Barclay	350	225	375	950
181 lb.				
B. Schultz	415	295	475	1185
T. Hill	375	325	475	1175
R. Hines	425	230	435	1090
198 lb.				
A. Canterbury	370	275	515	1160
S. Gerber	350	330	450	1130
D. Barnes	225	275	450	930
220 lb.				
J. Williams	630	380	630	1640
R. Howard	385	310	475	1170
S. Ross	300	225	315	840
242 lb.				
J. Willey	475	305	530	1310
K. Keith	400	335	460	1195
A. Bello	205	155	300	660

(Thanks to Jeff Williams for results)

Greensburg Aerobic Center Bench
7 May 89 - Greensburg, PA

165 lb.			
R. Cecchetti	220		
181 lb.			
J. Latin(m)	310*		
A. Fetsko	305	**220 lb.**	
C. Iezzi	290	M. Kulhea	315
J. Kuhla(m)	210	R. Hackenberg	285
198 lb.		D. Lasalvia	280
D. Hanson	300	K. Eicher	260
K. Dugan	275	**242 lb.**	
K. Croft	240	R. Litzik	325

* - Denotes Best Overall Record. (m) - Masters lift. This year was the first meet held at the Aerobic Center. In all (14) lifters competed, with only (2) no-shows. The meet went well and all competitors demonstrated good sportsmanship. The best overall bencher was Latin with a 310 at a bodyweight of 176. For most of the lifters it was their first competition. Another meet is planned for 1990 with the hopes that it will go as well as this one did. (Thanks to Kim Hawkins for results)

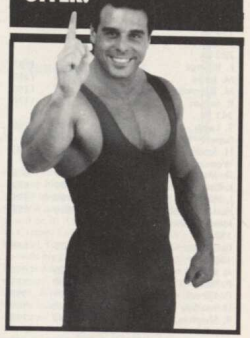
ADFPA Fur Rondy State Meet
APR 89 - Fur Rondy, Alaska

Women	SQ	BP	DL	Total
105 lb.				
S. Calvillo	210*	105*	295*	610*
111 lb.				
J. Elliott	210	90	235	535
117 lb.				
R. Budd	185	125	245*	555
122 lb.				
J. Clark	215			
14-15				
S. Osborne	220*	120*	250*	590*
129 lb.				
K. Dingle-Craig	255*	150*	300	705*
T. Peran	140*	90*	175*	405*
139 lb.				
R. Hull (BL)	300*	150*	335*	785*
C. Nordmann	215	105	285	605
L. Lutich				
154 lb.				
Ξ50	145*	300*	695	Barnell
176+				
L. Doull	375	155	365	895
L. Butts	330	160	360	850
Men				
123 lb.				
D. Barleen	325	215	400*	940*
E. Boston	210	115	250	535
132 lb.				
I. Rosen	285	205	285	775
148 lb.				
A. Sambula	400	275	480	1155
J. Briery	320	240	370	930
B. Newton	275*	175*	265	715
165 lb.				
T. Kuhn	440	250	460	1150
B. Schmit	435*	225	465*	1125*
R. Cardoza	385	260	415	1060
J. Thacker	390*	210	400*	1000*
R. Segers	315	260*	425	1000
R. Shafer	315	180	270	865
P. Buckner				
R. Blohm				
C. Heikkiln				
181 lb.				
R. Joyner	555	315	570	1440
K. Rollison	375	275*	455*	1105*
M. Smith	410	265	420	1095
S. Lyons	405*	215	380	1000
T. Burnett	355	210	380	945
J. Skala	235	265	295	795
T. Jensen				
198 lb.				
M. Lohmann (BL)	645*	325	610	1580
P. Michels	415	330	500	1245
S. Liska	425	260	515	1200
B. Newton	425	260	475	1160*
K. Taylor	385	275*	455	1115
T. Lagao	350	310*	410	1070
J. Quinens	365	200	450*	1015
F. Rapp	320	240	400	960
L. Rambur	275	225	405	905
S. Moore	335	185	335	855
B. Babcock				
220 lb.				
L. Washington	605*	355	630*	1590*
J. Vaughn	605	345	550	1500
L. Perry	515	295	550	1360
R. Burnett	475*	260	500*	1235*
T. Hall	500*	205	465	1170*
S. Thomas, Sr.	400	225	405	1030
T. Hasbrouck				
242 lb.				
K. Mattoon	580*	390	580	1550*
B. Fox	465*	225*	400*	1090*
G. Nickarz	345*	350	365*	1060*
P. Isaak		455*		
C. Holland				
275 lb.				
B. Peran	575*	380*	505	1460*
D. Moreno	520*	300*	510*	1330*
SHW				
J. Razo	560	450*	550	1560

Another great meet, with quality lifting from around the state of Alaska. My thanks to all of our volunteers including judges, spotters, tabulators, MC's and my dad Don Sherwood. Special thanks to all those that traveled to this years state championships, you made it a great meet. Congratulations to all those who set new state records and to Mike Lohman and Robin Hall our best male and female lifters plus Brian Schmitz best teenage lifter. (Thanks to Don Sherwood for results)

WHAT'S THE NO.1 LIFTING SUIT FOR COMPETITION & TRAINING?

TURN TO CENTER GATEFOLD FOR THE ANSWER AND A SPECIAL OFFER!



NEW A.P.F./A.M.P.F. Membership Application

AMERICAN POWERLIFTING FEDERATION
AMERICAN MASTER POWERLIFTING FEDERATION

A.M.P.F./A.P.F.

PLEASE PRINT • COMPLETE ALL ENTRIES •

LAST NAME | FIRST NAME | INITIAL

STREET ADDRESS | DATE OF APPL.

CITY | STATE | ZIP CODE

AREA CODE | TELEPHONE NO | DATE OF BIRTH MO DAY YR | AGE | SEX | U S CITIZEN YES NO

REGISTRATION FEE **$20.00** | MASTERS YES NO | CLUB MEMBER | NAME OF CLUB YOU REPRESENT

ATHLETES, fill out card completely and mail with fee to:

MAKE CHECK PAYABLE TO: **A.P.F./A.M.P.F.**
31 NORTH BROADWAY
AURORA, IL 60505

HONORARY MEM. **$5.00** POWER PLATFORM MAGAZINE

IF UNDER 18 HAVE PARENT INITIAL

I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A.P.F./A.M.P.F.

SIGNATURE X

UNCLASSIFIED ADS

$2.00 per line per insertion
Figure 34 letters & spaces per line

Iron Man Magazine, honest coverage of the Iron Game. $27.95 for 1 year, (12 issues), Iron Man, Box 777, Santa Monica, CA 90406

HEAVY DUTY DEALS-Olympic Plates $.40 per lb. Barbell Plates $.35 per lb. Shipping: additional. Weightlifter's Warehouse, 2841 E. 19th St., Long Beach, CA 90804. (213) 498-7479 or (800) 621-9550 (outside CA).

ELEIKO: QUALITY, DURABILITY, CLASS! The most excellent barbell ever made. The internationally acclaimed power bar, the cambered bench press bar with patented counterweights, the "superthin" discs for powerlifting and much more are available from: DYNAMIC FITNESS EQUIPMENT, P.O. Box 2866, Livonia, MI 48151, (313) 425-2862. ELEIKO is the standard by which all other barbells are compared.

GERARD TRAP BARS - Special Offer! Olympic and NEW 1" bars. Increase lifts, intensify training SAFELY! Seen in PL USA, IRON MAN. Shipped from Sacramento. Courses: Trap Bar, Kelso Shrug, Bone Structure. For info: Rush $1. Kelso, 3046 33rd St., Sacramento, CA 95817, Call 916-452-1244

#2 Knee Wraps (cotton-poly blend - 3"x78") $4.95 pr. Wrist Supports (3" wide, white elastic with self adhesive closure and thumb loop) $2.85 pr. Lifting Straps (1½" wide cotton webbing - black or natural) $2.75 pr. SOLD BY THE DOZEN ONLY. Shipping additional. Weightlifter's Warehouse, (800) 621-9550 (outside CA) or (213) 489-7479

ATTENTION - HIRING! Government jobs - your area. $17,840 - $69,485. Call 1-602-838-8885 EXT R9726.

ATTENTION MEET DIRECTORS!!!!!! When the time comes for ordering T-Shirts for your next meet try:
J.T.P. PRODUCTS CO.
2412 HARTLAND AVE.
ST. LOUIS, MO 63114
Shop...but don't buy until you compare. Find out why we've supplied T-Shirts to more meets than any other screenprinter in the country. CALL 314-426-0205.

SHOP AND COMPARE! LOWEST PRICED SUPPLEMENTS! Dibencozide 10mg 100 caps $23, Yohimbe Bark 750mg 100 tabs $23. Add $2 for P&H. Send to: Super Supplements Plus, P.O. Box 1163, Wailuku, HI 96793.

Wanted: any information on Paul Anderson. Send to Joe Roark, Muscle-Search, P.O. Box J, St. Joseph, IL 61873

Lowest prices anywhere on Ultimate Strength Systems. For Free price list, write: Pricelist, P.O. Box 3661, W. Columbia, SC 29171.

SPECIALIZED TRAINING PROGRAMS by David Bradley, Masters Degree - Clemson University; Former world record holder in parallel bar dips; U.S. Weightlifting Federation coach. Send $5.00 and letter explaining your condition and goals to: David Bradley, Route 1, Box 208A, Leicester, NC 28748.

Weider Weight Gain 24 oz. 5.93, Fat Burners 180 ct 9.71, Carboplex 2.99, Ex. Eq. Direct from Factory 1-800-373-6638

Dibencozide 10mg 100 Caps $26.95, Yohimbe Bark 750mg 100 Tabs $24.00, Inosine 750mg 100 Caps $15.00, Chromium Picolinate 200 mcg 100 Caps $8.00, Gamma 500mg 100 Caps $12.00, Egg Amino 2000mg 250 Tabs $19.95, Amino 2222mg 325 Tabs $19.95, Amino 1900mg 325 Tabs $16.00, Nike High Tops 7-14 (½ sizes) $75.00, Powerlifting Belt sm-xl Black or Blue $40, Add $2.50 S&H CK/MO Free Pricelist, Natural Power, 23 S. Washington St., North East, PA 16428.

Two New Reports! INCREASE YOUR BENCH PRESS 50 LBS.. IN ONE MONTH and ADD UP TO 2" TO YOUR ARMS IN ONE MONTH! Guaranteed. Send $3 for one or $5 for both. Stanford Publications, Box 912A, St. Joseph, MI 49085.

INTERNATIONAL OLYMPIC LIFTER magazine. $25 for 6 issues, $36 via foreign air mail. IOL, Box 65855, Los Angeles, California 90065.

Pennsylvania High School Meet
20,21 May 89 - Concordville (totals)

114 lb.			
D. Young	905*	V. Daddona	1175
T. Laino	750	J. Jackson	1170
A. Tyler	730	B. Peterson	1115
S. Zapata	720	J. Hopps	1110
J. Wagner	665	K. Allen	1070
P. Stever	605	D. Hecffley	1050
B. Saegr	600	T. McGovern	1010
M. Schlittler	560	W. Curry	1005
M. Wooding	555	J. Eckert	965
J. Walsh	475	J. Snell	955
J. Dulin		S. Shaffer	945
J. Petty		D. Lackner	940
123 lb.		L. Broadhurst	930
C. Habeeb	995	F. Adelman	920
O. Dickens	870	S. Woods	885
A. Wilder	805	B. Bolanos	875
N. Demjan	775	S. Reese	
J. Tobias	665	J. Walsh	
132 lb.		D. Grimm	
D. Johnson	985	**198 lb.**	
M. Morelli	920	T. Emmel	1410
L. Snyder	900	A. Clark	1300
L. Williamson	875	E. Godfrey	1235
D. Morgan	860	B. Campbell	1230
J. Ziegler	700	M. Peart (GM)	1195
T. Kirk		L. Gardener	1155
M. Kline		J. Ledbetter	1145
B. Damiuber		G. Green	1130
R. Little		Leibensperger	1120
A. Prince		T. Pagetti	1105
S. Rose		J. Stanton	1095
148 lb.		T. Blake	1080
D. Short	1025	C. Nace	1065
J. Bendekovitz	1025	C. Myric	1010
D. Hill	1005	R. Gatz	1010
J. Lenart	970	S. Scott	985
D. Bonshak	965	D. Fetterman	980
A. Crawford	965	S. Boucizk	930
M. Taylor	905	I. Turner	830
M. Fortley	895	S. Galbrouth	
K. Aban	860	C. Damon	
J. Hightower	825	J. Bell	
G. Vaught		B. Gyndok	
J. Cagliotti		S. Resh	
165 lb.		M. Peart	
A. Densenig	1245*	**220 lb.**	
D. Dixon	1195	M. Tennant	1500
B. Foster	1190	**242 lb.**	
R. Sivells	1100	S. Pagetti	1540*
F. Beason	1050	D. Rice	1425
M. Coulter	1020	J. Cohen	1220
K. Gnegy	1015	T. Kline	1190
J. Fazio	1000	B. Croyle	1156
M. Robinson	995	M. Humbert	1080
T. Pilcher	990	C. Ragland	1010
J. Ebersole	970	L. Jackson	1010
Niedzalkowski	915	**275 lb.**	
E. Clere	910	T. Fields	1365
T. Cooper	910	R. Schlenker	1300
D. Swartley	820	M. Moyer	1250
D. Steele		H. Rouse	1225
G. Groller		K. Kline	1210
J. Carrol		J. Smith	970
M. Williams		**SHW**	
181 lb.		J. Brown	1190
J. Morgans	1360	E. Shanor	1135
R. Woods	1185	A. Alleyne	955

Team Points: 1. Glen Mills 81; 2. Abington Heights 38; 3. Somerset 38; 4. Whitehall 33; 5. Wilson 18. The Glen Mills Gymnasium was the site of the 1989 Pennsylvania State High School Powerlifting Championships. One hundred and sixty five competitors applied to lift in the meet. One hundred and thirty five athletes actually competed in the meet. Ten competitive teams showed with aspirations of winning the first place team trophy. Abington Heights and Somerset were trying to de-throne four time champion Glen Mills. Mike Tennat and Drew Young won The Most Outstanding Lifter awards. Glen Mills outdistanced Abington Heights and Somerset for the team title. Whitehall and Wilson came in fourth and fifth. We would like to thank the following people for making the meet a success. Judges: Al & Brenda Siegel, Bill Clayton, Bill Slish, Craig Gavin, Ed Dracey, Harris Moore, Nate Belsham, Mary Geiss. Announcer Sean O'Neil. Spotters: Tim Fox, Tom Russell, Sean Cosgrove, Kevin Owens, Mark Fetterman, Mike Testa, Greg Byron, Vern Smith, Jake Royal, Dave Houseman, Tom Hyrok, Greg Jewitt. Snack Bar Jim Chobany. Glen Mills Athletic Department: Earl Ireson, Darlene Wiley, Jim Barr, Peter Natalie, Steve Natalie, Pete Forjohn, Athletic Director. Platform Manager Chris Swatski. Audio Mark Smith. Photography Duane Plank. Meet Director Jeff Hill. (Thanks to Jeff Hill for results)

The Iron Bulls *of Glen Mills Schools took yet another Pennsylvania High School Championship Team title. (photograph and info courtesy Jeff Hill)*

APF North American Bench Press
10 Jun 89 - Rutland, VT

Womens			
K. Kennedy	130*	J. Kathios	320
R. Ballard	130	R. Shablin	290
Submasters		A. Borja	275
S. Roscoe	355	S. Capagrossi	235
R. Plouffe	325	R. Sheehan	200
Masters		**181 lbs.**	
N. Mackay	345*	B. Lavoie	330
J. Piper	350**	K. Ackerman	320
W. Andrews	355**	G. Kasabian	320
R. Morin	230*	**198 lbs.**	
Grandmaster		D. Harvie	425*
P. Stanley	275	S. Roscoe	355
R. Roscoe	225	**242 lbs.**	
Golden Master		D. Fuss	490
A. Cournoyer	271***	S. Waldo	340
E. Fitzgerald	195	**275 lbs.**	
J. Salmon	205*	L. Tseramis	550!
123 lbs.		J. Lawrence	450
T. Grasso	220	D. Abell	370
148 lbs.		**Supers**	
R. Morin	230	H. Smith	360*
T. Barrett	210	W. Andrews	355**
165 lbs.			
N. MacKay	345*		

* Vermont State Record. ** New Hampshire Masters Record. *** World Record Masters 60-64. ! NAPF Canadian Record. Best Lifter: Louie Tseramis. 1st place team: Iron Masters, Ludlow, VT. Head Judge: Scott Taylor. Side Judges: Linda Piper, Steve Waldo, Jon Spaulding. Master of Ceremonies: Jayne Taylor. Scorekeepers/Timekeepers: Bea Stanley & Jayne Taylor.

This year's meet was a great success. Lifters came from several areas including: Saskatchewan, Canada, California, Ontario, Canada to name a few areas. The meet would not have been as successful had it not been for the excellent job done by the referees, scorekeepers and spotters and loaders provided by The Spa of Rutland, Vermont where this meet was held. I would like to especially thank Bea Stanley for her assistance at the scoretable. Several area records were broken at this meet and one world record was broken by Art Cournoyer who has been trying and coming close to breaking it for over a year. We all knew you would do it sooner or later Art! The record had been 265. After the weights had been weighed it was determined that there was exactly 271.75 lbs. lifted! Dan Harvie broke the Vermont State Record in the 198 div with a bench of 425. This was a 30 lb. jump over his best lift in a meet held just 4 weeks ago and I was quite amazed with his improvement. Good going Dan. Ia had expected Cindy Billings to break the 200 lb. barrier and set a new state record in the Womens 132 div. This was not her day however and I suspect she may have overtrained for the meet. Kathy Kennedy set a new Vermont State record in the Womens 97 lb. division with a lift of 130 weighing in at 85 lbs. Wayne Andrews of Nashua, New Hampshire set a New Hampshire state masters record in the Supers. Not bad considering this was his first APF meet. We look forward to seeing more of him in the future. In the masters 45-49 div James Piper set a New Hampshire State record with a nice 350 bench. Not only is James a great lifter, he is also one of the finest referees in the New England area. Norm MacKay of Essex Junction, Vermont set new State Records in the Open 165 division and the Masters 45-49 division. Norm made an attempt at a world masters record but didn't quite have it in him today. I suspect that before not too long he will set a new worlds record. This was a very enjoyable meet. Several records were broken and the sportsmanship of the lifters was fantastic. I look forward to next year's meet and once again wish to thank all who were involved in helping run this fine event. (Thanks to Scott Taylor, Director, for results).

POWER SYSTEMS UNLIMITED PRESENTS

The most potent, powerful duo in history!

1000 mg Pure Yohimbe Bark Extract, the most potent product of its kind. A real size and strength enhancer. Natural source of testosterone. 1000 mg 100 tabs $49.50

20 mg Dibencozide, A biologically active co-enzyme of Vitamin B-12, found mainly in muscle tissue. May be one of lifting's most significant breakthroughs in supplementation! 20 mg 100 tabs $60.00

USED TOGETHER, THESE PRODUCTS ARE DYNAMITE

order from POWER SYSTEMS UNLIMITED
1-800-248-LIFT

ADPFA National High School (kg)
13,14 May 89 - Gulfport, Mississippi

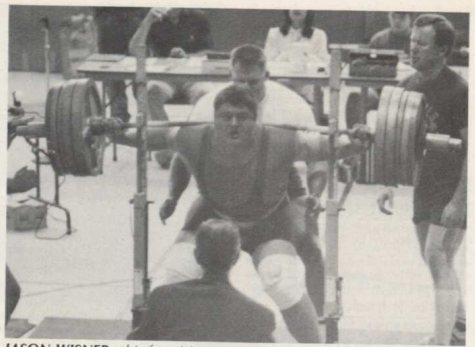
9-10	SQ	BP	DL	Total
9-10				
114 lb.				
J. Rose	110	95	127.5	332.5
D. Stanbro	117.5*	70	127.5	315
J. Finley	100	75	132.5	307.5
S. Hollis	125	50	130	305
M. Moran	132.5			
123 lb.				
J. Olson	142.5	72.5	177.5	392.5
F. Wright	117.5	82.5	182.5*	582.5
T. Morgan	150	90		
132 lb.				
R. Hantz	157.5	85	170	412.5
C. Catching	112.5	95	165	372.5
T. DeFoney	130	77.5	142.5	350
165 lb.				
J. Kelly	240**	135	205**	580
C. Ashley	130	140	137.5	407.5
181 lb.				
K. Harrington	115	92.5	145	352.5
198 lb.				
P. Hall	232.5*	155	217.5	605
220 lb.				
G. Clark	207.5*	110	182.5	500
J. Jones	185	100	192.5	477.5
242 lb.				
C. Andrews	167.5	125	190	482.5
275 lb.				
C. Wax	242.5*	127.5	182.5	552.5*
K. Walker	137.5	92.5	152.5	382.5
11-12				
114 lb.				
M. Toldeano	132.5	72.5	147.5	352.5
B. Huskey	110	92.5	142.5	345
J. Foreman	102.5	60	132.5	295
123 lb.				
M. Broulet	117.5	82.5	180	380
M. Courvelle	142.5	65	140	347.5
T. Becnel	130	67.5	137.5	335
L. Cool				
132 lb.				
T. Spedale	160	90	172.5	422.5
K. Lefevre	150	82.5	162.5	395
J. Young	115	75	175	365
148 lb.				
W. Sanders	177.5	107.5	237.5*	522.5
E. Rhymes	137.5	105	210	452.5
S. Gilley	167.5	102.5	165	435
R. Philibert	165	80	180	425
A. Schroeder	152.5	77.5	165	395
165 lb.				
M. Tobey	210	125	220	555
J. Lewis	205	125	220	550
K. Tyler	157.5	115	207.5	480
E. Gil				
J. Ayers	140			
181 lb.				
D. Bunch	227	132.5	272.5*	632
L. Davis	177.5	120	227.5	525
S. Taylor	155	105	182.5	442.5
198 lb.				
F. Cooper	270**	152.5	260	682.5
S. Sanders	255	167.5	240	662.5
J. O'Neal	200	142.5	200	542.5
J. Webster	167.5	125	192.5	485
220 lb.				
K. Ferrara	255	162.5	250	667.5
M. Robbins	215	137.5	240*	592.5
S. Howell	182.5	137.5	207.5	527.5
D. McGrath	187.5	117.5	212.5	517.5
242 lb.				
L. Newsome	210	137.5*	245**	592.5
275 lb.				
J. Lynch	287.5*	195	277.5*	760**
E. Funk	180	147.5*	227.5*	555
SHW				
J. Wisner	345**	205**	300**	850**

* - State Record; ** - American Record

Best Lifters: 9-10 Light- Joby Kelly; 9-10 Heavy- Patrick Hall; 11-12 Light- Wiltrey Sanders; 11-12 Heavy- Jason Wisner. Team Trophies: 1. Brother Martin Powerlifting Club; 2. Crystal Springs Powerlifting Club; 3. George County Powerlifting Club. Meet Directors: Doc Rhodes, Ray and Gladys Hanser. Judges: National: Brother Bennet, Joseph Rhodes, Ray Hanser,Jr., Perry Liles; State: Gladys Hanser, Harold Ritter, Arnie Oakes, Randy Johnson. Announcers: Ray Hanser,Jr., Pat Trebotich, Randy Johnson, 'Bo' Gex. Scorekeepers: Gladys HAnser, Mrs. Wisner

Special thanks to Mrs. McGrath; Dwayne McGrath, Karen, Chad, and Brad Rhodes; Alicia Arguelles; Frank Venturrinni; Vinson Keyhea; Derek Wallace; all our loaders and spotters; and Jason Wisner's younger brother, for posting scores on the scoreboard.

The first ADFPA High School National Championship was by St. James Catholic Church Recreation center, in Gulfport, Mississippi. 50 lifters from 10 states, and 3 teams from 2 states, registered for the meet. Although the number of lifters was a bit less than expected, the lifting was good, with 7 new Teenage American records successfully completed of at least twice that many record attempts. Six lifters were randomly selected and polygraph-tested on Friday afternoon before the competition all passed.



JASON WISNER...this fast rising strength athlete took time out of a busy track competition schedule to win the ADFPA National High School title with power to spare. (photograph and information courtesy Ray Hanser Jr.)

Of the three teams entered, Brother Martin's Crusaders, from New Orleans, Louisiana, edged out the Crystal Springs, Mississippi Tigers, for top honors. The first powerlift team from George County, Mississippi, took third place honors.

Saturday lifting included the Freshman - Sophomore lifters from 114-275; in addition, the 114's-148-s in the Junior/Senior division competed, to balance out the number of lifters on each day. On Sunday, 165's-SHW, Junior/Senior division lifted.

Freshman/Sophomore Division - 114's. Marco Moran led the squats, followed by Sean Hollis, Dennis Stanbro, and Jody Ross. Ross posted a fine bench to take first place. Joe Finley's 132.5 kg deadlift won him third place; Dennis Stanbro lost a winning pull for hitching and Ross held on with a 127.5 kg pull for first with a 332.5 total over Stanbro's 315 kg effort. 123's - South Dakota's James Olsen posted a 142.5 squat effort, followed by Terry Morgan's 140. Freddie Wright was a distant third until the benches, where he made up some ground. Morgan missed all of his deadlift attempts and Wright posted a Teenage America record 182.5 pull to place second to Olson's 392.5 total. 132's - Russell Hantz was ahead all the way in this class, going 157.5-85-170-412.5 over Clifton Catching's 372.5 second place effort. New Jersey's Tim DeFoney totalled 350 kg for third place in the class and age division.

165's - Georgia's Joby Kelly posted two new Teenage American records on the way to a 580 kg total. Kelly squazted 240 kg and deadlifted 205 kg. 181's - The lone entry was Kenny Harrington, who went to an easy 352.5 total. 198's - Alabama's Patrick Hall posted a 232.5 Teenage American record squat and a 605 kg total in his unopposed lifting in this class. 220's - Gary Clark posted a 500 kg total to better Jimmy Jones' 477.5 kg effort. 242's - Chad Andrews went unopposed to 482.5 kg total.

275's - Chris Wax, younger brother of Collegiate and Teenage American record holder Ben Wax, upped the Teenage American squat record to 242.5 kg in the younger age division. Chris' winning total was 552.5 kg. Tosh Persons and Kurt Walker finished second and third.

Junior/Senior Division - 114's - Brother Margin's Miguel Toledano led the squats with a 132.5 kg effort, but Brian Huskey tied Toledano after the benches with Huskey posting a92.5 bench. The bar hit the floor and Toldeano edged Hurskey with a 147.5 pull to Huskey 142.5 effort. Jimmie Foreman rounded out the class with a 295 total. 123's - Mike Courvelle posted the big start, but Mike Bourlet made up ground with a fine bench and dead to total 380 to Courville's 347.5. Todd Becnel went 335 for third.

132's - Brother Martin's Thomas Spedale was the class leader all the way, going 160-90-172.5-422.5 for the win over teammate Kenneth Lefevre's 395 kg total. Johnny Young finished third with a 365 kg total. 148's - Wiltry Sanders of Winona, MS stated well in front of the other five lifters in this class by way of a 177.5 squat and a 107.5 bench. Sanders then pulled a new Teenage American record 237.5 deadlift for the 522.5 total. Crystal Springs' Enochius Rhymes totaled 452.5 for second, and Steven Gilley took third place with a 435 kg total.

165's - Mark Tobey and Jon Lewis were only five keys apart when it was all over, with Tobey edging Lewis 555-550 at the total. Keith Tyler went 480 at the total for third. 181's - Donald Bunch of Gulfport, MS is Vinson Keyhea's younger cousin. Vinson once held records in the 181's and 198's and he'll be back on the lifting platform. Meanwhile, Donald went 227 132.5 272.5 632 to overwhelm the other competitors in this class. Second place went to Lawyer Davis of Crystal Springs, and Steven Taylor finished third. 198's - A fine match between Scott Sanders and Felianda Cooper began with Cooper's new Teenage American Record 270 kg squat. Sanders came back with a 167.5 bench, but Cooper pulled a 260 dead to Sander's 240 before the win. Jarod O'Neal placed third.

220's - Connecticut's Keith Ferrara squatted 255 kg to take and hold the lead in this class. He complemented the squat with a 162.5 bench and a 250 deadlift for a 667.5 kg total. Michael Robbins finished second with a 592.5 kg total. In the battle for third position, Dennis McGrath lost a deadlift on a hitching call which could have placed him. Scott Howell placed third with a 527.5 kg total. 242's - Crystal Springs, Mississippi's Lamont Newsome was unopposed in this class. With the pressure 'off', he set new Teenage American Bench and Deadlifts records, and totaled 592.5 kg. 275's - John Lynch came from Conyers, Georgia, to set new Teenage American Records in the squat, deadlift, and total columns. John went 287.5, 195, 277.5, 760. Eric Funk went 555 kg for second place. SHW - Only one lifter entered this class, but he is truly destined for futher greatness on the platform. Jason Wisner, from Natchez, Mississippi, put the shot in the State High School Track Meet on Saturday, and drove down to Gulfport to shatter the existing Teenage American records in all columns for his age divisions. This young man is 6 ft. 5 in. and 300 plus pounds of quiet, intense power. He squatted 345 kg with about 20 kg left on the platform, and squatted very deeply. Then he benched 205 kg and deadlifted 300 kg for an 850 total, at the ripe old age of 16. Who knows what Jason would do if he lifted fresh?

The lifters all seemed to enjoy themselves, and the meet generally went well, with one or two 'gremlins' keeping the meet directors frenzied. Hopefully, the Teenage Nationals will soon head South, because high school students and teenaged lifters here, and all over the country, are looking for quality, drug tested competitions.

(Thanks to Ray Hanser, Jr. for results)

Logan Correctional State Meet
15 Apr 89

123 lb.	SQ	BP	DL	Total
Leverston	350	205	420	975
Hunt	330	230	405	965
Torres	300	210	420	930
Hall	315	190	395	900
Jenkins	325	215	305	845
Drummer	205	150	325	680
Seitz	180	145	300	625
132 lb.				
Coleman	440	225	475	1140
Clay	340	290	425	1055
Foster	365	185	425	975
Kirloy	315	205	350	870
148 lb.				
Bell	500	365	550	1415
McNeil	475	315	490	1280
Cook	475	375	525	1275
Redrick	450	310	485	1245
Turner	475	260	510	1245
Mitchell	515	225	500	1240
Thomas	400	310	475	1185
Bounds	400	280	495	1175
Williams	425	275	475	1175
Morgan	350	305	465	1120
Hayes	400	225	440	1065
Vasquez	375	265	380	1020
Gomez	295	225	400	920
165 lb.				
Woods	500	400	550	1450
Parkman	550	350	535	1435
Atwood	505	310	560	1375
Ramos	550	280	535	1365
Miller	500	340	500	1340
Robinson	445	325	555	1325
Butts	530	290	500	1320
Slater	415	350	520	1285
Ostrowski	470	315	500	1285
Smith	500	280	480	1260
181 lb.				
Jones	645	350	645	1640
Hickombotton	600	325	640	1565
Washington	550	375	555	1525
Williams	550	375	585	1510
White	500	350	600	1450
Behzad	56|	345	505	1410
Shearer	500	290	540	1330
Murray	450	325	500	1275
Street	400	280	530	1210
Ray	400	275	485	1160
198 lb.				
Riza	660	415	670	1745
Clay	630	425	625	1680
Barton	650	400	600	1650
Murchison	650	400	550	1600
Doe	600	375	620	1595
Blueford	625	375	575	1575
Davis	620	345	605	1570
Moses	550	300	705	1550
Johnson	550	400	535	1485
Dunn	550	335	550	1435
Jones K	505	375	530	1410
Lundberg	550	315	535	1400
220 lb.				
Stanton	700	475	725	1900
Tate	640	415	600	1655
Jones	600	370	620	1590
Varner	570	370	600	1540
Cameron*	550	385	500	1435
Baker	550	360	525	1435
Dixon	500	360	550	1410
242 lb.				
Davenport	700	450	705	1855
Ducker	650	505*	650	1805
Tillman	650	435	675	1760
Dismuke	625	410	705	1740
Rufus	650	400	650	1700
Clark	600	425	555	1630
Holmes	600	425	555	1630
Houston	600	385	600	1585
Johnson	550	470	550	1570
Morgan	650	330	550	1530
Jackson	450	350	450	1250
275 lb.				
Fonville	670	400	650	1720
Hardy	605	405	675	1685
Hazelwood	610	385	600	1595
Cherry	600	365	535	1500
Woodhouse	555	300	580	1435
Ratliff	500	350	550	1420
White	500	340	525	1365
Cooper	450	370	525	1345
SHW				
Strickland	740	470	655	1865
Howard	675	350	625	1650
Bell	500	420	650	1570
Wood	500	350	300	1150

Team Results (based on 5-4-3-2-1): East Moline - 23, Graham - 17, Danville - 17, Dixon - 12, Centralia - 8, Hill - 7, Logan - 5, Stateville - 5, Vienna - 4, Menard - 4, Jacksonville - 3, Pontiac - 3, Lincoln - 2, Shawnee - 0. This was an excellent meet. There were 110 lifters this year from 14 institutions. This year they also had some very nice trophies from 1st thru 3rd and the first place team trophy which was won by East Moline. Lionel Ducker had the biggest bench press of the meet and a state record for the 242 lb. class at 505 lbs. The round system was used and was very successful. Special thanks to Greg Feukus who hosted hits event and APF Judge and Graham Powerlifting Coach Keiley Manister. Many thanks to the following people who gave many hours of their time to help this meet run so successful. Head Judge APR Champion powerlifter Daley Pool and his staff and also special thanks to A.D.F.P.A. contender Bob Bethel and Thick Mick for the results. * - State D.O.C. Record

Central Iowa's Law Enforcement Fireman's Open Bench Press
27 May 89 - Des Moines, IA

Master's Division			
Swanton (300)	300	S. Casady	350
Hollison (216)	150	R. Bellendier	345
Open Division		R. Bjonson	325
165 lb..		T. Datava	310
A. Olson	340	J. Evans	300
L. Groves	300	M. Duncombe	265
T. Luloff	285	220 lb.	
181 lb.		M. White	375
J. Schmidtz	315	L. Holister	150
R. Sandoval	255	242 lb.	
M. Scheckel	250	W. Beine	335
198 lb.			
M. Jenn	410		

Thanks to Jeff Baird for results)

Total Power Special Olympian
6 May 89 - Columbus, OH

Div 1	SQ	BP	DL	Total
S. Sesal	—	130	195	
Div 2				
L. Williams	—	155	260	
R. Hines	—	265	330	
D. Phipps	—	170	360	
	—	4th	385	
Div 3				
B. Davitt	—	150	220	
J. Featherolf	—	95	200	
D. Wharton	—	135	255	

Allen-1st; Medina-2nd; Franklin-3rd. (Thanks to Jeff Chorpenning for results)

8th Annual ADFPA Drake Relays Bench Press and Deadlift Classic
22 Apr 89 - Des Moines, IA

Bench Press			
Open			
114		242	
J. Shannon	170	R. Hoffman	465
D. Bevenour	155	J. Leisinger	385
123		R. Stotis	315
J. Saunders	235	R. Weber	290
148		275	
K. Engel	300	M. Esposito	375
J. Leto	250	D. Flood	370
165		T. Beauchamp Jr.	350
B. Ries	360	C. Klehm	335
T. Huffman	305	SHW	
W. Welton	300	N. Link	525
D. Rabebaugh	295	Iowa	
B. Ronconi	265	148	
R. Ludwig		J. Leto	250
181		165	
R. Gomez	285	T. Luloff	290
J. Klein	255	B. Ronconi	265
T. Lange		S. Wiegert	
198		181	
L. Lipscomb	400	R. Gomez	285
J. Aleckson	380	198	
J. Lee	365	L. Lipscomb	400
T. Widner	350	220	
220		R. Haynes	445
R. Haynes	445	J. Murford	275
K. King	350	242	
L. Buehler	320	J. Pick	415
D. Kessler	280	R. Stotts	315
242		V. Rash	265
R. Hoffman	465	Novice	
J. Leisinger	385	114	
275		A. Buehler	110
D. Flood	370	148	
T. Beauchamp	350	J. Hagebeck	185
V. Walters	340	181	
C. Klehm	335	N. Buehler	235
SHW		198	
N. Link	525	T. Turner	320
Pure		T. Wieck	250
114		220	
D. Bevenour	155	D. Kessler	280
123		J. Warford	275
J. Saunders	235	242	
132		R. Stotts	315
J. Glidic	250	275	
M. Jurgensen	205	T. Beauchamp Jr.	350
148		V. Walters	340
K. Engel	300	C. Klehm	335
J. Leto	250	High School	
D. Buntin	245	114	
J. Harter	235	J. Shannon	170
T. Melvin	225	A. Buehler	110
165		132	
B. Ries	360	J. Glidic	250
K. Hessenius	315	M. Zook	
T. Huffman	305	165	
T. Owens	295	D. Klemp	265
D. Rabebaugh	295	D. Wood	250
T. Luloff	290	B. Town	235
R. Fowler	270	A. Trachte	225
B. Ronconi	265	J. LeMaster	180
R. Ludwig		181	
S. Wiegert	181	R. Sytsma	290
M. McKinney	365	N. Buehler	235
S. Swisher	355	198	
J. Stanley	350	B. Hardisty	300
J. Probasco	350	G. Patrick	145
J. Christenson	320	220	
R. Gomez	285	D. Smith	295
J. Klein	255	T. Markowski	280
198		SHW	
L. Lipscomb	400	J. Stone	250
J. Aleckson	380	Master	
K. Turner	350	181	
J. Adix	335	S. Swisher	355
T. Theulen	325	M. Leed	290
K. Friedow	295	J. Klein	255
W. Chandler	250	198	
220		B. Weber	245
R. Haynes	445	220	
R. Thomas	405	L. Buehler	320
J. Shimek	395	275	
D. Havron	390	C. Klehm	335
K. King	360	Collegiate	
D. Carrol	345	K. King	360
		T. Lange	

Dead Lift			
114			
D. Bevenour	295	J. Hagelbock	345
148		N. Martise	340
T. Melvin	425	165	
N. Martise	340	D. Klemp	470
165		J. Roth	350
K. Hessenius	550	J. LeMaster	330
J. LeMaster	330	181	
181		J. Christenson	525
J. Klein	455	J. Klein	455
198		R. Gomez	435
B. Haridsty	480	N. Buehler	410
T. Widner	465	B. Lockard	300
220		198	
J. Warford	520	B. Piche' Jr.	600
275		K. Friedow	475
C. Klehm	225	T. Standley	465
Pure		B. Piche' Sr.	460
114		W. Chandler	400
A. Buehler	185	B. Patrick	245
132		220	
J. Glidic	430	J. Boyer	445
C. Engel	325	242	
148		R. Stotts	520
R. Hoffman	440	V. Rash	505
D. Buntin	420	275	
J. Leto	400	C. Klehm	225

The 8th Annual A.D.F.P.A. Drake Relays Festival Bench Press and Deadlift Classic was a big hit. Lifters from all over the midwest competed for outstanding trophies and awards. There are many cheap imitation meets of lower quality that are trying to cash in on the success of our competitions, but they all seem to fall short of the standards set by our competitions. I guess that imitation is the highest form of flattery. A note of thanks must be extended to all loaders, spotters, announcers, expeditors, judges, and set up crew. Without your help and support the meet would not have been such a great success. The awards were well received, and many lifters were pleasantly surprised to receive a three foot trophy, no matter what place that finished in.

Lifters mark you calendar for Saturday, July 1, 1989 and plan on being part of the Summer Mid-America Bench Press and Deadlift Extravaganza. This contest will feature a great lifting environment and unbelievable trophies. Skip the imitation meets and lift with the originators of the best lifting contest in Iowa. (Thanks to Liftime Fitness and Mike Foggia for results)

Mansfield Bench Press & Deadlift
13 May 89- Mansfield, OH

BENCH PRESS		DEADLIFT	
148 lbs		132 lbs	
S. Gosan	285	L. Coombs	460
J. Pehleris	280	148 lbs	
E. Schemire	250	J. Oehlers	430
M. Schrage	220	E. Schemire	390
D. Gingerich	160	P. Martin	375
165 LB		M. Schrage	360
R. Lewis	335	D. Gingerich	250
K. Pinyed	330	165 lbs	
N. Kirkpatrick	325	G. Prince	520
C. Baker	290	J. Crece	495
181 lbs		M. Digangi	475
E. Beard	405	R. Lewis	375
J. Broughton	405	181 lbs	
D. Owens	360	M. Cory	580
M. Cukrry	325	T. Korbes	465
T. Hysell	280	M. Scott	450
198 lbs		D. Owens	425
R. Chase	425	J. Broughton	400
C. Evert	365	T. Hysell	400
G. Wright	320	198 lbs	
B. Lanhan	295	C. Russ	565
C. Ross	290	J. Grimm	525
220 lbs		T. Ginter	500
D. Fortin	420	220 lbs	
T. Pennett	405	G. Sewell	620
S. Siegwardt	330	S. Siegwardt	575
242 lbs		T. Pennett	450
T. Monroe	460	242 lbs	
C. Seeker	445	C. Seeker	690
J. kincaid	370	T. Monroe	685
SHW		SHW	
J. Lawrence	535	B. Stager	750
B. Stager	460	K. Kruskamp	560
K. Kruskamkp	440		

BENCH PRESS: Women: J. Smurthwaite, T. Slatzer; Juniors: E. Oplinger, K. Sites, M. P:amer, M. Sharp, M. Lamp; Masters: T. Storm, L. Kurek, G. Prince, B. Sutes,T. Fenton, S Baunberger. DEADLIFT: Women: R. Myers, T. Slatzer, J. Smurthwaite; Juniors: K. Sites, E. Oplinger, M. Sharp. Around 40 lifters and 150 spectators came to watch they 2nd annual Mansfield meet put on by Stootsies Gym. There were some strong lifts put on by these lifters. Outstanding bencher lite was Ed Beard. Heavy was Jerry Lawrence. Outstanding deadlifters lite was Larry Coombs, hvy Brent Stager. Team bench trophies went to 1st: Body Fitness and 2nd: Future Body. Team trophies for deadlift 1st: Body Fitness, 2nd: Future Body. We want to thank all sponsors, all loaders, judges and people who worked at the table. Also Scott Farnsworth and Bob Stoots who put on an excellent meet. (Thanks to Carl Seeker for results)

National APF Bench Champs...top row, left to right, Bob Siebold, Sam Samaniego, Mike Frates, Tom Burns, Paul Villagomez. Bottom row, Nancy Grimmius, Sylvia Escoto, 41 year old Ron Sakaguchi, and 41 year old Rick Olson. (photograph and information courtesy Dr. Thomas Potigian)

Spanish Women's Championships
29 Apr 89 - Madrid (kg)

44 kg	SQ	BP	DL	Total
S. Morilla	77.5*	42.5*	115*	235*
S. Rodriguez	70	40	80	190
M. Lopez	47.5	25	80	152.5
48 kg				
G. Doncel	105*	50	145*	300*
D. Sanchez	72.5	40	102.5	215
52 kg				
M. Mediavilla	127.5*	47.5	137.5	312.5*
M. Garcia	80	50	107.5	237.5
M. Perez	72.5	42.5	117.5	232.5
M. Gonzalez	75	45	107.5	227.5
G. Lazaro	82.5	35	105	222.5
56 kg				
I. Alonso	102.5	45	112.5	260
M. Nunn	100	47.5	107.5	255
M. Casero	75	40	117.5	232.5
A. Caro	67.5	50	102.5	220
I. Garcia	70	37.5	105	212.5
60 kg				
T. Marcos	92.5	47.5	120	260
D. Guillen	95	42.5	117.5	255
M. Cano	90	50	112.5	252.5
A. Moreno	70	50	120	240
67.5 kg				
F. Escandell	110	67.5*	165*	342.5
M. Ordiz	100	65	110	275
E. Ruiz	75	45	107.5	227.5
M. Jiminez	75	32.5	100	207.5
75 kg				
H. Sanchez	110	50	120	280
82.5 kg				
M. Sancho	120*	55*	145*	320*

* Spanish Women's National Record. (Gracias to Lucio Doncel Recas for results).

5th Coastal Empire Bench Press
6 May 89 - Savannah, GA

Open		Masters	
123 lb.			
J. Elder	160	C. Brantley	260
132 lb.		J. Sinclair	315
E. Williams	200	J. May	270
148 lb.		Teenage	
L. Mingledorf	280	123 lb.	
J. Bonifacio	265	C. Padova	210
L. Maxcy	240	J. Elder	120
181 lb.		132 lb.	
J. Mast	350	E. Williams	200
E. Hargroves	345	148 lb.	
198 lb.		L. Mingledorf	280
D. Kicklighter	320	L. Maxcy	
J. May	270	165 kb,	
C. Brantley	260	A. O'Barry	260
220 lb.		R. Peacock	225
B. Kitty	405	181 lb.	
T. Skiver	390	T. Brazell	315
242 lb.		W. Turner	270
R. Gove	450	198 lb.	
Unlimited		D. Kicklighter	320
A. Fuller	500	J. Smith	145

Best Teenager: Lonnie Mingledorf, Rincon, GA; Best Lifter Open: John Pitz, New Port Richey, Fla. (Thanks to Randell Kicklighter for results)

APF National Bench Press
13 May 89 - Fresno, CA (kg)

Females			
Grimmius-165	107.5	198 lb.	
R. Mathias (148)	107.5	T. Burns	230
S. Escoto (114)	55	R. Dawson	227.5
Masters 40s		B. Ravenscroft	210
Sakaguchi (41)	220	E. McComas	195
W. Patillo (48)	202.5	D. Moore (42)	185
M. Simer (44)	230	A. Moore	165
132 lb.		242 lb.	
J. Lawrence	152.5	M. Frates	235
A. Duran	135	A. Hirchensen	232.5
148 lb.		S. Green	207.5
J. Love	155	C. Burns (42)	182.5
T. Potigian	150	L. Castello	172.5
165 lb.		R. Marwin (56)	150
R. Sakaguchi	202.5	275 lb.	
San Ogustine	167.5	P. Villagomez	237.5
181 lb.		K. Brown	222.5
R. Olson (41)	207.5	R. Surobian (41)	207.5
F. Bames	180	N. Benjamin	205
G. Peoples	177.5	SHW	
J. Coleman	165	S. Samniego	282.5
M. Sperling (45)	147.5	M. Simer (44)	230
K. Escobar	112.5	P. Perez	182.5

(Thanks to Tom Potigian, director, for results)

Ft. Drum Invitational
13 May 89 - Ft. Drum, NY

123 lb.	SQ	BP	DL	Total
E. Silvis*	185	145	250	580
132 lb.				
J. Slaughter	300	250	375	925
R. Oshiro*	270	260	365	895
148 lb.				
K. Nautel*	360	300	525	1185
D. Elder*	450	225	440	1115
M. White	375	215	400	990
165 lb.				
M. Mahler	500	310	510	1320
F. Langhorst*	480	310	500	1290
L. Nichols	440	290	460	1190
181 lb.				
W. Triche	520	415	515	1450
J. Bando*	345	250	405	990
E. Zucker*	275	225	435	935
198 lb.				
K. Bean*	700	385	660	1745
T. Nickerson	630	325	600	1555
242 lb.				
T. Walker*	680	405	650	1735
M. Robinson	525	335	550	1410
275 lb.				
T. Parrish*	600	430	600	1630
275 s				
M. Foster	505	330	565	1400

* - Fort Drum Powerlifting Team. The meet ran a little longer than usual, but the event was an overall success with every lifter increasing his lifts or totals since the last meet held at this post. Best Lifter - J. Johnson (209 lbs.) 1745 total Best Lifting Team: 1/7 FA powerlifters. Team Members: Cpt. T. Parrish; Spc 4 E. Zucker; Spc 4 J. Bandoszewski; Spc 4 K. Nautel; SFC D. Elder; Sgt. E. Silvis; Spc 4 M. White; 2 Lt. K. Bean (Thanks to E. Zucker for results)

A.D.F.P.A. TOP 20

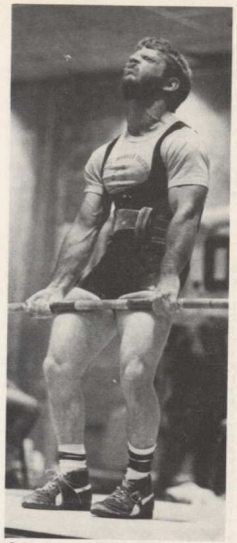
56 kg.
123 lb.

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from June 1988 to May 1989.

Please send a copy of all ADFPA 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 PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1.	480 Blake, H...5/7/89	308 Higgins,...8/13/88	540 Castro, M...11/20/88	1250 Blake, H...5/7/89
2.	457 Clemens, K...4/1/89	287 Arenberg, J...3/25/89	500 Blake, H...5/7/89	1170 Castro, M...11/20/88
3.	415 Baker, G...5/7/89	281 Hoff, R...8/13/88	470 Giannino, A...4/23/89	1146 Hoff, R...8/13/88
4.	413 Hoff, R...6/25/88	281 Jones, M...2/26/89	457 Bolden, L...4/2/89	1124 Arenberg, J...3/25/89
5.	402 Hunnicutt,...8/13½88	275 Byrnes, C...1/22/89	451 Hoff, R...8/13/88	1118 Higgins,...8/13/88
6.	400 Snyder, S...10/22/88	275 Miller, B...1/29/89	440 Arenberg, J...3/25/89	1115 Baker, G...5/7/89
7.	400 Castro, M...11/20/88	270 Catalfamo, J...2/26/89	435 Higgins,...8/13/88	1085 Clemens, K...4/1/89
8.	397 Arenberg, J...3/25/89	270 Blake, H...5/7/89	435 Baker, G...5/7/89	1085 Giannino, A...4/23/89
9.	396 Catalfamo, J...2/26/89	265 Ebnit, J...9/25/88	424 Stagg,...8/13/88	1080 Catalfamo, J...2/26/89
10.	391 Jones, M...4/2/89	265 Baker, G...5/7/89	424 Washington, C...1/15/89	1063 Bolden, L...4/2/89
11.	380 Ringi, J...11/6/88	259 Hunnicutt,...8/13/88	418 James, S...4/15/89	1052 Hunnicutt,...8/13/88
12.	375 Bolden, L...4/2/89	259 James, S...4/15/89	413 Madigan,...8/13/88	1052 James, S...4/15/89
13.	375 Giannino, A...4/23/89	259 Caronado, D...5/6/89	413 Catalfamo, J...2/26/89	1036 Washington, C...1/15/89
14.	374 Higgins,...8/13/88	255 Golec, R...10/2/88	410 Snyder, S...10/22/88	1030 Snyder, S...10/22/88
15.	374 Stagg,...8/13/88	255 Smith, R...5/7/89	405 Gennaro, P...5/7/89	1025 Stagg,...8/13/88
16.	374 Washington, C...1/15/89	248 Bozzelli, B...2/26/89	402 Bozzelli, B...2/26/89	1019 Jones, M...2/26/89
17.	374 James, S...4/15/89	245 O'Donnell, T...6/26/88	400 Jacobs,...7/24/88	997 Ringi, J...11/6/88
18.	363 Gill, E...6/19/88	242 Gill, E...6/19/88	400 Barleen, D...4/89	986 Gill, E...6/19/88
19.	363 Madigan,...8/13/88	242 Weiss, D...4/2/89	391 Hunnicutt,...8/13/88	981 Madigan,...8/13/88
20	350 Jacobs,...7/24/88	242 Farling, D...5/6/89	391 Clemens, K...12/11/88	970 Bozzelli, B...2/26/89



Gary Hunnicutt is one of the top ranked ADFPA lifters in the 123s.

Pittsburgh Coors Extra Gold Bench Press Classic
1 Apr 89 - Pleasant Hills, PA

114 lb.		Women	
O. Price	135	M. Musulin	155
S. Krupinski	120	T. Uchal	145
123 lb.		Teen	
S. Hirst	235	R. Cappozola	470
T. Johns	205	D. Barno	480
R. Watson	205	R. Harbert	435
M. Musulin	155	J. Page	305
132 lb.		J. Strashensky	340
P. Detore	355	C. Calcek	370
C. Harris	210	M. Sperotto	325
148 lb.		C. Leindecker	255
C. Schachte	410	T. Ash	290
D. Romagna	305	B. Campbell	305
R. Manion	275	T. Johns	205
165 lb.		T. Zanarini	250
L. McCormick	410	J. Liebig	240
V. Poteste	380	B. Sagel	250
N. Popeleo	370	Novice	
J. Cox	300	J. Gavin	530
B. Posi	290	D. Rach	440
181 lb.		K. Hinish	505
D. Rach	440	A. Calfo	475
D. Scott	435	R. Harbert	435
J. Urbanic	425	J. Murawski	430
J. Mullen	425	M. Burich	415
J. McMinn	375	T. Edwards	400
S. Alli	365	D. Romagna	305
B. Long	345	B. Long	345
T. Richards	340	M. Oliver	360
J. Stanjs	325	N. Bucholtz	360
T. Magnone	320	D. Wright	335
D. Richards	315	M. Williams	335
198 lb.		T. Domaracki	310
M. Giordanengo	490	K. Martin	375
T. Borgen	485	C. Calcek	370
R. Cappozola	470	W. Detling	350
A. Sclafani	450	R. Manion	275
D. Fuller	435	S. Jackson	315
T. Edwards	400	B. Klinzing	340
220 lb.		J. Cox	300
Z. Gore	460	B. Posi	290
J. Prince	445	C. Evans	315
G. Allen	440	C. Harris	210
J. Murawski	430	T. Zanarini	250
G. Clark	420	J. Liebig	240
J. Bufalini	370	M. White	200
N. Bucholtz	360	D. Wright	165
W. Detlin	350	Masters	
G. Starcher	335	Age 40-49 Light	
242 lb.		P. Detore	355
J. Wright	560	S. Jackson	315
R. Aretz	420	A. Cooley	320
S. Force	420	S. Stewart	295
A. Calfo	475	Age 40-49	
C. Piper	465	Heavy	
275 lb.		T. Bentley	585
T. Bentley	585	G. Clark	420
J. Gavin	530	M. Freeman	475
S. Demarco	500	S. Hawthorne	350
T. Morgan	470	C. Evans	315
C. Aumiller	470	F. Burditt	225
J. Bear	375	Age 50+ Light	
UNL		J. Shear	330
J. Poindexter	560	Age 50+ Heavy	
K. Hinish	505	E. Nagy	370
M. Freeman	475	D. Smith	245

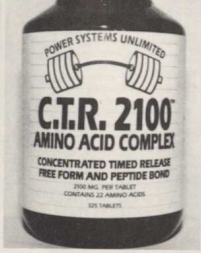
Best Lifters: light- Charles Schachte; heavy- Tim Bentley. Team: 1. Gold's Gym of South Pittsburgh; 2. Power Unlimited. The Pittsburgh Coors Extra Gold Bench Press Class was promoted by Jeff Wright and Tim Bentley. Jeff and Tim tried the impossible; lifting in their own meet! There were 90 competitors from as far away as Minnesota who competed in the biggest bench meet in Pennsylvania. The lifters were cheered on by a crowd of over 350 people. The meet consisted of many elite lifters as well as first time competitors. There was much competitiveness in the many classes. Phil Detore (age 41) not only won the 132's with a 355 bench, but also took the Light Division in the Masters. Charlces Schachte, Best Lifter of the light session, completed a PA state record of 410 pounds in the 148's. The 181 class saw the most competition in the meet. The top four benches were all above 425. Dennis Rach emerged as the victor with 440. The 198's were also as competitive. Matt Giordanengo won with a 490 over Tom Borgen of Minnesota with a 485. Robert Cappozola of Pgh placed third with a 470.

Jeff Wright, one of the meet directors won the 242's with a 560 2nd attempt and a close miss at 570. Rick Aretz and Scott Force battled for 2nd. They both did 520, but Aretz won on bodyweight. Tim Bentley ('88 APF World Champ), also a meet director, won the 275's. Masters Heavy Division with a 585 and a close miss at 600. Bentley was also the Best Lifter of the heavy session. John Gavin (Pro Wrestler) in his first bench meet, did a nice 530 and took 2nd in the 275's. San Demarco benched 500 which gave him 3rd. Big Jack Poindexter won the Unlimited class with a 2nd attempt 560. He tried 600 on the third but it wasn't there. Look for Bib Back to be on the of the next 600 pound benchers. The meet had eight 500+ bench ressers and five who guys who missed attempts over 500. This makes 13 500+ bench pressers. We feel this is one of the biggest bench meets ever held. Much thanks to all the judges, especially Ernie Nagy, who competed in the 50+ Masters Hevy Division. Ernie at 66 years of age benched a new Masters World record of 370 pounds. Special thanks to all the sponsors; Coors Extra Gold, Weider, Twinlab, Mega Pro., Atlas and Genesis. Jeff Wright's next meet will be 'The APF East Coast Bench Press Classic' to be held on August 5, 1989. The top three places will be sculptured trophies again!!! Details will follow in the up and coming issues. (Thanks to Jeff Wright for results).

ADFPA Pepsi Wendy's Eastern U.S.
6,7 May 89 - Johnstown, PA

114 lb.	SQ	BP	DL	Total
B. Schlegel	345	190	370	905
W. Leeder	260	150	295	705
T. Tucker	250	165	285	700
C. Phipps	220	125	250	595
L. Earle	235	110	250	595
123 lb.				
P. Gennaro	340	190	405	935
R. Smith	315	255	335	905
L. Kurowski	325	165	300	790
S. Buddle (W)	275	130	300	705
K. Culican	250	105	245	600
132 lb.				
J. Vernon	425	260	425	1100
D. Reivueld	390	205	405	1000
J. Slyle	370	195	420	885
C. Lanham	290	200	360	850
148 lb.				
S. Bhomjwani	365	305	505	1275
J. Acudia	555	335	405	1230
V. Jones	3370	195	420	985
M. Kizis	345	255	400	1000
T. Molantayre	365	185	385	665
165 lb.				
R. Phipps	445	310	445	1200
K. Buddie	450	230	515	1195
D. Horn	405	280	490	1175
B.. Kelley	430	235	490	1155
D. Whalen	435	255	430	1140
M. Anderson	430	225	430	1085
M. Anderson	430	225	430	1085
W. Scharrenberg	335	215	405	956
C. Schachte	145	405	146	695
181 lb.				
S. Earle	610	365	560	1535
R. Earle	615	320	585	1520
F. Sposdato	530	380	500	1430
J. Connonrs	540	355	535	1490
H. Thomas	510	310	505	1325
R. Wolf	460	310	520	1290
D. Nagoscky	445	250	500	1205
M. Richmond	430	260	425	1115
E. Dorman	440			
R. O'Neil	400			
198 lb.				
G. Dingle	615	365	650	1630
G. Adams	615	315	560	1490
B. McKee	550	330	600	1480
S. McGlinley	540	320	555	1415
C. Zylinsky	525	320	530	1375
K. Fisher	520	275	530	1325
D. Whitefield				
220 lb.				
J. Morgan	700	365	560	1625
M. Novak	550	420	580	1550
D. Earle	600	340	525	1465
R. Supply	535	360	500	1465
R. Filipowicz	525	315	475	1310
M. Combs	465	225	415	1206
K. Pickard	450	230	550	1350
242 lb.				
J. Killiam	600	390	600	1590
D. Price	545	320	1555	1420
D. Shannanacy	480	320	550	1350
275 lb.				
T. Brooks	670	430	700	1800
G. Hnatt	475	355	450	1280
R. Churovia	145	465	146	755
HW				
R. Metz	655	480	625	1760
A. Kocharcik	365	465	145	755
C. Calabrase				

Outstanding Lifter: light- Dave Earle; heavy- Gary Dingle. Women's Division: Tracie Tucker, Stanlee Buddle, Linda Earle, Catherine Culican, Dorothy Krupa. Masters Division Light: Bob Schlegel, Morris Anderson, Fred Hynatt. Teen Division: Light Randy Earle, Hal Thomas, Jeffrey Slye, David Horne, Dan Whalen; Heavyweight: Fright, Rick Fillipowicz, Ken Pickard. Team Competition: 1. Terrace Brooks Drug Free Team; 2. Steel Mill; 3. Penn State Barbell. Held at University of Pittsburgh Johnston. Records: Robert Churovia 485 - American Masters Bench; Randy Earle 615 American Teenage; Charles Schachte 405-460 PA State Bench; Dorothea Krups 150 PA State bench. Testing - six (6) lifters were tested. All passed: Scale Certification by Varner Scale Service, RD -2 BOX 471, Hollople, PA 15935. (Thanks to Tom Wojicki for results)



Power Systems' CTR 2100 Amino Acid Complex It's Timed Release!

NEW!

The function of Amino Acids is to aid the body in the utilization of protein. Protein builds muscle. Now, make sure aminos are present at the exact time your body is ready for them! Finally! Aminos when and where you need them! 2100 mg per tablet, 22 aminos, 325 tabs, all timed release. Usual price ~~$36~~. Introductory NOW $25!.

To order call
Power Systems Unlimited
1-800-248-LIFT

Barbaric Bench Press/Deadlift
20 May 89 - Augusta, GA

Open Division	BP	DL	Total
148-181			
J. Culliver-152	300	575	875
S. Pough-146	315	385	700
J. Calhoun-173	270	520	790
S. Odum-171	335	440	775
C. Bull-149	290	375	665
B. Sexton-153	215	400	615
H. Woddring-155	195	360	555
198-242			
G. Whitehead-196*	365	700	1065
E. Wright-215	320	630	950
P. Parker-199	255	450	705
275-SHW			
B. Collins-272	450	475	925
Military Division			
114-165			
J. Culliver-152*	300	575	875
Z. Brooks-112	100	240	340
Women Division			
Under 120			
N. Mendez-107*	95	260	355
Z. Brooks-112	100	240	340
121-140			
A. Cobb-137	125	385	410
Masters Division			
114-165			
H. Woodring - 54-155	195	360	555
181-SHW			
B. Parker-55-198*	220	530	750
H. Pate-46-196	225	360	585
S. Friedman - 47 -286	235	375	610
Teenage Division			
114-148			
G. Wilk-134*	200	460	660
165-198			
F. Collins-189	315	430	745
Collegian Division			
114-165			
G. Wilk-134	200	460	660
C. Bull-149	290	375	665
B. Sexton-153	215	400	615
181-SHW			
D. Pate-182*	340	520	860
B. Collins-272	450	475	925
J. McDonald-176	230	485	715

For so long, I've seen flyers come into the gym announcing an upcoming meet and on the bottom it states "tapes will be sent to ESPN". Well, it was because of that little statement I decided to make the dream come true, and the dream is powerlifting on television. Sure, you see olympic lifting on ESPN, but what about the little lifter who trains just as hard as the international lifters do? With the help of Randall Kea and Chuck Dunbar (two of the most noted names in Powerlifting), Lifecare Emergency Medical Service, the Bulova Watch Company, and the Central Savannah River JONES INTERCABLE TELEVISION NETWORK, the dream is beginning to take shape.

On May 20th the Barbaric Bench Press and Deadlift competition was held at Warren Road Gym in Augusta and taped by the Jones Intercable Television Network for broadcast sometime during the latter part of July. There were 21 lifters (3 females and 18 males) participating in the event. Some will say that's a small number of lifters and not worth having a meet for. To those I say do some re-thinking on your meets. We have four hours of television tape to review to make an hour and a half show. The sponsors received almost $10,000 worth of television advertising as the show will air twice a day for nine days. The winning lifters in each category received a Bulova watch with a value in excess of $185 to $300, and the money was donated to charity. Now, I ask you, does that sound like a losing meet? You might say that the television show will only be shown in the Augusta area, but I would remind you that Jones Intercable has affiliates all across the United States, and the Super Station, WTBS, out of Atlanta started out as a local station as well, and Rome wasn't built in a day. After the show has been edited and aired, I will be sitting down with Ms. Darla Smith and Bill Botham of Jones Intercable Production Department, here in Augusta, to set about the plans to get the show in other Jones Intercable markets.

(Thanks to Randall Kea/Jimmy Carter (from Augusta, not Plains, Georgia) for results.)

Misawa Invitational
30 May 89 - Misawa AB, Japan

Women	SQ	BP	DL	Total
Tullock	195	115	280	590
Lovell	140	100	230	470
Underwood	205		240	445
Men				
132 lb.				
Tanikawa	285	210	420	915
148 lb.				
Eiseman	355*	230		585
165 lb.				
Summers	420	270	460	1150
181 lb.				
Osawa	415	240	440	1095
Kudo	335	240	375	945
198 lb.				
Rounsevelle	650*t	310	600	1560
Seigel				

* - Base Record; T - ties PACAF record. Thanks to judges Keith, Mac, and Kamico. Eiseman had to take a flight so he could not total out, he was on his way to a possible DL & Total for Base records. Summers went 9 for 9, much improved from bombing out at last year's meet with a 315 squat. (Thanks to Dave Rounsevelle for results)

Best Lifters at the Barbaric Bench Press/Deadlift Meet include Geoffrey Wilk (Teen & Collegiate), Joe Culliver (Military), Naomi Mendez (Women), Ben Parker (Masters), Gerald Whitehead (Open). Thanks to Randall Kea for photo

Michigan High School Meet
18 Mar 89 - S. Lyon, MI

Girls			
97 lb.			
D. Hodge	425		
114 lb.			
M. Herrera	391		
S. Elmore	275		
123 lb.			
T. Elie	535		
L. Baker	515		
K. DeLeon	470		
K. Brown	435		
132 lb.			
K. Sayles	540		
M. Israel	510		
148 lb.			
N. Petzold	625		
H. Radloff	610		
S. Marterella	550		
M. Bandy	510		
165 lb.			
J. Nelson	525		
G. Carry	445		
M. Hughes			
181 lb.			
C. Petrie	565		
198 lb.			
J. Kennelly	665		
J. Stout			
A. Blaisdell			
Unlimited			
E. Wikaryasz	795		
J. VanDyk	705		
R. Morgan	440		
Boys			
105 lb.			
B. Popma	690		
M. Herbert	550		
N. Wahl	550		
S. Taylor	500		
M. Slough	460		
J. Swercan	440		
D. Potter	405		
K. Starks	385		
114 lb.			
J. Ryscamp	530		
123 lb.			
S. Meadows	705		
K. Novotny	645		
J. Biber	600		
D. Snyder	595		
J. Hawkins	595		
L. Snyder	465		
132 lb.			
D. Sanders	960		
R. Vaughn	920		
D. Semak	840		
C. Diehl	705		
H. Vaughn	645		
148 lb.			
T. Fisher	845		
B. Riggs	830		
K. Skinnery	820		
E. Applegate	820		
R. Foytek	800		
C. Wright	730		
Y. Velo	715		
A. Wilson	665		
B. Wood			
165 lb.			
D. Rieli	1095		
G. REno	1065		
K. Goulette	1055		
M. Toombs	1050		
K. Valiment	1045		
T. Todd	1015		
P. Cole	990		
V. Tidwell	995		
B. Kay	935		
R. Ledbetter	920		
W. Shelton	875		
J. Davis	875		
J. Sizemore			
M. Caramagno			
E. Bussey			
M. Dantzer			
181 lb.			
S. Morse	1135		
B. McKouen	945		
T. Zimmerman	705		
B. Hoeks			
D. Pierle			
198 lb.			
J. Wirsing	1185		
G. Bell	1080		
J. Hauger	995		
J. DeClercz	975		
R. Ammen			
220 lb.			
M. Keskes	955		
T. Earehart			
242 lb.			
P. Moll	810		
L. Varga	800		
S. Reed	705		
275 lb.			
R. Gall	1170		
N. Rappley	810		
Heavyweight			
M. Davis	995		
M. Rappley	980		
D. Lemanski	900		
S. Choate	785		

The Michigan High School Chamionships were held at South Lyon High School. A total of 90 lifters competed. While the total number of competitors was down from previous years, there were, however, some outstanding individual performances. The men's and women's team division was won by South Lyon. Runner-up in both the men's and women's division was Millington High School. Many thanks to all who volunteered their time as judges, scorers, and loaders. (Thanks to Dan Skatzka for results)

5th New Jersey ADFPA Bench
6 May 89 - Hackettstown, N.J.

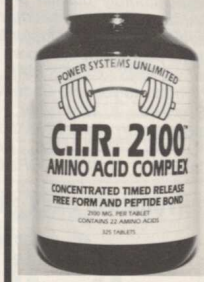
Master		198 lb.	
D. Cramer	410	B. Yurchak	410
W. Evens	385	F. Monte	355
J. Farrell	350	B. Katz	340
R. Morris	375	220 lb.	
J. Kazanowsky	315	J. Gross	410
J. Burton	310	J. Roskoski	370
G. Masiell	225	P. Miller	365
F. Green	145	D. Cordill	360
Teenage		C. Edwards	330
J. O'Neill	295	C. Meyers	
B. Katz	340	242 lb.	
M. Yost	260	J. Carroll	410
N. Pavlides	295	J. Nogueras	400
J. Sacca	340	R. Esserman	360
M. Ott	240	J. Contratto	345
C. Vilhes	140	D. Pickens, Jr.	345
Woman		J. Sacca	340
J. McGrogan	165	R. Lucas	319
K. Eggers	90	275 lb.	
Out of State		T. Gonzales	440
M. Cantrell	445	J. Matrell	385
J. Plummer	420	B. Weischevel	440
T. D'Alfonso	345	SHW	
W. Evens	385	D. Cramer	410
J. Farrell	350	G. Bennett	350
J. Cohen	260	Reps Women	
T. Groamlich	295	J. McGrogan	20*
C. Green	250	K. Eggers	12
J. McGrogan	165	Reps Men	
Open		B. Yurchak	215x31
114 lb.		D. Matushen	187x29
K. Eggers	90	J. D'Elia	185x28
132 lb.		M. Yost	152x27
C. Vilhes	140	M. Contrell	242x27
148 lb.		J. Gross	237x26
M. Mellusi	305	B. Headley	182x24
F. Sicurella	300	E. Ramm	182x23
R. Groner	300	D. Ely	161x23
G. Masello	225	M. McLeod	197x22
165 lb.		J. O'Neill	156x22
E. Morrison	400*	T. Gromlich	175x21
D. Ely	350	J. Norgueras	260x20
B. Headley	340	B. Katz	212x19
C. Skeete	315	J. Roskowski	237x18
E. Ramm	310	J. Matrell	270x17
N. Pavlides	295	J. Contratto	260x16
T. Wolansky		J. Gonzales	187x16
181 lb.		C. Edwards	225x16
J. De'Elia	340	G. Masiello	165x15
D. Matushen	330	M. Ott	175x14
B. Urato	330	J. Burton	212x13
M. McLeod	325	W. Evans	262x12
J. Gonzales	270	C. Vilhes	142x3

Team Trophy: Arcidi's Gym. Best Lifters: light- Elijah Morrison; heavy- Bill Yurchak. Rudo Sablo Sportsmanship Award - Greg Bennett. * - Meet record. Drug Testing was done by Mike Mooney. Seven tested, one failure. The contest was a success with 60 lifters from four states. The numbers indicate some very close competition with the winner determining twice by body wt. Many thanks to the people who helped put the meet together, without whom there could be no contest. Spotters, Eric Koppi, Ken Ferrall, Judges, Bill Clayton and Mike Tiano and Rich Schmelzel; Ted Finland and all his helpers from Hard Bodies that move all the equipment and chairs around. Jaen-Mindos and my coach Barbara Gitlin who handled the table. Matthew and Maria Pyra, who handles the shirts and Money. And special thanks to Joe Di Fignia, owner of Hard bodies who so graciously allows us use of his gym. (Thanks to Joe Pyra for results)

Inland Empire Police-Fire
22 Apr 89- Rialto, CA

Open	SQ	BP	DL	Total
60kg				
M. Russell	75	47.5	110	232.5
82.5kg				
J. Griffin	215	142.5	227.5	585
T. Wilson	192.5	122.5	220	535
30-39 age div				
67.5kg				
K. Blackburn	130	115	170	415
82.5kg				
J. Bizzini	192.5	132.5	210	535
90kg				
C. Holland	192.5	167.5	272.5	632.5
100kg				
G. Brinkley	220	150	232.5	602.5
J. Millett	205	127.5	215	547.5
40-49 Age Group				
82.5kg				
B. Sherman	135	125	150	410
100kg				
L. Wagnor	282.5	175	290	747.5
A. Viola	230	147.5	222.5	600
125kg				
D. Lamar	202.5	135	227.5	565
50 & over				
75kg				
W. White	182.5	145	207.5	535

Best lifter awards: Women: M. Russell, Men's Open: C. Holland, Men's Masters: W. White. Meet was held at 'The Johnson Center' in Rialto, CA. A small group of good lifters competed in the various wt classes and divisons. Great judging by Don and Fran Haley and Bud Mucci. Georgia Smith handled the gate receipts, Shelley Stanford and Adele Hamblin the sales tables. Rebecca Montgomery, the scorers table, Julie McVeagh did a bang up job of announcing. We had two great spotters and loaders in Jon Scoborn and Chuck Rhoades. The Park and Rec Dept of Rialto furnished a great building for the meet. Many thanks to all! (Thanks to Jay McVeagh, meet director, for results)



Power Systems' CTR 2100 Amino Acid Complex It's Timed Release!

NEW!

The function of Amino Acids is to aid the body in the utilization of protein. Protein builds muscle. Now, make sure aminos are present at the exact time your body is ready for them! Finally! Aminos when and where you need them! 2100 mg per tablet, 22 aminos, 325 tabs, all timed release. Usual price ~~$36~~. Introductory NOW $25!.

To order call
Power Systems Unlimited
1-800-248-LIFT

USPF Iowa State Championships
25 Mar 89 - Newton, IA (kg)

Women	SQ	BP	DL	Total
132				
K. McGowan	110	65	140	315
165				
J. Denison	92.5	55	125	272.5
Teenage				
148				
K. Rhoades	190	95	182.5	467.5
M. Roudabush	195	107.5	162.5	415
165				
D. Brockert				
181				
K. Cassaidy	240	170	240	637.5
S. Porter	190	110	182.5	372.5
198				
B. Flack	235	170	260	665
M. Mitchell*	265	145	272.5	682.5
Masters				
181				
D. Rhoades	257.5	142.5	237.5	637.5
W. LuDouissy	222.5	137.5	217.5	577.5
J. Ites	137.5	120	147.5	405
R. Olson	25	197.5	60	282.5
198				
D. Lawrence	265	140	267.5	672.5
D. Mellon	250	137.5	265	652.5
220				
B. Devine	137.5	90	192.5	420
SHW				
J. Brewer	65	212.5	65	335
Natural (1 yr.)				
114				
D. Bevenour	87.5	70	135	292.5
123				
K. Athreya	142.5	102.5	135	380
132				
T. Lambert	160	80	170	410
165				
M. Heying	195	125	202.5	522.5
S. Sleezer	185	140	182.5	507.5
181				
G. Hunt	192.5	130	240	562.5
D. Hurkin	215	142.5	195	552.5
R. Kinney	155	100	155	410
198				
D. Zachary	247.5	157.5	285	690
K. Denison	200	147.5	245	592.5
220				
N. Cozine	220	150	227.5	592.5
J. Jordan	230	145	217.5	592.5
242				
W. Hammes	320	182.5	275	777.5
P. Brunson	245	152.5	282.5	680
275				
M. Riordan	312.5	185	305	802.5
K. Freking	260	170	272.5	702.5
C. Berry	252.5	165	280	697.5
M. Esposito	205	162.5	260	627.5
SHW				
T. Rockhold	282.5	187.5	280	750
Open				
114				
D. Bevenour	87.5	70	135	292.5
E. Ulch	102.5	87.5	100	290
132				
R. Perrenood	157.5	122.5	172.5	452.5
165				
T. Riccelli	275	147.5	202.5	625
M. Hadacek	230	120	245	595
C. DeFrancisco	227.5	150	217.5	595
J. Moses	235	125	230	590
M. Pauley	172.5	130	225	527.5
M. Heying	195	125	202.5	522.5
181				
M. Gillette	282.5	170	260	712.5
W. Ludouissey	222.5	137.5	217.5	577.5
Z. Nong	210	112.5	250	572.5
J. Demott	227.5	112.5	227.5	567.5
R. Olson	25	197.5	60	282.5
198				
D. Zachary	247.5	157.5	285	690
D. Mellon	250	137.5	265	652.5
B. Fetty	245	180	222.5	647.5
C. Barney	207.5	152.5	220	580
220				
P. Schultz	295	182.5	295	762.5
N. Cozine	220	150	222.5	592.5
S. Arnold	220	132.5	212.5	565
242				
T. Patterson	25	240	182.5	335
275				
L. Toomey	262.5	207.5	250	720
K. Freking	260	170	272.5	702.5
C. Berry	252.5	165	280	697.5
L. Levine	262.5	185	247.5	695
M. Esposito	205	162.5	260	627.5
SHW				
K. Gorgal	340	162.5	285	787.5
D. Vanzo*	115	242.5	115	472.5

* - Guest. (Thanks to Marsha Peters for results)

Alberta Provincial Championships
18 Mar 89 - Edmonton, Canada (kg)

Women	SQ	BP	DL	Total
D. Dow (77.2)	142.5	65	167.5	375
C. Cornell (67)	100	55	132.5	287.5
J. Vrana (89)	75	45	115	235
Men				
56 kg				
S. Jacklin	125	60	165	350
60 kg				
L. Burke	80	70	105	255
67.5 kg				
V. Graham	167.5	132.5	205	500
G. Cojocarlu	165	95	190	450
K. Talbot	142.5	90	197.5	430
D. Ulry	120	75	190	385
J. Tomaszewski	112.5	60	137.5	310
K. Orkusz	110	55	105	270
R. Lew				
E. Timko				
75 kg				
M. Kern	205	132.5	240	577.5
D. Black	182.5	112.5	215	510
A. Ayala	192.5	117.5	195	505
T. Parneli	170	100	215	485
N. Kaufmann	182.5	105	187.5	485
D. Nikoleychik	165	90	205	460
82.5 kg				
C. Thomas	235	137.5	260	632.5
M. Marton	205	125	230	560
H. Kovac	185	110	220	515
K. Trenka	177.5	117.5	215	510
A. Ulry	150	110	200	460
G. Vasquez	150	107.5	180	437.5
C. Youell	182.5			
C. Hebert				
90 kg				
B. Goodyear	250	145	252.5	640
M. Giffen	225	172.5	230	627.5
J. O'Brien	200	155	242	597.5
J. Carter	210	140	220	590
P. Ukrainetz	222.5	132.5	225	580
M. Ukrainetz	217.5	120	225	562.5
P. Crombie	192.5	110	220	522.5
L. Pilotte	190	150		
100 kg				
M. Meli	227.5	150	250	627.5
D. Eckstrom	210	160	230	600
110 kg				
D. Gregor	220	142.5	240	602.5
125 kg				
S. Walmsley	250	177.5	260	687.5

Here are results from our Provincial Championships at Meyokumin School in Edmonton, Alberta. The meet was presented by the Edmonton Powerlifting Club and sanctioned by the Alberta Powerlifting Union. I expected about 25 - 30 lifters, so I was surprised and happy to see 39 contestants enter. The lifting was first class with close battles in a few classes. Best Lifters were Lightweight - Cam Thomas, Heavyweight - Ben Goodyear. Women - (by Malone formula) - Donna Dow. Donna is a new lifter, with less than 1 year of competition and is going to the Nationals June 16. We expect great things from her in the future, once she gets her bench moving. Meet Directors were myself and Ken Rickard. Referees - Myself, Randy Sparks (competing in the Pan Am's), Laura Franzcak, Don King, Ken Rickard, and Joe Stockinger. My great thanks to all above plus the spotters, loaders, desk help, marshalls, etc., who were invaluable in making this a great meet. (Thanks to Mike Armstrong for results)

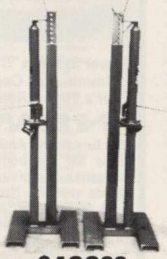
Lackland AFB Meet
29 Apr 89 - Lackland AFB, TX

Women	SQ	BP	DL	Total
B. Bartine (114)	270	160	335	765
P. Saterdalen (101)	150	95	205	450
M. Mendoza (118)				
Masters				
Art Bedford (150)	260	225	320	805
Teenage				
T. Sanders (198)	670	400	640	1710
T. Strevey (142)	250			
165				
T. Culberson	450	310	550	1310
J. Villanugua	400	325	425	1150
M. Hughes	380	295	390	1065
C. Martinez	340	270	405	1015
181				
R. Hernandez	525	315	490	1330
J. Sloan	375	280	460	1115
M. Carroll	360	275	425	1060
J. Saterdalen				
198				
E. Mannheimer	475	285	430	1205
L. Wall	380	260	460	1100
220				
M. Blankley	450	375		
M. Ray	475	280	450	1205

Best Lightweight Lifter - Troy Culberson, Best Heavyweight Lifter - Eric Mannheimer, Best Overall Lifter - Troy Culberson. This was a very small meet, but it gave a few beginning lifters a chance to get the feel of a meet. I would like to thanks Bob Cook and the Athletic staff of Lackland AFB for their time and work to put this meet together. I think Marc Blankley deserves note because on the bench press he dropped 400 lbs. on his chest and was unable to finish the meet. (Results by Dave Spadafora)

POWER HOTLINE..... *is your twice monthly bulletin of the IRON GAME, with late breaking news and results, consistently faster than other news sources in the sport. It is sent out via FIRST CLASS MAIL, and zips the news to your Zip Code while it still IS news. A one year, 24 issue subscription costs $28.00 payable to POWERLIFTING USA, Box 3238, Camarillo, CA 93011 ORDER NOW!*

HYDRAULIC JACK STANDS



Only $400.00 Pair

2½" TUBING FOR GREATER STRENGTH — SMOOTH TO USE

Each jack is listed for a capacity of 3,000 lbs.

JUBINVILLE
EXERCISE EQUIPMENT
P.O. BOX 662, HOLYOKE, MA 01041

BUILD HUGE MUSCLES

- TOP QUALITY BODYBUILDING/ POWERLIFTING SUPPLEMENTS THAT REALLY WORK
- SUPER SAVINGS
- HUGE INVENTORY
- FAST FREE DELIVERY

$ SAVE $

Ultimate Amino 2000, 325 Tabs	$21.00
Pure Inosine, 500 mg, 100 cps	16.00
Gamma Oryz. 200 mg, 200 tbs	14.40
Pro Line DynaBol 28 oz	19.40
Strength Sys. 30 gr, Liver 500	15.75
100% Egg Protein, 40 oz	21.50
Fat Burners, 100 tabs	10.80
Healthy 'N Fit weight gain 66 oz	18.75
GH Enhancers, 270 Tabs	35.00
Nature's Sterols, 30 Paks	25.50
Body Ammo, Bio-Mass, 1 Kilo	18.50
500 mg. Aminos, 500 caps	21.00

PLUS Nature's Best, Super Spectrim, Weider, Sportstar, Twin Lab, Unipro, Universal, Bricker Labs, and more!

CALL TOLL FREE (Orders Only)
1-800-822-9995
Information: Pa & Alaska—215-670-0103
Visa/MasterCard accepted (no CODs) or send Money Order/Certified check to:

THE VITAMIN OUTLET
P.O. Box 2073 Dept. PL-29
READING, PA. 19608

SEND FOR FREE CATALOGUE!

How I put 400 lbs. on my Total and WON BIG!
IN ONLY 5 MO!!!

A unique power plan including special cross training methods provided by a CLASS I OLYMPIC COACH. Only one price for ENTIRE PROGRAM. Send check or money order of $19.95 to:
CLASS I CHAMP INC.
I Landing Rd.
Landing, NJ 07850

For Men and Women

Greatly improve strength and Endurance, IT WORKS!!!

Adds #S **FAST**

PERFORM AT YOUR PEAK & WIN BIG!

CLASS I CHAMP INC.

New Mexico Championships
6 May 89 - Santa Fe, NM

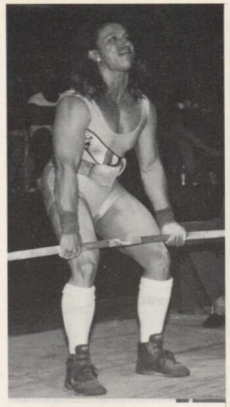
114-Open	SQ	BP	DL	Total
D. Chavez	240	175	240	655
132-Open				
D. Maez	380	225	460	1065
148-Open				
M. Grado	450	285	480	1215
D. Smith	390	250	430	1070
L. Secura	310	235	420	965
Div II				
J. Trujillo	405	240	460	1105
R. Brown	280	110	225	740
165-Open				
G. Florez	495	420	570	1485
D. McCallon	570	285	550	1405
L. Rue	475	295	540	1310
C. Lucero	445	315	450	1210
Div II				
C. Lucero	445	315	405	1210
B. Bautista	435	260	450	1145
J. Montoya	400	260	475	1135
J. Volden	325	285	425	1035
L. Sanchez	350	245	415	1010
181-Open				
D. Lacy	630	345	500	1475
K. Croxdale	430	315	540	1285
T. Gallegos	385	305	440	1130
Div II				
J. Martinez	425	310	485	1220
J. Barela	450	315	450	1215
R. McDonald	430	275	490	1195
W. Lujan	435	250	480	1165
D. Sierra	390	290	450	1130
198-Open				
T. Orona	600	390	595	1585
T. Maese	585	395	600	1589
J. Oelrich	480	305	615	1400
D. Weatherford	500	315	570	1385
G. Adams	400	245	525	1170
Div II				
R. Shell	500	300	500	1300
D. Laughlin	475	290	520	1285
J. Gordon	440	270	500	1210
G. Adams	400	215	525	1170
D. Herrera	340	250	425	1015
220-Open				
S. Deering	640	440	660	1740
K. Widinski	450	300	450	1200
R. Hutchinson	255	205	225	685
Div II				
J. Sadzewicz	500	325	525	1350
D. Poling	500	280	470	1250
K. Widinski	405	300	450	1200
K. Carpenter	370	250	400	1020
242-Open				
E. Williams	640	440	675	1755
L. Henderson	600	400	600	1600
M. Munoz	585	385	520	1490
M. Miller				
Div II				
L. Henderson	600	400	600	1600
M. Munoz	585	385	520	1490
A. Frangipane	425	280	440	1145
G. Platero	405	280	430	1114
275-Open				
J. Roskos	675	475	675	1825
M. Adelman	605	390	605	1600
SHW-Open				
P. Simone	405	260	435	1100
Women				
Steenrod-147	435	275	480	1190
D. Chavez-114	240	175	240	665
M. Cox-114	210	100	300	610
M. Mendoza-127	230	125	300	655
R. Brown-148	280	135	325	740
J. Buttriss-143	225	145	275	645
Teenage Div				
R. Shell-198	500	300	500	1300
M. Garcia-164	375	310	410	1095

(Thanks to Chet Edwards, director, for results)

Texas Girls High School Meet
Apr 89 - Wimberley, TX

105	SQ	BP	DL	Total
D. Stephenson	225*	75	250*	550*
M. Pike	190	105*	245	540
P. Hillyer	165	60	185	410
114				
K. Buchman	210	110	240	560
R. Shannon	190	85	200	475
E. Moreno	135	80	140	355
123				
K. DeRouen $	265*	130*	260	655*
A. Merryfield	210	75	210	495
J. Hollingsworth	155	65	215	435
A. Braun	150	95	190	435
132				
T. Ross	275*	110*	205	590*
L. Ortega	190	100	240	530
A. Heckathorn	185	105	225	515
B. Benner	200	90	220	510
S. Lewis	175	95	175	445
N. Payne	135	85	190	410
148				
C. Johnson $$	285	115*	355*	755*
J. Martinka	255	110	280	645
S. Broussard	230	105	290	625
C. Holzmann	250	115*	255	620
M. Perez	250	100	230	580
J. Schion	215	110	255	580
C. Allen	260	95	225	580
D. Bradberry	185	90	250	525
D. Coca	195	85	215	495
M. Davidson	180	80	220	480
B. Spurlock	185	90	200	475
L. Peveto	125	65	175	365
149 & Over (Malone)				
R. King (198's)	300*	135*	300	735*
J. Hebert (198's)	230	120	310*	660
S. Boeck (165's)	250*	100*	250	600*
J. Fowler (220's)	300*	145*	300*	745*
C. Bloom (165's)	185	95	215	495
A. Parker (198's)	120	90	220	430
M. Garza (SHW)	215*	170*	220*	605*

* - Texas state girls high school record, $ - Outstanding Lifter light classes, $$ - Outstanding Lifter heavy classes. Team Standings: 1st - Port Arthur Austin H.S., 2nd - Georgetown H.S., 3rd - Pflugerville H.S. Meet site: Wimberley High School, Wimberley, Texas. Meet director: Steve Murray. Head judges: Jim Griffith, David Perkins. Date: April 8, 1989. U.S.P.F. Sanction number: 2279-89. This meet was a great success for the second consecutive year and the interest shown in powerlifting for high school girls in the state of Texas has grown. These young ladies are super representatives of their respective schools and of the sport of pwerlifting. The competition was outstanding, as was the support given by the spectators, coaches, spotters and loaders, judges, and meet workers. Special thanks must be extended to Mr. Jim Griffith of Bastrop, Texas. Jim has been the leading supporter of boys and girls powerlifting in our area and throughout the state. He is always willing to sacrifice his time and equipment for the coaches who request his assistance. I can say without a doubt that Texas high school powerlifting would not hold its NO. 1 standing in the nation, if not for the unselfish efforts of Jim. We look forward to another succesful powerlifting season for both boys and girls next year! (Thanks to Steve Murray for results)



Tuning Up *for the Nationals was Vicki Steenrod at the New Mexico State meet. She went 435 275 480 1190 at 148, missing a 460 squat on depth, a 285 bench without a bench shirt, and taking only 2 deadlifts.*

USPF Georgia Championship
6 May 89 - Atlanta, GA

Open	SQ	BP	DL	Total
114				
C.J. Coker	215	105	220	540
132				
K. Witley	450	255	480	1185
148				
D. Kimble	580	260	445	1285
165				
M. Maclean	635	365	585	1585
W. Telecky	585	330	570	1485
T. Burkholder	570	365	520	1455
T. Miller	450	320	530	1300
181				
R. Black	645	400	565	1610
B. Reese	535	315	530	1380
198				
R. Potts	660	420	645	1725
B. Wansley	700	360	640	1700
220				
W. Ussery	575	435	580	1590
J. Weaver	640	330	600	1570
G. Lands	620	400	550	1570
A. Christian	490	290	575	1355
242				
D. Hammonds	700	550	665	1915
C. Hoover	600	460	700	1760
R. Ball	600	460	680	1740
275				
T. Vuckovich	700	510	785	1995
D. Rose	525	350	485	1360
Women				
132 & under				
A. Everett	300	165	320	785
J. Shelnutt	245	125	280	650
C.J. Coker	215	105	220	540
D. McMahon	235	125	285	645
S. McClenoon	195	110		
132 & above				
T. Lashley	420	210	340	970
A. Gallagher	315	150	355	820
L. Williams	300	125	325	750
T. Combs	145	95	200	440
Masters				
R. Harris	600	350	625	1575
B. Parker	425	220	525	1170
D. Green	445	320	475	1240
H. Woodrun	250	180	375	805
Class II				
123				
J. Dunahea	325	175	370	870
132				
B. Coleman	330	190	315	835
148				
B. Sheemarer	385	215	410	1010
S. Pough	250	300	350	900
165				
S. Gowan	445	350	445	1240
E. Harmon	330	235	460	1025
D. Brown	300	265	390	955
181				
D. Overbay	475	250	460	1185
R. Gaskins	370	370	440	1180
J. Hughes	400	180	415	995
198				
K. Kayes	600	400	500	1500
C. Taylor	335	440	500	1275
220				
A. Christian	490	290	575	1355
242				
H. Kirby	600	300	575	1475
275				
D. Rose	525	350	485	1360
SHW				
B. Bell	570	400	475	1445
G. Bryant	450	375	575	1400
Teenage				
J. Hardy	375	260	410	1045
J. Robison	510	230	430	1170

(Thanks to Sandy Ellis for results)

ISR vs. Brad's Gym
15 Apr 89 - Anamosa, Iowa

123	SQ	BP	DL	Total
R. Kransnek	345	190	370	905
132				
H. Edwards	310	215	370	895
148				
E. Wanatee	430	265	450	1145
D. Berteisen	380	190	415	985
S. Vilardo	255	210	400	865
165				
R. Johnson**	550*	340	560*	1450*
R. Triplett	440	330	425	1195
M. Gaskin	425	260	430	1115
B. Poland	435	260	415	1110
181				
R. Wilson**	555	315	550	1420
M. Hedegard	425	300	400	1125
198				
L. Lenz	560	295	550	1405
F. Millsap	460			460
220				
D. Swanson	560	295	560	1415
242				
F. Carson	640	380	600	1620
275				
J. Welch	525	370	565	1460
D. Woodyard	450	300	550	1300
SHW				
G. Prince	600	390	655	1645

** - Best Lifter Lower Classes: Russ Johnson, ISR. **- Best Lifter Upper Classes: Ron Wilson, Brad's Gym. * - New Iowa State Master Record: 4th attempt 570 lb. Squat. Team Standings: Brad's Gym - 34 points; ISR - 25 points. Meet Director: Mr. Tom Beadle. The I.S.R. Weight Club would like to congratulate 'Brad's Gym' for their excellent lifting and Team victory in the I.S.R. Dual Meet held on April 15th, 1989. We would also like to extend our appreciation to Brad Stevenson for lending his assistance in Rules clarifications, judging and for taking time to answer the many Powerlifting related questions put forth by I.S.R. Weightlifters. We look forward to seeing Brad and his team at the Mid-Western Open Meet in December. (Thanks to Tom Beadle for results)

"DRUGS, SEX, SPORTS..."

Plus "POWER" and "PSYCHING" $10 each

3 New Books - TOGETHER only $25.00
by Dr. Judd Biasiotto, Ph.D.

"You'd spend over $30 for a lifting suit to put 20 pounds on your squat. Why not spend $25 and watch all your lifts go up?"

Send Check or Money Order (Plus $2.00 Postage & Handling) to:

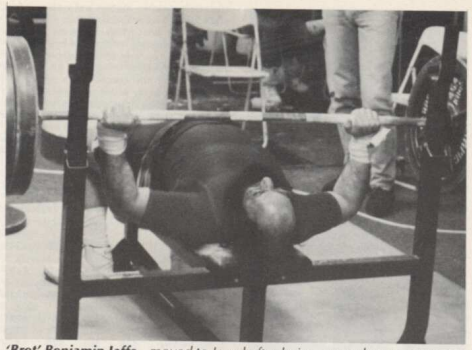
World Class Enterprises, Inc.
2002 Skylane Drive, Albany, Georgia 31705

Israel Championships
10 May 89 - Tel Aviv, Israel (kg)

	SQ	BP	DL	Total
Teen Women				
H. Ramos	56.5	32	86	174.5
Women				
D. Ramos	70.5	38.5	82.5	192.5
Men				
60 kg				
G. Henrich (t)	105	55	145	305
G. Kaplan	80	80	105	265
G. Tsemach	62.5	47.5	115	225
67.5 kg				
A. Kirschner (BL)	213	122	227	561
E. Nitzan	145	105	177.5	427.5
H. Cooper (t)	115	75	140	330
G. Lior (t)	100	90	130	320
75 kg				
S. Dahan	175	150	170	495
M. Shmaya (t)	147.5	122	205	473.5
Z. Langevitz (*40)	147.5	132.5	177.5	455
A. Yehuda	145	110	170	420
E. Wolf	110	100	210	411
82.5 kg				
D. Ramos (*50)	206*	129	188	523
H. Stolovitz (*40)	170	122	211	503
S. Morgan	170	100	190.5	460.5
M. Chanan (*50)	160]	95	200	455
90 kg				
N. Chanan (BL)	232.5	181	279	692.5
B. Jaffe	211	165	193	569
D. Sugar (t)	180	115	235	533
A. Solar	145	95	149.5	389.5
100 kg				
G. Shvilli	230	137.5	245	612.5
A. Dannon	190	154	231	575
110 kg				
A. Fuchs (*40)	210	175	237.5	622.5
T. Pikrovitz (t)	195	130	235.8	560.8
125 kg				
D. Truman	152	210*	172	534
S. Benzvi	150	100	170	420
Super				
A. Sharon	230	200	275	705
S. Levine	272	120		

* - exceeds W.P.C. World Record; BL - Best Lifter light- Alan Kirshner; Heavy- Nati Chanan. Teen Champ- Opher Sugar; Masters over 40- Avi Fuchs; Masters over 50; Don Ramos; Team Champ: 1. Jaffe Power Team; 2. Olympia Gym. All results Israeli records. WPC Sanction. Referees: Avi Brunner, Evan Bernstein, A. Kirshner, Ayal Engleman, B. Jaffe. Announcer- Opher Tsur; Scorekeeper- Ella Sror; Platform Manager- Elad Granot (round system used).

The culmination of a year of very hard work. The climax - Israel's first Powerlifting Championship. With very little resources we set up the Israel Powerlifting Federation affiliated with the World Powerlifting Congress. Now we have national champions with national records. We have a core of about 50 people who eat, train, and dream powerlifting. They love the feel of a tight suit and the big weights. We started the meet at 10:00 and finished at 7:00. Weigh in was 7:30-9:00 in the morning. Highlights included Alon Kirshner (65 kg) showing the newcomers to the sport that you don't have to be big to have power. Alon squatted a deep 213 kg and pulled an easy 227 kg. He was also running around coaching his crew from Olympia Gym. Don Ramos, 56 years young, after severely straining his back several weeks earlier still managed to exceed the W.P.C. world record witha 206 kg squat, and then held on for the win in a tough division. In the 90 kg, Nati Chanan showed why he is the best lifter in Israel htis year, 232.5 squat, 181 bench, and 279 deadlift. David Truman who had injured himself when 400 lbs. flew out of his hands and on to his chest in training came back to exceed the WPC Jr. World Record with a 210 kg bench. Both tries at 217 were inches from lockout. The Israel Powerlifting Team is now getting ready for the Worlds. P.S. We are presently working on getting Powerlifting accepted as an event in the Maccabiah Games. If there are any Jewish Powerlifters that would be interested in coming to Israel to participate please write to me: Benjamin Jaffe c/o Jaffe's Gym Bet Kalka, 116 Derech Petah Tigwa, Tel Aviv, Israel
(Thanks to Benjamin Jaffe, Chairman, and Asher Sharon, Vice-Chairman, for results)



***'Bret' Benjamin Jaffe**...moved to Israel after being a merchant seaman out of Portland, Maine. Now his 6000 sq. ft. "dream gym" (7 power bars, 3 squat cages, etc.) is a hotbed of Israeli Powerlifting in Tel Aviv. Here he lifts in the Israeli Nationals (photo and information courtesy Don Ramos)*

POWER SYSTEMS UNLIMITED PRESENTS

The most potent, powerful duo in history!

1000 mg Pure Yohimbe Bark Extract, the most potent product of its kind. A real size and strength enhancer. Natural source of testosterone. 1000 mg 100 tabs $49.50

20 mg Dibencozide, A biologically active co-enzyme of Vitamin B-12, found mainly in muscle tissue. May be one of lifting's most significant breakthroughs in supplementation! 20 mg 100 tabs $60.00

USED TOGETHER, THESE PRODUCTS ARE DYNAMITE

order from POWER SYSTEMS UNLIMITED
1-800-248-LIFT

ADFPA Minnesota Teen
13 May 89 - Cannon Falls, MN

	SQ	BP	DL	Total
Men				
114				
Q. Tran	270t	160	315t	745t
G. Smith	100	145	290	535
C. O'Keefe	120	85	195	400
123				
T. Zuhlsdorf	310t	190	300	800
K. Norman	260	160	300	720
132				
J. Merchlewitz	375	185	375t	935
C. Bruemmer	320	200	335	855
C. Hansen	305	180	345	830
B. Helmin	310.	145	325	780
P. Carruthers	170	165	275	610
J. Rau	225			
D. Mead				
148				
M. Karo*	450t	300t	425	1175t
D. Anderson	400	200	445	1045
B. Zimmerman	385t	240	410	1035t
A. Cheng	370	185	400	955
T. Haffner	325	205	415t	945
J. Reinardy	375	185	380	940
J. Allen	325	245	350	920
J. Mathwig	300	245t	330	875
B. Richtzigel	250	140	330	720
165				
M. Freiermuth	420	285	500	1205
K. Kitzman	405	220	515	1140
K. Maus	375	265	465	1105
D. Odenbach	370	260t	465t	1095t
C. Peterson	410t	225	430	1065
S. Jacobson	425	270	350	1045
K. Hare	390	260	380	1030
K. Jenson	350	230	420	1000
P. Meyers	325	210	400	935
J. Landreville	250	280	300	830
J. Cahill	270	190	340	800
E. Rowley	400	225	145	770
181				
G. Bell	470	290	505	1265
K. Kitzman	475	305	475	1255
D. Dubay	440	290	475	1205
T. Teragawa	500	230	475	1205
J. Erickson	400	250	475	1125
B. Chehock	385	275	450	1110
B. Robinson	385	250	430	1065
R. Thielbar	360	190	400	950
C. Ekstrom	340	165	400	905
T. Feit *	375	315	410	1100
198				
B. Taggie	475	285	400	1160
J. Baocklage	380	250	450	1080
C. Garrett	310	185	360	855
220				
G. Dammer	475	300	520	1295
P. Beyer	430	240	435	1105
M. Herrike	380	220	440	1040
K. Sheets	250	170	360	780
242				
B. How	600	310	630t	1540
K. Sholing	550t	230t	520t	1300t
T. Vad	355	275	370	1000
D. Haugaard	275	265		
275				
E. Klinner	375	315	460	1150
T. Hubbard	300t	270t	450t	1020t
J. Griffin	200	200	375	775
Women				
116				
L. Hare	190	110	205	505
139				
N. Yaggie	275t	140t	300t	715t
176				
C. Brickley	200t	110t	225t	535t

* - Best Lifter, t - Minnesota State Teenage Record, 9 - Guest Lifter. Team Standings: 1st - Breckenridge (42 points), 2nd - Monticello (27 points), 3rd - Hermanbtown (24 points), 4th - Cannon Falls (22 points). Congratulations Mike Karo - Strongest Teen in Minnesota! This year's Teenage State Championships grew to 60 competitors, and with the addition of separate 14 - 16 and 17 - 19 divisions next year, we look for it to be even bigger. The lifting was very competitive, with 33 state records being broken. The overall best lifter was 148 lb Mike Karo for Eagan, MN. Mike totaled 1175 and was awarded our new title, 'The strongest teen in Minnesota' along with a five foot tall trophy for his efforts. The team division was won by class B. football state champions, Greckenridge. We also had a women's division, with Nancee Yaggie of Breckenridge coming out on top. I would like to thank all of the competitors and parents/coaches for coming and making this a successful meet. I would also like to thank all of our sponsors and volunteers who are too numerous to name but your efforts were also greatly appreciated. (Thanks to Scott Safe, Meet Direcotor, for results)

Alabama Championship & Cotton States Classic
18 Mar 89 - Phenix City, AL

Alabama Meet	SQ	BP	DL	Total
148				
B. LaFoy	440	325	500	1265
K. Moore	380	225	425	1030
J. Aughtman	360	215	425	1000
165				
R. Kilpatrick	480	320	500	1300
C. Tally	440	270	405	1115
181				
C. Farley	450	305	525	1280
198				
M. Headley	555	365	530	1450
W. Phillips	500	305	450	1255
220				
R. Buffalo	580	225	550	1355
242				
D. Borden	760	485	740	1985
P. Sullivan	630	375	610	1615
S. Khader	525	300	550	1375
275				
D. Nichols	730	570	730	2030
SHW				
R. Ingle	465	315	465	1245
Cotton States Classic				
132				
C. Williams	300	225	370	895
C. Young	280	165	295	740
148				
J. Culliver	515	295	575	1385
D. Lewis	550	295	475	1320
K. Roedea	335	225	385	1045
K. Moore	380	225	425	1030
S. Cook	305	230	345	880
165				
M. Taoy	635	405	585	1625
W. Adams	540	350	565	1455
C. Holtquist	550	340	550	1440
L. Easom	475	350	520	1345
R. Ragland	480	320	500	1300
181				
C. Green	575	350	585	1510
R. Adams	500	280	560	1340
J. Breckenridge	450	355	470	1275
R. Winder	430	275	425	1130
198				
G. Whitehead	630	375	720	1725
B. Wansley	655	365	700	1720
R. Marsh	540	315	600	1455
R. Dasher	425	325	475	1225
220				
S. Ussery	570	450	620	1640
J. Milledge	625	400	615	1640
R. Buffalo	580	225	550	1355
T. Smith	480	330	500	1310
242				
D. Borden	760	485	740	1985
G. Boudreau	735	470	685	1890
S. McGowan	570	435	585	1590
J. Wheatley	590	350	620	1560
P. McKnight	555	400	545	1500
275				
D. Nichols	730	570	730	2030
SHW				
R. Baston	600	480	525	1605
B. Bell	580	385	460	1425
Masters				
H. Morgan	525	300	560	1385
J. Goney	550	365	525	1440
H. Peake	435	275	470	1180
R. Herrick	450	275	500	1225
Women				
S. Golden	360	185	405	950
D. McClellan	225	110	300	635
B. Holley	210	130	270	610

(Thanks to Sandy Ellis for results)

Queen City Open
30 Apr 89 - Buffalo, NY

123 lb.	SQ	BP	DL	Total
C. Zaft	275	125	275	675
132 lb.				
B. Gardner	300	200	315	815
148 lb.				
P. DeFrancisco	455	310	470	1235
P. Gregoire	335	180	370	885
165 lb.				
K. Jackson	445	345	545	1335
A. Cahill	400	340	440	1280
G. Dudas	450	250	525	1225
M. Becht	420	240	445	1105
J. Malone	425	225	425	1075
V. Connors	505			
181 lb.				
J. Constantine	515	295	550	1360
T. Grupp	420	245	425	1090
L. Huff	320	215	400	935
198 lb.				
L. Humphrey	600	370	720	1690
S. Preston	600	450	600	1650
R. Cox	605	325	570	1500
C. Privitera	555	290	545	1390
M. Steigerwald	505	325	530	1360
K. Gates	475	275	500	1250
M. Roll	430	270	535	1235
220 lb.				
J. Danahy	660	410	620	1690
T. Danahy	610	415	600	1625
J. Lennon	420	280	450	1140
C. Stevens	205	195	350	750
242 lb.				
J. Malone	560	430	575	1565
275 lb.				
P. Braunscheidel	770	460	620	1850
D. Marth				

(Thanks to Tim Danahy for results)

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

Coming Events

5 AUG, Venice Beach Bench Press Championship, Darlene Galindo, 1800 Ocean Front Walk, Venice, CA 90291, 213-399-2775.
5 AUG, Arizona Summer Bench Classic (open, women, teen, masters), Erik Potter, 4238 W. Stella, Phoenix, AZ 85019, 602-841-5429 or Bill Wong 602-992-2061.
5 AUG, ADFPA Minnesota State Bench Press (men's open, novice, masters, teenage, womens open), Erin Feldges, 5525 Cedar Lake Rd., St. Louis Park, MN 55416, 612-546-2995.
5 AUG, 3rd Western NY/Pepsi Bench Press & Deadlift, Steve Downs, Lake Plains YMCA, 306 Pearl St., Medina, NY 14103, 716-798-2040.
5 AUG, Central Virginia Bench Press (open, master, women, teen, high school - 5 places in open), Barry Walker, 10897 Sweet Gum Lane, Disputana, VA 23842. 804-862-3160.
5 AUG, APF East Coast Bench Press Classic (open, masters, novice, teen, women, 1-3rd sculptured trophies in open), Jeff Wright, c/o Gold's Gym, 270 Curry Hollow Rd., Pleasant Hills, PA 15236, 412-653-8633.
5 AUG, Women's Open Bench Classic (full wt. classes, women's open, teenage, over 35), Jayne Taylor, RR1 Box 213C, S. Royalton, VT 05068 (SASE), 802-763-7135 after 5 pm.
5 AUG, (new date & location) ADFPA Summer Bench Press Classic (open, women, teen, master, beginners, novice, police, team), Denis Ference, Box 603, Hinesville, GA 31313, 912-368-5234.
5 AUG, Granite State Open BP, Scott Taylor, RR1 Box 213C, S. Royalton, VT 05068 (SASE) 802-763-7135.
5 AUG, Lubbock Regional, (Lubbock, TX) Rich Peters, Box 1753, Norman, OK 73070.
6 AUG, 2nd annual Illinois Valley Bench Press (open men, teen, women, masters), Bob and Pat Pagoria, Illinois Valley Physical Culture Club, 26 10th St., Peru, IL 61354, 815-223-2911.
10-13 AUG, NEW DATE AND LOCATION, IPF World and European Masters Championships, Peter Benesch, Matth. Erzberger Str. 6, 6050 Offenbach/Main, West Germany, 0049-69-136221136.
12 AUG, TO THE MAX Bench Press Championship (open, women, master, teen) Dan Lass, 1038 Dunn Ave., Jacksonville, FL 32218, 904-751-3551 or 277-3115.
12 AUG, Western Plains Open (open, women, teen, masters, novice), Blanchard Johnson, Box 1033, Council Bluffs, IA 51502, 712-366-0956.
12 AUG, USPF Region 2 Meet, (open, women, masters, class II & below), Jerry Ringi, Box 470, Newport News, VA 23607, 804-247-1338.
12 AUG, Irving YMCA Class III, Below Class II, Below Master, Masters (40 and above age), Women, Teenage 14 and above, Texas Special Olympics, Greg Hammonds, Physical Director, 2200 W. Irving Blvd., Irving, TX 75061, 214-986-8898.
12 AUG, West Texas Bench Press Classic (open, masters, teenage) Kenneth Lain, World Gym, 3202D North 1st, Abilene, TX 79603, 915-672-7997.
12 AUG, Denver Natural Nationals Regional, Rich Peters, Box 1753, Norman, OK 73070
12,13 AUG, Pennsylvania ADFPA Teenage Meet (both age groups, all wt. classes), Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214.
13 AUG, APF United States - Canadian Open Bench Press (men, women, submaster, master, grandmasters, police & fire - all weight classes each division), Joe Steele, 54 Chamberlain St., New Haven, CT 06512, 203-469-5212.
13 AUG, Flint YMCA Open Bench, Dave Cammon, 411 E. Third St., Flint, MI 48503, 313-233-8096, 313-239-9622, 313-232-YMCA.
19 AUG, Southern Illinois Powerlifting Classic, Jim O'Neill, 217 N. Cherry, Centralia, IL 62801, 618-533-2277 or 0372.
19 AUG, Southeastern Bench Press (collegiate, open, class II, novice, police, women, masters) Mike O'Brien, 315 Opelika Hwy No. 207, Auburn, AL 36830, 205-887-6482 or 821-9914.
19 AUG, Illinois State Fair Deadlift, Dr. Darrel Latch, Son Light Total Fitness, 400 6th St., Charleston, IL 61920, 217-345-1544.
19 AUG, Arizona ADFPA Novice, Erik Potter, 4238 W. Stella, Phoenix, AZ 85019, 602-841-5429 or Bill Wong 602-992-2061
19 AUG, West Penn Open II, Ewell Holmes, P.O. Box 99901 (M-3704), Pittsburgh, PA 15233, 412-761-1955 ext 267 for Ernie or Leo.
19 AUG, Gulf Coast Bench & Full Power Meet (Galveston, TX) and Texas State Meeting for 1990 schedule - Aug. 18th), Jim Griffith, 303 Cedar, Bastrop, TX 76802, 512-321-5193.
19 AUG, Kansas City Open Championships, (Kansas City, MO), Richard Peters, Box 1753, Norman, OK 73070
19 AUG, 4th annual Iowa State Fair Bench Press - Deadlift (bench: open, novice,, masters, women, teen, beginners, team: deadlift: open, masters, women), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.
19,20 AUG, IPA Drug Free World Record Breakers Meet (5 year drug tested period, by invitation only), Spero Tshontikidis, 11502 Brundidge Terrace, Germantown, MD 20874, 301-972-0021
20 AUG, (new date) Biggest Bench in the Northeast (men, women, open, teenage, submasters, and masters) Rick Roberts, 17 Seymour Ave., Tupper Lake, NY 12986, 518-359-9913.
20 AUG, Vermont State Bench Press (Vermont lifters only), Scott Taylor, RR1 Box 213C, S. Royalton, VT 05068, (SASE), 802-763-7135
20 AUG, Rutland Open Bench Press Classic, Scott Taylor, RR1 Box 213C, S. Royalton, VT 05068 (SASE please), 802-763-7135.
26 AUG, Pep's Gym presents the Fraternity House Restaurant Bench Press Open (men, women, teen, masters, 132 and up), Al Bianchi, 1589 Chateaux Deville Ct., Clearwater, FL 34624, 813-536-1376.
26 AUG, Fitness Emporium Open Bench Press (open, teenage, women, masters), Fitness Emporium, c/o Kevin Corwin, 151 East South St., Hinesville, GA 31313, 912-368-0901.
26 AUG, 4th annual Open Bench Press Championships (Utica YMCA), Andy Putrello, 125 Hawthorne, Utica, NY 13502, 315-732-8936.
26 AUG, USPF California Class III & Below (men, women, masters, teen, pure, natural open), Basix Promotions, 4747 Capay Dr. Unit 1, San Jose, CA 95118, 408-978-0556 or 448-4946.
26,27 AUG, National Nationals Regional (New Orleans) Peters, Box 1753, Norman, OK 73070
26,27 AUG, ADFPA Florida Championships (open, women, teen, masters, FL residents only - Holiday Inn), Tom Trevorah, 411 Belmont Dr., Palatka, FL 32077, 904-328-4804 after 4 PM.
26,27 AUG, (new date) Powerlifting for MDA and Jerry's Kids, Jim Wheeler, Box 110, New Lebanon, NY 12125, 518-794-8439.
26,27 AUG, ANPPC Eastern USA (polygraph, 5-10 yrs. drug free/lifetime drug free), ANPPC, Box 101, Lindenhurst, NY 11757, 516-957-7373
27 AUG, ADFPA Ironman Challenge II, Steve or Doug, Modern Physics Fitness Center, 623 N. Washington, Union, MO 63084, 314-583-6945
2 SEP, Region 4 USPF Championship, Gary Morrison, 19 Jordan SW, Wyoming, MI 49508, 616-245-2202 or 616-538-3420.
2 SEP, USPF Santa Barbara East Beach Championships (teen, women, masters, open, natural) Dr. Kevin Fisher, 3920 B State Street, Santa Barbara, CA 93105, 805-682-2778
2 SEP, APF New England Regional Open and Novice Bench Press, Scott Taylor, RR1 Box 213C, S. Royalton, VT 05068, 802-563-7135.
2 SEP, World Bench Press Congress World Record Breakers Invitational, Scott Taylor, RR1 Box 213C, S. Royalton, VT 05068, 802-763-7135.
3 SEP, ADFPA 3rd annual Nautilus Last Fling Bench Press Classic (open, master, women, team), Dwight Polivka, Nautilus Center, 400 S. Main St., Naperville, IL 60540, 312-369-6432 or Randy Maddalone 312-420-7736.
9 SEP, Venice Beach Squat Championship, Darlene Galindo, 1800 Ocean Front Walk, Venice, CA 90291, 213-399-2775.
9 SEP, (new date) Oklahoma Grand/Norman Natural Nationals Regional, Rich Peters, Box 1753, Norman, OK 73070
9 SEP, APF Fire & Police Nationals and Open Virginia Beach Record Breaker Classic (Virginia Beach, VA), Ernie Frantz, 31 N. Broadway, Aurora, IL 60505, 312-892-1491.
9 SEP, Spartan Spectacular Bench Press (women, teen, masters, open), Jay Butler, 526 Main St., Zanesville, OH 43701, 614-453-4471 (5-11) or Guy Ring 614-452-4533 (12-5)
9 SEP, 5th annual D'Amico Bench Press - Deadlift meet (open, women, masters), Dennis Uchal, D'Amico Barbell Club, 119 Adams Ave., Canonsburg, PA 15317, 412-745-9299.
9 SEP, ADFPA Region II & New York Bench (open, masters, teen, women), Joe Pyra, 25 Louis Drive, Budd Lake, NJ 07828, 201-691-0824.
10 SEP, ADFPA Georgia Closed - New Location (open, masters, teen, women, limited entries), Denis Ference, Box 603, Hinesville, GA 31313.
14-17 SEP, IPF Junior World/European Championships (Nassjo, Sweden), Goran Gunnarsson, Bygatan 3 D, S-332 00 Gislaved, Sweden, 0371-14362.
16 SEP, North American Open Bench Press Championships, Steven Tazumi, Granite's Gym, 125 N. Black Horse Pike, Runnemede, NJ 08078
16 SEP, 3rd annual Saratoga YMCA Bench Press (open, women, teenage), Saratoga YMCA, 262 Broadway, Saratoga Springs, NY 12866, 518-584-6840 or Keith Potter 518-587-5962.
16 SEP, Reverchon Class II, Below Class II, Masters, Women, Teen, Robin Hammesfahr, 3505 Maple, Dallas, TX 75219, 214-670-7721.
16 SEP, Southern USA Open, Class II, Women, Masters, Teenage, Open Bench, Joe McDougal, 102 E. 2nd, Hendersonville, NC 28739, 704-697-7160.
16 SEP (new date), APF Virginia Bench Press Championships, John Shifflett, P.O. Box 303, Quinque, VA 22965, 804-985-3932.
20 SEP, Tri-State Women's Open (full wt. classes, open, teen, over 35), Jayne Taylor, RR1 213C, S. Royalton, VT 05068 (SASE) 802-763-7135 after 5 pm.
20 SEP, Teenage and Juniors Meet (13-23, full wt. classes, 5 age groups), Scott Taylor, RR1 213C, S. Royalton, VT 05068 (SASE) 802-763-7135 or 728-4826.
20 SEP, APF Tri-State Powerlifting, Scott Taylor, RR1 Box 213C, S. Royalton, VT 05068 (SASE please) 802-763-7135
23 SEP, Warehouse Gym Bench Press (open, teen, master), Warehouse Gym, 101 Mulberry Alley, Tupelo, MS 38801, 601-842-0867.
23 SEP, 2nd Minnesota Bench Press (men open, women, masters, teen), Ross Rogney, Box 616, Excelsior, MN 55331.
23 SEP, Indian Summer Open Novice, Class II & Below, Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683 or 294-3023.
23 SEP, (new date) MCI Norfolk Senior Postal Prison (individual and/or team guests invited - at least 4 wks. advance notice), Bruce Anderson, Box 43, Norfolk, MA 02056.
23,24 SEP, Metrofit ADFPA Meet (open, teen, women, masters, Metrofit Athletic Club) Artie Margulies, 3015 Riverdale Ave., Bronx, NY 10463, 212-884-5757 (6-9PM)
30 SEP, (new location - single day) ADFPA Open (women, men, teen, masters), Basix Promotions, 4747 Capay Unit 1, San Jose, CA 95118, 408-978-0556 or 448-4946.
30 SEP, ANPPC Midwest USA Open, Dr. Darrel Latch, Son Light Total Fitness, 400 6th St., Charleston, IL 61920, 217-345-1544.
30 SEP, Fall Festival of Power Class II (men, teenage, masters), Carolina Fitness, 3320 Goldmine Rd., Monroe, NC 28110, Dan Plyler 704-283-5587 or David Fincher 704-289-2777.
30 SEP,1 OCT, (new date) Texas Cup & Texas Championships (Austin), Jim Griffith, 303 Cedar, Bastrop, TX 76802, 512-321-5193
1 OCT, ADFPA Maryland State Close Bench Press (Deadline Sept. 17, open, ladies, masters & teen), Brian Washington, 3506 Essex Rd., Baltimore, MD 21207 (SASE).

SPARTAN SPECTACULAR BENCH PRESS

Saturday, September 9, 1989
(women, teen, master, open)
West Muskingum High School
(3 miles west of Zanesville on Route 40)

Weighins: Fri, Sept. 8, 6-8pm. Sat, Sept. 9, 7-9am. Meet Starts 10am.
Entry Fee: $20 for one event, 2 for $25, 3 for $30.
USPF Meet. $2 admission. **Closing Date:** Sept. 1, 1989.
Jay Butler, 526 Main St., Zanesville, OH 43701.
614-453-4471 (5-11) or Guy Ring 614-452-4533 (12-5).

Central California Open Powerlifting Championships

SATURDAY, OCTOBER 14th, 1989

Veterans Memorial Building, San Luis Obispo, CA
Sculptured Trophies. Teenage light & heavy divisions (1st-3rd in each, women and masters by formula (1st-5th) and open

SPONSORED BY

526 Dana #4, San Luis Obispo, CA 93401, 805-544-0155 after 7PM

7 OCT, California State Deadlift Championship, Jay McVeagh, Fitness Cultural Center, 1243 S. Riverside Ave., Rialto, CA 92376.
7 OCT, APF Metro Open, Charles Williams, 39 Havenwood Rd., Staten Island, NY 10301.
7 OCT, Association of Oldetime Barbell & Strongmen Banquet, Vic Boff, 2218 86th St., Brooklyn, NY 11214, 718-648-5254.
7 OCT, Deadliest Deadlift in the World & Deadliest Deadlift in Texas, (world, open, women, teen, masters, novice, team) John Inzer & Gus Rethwisch c/o DDW, Box 2864, Longview, TX 75606
7 OCT, National Peanut Festival Championship (open, class II & below, women, masters, police & fire, armed forces), Mark Farmer, Rt. 8 Box 81-A, Dothan, AL 36301, 205-793-7655 (day) 792-6119 (night after 8 pm).
7,8 OCT, APF Submasters Nationals, Scott Taylor, RR 1 Box 213C, S. Royalton, VT 05068 (SASE) 802-763-7135
7,8 OCT, 7th annual NJ State ADFPA Championships (NJ res. & open), Hank Sisca, 97 Creek Rd., Andover, NJ 07821, 201-786-5999.
7,8 OCT, APF White Mountain Masters Nationals, Scott Taylor, RR1 Box 213C, S. Royalton, VT 05068 (SASE), 802-763-7135.
8 OCT, All Florida Deadlift (open juniors, submasters, masters, teen, women) Al Roberts, 2479 Atlantis Dr. No. 10, Ft. Pierce, FL 34981, 407-465-5968.
8 OCT, Hartford, CT Natural Nationals Regional, Rich Peters, Box 1753, Norman, OK 73070
8 OCT, Greater Buffalo Bench & Deadlift (open, women, master, teen), Magic Shop Gym, 18 Marne Rd., Buffalo, NY 14215, 716-894-8583.
14 OCT, 1st annual Olympian Open Bench, Claude Handsor, 20219 Fenmore, Detroit, MI 48235, 313-532-0705.
14 OCT, USPF Central California Open, Gene Estrada, 526 Dana No. 4, San Luis Obispo, CA 93401, 805-544-0155 after 7PM.
14 OCT, ADFPA Central Minnesota Open (men's open, masters, teenage men and women, women), Chuck Kantor, 14400 105th Ave. NE, Foley, MN 56329, 612-387-2481.
14 OCT, Southern YMCA Bench and/or Deadlift, Lee Circle YMCA, 936 St. Charles Ave., New Orleans, LA 70130, Bob Hafner 504-595-6597 (W) or Hugh Mellert 504-568-9622.
14,15 OCT, USPF Southern States Championships, Mike Stein, 3920 N. 56th Ave. No. 310, Hollywood, FL 33021, 305-989-0807 (H) or 944-6900 (W).
14,15 OCT, Kansas City Natural Nationals Regional, Box 1753, Norman, OK 73070
15 OCT, Ocean State Bench Press (open, women, juniors, masters) Doug Keith, Pawtucket YMCA, 20 Summer St., Pawtucket, RI 02860.

401-722-4900.
15 OCT, ADFPA Pennsylvania State Bench Press, c/o Natural Productions, Bob and Geri Gaynor, 19 Sunrise Dr., Mountaintop, PA 18707, 717-823-6994 or 474-6111.
15 OCT, ADFPA All American Bench Press (open, novice, teen, submaster, master) Geri or Bob Gaynor, c/o Natural Productions, 19 Sunrise Dr., Mountaintop, PA 18707, 717-823-6994 or 474-6111.
21 OCT, 1st Annual USPF Great Falls Open, Bobby Newgard, 2121 8th Ave. S., Great Falls, MT 59405, 406-452-6619/587-2142.
21 OCT, Region IV Deadlift Championships, Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683 or 294-3023.
21 OCT, Central PA ADFPA Open (men, women, teen, below Class I, masters - limited to 1st 120 entries - so act early), Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214.
21,22 OCT, Central Florida Championships, All American Gym, 118-120 S. Kentucky Ave., Lakeland, FL 33801, 813-687-6268.
21,22 OCT, Atlanta Natural Nationals Regional, Box 1753, Norman, OK 73070
22 OCT, Wisconsin Law Enforcement Lift-Off (Bench Press and Deadlift), Bob Carlson, 6747 Explorer Dr., Racine, WI 53406, 414-886-3904.
28 OCT, Northern States Powerlifting and Bench Press (open, novice, women, teenage, masters), Jerry Jones, 8115 3rd Ave. S., Bloomington, MN 55420, 612-884-8460.
28 OCT, Northern California ADFPA Open Bench (open, women, masters, teenage) Ron Morris, 120 Dubois, Santa Cruz, CA 95060, 408-423-5617.
28 OCT, Galion Iron Works Bench Press (teen, women, men, masters) Denver Collins or Jay Hickman, 880 Harding Way West Rear, Galion, OH 44833, 419-468-3777.
28 OCT, North Carolina Natural Nationals Regional (Greensboro), Rich Peters, Box 1753, Norman, OK 73070.
28 OCT, 6th annual Fall Bench press Classic (teen, women, submaster, master, open), Dr. Darrell Latch, c/o Son Light Total Fitness, 400 6th St., Charleston, IL 61920, 217-345-1544.
28,29 OCT, Greater St. Louis YMCA ADFPA Meet (Holiday Inn, Sunset Hills), Craig or Pam Fosterling, Kirkwood-Webster YMCA, 325 North Taylor Ave., St. Louis, MO 63122, 314-965-9622 (w), 677-6620 (home, evenings).
28,29 OCT, ANPPC USA Championships (polygraph tested, 5-10 years and lifetime drug free), ANPPC, P.O. Box 101, Lindenhurst, NY 11757, 516-957-7373.
29 OCT, Women's Mountain Region Meet (full wt. classes, open, teen, over 35), Jayne Taylor, RR1 Box 213C, S. Royalton, VT 05068, 802-763-7135 after 5 pm.
29 OCT, APF Mountain Region Class II & Below, Scott Taylor, RR 1 Box 213C, S. Royalton, VT 05068 (SASE), 802-763-7135.
4 NOV, ADFPA SIUC Open and Illinois Women's Championships (men's open, team, women's open by Malone, all classes for Illinois women), Dominic Cittadino, 1414 Dogwood, Carbondale, IL 62901, 618-549-8028.
4 NOV, Eastern American Bench Press (open, teenage, novice, over 40, women) Sandy Ellis, 150 Sagebrush Ln., Stockbridge, GA 30281, 404-474-2633.
4 NOV, WBC Florida State Bench Press Record Breakers, All American Gym, 118-120 S. Kentucky Ave., Lakeland, FL 33801, 818-687-6268
4 NOV, USPF State Bench Press and Open Powerlifting, Dr. Darrel Latch, Son Light Total Fitness, 400 6th St., Charleston, IL 61920, 217-345-1544.
4 NOV, Houston Downtown YMCA Meet, celebrating 32 years of Texas lifting (open, below class I, women, teenage, masters), Ellie Shirley - Lisa Martin, Houston Downtown YMCA, 1600 Louisiana, Houston, TX 77002, 713-659-8501.
4,5 NOV, 9th annual Auburn Open, Lee Indelicato, 40 Westwood Dr., Auburn, NY 13021, 315-253-3188.
5 NOV, 1st Ever Florida State Squat Championship, All-American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 813-687-6268.
5 NOV, (Sunday), Natural Nationals Regional (Lexington, KY), Rich Peters, Box 1753, Norman, OK 73070.
5 NOV, "Battle of the Bench 89" Open, Mike DeGori, Sewickley YMCA, 625 Blackburn Rd., Sewickley, PA 15143, 412-741-YMCA/5495.

D'AMICO BARBELL CLUB
Presents
5th ANNUAL
BENCH PRESS AND DEADLIFT MEET
(Two Separate Events)
Canonsburg Armory
Canonsburg, Pennsylvania
Saturday September 9, 1989
Entry Fee: $18 per event; $25 for both

AWARDS
1st to 5th Men's Division
1st to 5th Women's Division
1st to 4th Masters (over 40)
3 Oustanding Lifter Trophies

Completely New Trophies
FOR INFORMATION CONTACT
D'AMICOS WEIGHT PLACE
119 Adams Ave. Canonsburg, PA 15317 • (412) 745-9299

5 NOV, 5th annual Ohio State Open Bench, Garry Benford, Columbus Central YMCA, 40 W. Long St., Columbus, OH 43215, 614-224-1131.
11 NOV, ADFPA Maryland Championships, Paul Griffith, West Nottingham Academy, Colora, MD 21917, 301-658-3797.
11 NOV, Gurley's Gym Inc. Bench Press Meet (Berkeley Mall), R.L. Gurley, 143 South Center St., Goldsboro, NC 27530, 919-735-9712.
11 NOV, Central Pennsylvania Bench Press (men, women, masters), Chip Aumiller, 166 Pheasant Valley Rd., Lewistown, PA 17044, 717-248-9383 (days), 543-5383 (evenings)
11 NOV, Roberts Power Club Championships (men, women, open, teenage, submasters, masters) Rick Roberts, 17 Seymour Ave., Tupper Lake, NY 12986, 518-359-9913.
11 NOV, Ark-La-Miss Meet (open, class II, teen, masters, women), Kevin Burnley, 1602 Glenmar, Monroe, LA 71201, 318-325-7376.
11,12 NOV, Dallas Natural Nationals Regional, Richard Peters, Box 1753, Norman, OK 73070
11,12 NOV, Eastern USA Open (open, class II & below, women, teen, men & women masters, bench), Bill Clary, 632-A Melanie, Charlotte, NC 28205, 740-377-3195 or Vince 704-527-7853
12 NOV, Open Bench Press (men, women, teenage, masters), Butch Turpin, 1701 4th St., Bedford, IN 47421, 812-275-2994, 4-6 PM.
12 NOV, Eastern Seaboard Bench Press and Deadlift, Scott Taylor, RR1 Box 213C, S. Royalton, VT 05068 (SASE) 802-763-7135.
13-17 NOV, IPF Men's & Women's World Championship, W. Sonny Alexander, 68 Bristol Dr., Sydney, Nova Scotia, Canada, B1P 6P3, 902-539-3569.
18 NOV, Anne Arundel Open Powerlifting Competition (high school, open, masters), Brien McMurray, 600 Pine Tree Dr., Severna Park, MD 21146, 301-647-0633 or Mike Kuegler 301-266-5790.
18 NOV, California Tour Bench Press (Long Beach Convention Center), Chuck Lamantia, 1390 Estero Rd., La Mirada, CA 90638, 213-944-3268.
18 NOV, Southern California Drug Tested Open and Masters, Jay McVeagh, Rialto Sports Center, 1243 S. Riverside Ave., Rialto, CA 92376, 714-685-2443.
18 NOV, 2nd annual Elkhart Bench Press Classic, Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683 or 294-3023.
18 NOV, ADFPA Southwestern Championships, Erik Potter, 4238 W. Stella, Phoenix, AZ 85109, 602-841-5429 or Bill Wong 602-992-2061.
18 NOV, USPF Atlantic States (open, masters, submasters, women), Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714.
18 NOV, APF Eastern Seaboard Classic, Frank Mansueto, Paerdegat A.C., 1500 Paerdegat Ave. N., Brooklyn, NY 11236, 718-209-1010.
18 NOV, Law Enforcement and Firemans Bench Press (open, masters, team, Best Lifter), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.
18 NOV, Central Iowa Bench Press - Deadlift (bench: open, novice, masters, women, teen, beginners, team. deadlift: open, masters, women), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.
18,19 NOV, ADFPA National Masters, Fred's Gym, 811 N. Jordan St., Allentown, PA 18102, 215-770-9333.
18,19 NOV, Lifetime Men's & Women's Drug Free Teenage Championships (open to teenage lifters WORLDWIDE, 13-15, 16-17, 18-19, Orlando, FL) Spero Tshontikidis, 11502 Brundidge Terrace, Germantown, MD 20874 (limited entries, SASE)
19 NOV, South Florida Bench Press (open, juniors, submaster, master, teen, women), Al Roberts, 2479 Atlantis Dr. No. 10, Ft. Pierce, FL 34981, 407-465-5968.
25 NOV, Biggest Bench Press in the Midwest (drug free to benefit the U.S. Assn. for Blind Athletes), Matt Wahlig, 6304 Mardel, St. Louis, MO 63109, 314-353-5668.
25,26 NOV, Reno (Nevada) Natural Nationals Regional, Richard Peters, Box 1753, Norman, OK 73070
25-29 NOV, Air Force Championships (Hill AFB, UT), TSGT Ray Long, 912-922-4934, AV 468-4743.

Central Florida POWERLIFTING
Oct. 21-22, 1989
- - - -
Florida State Record Breakers
Bench Press CHAMPIONSHIPS
SANCTIONED BY THE WBC
Nov. 4, 1989
- - - -
1st EVER Florida State SQUAT Championship
Nov. 5, 1989
Beautiful Sculptured Trophies
All American Gym
118-120 S. Kentucky Ave., Lakeland, FL 33801
(813) 687-6268

26 NOV, Hawaii World Bench Press Shootout, (Ala Moana Hotel) Franics Silva, 1450 Aala St. No. 703, Honolulu, HI 96817, 808-537-2744.
NOV, Iron Man/Woman Open Powerlifting & Bodybuilding, Don Amini, 2632 Great Highway, San Francisco, CA 94116, 415-566-5588.
1-3 DEC, WPC World Men's and Women's Championships (Stone, Staffordshire, England), Tony Fitton (US), Box 231 Parkersburg, WV 26102, 304-489-2733 or Keiron Stanley (Europe) "Forum Fitness & Leisure Centre", Unit 9, Mount Industrial Estate, Stone, Staffordshire, England, ST15 8LL 0785-817112.
2 DEC, Western States Open Pure, Natural (men, women, masters), Bob Packer, 3788 E. Ashland #B, Fresno, CA 93276, 209-227-8588
2 DEC, (new date) Texas Border Classic Bench Press, (1st place trophy 4', best lifters 5), Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 512-544-7558 after 6PM.
2 DEC, ADFPA Western Kentucky Open (teen, women, men, masters, bench press), Bill Whitmore, Box 186, Henderson, KY 42420, 502-827-0956 or Don Emery 502-835-2147.
2 DEC, APF Masters U.S. Bench Championship (full wt. classes, all age groups), Scott Taylor, RR1 Box 213C, S. Royalton, VT 05068, 802-763-7135 or 728-4826.
2 DEC, APF Submasters National Bench Press Championships (35-40), Scott Taylor, RR1 Box 213C, S. Royalton, VT 05068, 802-763-7135 or 728-4826.
2 DEC, USPF Southern Maryland Bench Press (open & military), Power Supply Barbell Club, 3506 Essex Rd., Baltimore, MD 21207 (SASE)
2 DEC, APF Northeastern United States Bench Press, Scott Taylor, RR1 Box 213C, S. Royalton, VT 05068 (SASE) 802-763-7135 or 728-4826.
2 DEC, 20th Midwest Open, Tom Beadle, Ath/Phys Ed, Box B, Anamosa, IA 52205
2 DEC, YMCA Open National Championships, Garry Benford, Columbus Central YMCA, 40 W. Long St., Columbus, OH 43215, 614-224-1131.
2 DEC, World Cup Bench, John Shifflett, P.O. Box 303, Quinque, VA 22965, 804-985-3932
2 DEC, USPF Eastern States Novice (open, master, submaster, women), Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 7-10
2 DEC, Lubbock Open, (Lubbock, TX) Rich Peters, Box 1753, Norman, OK 73070.
2,3 DEC, Greater Texas Classic Open, Below Class I, Women's Teenage, Masters, and Region 6 Collegiate meet, Doug Patterson, 1601 NW Dallas, Grand Prairie, TX 75050, 214-263-4828.
2,3 DEC, Northern California ADFPA Open (open, women, masters, teenage) Dave Van Brocklin, 223 Mildred Ave., Pittsburgh, CA 94565, 415-432-9923.
3 DEC, (Sunday only) USPF Arizona State and Natural Nationals Regional (Phoenix), Richard Peters, Box 1753, Norman, OK 73070.
8,9 DEC, 6th annual Southeastern Cup (men's open & class II, women's open and class II, masters, police and firefighters division) Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (day) or 896-3989 (night)
9 DEC, High School State Bench Press, Lloyd Coon, 5119 Worchester, Swartz Creek, MI 48473, 313-635-4206.
9 DEC, CompuServe Bench Press Corporate Invitational, Jeff Chorpenning, 5000 Arlington Ctr. Blvd., Columbus, OH 43220, 614-457-0797.
9 DEC, Vermont Open Deadlift (men's open, women, teen, junior, submaster, master, grandmaster, golden master), Scott Taylor, RR1 Box 213C, S. Royalton, VT 05068, 802-763-7135 or 728-4826.
9 DEC, Canton Open, Pat Leonti, 3345 Sweitzer St. NW, Uniontown, OH 44685, 216-699-5497.
9 DEC, Sooner Open (Norman, OK) Richard Peters, Box 1753, Norman, OK 73070
10 DEC, (tentative date) ADFPA Connecticut State Open (masters, submasters, teen, women, men, limited to 1st 90 entries), Lloyd Weinstein, YMCA of Stamford, 909 Washington Blvd., Stamford, CT 06901, 203-357-7000 or Gerry Raccio 203-248-5948.
12 DEC, Teenage Open Bench, J. Wheeler, Bx 110, New Lebanon, NY 12125, 518-794-8439
16 DEC, USPF Allegheny Mountain Open (masters, women, and teenage by formula), Sam Clark, Clark's House of Fitness, 137 David Dr., Butler, PA 16001, 412-282-1403.
16 DEC, Blue Ridge Classic (open, class II, women, masters, teenage, open bench) Joe McDougla, 102 E. 2nd, Hendersonville, NC 28739, 704-697-7160.
23 DEC, (APF) PAC Holiday BP, Frank Mansueto, Paerdegat A.C., 1500 Paerdegat Ave. N., Brooklyn, NY 11236, 178-209-1010.
6 JAN, Louisiana State Championships, Garland 'Bear' Carroll, 25 Heyman Lane, Alexandria, LA 71303, 318-748-6422 (eve.), 442-5296 (day).
13 JAN, Olympian Open Deadlift, Claude Handsor, 20219 Fenmore, Detroit, MI 48235, 313-532-0705.
13-14 JAN, Florida Championships (open, juniors, submasters, masters, teen, women), Al Roberts, 2479 Atlantis Dr. No. 10, Ft. Pierce, Fl 34981, 407-465-5968.
27 JAN, 2nd annual North Florida Championships (USPF), Leo Fleming, Box 3592, Lake City, FL 32056, 904-755-0542.
10 FEB, Central Iowa Open Bench Press - Deadlift (Bench: open, novice, masters, women, teen, YMCA members, beginners, team. Deadlift: open, masters, women), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.
10,11 FEB, USPF Oklahoma Meet (Shawnee), Rich Peters, Box 1753, Norman, OK 73070.
17 FEB, Irving YMCA Class III, Below Class II, Class I (Below Master), Masters (40 and above age), Women, Teenage (14 and above), and Texas Special Olympics Division, Greg Hammonds, 2200 W. Irving Blvd., Irving, TX 75061, 214-986-8898
24 FEB, ADFPA State Girls Meet, Lloyd Coon, 5119 Worchester, Swartz Creek, MI 48473, 313-635-4206.
22-25 FEB, USPF Natural Nationals (Reno, NV), Rich Peters, Box 1753, Norman, OK 73070.
3 MAR, 4th annual Olympian Open, Claude Handsor, 20219 Fenmore, Detroit, MI 48235, 313-532-0705.
3 MAR, 19th Annual Greater Arkansas Powerlifting and Bodybuilding Championships (USPF and NPC National Qualifier - ladies, men's open, masters, teenage), Bob Ross, 202 W. Grove, El Dorado, AR 71730, 501-863-6141 (day), 863-4738 (night).
10 MAR, USPF Y Bridge Classic (men's Class II & Below, women, teenage, master), Jay Butler, 387 Rose Ln. Apt. A., Zanesville, OH 43701, 614-453-4471.
10 MAR, Central Texas Open, Masters, Women, Below Class I, Steve Goggins, III Corps & Ft. Hood COMP SPORTS CRD DPCS, Ft. Hood, Tx 76544, 817-288-2880.
10,11 MAR, USPF Kansas Meet (Wichita), Rich Peters, Box 1753, Norman, OK 73070.
10,11 MAR, Warrior Power Meet VIII (high school boys and girls), H. Waldron, Coyle-Cassidy High School, Adams & Hamilton Sts., Taunton, MA 02780, 617-823-6164.
11 MAR, Olympic Power & Fitness Bench Press, Terry Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 312-377-7527.
11 MAR, Florida State High School Meet, Al Roberts, 2479 Atlantis Dr. No. 10, Ft. Pierce, FL 34981, 407-465-5968.
16,17 MAR, USPF Florida State Championships (men's open & novice, women's open & novice, masters, police & fire, teenage, teams), Chip Hultquist, Box 5071, Tallahassee, FL 32314, 504-385-1210.
17 MAR, ADFPA Boy's State Meet, Lloyd Coon, 5119 Worchester, Swartz Creek, MI 48473, 313-635-4206.
17,18 MAR, Men's and Women's Lifetime Drug Free Florida State Teenage Championships (13-15, 16-17, 18-19, Orlando, FL, limited entries, SASE), Spero Tshontikidis, 11502 Brundidge Terrace, Germantown, MD 20874.
24 MAR, 3rd annual South Texas CC Ironmasters Bench Press Championship, David Salinas St., 1914 Agnes, Corpus Christi, TX 78405, 512-887-0446.
24 MAR, 3rd annual Ashtabula YMCA Open Bench Press Championship, Lonnie Anderson, 1761 Blue Jay Circle, Ashtabula, OH 44004, 216-964-3013.

U.S.P.F. CALIFORNIA STATE Class III & Below
Men, Women, Masters, Teen, Pure and Natural Open
August 26th, 1989
Pure: Never taken any strength or performance enhancing drugs.
Natural: No strength or performance enhancing drugs for 1 year.
BASIX PROMOTIONS
4747 Capay Dr. Unit 1, San Jose, CA 95118
408-978-0556 or 408-448-4946

SOUTHERN USA OPEN
16 September 1989
(Open, Class II, Women, Masters, Teenage, Open Bench)
Joe McDougal
102 E. 2nd
Hendersonville, NC 28739
704-697-7160

Mike Stein & Dennis Jackson
present

October 14,15, 1989
Site: Lakeland Tigertown, Hangar 2
2130 N. Lake Parker Avenue
LAKELAND, FLORIDA
for information contact:
MIKE STEIN
3920 N. 56th Ave., No. 310
Hollywood, FL 33021
305-989-0807 (H), 944-6900 (W)

24 MAR, Reverchon Class II, Below Class I, Master, Women, Texas Special Olympics, Robin Hammesfahr, Reverchon Recreation Center, 3505 Maple, Dallas, TX 75219, 214-670-7721.
MAR, Hawaii Record Breakers.
7,8 APR, Men's & Women's Lifetime Drug Free Steve Kuntz Memorial High School Nationals (open to students across the country, 13-15, 16-17, 18-19, Orlando, FL, limited entries, SASE), Spero Tshontikidis, 11502 Brundidge Terrace, Germantown, MD 20874.
13,14 APR, High School Drug Free Meet, Tim Furno, Millington High School, Millington, MI 48746.
APR,SIUC Springfest Open Bench (USPF rules, open, women, team), Dominic Cattadino, 1414 Dogwood, Carbondale, IL 62901, 618-549-8028.
5,6 MAY, ADFPA Pepsi-Wendy's Eastern US Championships (open, masters, women, teenage, team - to benefit the Spinal Cord Society), Tom Wojcicki, 913 Park Ave., Windber, PA 15963, 814-467-5662 or Joe Valchine 814-269-3528

5,6 MAY, APF North American Championships (Jr.&Sr. High School, women, men, masters, team), Greg's Heavy Metal Gym 342 S.W. 1st, Pendleton, OR 97801, 503-276-2770 or 7854.
12 MAY, Central Iowa Bench Press Mania (open, novice, masters, teenage, women's, team, beginner), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.
12 MAY, Law Enforcement and Firemans Bench Press (open, team, masters, Best Lifter), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.
13 MAY, Treasure Coast Deadlift (open, juniors, submasters, masters, teen, women) Al Roberts, 2479 Atlantis Dr. No. 10, Ft. Pierce, FL 34981, 407-465-5968.
18,19 MAY (new date) 6th Brownsville Bench Press Contest (1st place trophy - 4', Best Lifter - 5') Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 512-544-7558 after 6PM.
2 JUN, Michigan Schedule Meeting, Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.
2 JUN, International Open Bench Press presented by Body Fit and Total Power (teen, women, masters, open), Jeff Chorpenning, 1172 King Ave., Columbus, OH 43212, 614-481-9258
23 JUN, Open Master & Submaster Meet, Lynn Boshoven, 2454 Avon Ave SW, Wyoming, MI 49509, 616-538-3420.
JUN, Canadian Nationals (Vancouver, BC), Al Boudreau, 2335 Ravenhill Rd., Shawnigan Lake, BC, V0R 2W0, 604-743-3527.
1 JUL, Treasure Coast Championship (Best SQ, BP, DL trophies, open, juniors, submasters, masters, teens, women) Al Roberts, 2479 Atlantis Dr. No. 10, Ft. Pierce, FL 34981, 407-465-5968.
JUL, U.S. Deadlift Championship, Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.
4 AUG, Irving YMCA Class III, Below Class II, Class I (Below Master), Master (40 and above age), Women, Teenage (14 and above) and Texas Special Olympics Division, Greg Hammonds, 2200 W. Irving Blvd., Irving, TX 75061, 214-986-8898
18 AUG, 5th annual Iowa State Fair Bench Prss Contest (open, novice, womens, masters, teenagers, beginners, team and deadlift divisions), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.
25,26 AUG, Lifetime Men's & Women's Drug Free Teenage Battle of the Champions (open to Teenage State, National, World Champions WORLDWIDE 13-15, 16-17, 18-19, limited entries, SASE), Spero Tshontikidis, 11502 Brundidge Terr, Germantown, MD 20874
AUG, Texas State Invitational Bench Press Championship (1st place trophies 4', Best Lifter 5'), Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 512-544-7558 after 6 PM.
16 SEP, Olympic Power & Fitness Bench Press, Terry Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 312-377-7527.
16 SEP, Reverchon Class II, Below Class I, Master, Women, Texas Special Olympics, Robin Hammesfahr, Reverchon Recreation Center, 3505 Maple, Dallas, Tx 75219, 214-670-7721.
OCT, Deadlift Meet, Mark Mellinger, 15681 Featherstone, Constantine, MI 49042, 616-435-7586.
17 NOV, Central Iowa Open Bench Press - Deadlift Championships (open, novice, women, masters, teenage, beginners, YMCA only, team and deadlift divisions), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.
17 NOV, Law Enforcement and Firemans Bench Press Contest (open, masters, team, deadlift), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.

P.S. when writing a meet director for information always include a stamped, self-addressed envelope (except for Canadian and other foreign meets) for him to return an entry blank to you, and if you call, don't call collect.

Total Power, 1172 King Ave., Columbus, OH 43212, is offering a free service to promote meets for meet directors and lifters. Meet directors send Total Power copies of the event info and entry forms, and lifters can send a S.A.S.E. and a list of meets they need info on, and Total Power will mail them the forms they request.

SPECIAL TRAVEL OPPORTUNITY..John Pettitt has arranged a toll free number through which you can get discounts on airline flights anywhere, anytime. Call 800-552-4454 (214-299-6844/775-8747 in Texas) and mention "Powerlifting" or "John Pettitt" and you'll be connected to an agent

RICHARD PETERS Travel Club - Open to All Powerlifters (no dues). Special travel discount packages, anything, anytime, anywhere, any meet. Call "Globe Trotter Travel" at 1-800-346-2602.

New Location!
ADFPA OPEN
30 Sept. 1989
Drug Tested
Early Weigh-in
Men, Women
Teen, Masters
Basix Promotions
4747 Capay, Unit 1
San Jose, CA 95118
408-978-0556/448-4946

Anne Arundel Open Powerlifting Competition
Location: Annapolis, Maryland, November 18th, 1989
(Easily accessible to anyone in the Baltimore, Washington area)
USPF SANCTIONED, ENTRY FEE - $15
Divisions: High School, Open, Masters
High School Athletes are Strongly Encouraged to Enter
For more information, send self-addressed, stamped envelope
BRIEN McMURRAY
600 Pine Tree Drive, Severna Park, MD 21146
301 647-0633 or Mike Kuegler 301-266-5790

"They're Back and Bad"
USPF NATURAL NATIONAL REGIONALS
August 5 - Lubbock, TX
August 12 - Denver, CO
August 26, 27 - New Orleans
Sep 9 - Norman, OK
Oklahoma Grand
Oct 8 (Sunday only)
- Hartford, CT
Oct 14, 15 - Kansas City
Oct 21, 22 - Atlanta, GA
Oct 28 - Greensboro, NC
Nov 5 (Sunday only)
- Lexington, KY
Nov 25 - Reno, NV
Dec 3 (Sunday only)
- Phoenix, AZ
Arizona USPF State Meet
Due to popular demand, the powerlifting sculpture awards will be given in all of the Natural National Regionals and Nationals. So clean off a shelf and plan to attend one of the twelve regionals listed above. For more information contact **Richard Peters, Box 1753, Norman, OK 73070**

Deadliest Deadlift IN THE WORLD
Deadliest Deadlift IN TEXAS
October 7th, 1989
☆ ***Super Meet Conditions***
☆ ***Super Audience and Media Attention***
Divisions:
- World
- Open
- Women
- Teenage
- Masters
- Novice
- Team

- Be a Part of Powerlifting History! -
DDW
Box 2864
Longview,TX 75606
214-236-3752
Meet Directors:
John Inzer
Gus Rethwisch

MEET DIRECTORS!
Take out a display ad in PL USA (like this one) for your upcoming competition and get the immediate attention of THOUSANDS of new and experienced lifters who are actively seeking contests to compete in. Call Mike Lambert at 805-482-2378 and see how VERY little it costs to do so! We'll even do the typesetting for your ad FREE!

Lori Adams benched 170 weighing 121 at the Paul Griffith's Mason Dixon meet, and just missed this 190. Photograph provided courtesy of Joe Pyra.

ADFPA Mason-Dixon Open
27 May 89 - Colora, MD

Teenage	SQ	BP	DL	Total
114 lbs.				
S. Hollimon	280	140	340*	760
123 lbs.				
M. Dolan	245	135	265	645
G. Miller	170	105	275	550
148 lbs.				
D. Cooper	250	145	340	735
G. Durham	250	140	325	715
165 lbs.				
D. Scott (BL)	410	220	420	1050
181 lbs.				
R. Smith	300	185	385	870
198 lbs.				
N. Saunders	350	145	400	895
242 lbs.				
A. Massenhoue	275	145	340	760
Womens				
L. Adams	245	170	270	685
H. Scott	225	115	275	615
K. Maxey	250	165	280	695
Masters				
J. Pyra	605	350	605	1560
M. Pearson	400	230	400	1030
Open				
123 lbs.				
L. Adams	245	170	270	685
G. Miller	170	105	275	550
148 lbs.				
R. Lewis	350	230	410	990
165 lbs.				
A. Bongo	500	330	500	1330
B. Clayton	470	285	490	1230
C. Boyd	490	225	440	1155
R. Cagle	405	225	480	1110
K. Berry	290	200	330	890
181 lbs.				
A. Guidry (BL)	630	330	600	1560
B. Brown	580	330	530	1440
S. Dokes	525	315	600	1440
P. Catina	450	285	475	1210
J. Murrey	425	325	400	1125
E. Peterson	420	240	515	1115
S. Blume	405	235	430	1070
T. Stewart	360	215	475	1050
G. Boyd	385	200	430	1015
198 lbs.				
D. Meyer	660	330	590	1580
J. Pyra	605	350	605	1560
A. Margulies	540	335	600	1475
D. Pride	565	305	575	1445
T. Amos	525	300	515	1340
L. Hoover	500	325	490	1315
S. Dagle	415	265	530	1210
220 lbs.				
T. Messick	550	380	550	1480
B. Cotton	500	375	450	1325
R. Stead	530	285	505	1320
R. Martinez	445	280	510	1235
T. Hummel	450	265	480	1195
B. Jones	445	275	465	1185
J. Talbot	425	285	460	1170
242 lbs.				
P. Smith	525	315	550	1390
G. Miller	350	250	400	1000
275 lbs.				
J. Haywood	600	380	570	1550
Super				
F. Wrightson	705	430	600	1735
E. Corsey	550	375	510	1435
M. Cancro	560	145	145	850

American Teenage Record set by Steve Hollimon in the deadlift with 340 lbs. in the 114 lb. class, age 14-16. Best Lifters: Open - Al Guidry; Teen - David Scott. Team Awards: 1st- Body Shop, Oxford, PA; 2nd- Joe's Gym, Budd Lake, NJ. (Thanks to Paul Griffith for results).

ADFPA Region III Championships
6,7 May 89 - Hinesville, GA

	SQ	BP	DL	Total
Women below 129 lbs.				
R. Meng (110)	175	120	285	580
Women above 129 lbs.				
S. Golder (156)	330	180	410	920
C. Ingram (129)	225	120	275	620
S. Ricafrente (208)	390*	180*	360	930
E. Trevorah (176)	320	140	350	810
J. Maynard (134)	175	75	200	450
Teens below 181 lbs.				
F. Sands (112)	260	210	335	805
L. Roberts (176)	415	270	480	1165
C. Archer (162)	425	205	430	1060
A. Kitchen (138)	305	215	350	870
Y. Johnson (138)	195	120	215	530
Teens above 181 lbs.				
C. Greenwood (189)	400	330	450	1280
R. Heiterer (290)	500	290	485	1275
Masters below 181 lbs.				
T. Trevorah (178)	480*	300	490	1270*
S. Mathues (172)	435	265	475	1175
D. Brown (179)	375	245	425	1045
R. Harding (168)	340	250	400	990
R. Meng (110)	175	120	285	580
Masters above 181 lbs.				
C. Wimberly (217)	625	325	620	1570
E. Garcia (198)	520	305	550	1375
D. Coleman (341)	600	385	615	1600
F. Flack (240)	510	405	490	1405
H. Baker (218)	390	320	500	1210
R. Bennett (208)	430	280	450	1160
Guest Lifter				
D. Olario (227)	555	235	510	1300
114 lb.				
B. Miller	375	270	365	1010
G. Sands	260	210	335	805
B. Dorman	245	145	305	695
123 lb.				
H. Blake	480	270	500	1230*
132 lb.				
C. Williams	315	250	380	945
P. Carlo	240	240	360	840
148 lb.				
J. Culliver	545	300	590	1435
R. Atkinson	480	340	435	1255
A. Kitchen	305	215	350	870
165 lb.				
J. Rock	580	375	600	1555
K. Thomas	450	350	590	1390
M. Perry	475	290	485	1250
D. Poimsett	450	280	415	1145
B. Billman	405	325	405	1135
T. Taylor	350	260	390	1000
181 lb.				
G. Jones	655	420	640	1715
B. Taghivano	580	315	540	1435
B. Bailey	500	345	555	1400
E. Thayer	500	325	540	1365
M. Derby	470	250	550	1270
T. Trevorah	480	300	490	1270
S. Williams	440	260	535	1235
T. Sain	415	290	455	1160
D. Brown	375	245	425	1045
198 lb.				
M. Francis	710*	330	650	1690
J. Paschal	650	390	600	1640
M. Kirkland	565	350	565	1480
A. Velazquez	575	340	510	1425
M. Requa	555	315	550	1420
T. Sumlar	480	305	620	1405
E. Garcia	520	305	550	1375
B. Johnson	530	290	520	1340
C. Williams	505	320	490	1315
T. Levangie	405	270	465	1140
D. Equitz	400	250	465	1115
D. Defore	300	370	440	1110
M. Smith	350	205	415	970
220 lb.				
C. Wimberly	625	325	620	1570
E. Buffkin	600	340	570	1510
M. Perry	570	370	525	1465
S. Foss	555	355	530	1440
S. Upchurch	535	300	525	1360
J. Brown	435	260	500	1195
242 lb.				
T. Armstrong	660	425	680	1765
M. Goetz	635	405	600	1630
S. Hawks	590	385	645	1620
D. Bridges	525	365	620	1510
T. Hawk	545	315	575	1435
W. Campbell	515	390	520	1425
L. Brown	420	255	500	1175
275 lb.				
L. Encarnacion	475	450	475	1400
275 lb.				
E. Surell	830*	425	620	1875
D. Coleman	600	385	615	1600
R. Heiterer	500	290	485	1275

Team Awards: 1. Charleston Barbell Club; 2. Westwood Iron Masters. As you look at the results it becomes evident that some of the best drug free lifters in the United States reside in Region III. A total of seven American records were either tied or broken. Stephanie Ricafrente broke two American Teenage Records. Tom Trevorah broke two Master (55-59) records. Ernie Surell broke the Master (40-44) squat record. Herbert Blake unofficially broke the total record in the 123 lb. class. Herbert's record did not count because he weighed in early. Michael Francis tied the 198 lb. squat record. The Regional and State records broken are too numerous to mention. Just look at the outstanding results and you will get an indication.

I am looking into the possibility of changing the meet site for the state meet Sept. 10th. Next year's Region meet will probably be held elsewhere. The popularity (79 lifters this year) seems to be too much for the Holiday Inn Banquet Rooms. I would like to thank my wife Jill, and son Kyle for their understanding of my neglect of time spent with them. The following people were responsible for a succesful championship. Without their help it would be impossible. Thank you: Tom Trevorah, Ellen Trevorah, Rich Vallaincourt, Jake Battle, Ken Brown, Cheryl Jones, Ernie Surell, Julio Cruz, Steve Bullimore, Joe Culliver, Dave Roberts, Willie Graham, Glenn Stewart, Anthony Howard, Will Pendleton, Nick Higgins, Jon Horn, Peter Bush, Steve Bezo, Kenny Couch, Darryl Meddings, John Aspinnall,Chip Sturtleft, James Waynick, Dan Kersten, Hughie Hunt, Ken Wright, Kareem Bacon, Garrett Landers, K.C. Clay, Lawrence Roberts, Jody Powell, et. I'm sorry if I failed to mention anyone. (Thanks to Denis Ference for results)

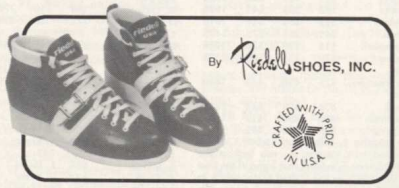
Tennessee Championships
April 89 - Maryville, TN

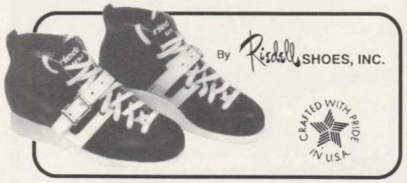
Teenage	SQ	BP	DL	Total
14 - 15				
C. McDaniel	500	450	470	1375
G. Sesler	240	150	325	715
P. Thomas	315	205	425	945
16 - 17				
V. Racanelli	540	320	525	1385
K. Burnett	565	315	500	1380
M. Bossell	465	275	470	1240
18 - 19				
D. Johnson	700	350	560	1610
P. Fletcher	305	220	400	925
L. Remen.	275	190	360	785
Open				
114				
C. Duke	155	85	185	425
R. Story	125	65	175	365
123				
J. Whitwell	315	210	330	885
G. Sesler	240	150	325	715
132				
S. Alford	430	250	450	1135
B. Griffin	365	300	430	1095
A. Clark	315	175	350	835
148				
B. Crowder	460	310	430	1200
D. Kramer	415	255	510	1180
C. Wilson	360	240	370	970
165				
R. Posey	525	325	500	1350
S. Braz	405	315	500	1220
T. Stewart	420	290	485	1195
181				
J. Burnett	550	335	575	1460
D. Crowder	530	320	600	1450
T. Crowder	480	335	540	1355
198				
T. Buford	530	370	605	1505
D. Lo	580	360	560	1500
J. Reichert	570	385	505	1460
220				
R. Haire	640	505	590	1735
C.T. Vitus	590	380	570	1560
S. Brown	550	360	590	1500
242				
L. Hood	670	510	615	1835
J. Lock	630	400	565	1595
J. Butler	575	315	610	1525
275				
T. Harvest	700	450	615	1765
D. Johnson	700	350	560	1610
M. Phillips	600	345	600	1545
SHW				
P. Sherman	610	420	650	1680
G. Winbarger	450	440	460	1350
Women				
97 - 114				
M. Ogle	240	130	270	640
D. Hunter	175	85	230	490
123 - 132				
D. Crowder	320	165	340	825
148 - 165				
B. Hale	275	170	325	770
H. Lo	265	150	270	685
Bench Open				
114				
R. Story	65	220		
123		R. Haire		505
J. Whitwell	210	S. Brown		360
132		242		
S. Alford	255	L. Hood		510
A. Clark	175	Z. Gore		460
148		W. Trail		390
B. Crowder	310	275		
165		T. Haverston		450
T. Chrisman	340	S. McDaniel		405
S. Braz	315	E. Wolf		375
B. Krehlik	295	SHW		
181		G. Winebarger		440
M. Byars	350	Masters		
D. Crowder	320	G. Winebarger		440
198		D. Hooper		385
J. Reichert	385	E. Wolf		375
Masters				
40 - 44				
M. Stone	560	355	540	1455
D. Hooper	525	355	405	1305
G. Winebarger	450	440	460	1350
45 - 49				
P. McMilien	385	305	450	1140
L. Smith	385	225	405	1015
50 - 55				
D. Shaddock				

This season's Tennessee State Championships had a terriffic turn out. There were 20 prepaid and 66 late entries. Powerlifting in the state is coming along really well. Dynabody Fitness Center won the team trophy with 22 trophies. (Thanks to W. Keith Harris for results)

Power Systems' CTR 2100 Amino Acid Complex It's Timed Release!
NEW!
The function of Amino Acids is to aid the body in the utilization of protein. Protein builds muscle. Now, make sure aminos are present at the exact time your body is ready for them! Finally! Aminos when and where you need them! 2100 mg per tablet, 22 aminos, 325 tabs, all timed release. Usual price ~~$36~~. Introductory NOW $25!.
To order call
Power Systems Unlimited
1-800-248-LIFT

Real Power Shoes!





Safe's Custom Squat Shoes:

- **UPPER LEATHER -** Full grain cowhide leather.
- **COLLAR -** Leather covered sponge.
- **LINING -** Cambrelle. Excellent wear resistance - dries out fast.
- **STRAP -** Double thickness leather with metal buckle.
- **SOLE -** Firm cushion crepe with wedge built to your specifications.
- **INSOLE -** Full 1/8" thick fiberboard.
- **COLORS -** White, black, royal, sky blue, red, gray, pink.
- **SOCKLINER -** Texon.
- **WIDTHS -** We can fit almost any foot - wide or narrow.
- **HEEL COUNTER -** Firm fiberboard. Sweat resistant. Good support.

$99.95 * Please add $5.00 Shipping & Handling.
Please specify shoe size, color & heel height.

"The Contender" Power Shoe

- **UPPER LEATHER -** Finished split leather.
- **SOLE -** 3/4" wedge standard.
- **COLOR -** Black with white straps.
- **COLLAR -** Leather covered sponge.
- **LINING -** Cambrelle. Excellent wear resistance. Dries out fast.
- **STRAP -** Double thickness leather with metal buckle.
- **WIDTH -** Standard D Width.
- **INSOLE -** Full 1/8" thick fiberboard.
- **SOCKLINER -** Texon.
- **HEEL COUNTER -** Firm fiberboard. Sweat resistant, good support.

$79.95 * Please add $5.00 Shipping & Handling.
Please specify shoe size.

T-Shirts ONLY $10.00
(Shipping Included)

SAFE'S
POWER & BODY
ROUTE #4 BOX 121
CANNON FALLS, MN 55009
507-263-2005

- ALSO AVAILABLE -
Computer printed Plate Loading Charts. (In pounds).
ONLY $3.00
(Shipping Included)

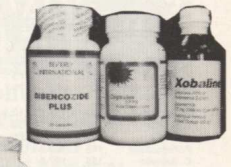
1-800-344-4071

VISA MasterCard C.O.D.

(Orders only please. Hours: 9-5, Mon. - Fri. & 9-Noon Sat. Central Time)Or Call 1-507-263-2005
Foreign orders add 10% Ground, 20% Air.

Crain's
Muscle World, LTD.

"NO NONSENSE PRODUCTS"

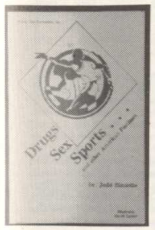


DIBENCOZIDE - *"The Next Best Thing to the Real Stuff"*
Beverly International - **Dibencozide Plus**..,.... 60 Capsules..... **$28.00**
6000 mcg. Dibencozide, 4000 mcg. Boron and 250 mg. Gamma Oryzanol
Bio Muscle - **Dibencobol®**..... 100 Capsules..... **$39.95**
5 mg. Dibencozide
Caps - **Xobaline™**.....2 oz. liquid • 5 mg..... **$34.95**

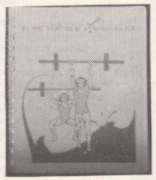
CHROMIUM PICOLINATE - *"Anabolic Agent of the Future"*
Beverly International - **Muscularity**..... 180 Capsules..... **$36.00**
Branch Chain Amino Acids, 200 mg. Chromium Picolinate w/ Zinc, Vit. B-6, Vit B-12, Biotin
Bio Muscle - **Bio Chromax**..... 100 Capsules • 200 mcg..... **$14.95**

NEW RELEASES

1988 WHO'S WHO IN POWERLIFTING™
...HB ~~$35.95~~ Now $17.47
...SB ~~$19.95~~ Now $9.97

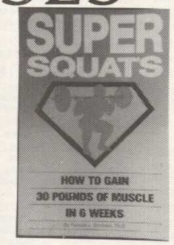


Drugs, Sex, Sports.../ Biasiotto $9.95

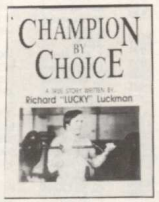


So You Want To Be.../ Glenney $14.95

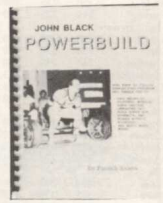
Amazing Amino Acids/ Lee $3.99



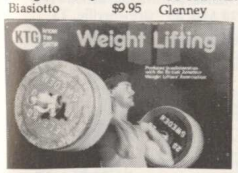
Super Squats/ Strossen, Ph.D. $12.95

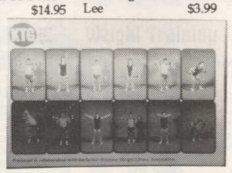


Champion By Choice/ Luckman $7.95



POWERBUILD/ Black $9.95

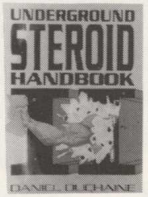




Know the Game... Weight Lifting/
Know the Game...Weight Training/
Know the Game... Powerlifting/
Lear $6.95
B.A.W.L.A.

IT'S BACK! THE UNDERGROUND STEROID HANDBOOK II

$19.95



The Book You Can't Do Without
- Steroids enhance your health
- The **REAL TRUTH** about steroids
- Exposing the lies from the media
- **FACTS** about big name bodybuilders and fitness magazine owners... are they buying steroids secretly?

• VIDEOS • VIDEOS • VIDEOS • VIDEOS • VIDEOS • VIDEOS • VIDEOS • VIDEOS • VIDEOS • VIDEOS • VIDEOS •

1989 USPF National Collegiates - Dallas, Tx - 2 tapes
1989 USPF Junior Nationals - Shawnee, OK - 2 tapes
1989 USPF Natural Nationals - OKC, OK - 3 tapes
1989 USPF Teenage Nationals - Shawnee, OK - 2 tapes
1989 USPF High School Nationals - Dallas, Tx - 2 tapes
1989 USPF National Masters - Dallas, Tx - 2 tapes
1989 USPF Senior Nationals - Las Vegas, Nv - 3 tapes
1989 WDFPF Men/Women World Powerlifting Championships - Chicago, Ill - 2 tapes
1989 APF Senior Nationals - Columbus, Oh - 2 tapes

Tape Prices: 1 tapes=$39.95 • 2 tapes=$59.95 • 3 tapes=$79.95

CRAIN'S
MUSCLE WORLD, LTD.
P.O. Box 1322 • 1510 N. Kickapoo
Shawnee, Oklahoma 74802-1322

ALL VIDEO TAPE & BOOK SALES FINAL • ALL PRICES SUBJECT TO CHANGE

VISA MasterCard AMERICAN EXPRESS OPTIMA DISCOVER CARTE BLANCHE Diners Club

HANDLING $3.00
OUTSIDE U.S.
20% SURFACE
30% AIRMAIL
MINIMUM $3.00

OKLAHOMA RESIDENTS ADD 7%

C O D • CHECK • CASH • CREDIT CARDS
Call Toll Free - Orders Only 1-800-272-0051
To check on an order or for information call 1-405-275-3689
★ ALL PRICES ARE FOR MAIL ORDER ONLY ★

Spanish Juniors Championships
30 Apr 89 - Madrid (kg)

	SQ	BP	DL	Total
52 kg				
F. Ortiz	112.5	42.5	130	285
56 kg				
M. Llorens	135	80	170	385
J. Masa	130	80	150	360
J. Lopez	135	75	140	350
60 kg				
F. Granados	170*	102.5	200	472.5
B. Nuno	152.5	87.5	175	415
D. Tchirichian	120	70	175	365
67.5 kg				
A. Rodriguez	200	112.5	212.5	525
E. Garcia	160	120	190	470
C. Perez	160	100	205	470
P. Fernandez	175	100	172.5	447.5
C. Asensio	155	107.5	—	—
75 kg				
J. Villanueva	192.5	115	220	527.5
82.5 kg				
R. Marin	202.5	145	235	582.5
90 kg				
J. Espiago	152.5	90	250	492.5

* Spanish National Jr. Record. (Gracias to Lucio Doncel Recas for results).

Spanish Juniors Champ at 165 is Javier Villanueva. (Lucio Doncel Recas)

USPF City with a Heart Open Class II
13,14 May 89 - Elkhart, IN

Women	SQ	BP	DL	Total
J. Barker	250	125	285	660
J. Abbott	200	105	275	580
C. Bennett	190	120	215	505
123 lb. exhibition				
R. Burris	390	225	380	995
132 lb.				
L. Martz	350	215	360	925
C. Morse	315	225	380	920
148 lb.				
J. Ballard	420	300	400	1120
S. Goss	350	210	430	990
G. Wieman	340	215	400	955
S. Cunningham	340	215	375	930
M. Smuda	340	235	350	925
H. Copaciu	230	180	360	770
165 lb.				
J. Vaughn	450	260	500	1210
T. Johnson	420	290	470	1180
M. Goss	435	250	470	1155
H. Al-Salem	390	250	405	1045
181 lb.				
B. Frank	490	350	500	1340
T. Ward	455	275	510	1240
D. Patterson	515	250	450	1215
D. Mann	465	265	425	1155
C. Binxley	440	275	420	1135
K. Bartkowiak	390	290	400	1080
M. Childs	380	205	415	1000
S. Milligan	330	215	400	945
198 lb.				
E. Evenson	610	350	580	1540
T. Wood	530	400	560	1490
T. Wood	540	400	550	1490
B. Toman	425	330	535	1340
R. Mohre	485	355	475	1315
M. Henschel	450	285	585	1310
A. Plahitko	450	285	450	1185
M. Dunmire	135	455*	135	725
J. King	380	195		
220 lb.				
T. Sheahan	500	310	650	1460
J. Siebenaler	555	315	550	1420
C. Wellbank	460	320	510	1290
B. Costello	450			
242 lb.				
D. Elliot	605	440	575	1620
N. Westfall	540	410	555	1505
A. Bachleda	570	355	555	1480
B. Cummings	500	275	525	1300
J. Szalewski	400	275	440	1115
275 lb.				
G. McClure	645	470	550	1665
P. Bergan	550	365	550	1465
K. Luczkowski	485	355	450	1290
SHW				
P. Dozier	595	435	525	1555
C. Noven	575	400	585	1500
J. Young	350	385	350	1085

* - Denotes Indiana State Record. Best Lifters: light- Bill Frank; heavy- Ed Evenson. Special thanks to Steve Travis, Al Robinson, Don Lambert, Roger Duffy, Mike Wider, Mark Mellinger, Denny Harrison, Carol Smoker, Vicky Bope, Jill Barker, Jacqie Abbott and Tyrone Ward. Team Scoring: Grizzly Power Team 19; Steve's Gym 16; Lynch's Gym 12. (Thanks to Jon Smoker for results)

Total Power Columbus Open
7 May 89 - Columbus, OH

Women	SQ	BP	DL	Total
A. Weisberger	275	170	300	745
S. White	325	160	345	830
L. Conti	260	145	285	690
K. Bruch	215	125	250	590
Masters				
D. Glitt	600	415	560	1575
R. Banks	450	350	540	1340
G. Coleman	400	280	420	1100
Open				
114 lb.				
M. Hartman	375	190	400	965
A. Weisberger	275	170	300	745
L. Conti	260	145	285	690
123 lb.				
K. Bruch	215	125	250	590
132 lb.				
S. White	325	160	345	830
P. Roush	235	190	330	755
148 lb.				
R. Hamsher	380	220	420	1020
D. White	340	200	400	940
165 lb.				
J. Dietrich	540	325	535	1400
N. Latorre	530	325	500	1355
M. Monroe	565	330	460	1355
K. Patterson	450	305	420	1175
A. Randolph		405	605	
181 lb.				
M. Cury	540	310	570	1420
L. Mintus	570	340	505	1415
M. Moore	520	315	465	1300
D. Barr	380			
J. Woltz				
198 lb.				
G. Benford	670	410	530	1610
M. Cooper	600	400	570	1570
G. Anderson	575	310	550	1435
G. Gerhart	385	270	470	1125
220 lb.				
C. Vogelpohl*	760	450	730	1940
T. Dipietro	725	460	650	1835
R. Auxer	590	350	565	1505
242 lb.				
J. Florio	800	450	700	1950
T. Waddle	750	410	700	1860
D. Bailey	690	350	625	1675
G. Coleman	400	280	420	1100
275 lb.				
R. Wilson	650	430	605	1685
M. Altomare	610	370	560	1540
B. Stager				
SHW				
S. Bailey	615	460	590	1665
H. Hancock	600	390	590	1580
D. Glitt	600	415	560	1575
R. Banks	450	350	540	1340

* Best lifter. Team Champs - Westside Barbell Club. (Thanks to Jeff Chorpenning for results)

Carolina Open
27 May 89 - Carolina, Puerto Rico

114 lb.	SQ	BP	DL	Total
E. Rolon*	275	165	315	755
Y. Ruiz*(f)	210	75	225	510
C. Gonzalez(f)	15	80	190	425
123 lb.				
F. Cruz*(BL)	335	175	365	875
O. Pabon*	275	150	300	725
132 lb.				
H. Zayas	380	160	350	890
N. Gonzalez	290	175	400	865
D. Cuba	270	145	350	765
F. Rodriquez	180	150	275	605
Y. Resto	180	100	205	485
148 lb.				
R. Vasquez	280	165	315	760
A. Rivera*	365			
165 lb.				
A. Natal*	315	235	365	915
V. Colon	300	150	350	800
D. Melendez	200	200	300	700
181 lb.				
J. Polo	415	260	535	210
E. Gonzalez*	450	235	450	1135
E. Hernandez	385	250	490	1125
H. Birriel	395	250	460	1095
R. Diaz	330	245	330	905
J. Agosto	270	175	300	745
198 lb.				
C. Fernandez*-BL	700n	475n	650n	1825n
P. Matos	400	280	530	1210
J. Betancourt	390	265	415	1070
220 lb.				
A. Ortiz	525	300	505	1330
P. Ramos*	535	250	465	1250
J. Carrasquillo	400	315	500	1215
P. Alvarez	400	300	460	1160
J. Ris	360	300	410	1070
E. Rodriquez	360	265	400	1025
J. Rodriquez	380	190	400	970
242 lb.				
A. Irizarry	600	370	500	1470
J. Rivera*	400	310	550	1360
J. Colon	530	270	500	1300
J. Ortiz	280	200	375	855
275 lb.				
V. Ortiz	610	350	510	1470
	630n	(4th)		
275 +				
G. Gonzalez	400	225	415	1040

(F) - Female; (BL) Best Lifter; n - National Record; * - Barbarian Gym (team winners). Best Lifter lt. Felix Cruz; Best Lifter hvy. Carlos Fernandez. Team Trophy went to Barbarian Gym. I would like to thank the following people for their time and effort in making this meet run smoothly; MC - Tomas Calderon; Judges - Heribeito Ocacio, Mr. Gonzalez (Papa) and son, Marcelo Cruz; Loaders/Spotters - Felix Cruz and H. Birriel (lifters also) and Mrs. Patria Cruz. My apologies if I have forgotten anyone. (Thanks to Carlos Fernandez for results)

5th Annual Brownsville Bench Press
20 May 89 - Brownsville, TX

11 - 13 yrs.			
E. Marquez	145	J. Rivera	295
A. Garcia	140	J. Rivera	240
F. Rodriquez	145	J. Salazar	275
R. Cuellar	135	A. Alfaro	190
B. Loera	140	R. Barrera	200
J. Quintero	145	Novice	
J. Hess	145	165	
D. Cuellar	95	P. Flores	345
A. Garza	135	D. Salinas	330
D. Casaneda	155	R. Ridyolph	315
J. Barba	205	R. Ramos	305
14 - 16 yrs.		A. Gonzalez	300
C. Armas	230	A. Hinojosa	280
J. Perez	250	R. Ramos	265
J. Gracia	200	P. Inskeep	152
A. Garcia	265	181	
L. DelBosque	245	R. Smith	350
B. Flores	225	J. Morales	345
D. Preciliano	250	J. Salazar	340
B. Breaux	175	A. Caceres	320
J. Gonzalez	265	A. Garcia	295
J. Lopez	225	D. Abrego	275
J. Lara	170	L. Petraca	260
V. Cuellar	175	200	
S. Rodriguez	155	J. McCoy	430
A. Perez	250	R. Garcia	370
A. Gonzalez	170	L. Helm	300
R. Beltran	200	M. Beriau	295
F. Adame		J. Dean	270
R. Larrasquito		200 & above	
D. Garcia		M. Weigel	430
17 - 19 yrs.		B. Castro	405
R. Ramos	305	F. Lemon	400
F. Garcia	315	V. Moreno	375
S. Vela	290	G. Mancias	350
J. Garcia	300	R. Hinojosa*	350
R. Ramos	265	R. Garcia	345
J. Avalos	250	R. Womack	345
A. Espinosa	280	M. Dean	330
E. Mirelas	250	J. Delgado	315
J.P. Canto	235	R. Lerma	
J. Resendiz	205	D. Dahlberg	
E. Palomege	230	R. Gomez	

* - Battling cancer. Outstanding Teenage Lifter: Robert Ramos, Robstown, TX. Outstanding Lifter: John McCoy, Beeville, TX. The meet was at the Amigoland Mall! Over 500 spectators. We raised $1,000.00 for Jessie Gonzalez, battling cancer. The happiest moment in my life was giving the money to his family. (Thanks to Tito Mata, Promoter, for results)

NEW PRODUCT

***The 'NITRO' Lifting Belt** developed by SciPro, is made from a high tech material, formulated with millions of nitrogen filled cells. SciPro states "This is the first direct challenge to leather's long time hold on the weight lifting market". The SciPro design is in the traditional style, but the new material creates a "look and feel all its own." There is no break-in period required, and due to the "custom comfort properties", there is no pinching, cutting, or binding. The belt is available in 5 sizes, including extra small (22"-26"), and comes in black at a competitive price. SciPro will also be introducing adjustable and non adjustable lifting straps, wrist supports, wrist wraps, and knee wraps in new materials and in an assortment of colors. 'Nitro' is an extension of the existing SciPro belt line, which includes SportBelt, WorkBelt and BackBelt, special belts designed for lower back pain which incorporate the exclusive "Extensor Pad" insert. For further information, contact Ken Christianson or Troy Bartz, SciPro, 2333 San Ramon Valley Blvd., Center Plaza, Suite 200, San Ramon, California 94583, 415-837-8081.*

Bulletin Board....this is the place to look for organization news and notes ★ the results of the **U.S.P.F. Athlete's Rep Election** are as follows 1st place Vic Kennedy, 2nd place Fred Ashford, 3rd place Ken Ufford, 4th place Kirk Karwoski. ★ a wide open category of records are those for **U.S.P.F. Single Lift Squats**. None have been set in this new category, nationally, but it is an official record category. Meet directors holding squat only contests should get their scales certified and get three certified referees (one international) and your lifters could lay claim to these vacant records. Contact Alan M. Kirshner Ph.D., P.O. Box 3292, Fremont, CA 94539 if you have questions. ★ the woman we saluted in the July edition of *PL USA*, **Joan Gagne** passed away in June and was laid to rest in the State of Washington. Our condolences to Bernie Gagne and his family. ★ they are expecting 60 nations and 4000 participants in the **World Games** in Karlsruhe, West Germany. Over 400 hours of television broadcast time is expected in over 40 countries. Richard Herrick MD and Stella Herrick of the USPF and the IPF will be intricately involved in the doping control program at the Games for all the sports involved. ★ changes in the **U.S.P.F. Directory** are as follows: new Minnesota State Chairman is David Vanzo, 1720 Weston Ln., Plymouth, MN 55447, 612-473-0447, and the new address for Nate Foster is 13031 Tiller St., Orange, CA 92668, 714-740-1220. The new insurance agent for the U.S.P.F. and point of contact for Certificates of Insurance is Terry Diller of Lupke, Rice and Clancy, 500 Commerce Bldg., 127 W. Berry St., P.O. Box 11309, Ft. Wayne, IN 46857, 219-424-4150.

BOOK REVIEW... John Saul makes over a million dollars a year writing novels. Obviously, he hits some of the right chords among the popular readership. The reason that we are reviewing his new book, "***Creature***" is that it addresses the subject of experimental drug use in order to increase body mass, strength and aggressiveness for sports purposes. Although Saul creates his story with great craft, at times you wonder how real the situation he has structured could possibly be. Basically, a high-tech company town in the Rockies has associated with its high school a sports laboratory designed to correct deficiencies and optimize the performance of the athletes so the town's team can be successful on the gridiron. Successful they are, yet the winning comes with an underlying aura of malevolence. Odd sounds are heard at night and the fast growing football players get into irrational fights almost as if they were programmed to do so. In one of the oddest ironies, the motto for the sports lab is almost identical to the latin motto of the ADFPA, *a sane mind in a sane body*. The story proceeds suspensefully and because of the subject matter, it will be of special interest to anyone concerned with the field of powerlifting. You can order "***Creature***", published by Bantam Books, from the Bookworm, 805-482-1384. They do take credit card orders and the price of the book is $12.95, plus $3.00 postage.

Never train without spotters. Never train when injured or when you think you may be injured. Always consult with a physician regarding injuries.

Corrections...David Vanzo was not credited on the ADFPA Superheavyweight TOP 20 list for a 12th place lift of 480 lbs. done on April 20, 1988. Bobby Newgard was not properly credited for her state title, state record, and Best Lifter award in the Montana Powerlifting Championship results published in *Powerlifting USA*.

MUSCLE MASS
AMAZING STRENGTH

Yohimbe
Dibencozide
Cyclofenil
Other Major Brands At Wholesale Prices Or Below
Don't Get Ripped Off !
We will beat any competitor's price by $1.00.

SPECIAL WITH THIS AD

Yohimbe 1000 mg 100 tablets $19.95

☐ PLEASE SEND FREE DISTRIBUTOR CATALOG

Name _____

Address _____

City, State, Zip _____

MAIL TO:
POWER OUTLET
175 5TH AVE. SUITE 2504
NEW YORK, NY 10010

The **POWER** of Television

"THE WEIGHT ROOM"
TV SHOW

Weight training, nutrition, exercise and sports medicine. Join host John Abdo as he interviews world class athletes and examines how they weight train to prepare for competition.

The nations leading syndicated weight training show. Check your local cable television network for listings. or write: P.O. Box 2082, Schiller Park, IL 60176

"THE WEIGHT ROOM"...
there's no other show like it on television!

Producer and Host, **John Abdo**

ADFPA Teenage Women's Nationals
24 Jun 89 - Wadsworth, OH (kg)

14-16 age group	SQ	BP	DL	Total
97 lbs.				
M. Omelio	72.5	55*!	107.5*!	235*!
R. Masters	67.5	27.5	82.5	177.5
104 lbs.				
M. Rhyne	57.5	27.5	80	165
111 lbs.				
M. Wilson	95	60*!	105	260
M. Goraj	85	42.5	122.5*!	250
S. Salazar	57.5	32.5	75	165
116 lbs.				
T. Scheurman	115	60*!	125*!	300*!
L. Hare	85	57.5	92.5	235
M. Hasman	75	45	95	215
122 lbs.				
L. Baker	97.5	45	105	247.5
C. Roberts	65	42.5	92.5	200
K. Taylor	60	35	75	170
129 lbs.				
K. Weatherholtz	95	52.5	117.5	265
139 lbs.				
K. Dailey	65	27.5	85	177.5
154 lbs.				
A. Jackson	125	65	137.5	327.5
M. Delavergne	95	55	107.5	257.5
176 lbs.				
J. Driskell	62.5	57.5	122.5	242.5
S. Scholl	75	37.5	90	202.5
17-19 Age Group				
111 lbs.				
A. Klann	102.5	57.5	137.5	297.5
J. Kavanagh	92.5	45	120	257.5
A. Gwinn	85	37.5	100	222.5
116 lbs.				
T. Mathis	100	47.5	125	272.5
122 lbs.				
A. Hinman	132.5	62.5	165*!	360*
T. Wessner	100	50	110	260
129 lbs.				
M. Plante	87.5	52.5	115	255
139 lbs.				
N. Yaggie	137.5	67.5	175*!	380
176 lbs.				
C. Brickley	100	50	115	265
UNL				
E. Wikaryasz	137.5	85*!	150	372.5
A. Carlyle	130	60	125	315
M. Marcou	65	45	102.5	212.5

* Teenage Women's National Record. ! Teenage Women's American Record. Team Trophy: 1- Swartz Creek High School Powerlifting Club 95 pts; 2- Olympic Fitness Center 30 pts. Outstanding Lifters: 14-16 age group - Tammy Scheurman 287.85 (116 lb. class); 17-19 age group - Amy Hinman 337.53 (122 lb. class). Champion of Champions: Amy Hinman.

Although the qualifying requirement was dropped for the teenage women this year, only 31 girls entered the Nationals. Nevertheless, it still proved to be an interesting meet with many new faces, for over half of the competitors were lifting in the 14-16 age bracket.

During the event, 12 National and 11 American records were broken, and some astounding weights were pulled! There should be an amazing competition next year because many of these lifters will be able to return! Furthermore, the Swartz Creek High School Powerlifting Club claimed the first place team trophy for the seventh year in a row!

The lifting atmosphere throughout the day was relaxed and friendly; in addition, it was concluded with a party at a local swim center where the lifters could eat, swim, or play a couple games of pool. Overall, the meet ran smoothly and was hopefully enjoyable for everyone thanks to all those who were gracious enough to contribute their time and talents!

(Thanks to Bill Thompson for results).

SUPERSQUATS

How to Gain 30 Pounds of Muscle in 6 Weeks!

by Randall J. Strossen, Ph.D.

"Quite simply, the best book ever written in the field of muscle building."

John McCallum

IronMind Enterprises
P.O. Box 884
Larkspur, CA 94939

$12.95 plus $2.00 postage

Nancee Yaggie...with her 303 squat at the ADFPA Teenage Women's Nationals. (Thompson photograph)

Central Florida Deadlift
7 May 89 - 'Hooters', Lakeland, FL

Women (Formula)			
L. Nawrocki	530	200	
I. Zima	285	D. Castellano	725*
L. Giglia	325	K. Mason	650
K. Hum	325	A. Roberts	600
C. Morrison	300	K. Lavique	570
R. Weaver	200	T. Whiting	550
Teenage (Formula)		K. Jarvis	550
R. Marsh	625	W. Hayward	535
G. Ciola	440	J. Griffens	520
J. Cash	450	D. Eldridge	520
J. Hacker	530	M. Mattison	480
R. Propst	350	230	
M. Friar	355	L. Monberg	670
J. Carroll	400	J. Kennedy	650
R. Parker	390	C. Nelson	630
B. McInnis	545	C. Pieschke	615
E. Galloway	530	S. Buchanan	570
J. Krause	480	J. Smith	570
B. Strickland	430	M. Bunn	550
M. Denney	400	J. Polvinale Jr.	530
J. Duke	340	M. Matley	520
Masters (Formula)		J. Schultz	480
P. O'Brien	575	F. Cather	
J. Polvinale	600	260	
L. Perez	450	S. Tilomai	715
T. Ciola	525	L. Harvey	715
J. Byfield	450	M. Wetzel	660
J. Flint	450	R. Day	650
140		T. Mahoney	625
K. Snell	430	R. Chastang	615
F. Bolliwage	420	M. Smirnoff	600
D. Viars	350	J. Polvinale	600
P. Beville	250	R. O'Donnell	525
170		Over 260	
B. Mitchell	540	D. Brown	625
S. Snell	515	J. Severino	585
C. Ulrich	515	O. Hall	500
J. Cash	450	B. Jeffries	430

* - Best Lifter. Team Trophy: All American Gym, Lakeland, FL. 'Hooters' is a popular bar and grill chain throughout Florida, and this meet originated as an excuse for some local lifters to get out of the house on a Sunday afternoon. Lift a few heavy ones, down a few 'Lite' ones, and admire the young ladies serving us chicken wings and steak sandwiches. Last year we had 18 entries. Apparently the word leaked out about how much fun we were having (helped by some ads in *'PL USA'*) because this time over 75 people entered, with 66 actually lifting. A few competitors declined to lift after seeing some heavy hitters in their class.

The women's competition was dominated by Lisa Nawrocki with a 530 at 198. AAU Ms. Florida Ivalise Zima pulled 285 at 110 for second place, with Ms. Southern USA Kimberly Hum and Lisa Giglia in a tussle for third which came down to bodyweight. The teenagers were likewise overwhelmed by Richie Marsh, with a 625 at 192. Richie made 590 - 370 - 630 in a power meet the previous weekend in ADFPA competition!

The masters division featured former world record holder Pat O'Brien, who, due to injuries, has been mainly coaching the last couple of years. Pat aggravated a back problem while warming up, but after a few beers it did not hurt as bad, so he pulled his opener. This hurt some more, so he had a few more beers! Meanwhile, Joe Polvinale Sr., part of a father-son team in the contest, pulled a solid 600 to secure second place. In the 140 lb. class, Ken Snell pulled an easy 430 at 123 for first place. The 170 lb. class saw Daytona Beach radio personality Bob Mitchell smoke 540 at 165, with a close try at 580. Steve Snell took time out from his stockbroker training at Smith-Barney to pull a 515 the old fashioned way for second place. He passed out some hot (!) stock tips in between attempts.

The really big numbers started hitting the platform in the 200 lb. class, where former Jr. world champ Dominic Castellano pulled 725 with a close call at 750, weighing 195. Keith Mason hauled up 650 for second, but got red lighted on 700, which was roundly boo'd by the crowd of over 200 spectators. Keith weighed 181. Al Roberts had an easy 600 for third.

At 230 lbs., we had an old time shootout between Lawrence Monberg and Joe Kennedy, which went to the wire with both missing third attempts at 700. Charles Nelson got third place with 630 and 'Best Poser', telling us on the way up how easy each lift was, and hitting a bicep shot after each attempt. A little showmanship and a big hit with the crowd.

A showdown for the big boys was the order of the day in the 260 lb. class, as five 700 plus deadlifters went to work on each others. The crowd really turned on to the competition in this class, and lifts went at a fever pitch. Sergio Tilomai and Lou Harvey both pulled 715 and both weighed 255, a re-weigh after the meet giving the nod to Tilomai. Miles Wetzel weighed 253 and locked out 715 to two red lights, another call the crowd loudly disagreed with. Richard Chastang, with a previous 760 state record to his credit, was injured and not the factor he normally would have been in this meet. Randy Day had to settle for fourth as 700 would not lock out for him on this 'Day'.

In the unlimited class, Dave Brown pulled 625 comfortably for the win, while Florida ADFPA champ Joe Severino handles 585 easily, but couldn't handle the third attempt he needed for first place. For those of you used to long, drawn out contests, we ran exactly two and a half hours. 185 attempts in 150 minutes!!! This was expedited by an idea I read in *'PL USA'*, where a lifter following his or her self was simply moved up 4 attempts, rather than waiting 3 minutes, and the bar changed when we got there. Instead of just announcing 'on deck' and 'in the hole', the announcer listed the next six to eight lifters with each attempt, and everyone was ready when called. A pair of really outstanding loaders made a huge difference in the meet, with no misloads!

First place awards at this meet were large, sculpted deadlift figures, much prized by the competitors. Because of the turnout this year, next year's meet will have these trophies for all places and probably use standard weight classes. We just never imagined it growing like this! Bigger and Better next time, look for the ads in 'PL USA'. Come out and have some fun for a change! Thanks to Louis Baltz for another of his consistently great All American Gym meet promotions, and thanks to 'Hooters' for a great atmosphere to conduct it in. (Thanks to Frank Kostyo for results)

Olympics Qualifications
17 Jun 89 - Orient, OH

139-under	SQ	BP	DL	Total
L. Hampton	441	241	446	1128
140-162 lbs.				
C. Isom Jr. (BL)	511*	276	566*	1353*
C. Patterson	316	261	381	958
J. Giner	341	231	376	948
C. Bowen	316	—	386	702
163-185 lbs.				
J. Antush	436	301	501	1238
C. Brown	451	251	486	1188
P. Pryor	276	301	446	1023
186-204 lbs.				
J. Darbyshire	466	241	536*	1243
C. Searcy	381	306	516	1203
L. Johnson	366	316	406	1088
205-224 lbs.				
T. Wills	451	276	476	1203
225-up				
P. Jackson	526*	366	551*	1443

* New Instititutional Record. It was a largely uncontested day for several returning champions as Pickaway Correctional Institution and Pickaway Correctional Camp met for their second meet of the year, this time to decide who was going to represent PCI/PCC at Ohio's Inmate Olympics Competitions at Chillicothe in September. To those people who put forth such great effort to make this meet a success, we offer our sincere gratitude, for it is not always easy to take a whole day to support and encourage a sport that one is not dedicated to as much as the lifters. First, thanks to the administrators of PCI/PCC, without whom this meet would not have been possible; Warden James K. Jackson, for his continued support of our recreation programs; Honor Unit (PCC) Manager Deb Timmerman and Unit Case Manager, both of whom not only took the time to come in on the weekend, but who also arranged to supervise the photographers that day so that the lifters would have the opportunity to have color memories of this important day. For the recreation staff, recreation director J.R. Ruggles, activity therapist Ruby Scaggs, and Officers S.A. Exline and R. Brown, who took the time and made superior effort to see that this was one of the best run meets here yet, we offer congratulations for a job well done, and many thanks for the opportunity to take part in the event. To outside guest and Barry Blackstone, Hilliard High School Coach and representative of Christian Fellowship Athletics, we offer our sincere gratitude for the effort he put forth at the meet, and most of all we thank him for just being there, as one of the hardest things for many people to do is to willingly enter a prison. Thanks also to the Darby View Chapter of the United States JayCees, who put forth special effort to seek permission to have photos taken at the meet; Chapter president Bruce Wallace; Community Development Vice President and Sports Committee Chairman Rich Wright; Camera Committee Chairman Doug Butler, and Former Chapter President Richard Campbell. Thanks also to the men who worked that day taking the photos: Darryl Gentry, Doug Butler, and Dave Foster. Super thanks to JayCee Dennis Mitchell, who was to work taking the photos, but ws drafted as side judge, and did a very good job there too. To the spotters, loaders, and scorekeepers, who did a great job of keeping the meet running so smoothly and without an injury, we offer the most sincere and greatest thanks of all, for it is due to these unselfishly serving people that this meets, and meets everywhere, run, ran, and will run, so well; Scorekeepers Tim Hayslip and Mike Hunter; Spotters/loaders Jack Kendrick, George Eskridge, Louis Tolliver, Dale Campbell and Michael Shannon. And lastly, to the staff of *Powerlifting USA* Magazine, and to all the contributors, researchers, and powerlifters nationwide, goes the real gratitude, for we would not have such spirit of competition were it not for the publicity and news of great lifts and great lifters everywhere throughout the world. (Written by General Lee).

Note...Scott Warman was listed twice on our All Time TOP 20 list, 275 lb. class, and George Frenn's 812 from 1971 should be in the 20th spot. Reader Mike Rosenwald used to do deadlifts and hold the reps at the top and never found a better or quicker way to strengthen his back. When he had a hiatal hernia attack, he had doctors look at his heart and they found it to be considerably enlarged. Mike relates this to holding the deadlifts reps at the top.

POWER SYSTEMS UNLIMITED PRESENTS

The most potent, powerful duo in history!

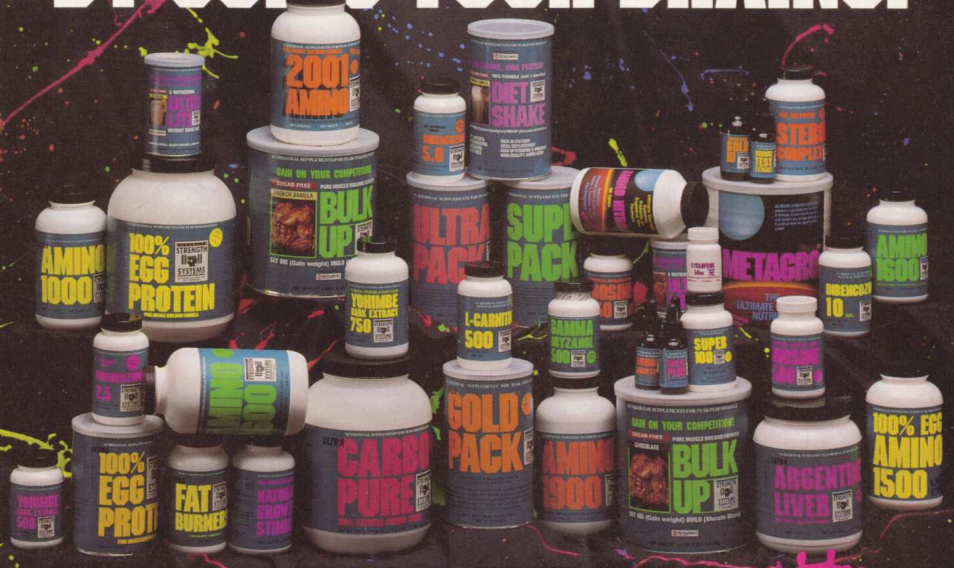
1000 mg Pure Yohimbe Bark Extract, the most potent product of its kind. A real size and strength enhancer. Natural source of testosterone. 1000 mg 100 tabs $49.50

20 mg Dibencozide, A biologically active co-enzyme of Vitamin B-12, found mainly in muscle tissue. May be one of lifting's most significant breakthroughs in supplementation! 20 mg 100 tabs $60.00

USED TOGETHER, THESE PRODUCTS ARE DYNAMITE

order from POWER SYSTEMS UNLIMITED
1-800-248-LIFT

BUILD YOUR BODY BY USING YOUR BRAINS.



NEW!!! Bulk-Up Ultra Lite Ultra Diet Shake

ULTIMATE STRENGTH SYSTEMS
NUTRITIONAL SUPPLEMENTS FOR PEAK PERFORMANCE

Our competition must think you're just a body with no brains. Why else would they charge 30%–40% *more* than Ultimate Strength Systems? Maybe they've grown fat and complacent, but we haven't. We deliver peak performance with a superior product. Maximum potency. 100% natural highest-grade approved ingredients prepared and packaged under the most stringent quality control procedures in the industry. We could go on, but you get the message.

No wonder so many of the world's world-class body builders, power lifters, and endurance athletes are winning with Ultimate Strength Systems.

Brains and brawn is the ultimate . . . Ultimate Strength Systems. Stop. Call your local gym, health food store, distributor, or dealer closest to you and ask about our complete line of nutritional supplements and savings!

Return the coupon, and we'll rush you a FREE gift and brochure. Tell the high-priced fat cats you're not going to take it anymore!

Available through GNC and other quality health food stores, gyms, and food markets in U.S., Canada, and Europe. If not available in your area, call our hotline toll-free: 1-800-722-FIRM, or (203) 665-1116 for the dealer nearest you.

GNC

FREE GIFT! Yes, please rush me a free vitamin packet and brochure. I want power & savings both!

Check one: ☐ Individual ☐ Gym Owner ☐ Dealer

Name_____

Address_____

City_____ State_____ Zip_____

Send to: Ultimate Strength Systems • 2172 Berlin Turnpike Newington, CT 06111

SCIENCE SCORES ONE FOR THE GOOD GUYS!

NATURAL TESTOSTERONE ENHANCEMENT

Now! Championship Athletic Bodies Without Anabolic Steroids. DECA NATURAL Boron Complex Increases Natural Testosterone!

The Discovery

Science has revolutionized the nutritional supplementation of the natural athlete! Medical scientists at the United States Department of Agriculture's Human Research Center have announced the discovery of a specific boron that will dramatically increase the levels of naturally occuring steroid hormones in the human body! This amazing substance ***doubled*** and ***tripled*** levels of testosterone in the test subjects!

How Boron Works

Boron, when taken in supplement form, enters the blood stream and seeks out naturally occuring steroid hormones that are one small chemical step away from being physiologically active. When the boron finds such a molecule it adds a hydroxl (hydrogen-oxygen atoms) group to them thus making them biologically useful natural steroid hormones. This is a natural and totally safe process as there is no introduction of artificial steroids.

DECA NATURAL Boron Complex

The medical research team at American Sports Technologies has succeeded in formulating this specific boron type into a product called DECA NATURAL Boron Complex! DECA NATURAL is now available in select gyms, healthfood stores and athletic training centers in the United States!

If athletic performance, strength and endurance are important to you, achieve it quickly, with 100% safety, by using DECA NATURAL Boron Complex ... the strongest purest boron complex available! Accept no substitutes, there are many types of boron, but only the specific form in **DECA NATURAL Boron Complex leads to natural steroid synthesis!**

The Story of Boron's Discovery

Doctors working at the USDA Human Nutrition Research Center were analyzing blood samples taken from a group of older post-menopausal women. The women were part of an osteoporosis study and were treated with 3 mgs. of boron daily in the hopes of increasing bone density. As expected, the boron treated group had increased levels of calcium as compared to a non-treated group. Further analysis, however, yielded a very unexpected shocker.THE BORON TREATED GROUP *DOUBLED* AND *TRIPLED* THEIR LEVELS OF NATURALLY OCCURRING TESTOSTERONE!

Stunned, the scientists completed further analysis and the increases were proven real. Incredibly, it was discovered that these increases typically occurred within eight (8) days after beginning boron supplementation, and would last as long as the boron supplementation continued.

In an effort to explain these startling results, Dr. Curtis Hunt, a medical anatomist with Human Nutrition Center wrote, "The body needs boron to synthesize estrogen and other steroid hormones, e.g. testosterone, and may protect the hormones against rapid breakdown."

Additional studies with boron have yielded a similar ***doubling*** and ***tripling*** of testosterone in marathon and strength athletes. The amount and the effect of testosterone produced may vary by individual dependent on age, diet, exercise intensity, metabolism and other biological factors.

What is especially positive about those results is that they were achieved without negative side effects! **Boron is a 100% natural nutrient!**

The Boron Smilax Connection

Smilax officinalis, an herb, increases the body's ability to form testosterone. The mechanism behind this is believed to involve an increase in the raw materials available to make testosterone. Like boron, smilax is totally safe and completely natural!

American Sports Technologies has formulated a totally new smilax supplement called SMILAX PLUS! The new formula is made from the leaf of the South American Smilax Officinalis. The leaf of the plant is thought to be the richest source of raw materials.

SMILAX PLUS contains both L-Arginine and Inosine!

When DECA NATURAL and SMILAX PLUS are used in combination they assure the athlete of a healthy, strong, competitive edge.

Always train naturally, never use artificial steroids
Anabolic steroids are dangerous! They are known to cause permanent damage to the body ... even death!

Now you can train and supplement naturally and with complete safety with DECA NATURAL Boron Complex and SMILAX PLUS! Train the American way...naturally!

New Low Introductory Prices!

DECA Natural	SMILAX PLUS
$10.95	**$16.95**
30 DAY SUPPLY	**2 oz./60 day supply**

All orders shipped Next Day via UPS C.O.D. payment required, cash, money order, certified or cashier's check! Sorry, no personal checks accepted

If you live in the shaded areas call:
B.O.S.S. (717) 342-4984
P.O. Box 132
Scranton, PA 18504-0132

If you live in the unshaded areas or Canada call:
American Sports Technologies: 1 800 888-8216

Individual athlete inquiries will be referred to authorized dealers or shipped direct if no dealer is available in their area!

American Sports Technologies, Inc.
6512 Baum Drive, Suite #12
Knoxville, Tennessee 37919
Telephone (615) 584-8216
FAX (615) 558-8667
AMERICAN SPORTS TECHNOLOGIES
"IN SEARCH OF NATURE'S SECRETS"

The Natural Choice Vitamin Co.

offers you BEST QUALITY LOW PRICES

DISCOUNT OFFER

CHROMIUM PICOLINATE 1000 mcg.
U.S. Patent #4,315,927 is PURE-CHROMAX II™
Now save bigger than ever. Buy one 1000 mcg. 100 size for $24.95 and the 2nd one for $12.50, a $49.90 value for $37.45. SAVE $12.45

DIBENCOZIDE 10 MG. Now with Intrinsic Factor & Ferulic Acid 50 mg. for Strength Increase 100 Capsules $34.95	**DIBENCOZIDE 10 MG.** Now with Intrinsic Factor & Ferulic Acid 50 mg. for Strength Increase 100 Tablets $32.00	**DIBENCOZIDE 10 MG.** Now with Intrinsic Factor & Ferulic Acid 50 mg. for Strength Increase 2 oz. $21.00 1 oz. $11.95	**CHROMIUM PICOLINATE** 1000 mcg. 100 Capsules $24.95 200 mcg. 100 Capsules $9.95	**AMINO ACID 2500 MG.** Free Form Peptide Bond with GH Factors 350 Tablets $21.00 700 Tablets $39.95	**AMINO ACID 2100 MG.** Free Form Peptide Bond with GH Factors 350 Tablets $18.00 700 Tablets $33.95
AMINO ACID 1900 MG. Free Form Peptide Bond with GH Factors 350 Tablets $16.00 700 Tablets $29.95	**AMINO ACID 1725 MG.** Free Form Peptide Bond with GH Factors 350 Tablets $14.00 700 Tablets $25.95	**100% EGG AMINO 1700 MG.** NEW! Derived from Pure Egg Whites, with Biotin 350 Tablets $23.00 700 Tablets $45.00	**AMINO ACID 1000 MG.** Free Form Peptide Bond with GH Factors 350 Tablets $12.00 700 Tablets $21.95	**AMINO ACID CAPSULES** Free Form Peptide Bond 1500 MG. 500 Capsules $39.95 250 Capsules $22.00	**AMINO ACID CAPSULES** Free Form Peptide Bond 1000 MG. 500 Capsules $26.00 250 Capsules $16.00
Branched Chain Amino Acid Complex 750 mg. 120 Capsules $16.95 60 Capsules $8.95	**FAT BURNERS** Lipotropic Formula 180 Tablets $21.00 90 Tablets $10.95	**MAXIMIZER PLUS PAK** Complete Vitamin Packets Now with 3000 mg. C 90 Day Packets $51.00 60 Day Packets $34.95 30 Day Packets $17.95	**STRENGTH PAK** NEW! Amino Acids 5000 mg. Dibencozide 10 mg. Smilax 3000 mg. Inosine 1000 mg. Gamma 1000 mg. Boron 5 mg. Ferulic Acid 75 mg. 60 Packets $78.00 30 Packets $39.95	**WINNERS PLUS PAK** Complete Vitamin Packets Now with 1000 mg. C 90 Day Packets $45.00 60 Day Packets $31.00 30 Day Packets $15.95	**L-CARNITINE 500 MG.** Strength Increase Muscle Recovery 60 Capsules $19.00 30 Capsules $9.95
LIVER 2000 MG. + With B-12 Builds Muscle Mass 325 Tablets $12.00 650 Tablets $21.95	**LIVER 1500 MG. CAPSULES** With B-12 Builds Muscle Mass 300 Capsules $22.00 600 Capsules $41.95	**DECA BORON COMPLEX** Boron 3, Serenoa Serulate 500 mg. Smilax 200 mg., Gamma 50 mg. Orchic Tissue 100 mg. 100 Capsules $12.00 2 for $21.95 250 Capsules $26.00 2 for $49.95	**BORONAL 5000** NEW! 5 mg. Boron 10 mg. Niacin For Strength and Muscle Recovery 2 oz. $27.00 1 oz. $14.95	**NATURAL STEROL COMPLEX** Natural Energy Stimulants 180 Tablets $21.00 90 Tablets $10.95	**GAMMA ORYZANOL 1000 MG.** With Ferulic Acid For Strength Increase 60 Capsules $13.95 30 Capsules $6.95
ORCHIC TEST Builds Muscle Mass and Strength Increase 2 oz. $29.95 1 oz. $16.95	**SMILAX OFFICIONALIS** 100% Pure Extract 2 oz. $12.95 1 oz. $6.95	**YOHIMBE EXTRACT 10X** Sublingual Liquid For Strength Increase 2 oz. $24.95 1 oz. $12.95	**YOHIMBE 1000 MG.** 100 Capsules $39.00 2 for $75.00 **YOHIMBE 500 MG.** 100 Caspules $19.95 2 for $35.00	**YOHIMBE 1000 MG.** 100 Tablets $36.00 2 for $69.95 **YOHIMBE 750 MG.** 100 Tablets $24.00 2 for $45.95	**FAST CUTS** L-Arginine L-Ornithine L-Carnitine for cutting up 2 oz. $24.95 1 oz. $13.95
INOSINE 1000 MG. Strength Increase Muscle Recovery 100 Capsules $21.00 50 Capsules $12.95	**INOSINE 500 MG.** Strength Increase 100 Capsules $12.95 50 Capsules $6.95	**SUPER CARBO NATURAL** for fast recovery 2.2 lb $12.00 2 for $21.95	**WEIGHT GAIN 2025 CALORIE** 48 oz. Vanilla $18.00 48 oz. Chocolate $18.00	**100% EGG PROTEIN II** with Dibencozide, Chromium Picolinate, Gamma Oryzanol, Ferulic Acid. 32 oz. $14.00 12 oz. $9.00	**METABOLIC OPTIMIZER III** with Dibencozide, Chromium Picolinate, Gamma Oryzanol, Ferulic Acid, Plant Sterols, Smilax Officinalis, Boron 32 oz. $21.00 12 oz. $11.50

VISA/ MASTERCARD

To Order Call Toll Free 1-800-445-6512
When mailing orders send to:
Natural Choice Vitamin Co. • P.O. Box 6344 • Peoria, Illinois 61601
Add $2.00 postage per item • Dealer Information Available

POWERFUL

Now, a full line of Pacifico Powerful apparel for today's smart Power Lifters and Body Builders. Our wide variety of belts, suits, briefs and wraps are smartly designed for maximum wearability and made with the finest of materials. Guaranteeing you the upmost in style, safety and all of the function that you've come to expect from Pacifico Enterprises.

Put Pacifico Powerful apparel to work for you during your next workout and train like a PRO!

TITAN SUIT A — Superior power Titan Suit A (shown in navy blue), high-cut and guaranteed against crotch blow-out. The No. 1 suit in the world. In Navy Blue, Royal Blue or Burgundy ..... **$34./ 2 for $60.**

TITAN SUIT B — Superior power Titan Suit B (shown in burgundy), low-cut with the same guarantee as the Titan A. In Navy Blue, Royal Blue or Burgundy ..... **$34./ 2 for $60.**

Superior Belt — Double Thick with 6 rows of stitching. Available in any combination of three colors ..... **$54.**

Superior Belt — Double thickness with 6 rows of stitching. Available in any one, two or three color combination .... **$54.**

Superior Belt — Double thickness with 6 rows of stitching. Available in any combination of two or three colors .. **$54.**

Superior Belt — Double thickness with 4 rows of stitching. Available in any one or two color combination ..... **$44.**

Superior Tapered Belt — Double thickness with 4 rows of stitching. Available in any one or two color combination ..... **$40.**

BRIEFS — Worn under the squat suit as underwear it adds support where it counts *plus* adds up to 20 lbs. ..... **$16.**

Superior Tapered Belt — Single thickness with 2 rows of stitching. Available in any color ..... **$30.**

NEW REDLINE PLUS WRAP — Now more stretch than ever and it's still the No. 1 strength wrap of all time. Compare to Goldline cost of $13.95, Redline PLUS introductory priced at **$12.50 (Now $11.) 3 pair $24./10 pair $60.**

NEW Velcro Belt — New easy to fasten Velcro Belt holds as strong as buckle styles. Single thick leather, safe supportive and comfortable. Available in any color ..... **$33.**

VELCRO WRIST WRAPS — Comfortable elastic with convenient thumb loop and velcro fasteners .... **$6. (pair)/2 for $11.**

Solid Leather Belt — Single thick, solid leather style designed as a training belt ..... **$18.**

Call to ask about colors available that are not shown.

WHEN ORDERING

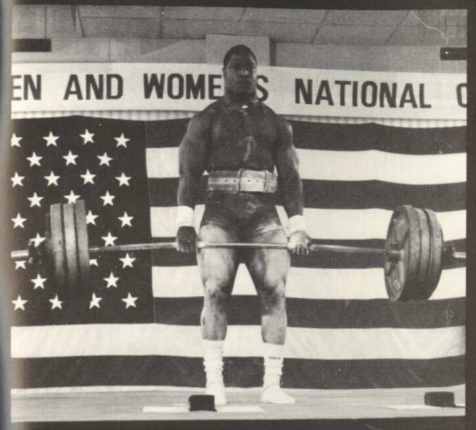
Suits — specify height, weight, hip, thigh measurements, color/style & quantity.
Belts — please include product description, quantity, waist size and color(s).
Wraps — please indicate quantity and style desired.
Provide name, full address, city/state/zip. Shipping charges: Inside USA add $2. Outside USA add 20% of total for surface mail or 30% of total for air mail.

PACIFICO ENTERPRISES
2060 Republic Dr. • Dayton, OH 45414

Order Yours Today! Call Toll-Free 1-800-392-5496.
Ohio Residents call: 513-898-7245. Check, Money Order, VISA and Mastercard accepted.
Ohio residents please add 6% sales tax.

Guaranteed One Week Delivery!

FAX 513-898-6064



Curtis Leslie
1988 A.P.F. World Champion
1988 A.P.F. Jr. National Champion
1988 A.P.F. Sr. National Champion
A dedicated believer in
Bricker's formulas
NOT SOMEONE WE HIRED
TO SAY NICE THINGS
A Real Class Champion

BRICKER LABS —
MAJOR BREAK-THROUGH
EMULSIFIED GAMMA ORYZANOL
plus FREE-FORM FERULIC ACID

GAMMA-SORPTION™

Till Now Less Than 10% of Gamma Oryzanol could be absorbed.

BRICKER LABS NEW "EMULSIFIED" GAMMA ORYZANOL OFFERS A 200% INCREASE IN ABSORPTION

THAT MEANS A 200% INCREASE IN MUSCLE MASS and STRENGTH GAINS

GAMMA ORYZANOL is an extremely difficult substance to absorb — much like Beta-Sitosterol and that is why we made a special EMULSION of Beta-Sitosterol for formulas •AW-SOME •STRAIGHT GROWTH •POWER-BUILT

This is why we have a reputation for QUALITY

GAMMA ORYZANOL is a fat-soluable compound — **Now Through A Special Process — Bricker Labs Has Taken Globules Of Gamma Oryzanol And Dispersed It Into Water Molecules Making This Outstanding Anabolic Agent — "Water Dispersable" And Increasing Absorption by 200%. Plus . . . Plus . . .Plus — PLUS**

FREE FORM "FERULIC ACID" HAS BEEN ADDED FOR EXTRA ANABOLIC RESULTS.

FOR REAL ABSORPTION and INCREDIBLE GAINS ORDER **NOW !**

Till now research indicates the excellent results attained using Gamma Oryzanol is from the natural occuring ferulic acid in Gamma Oryzanol. Now with the whole sterol complex available for absorption, results will be tremendously enhanced. With the addition of free-form FERULIC ACID the results are AWESOME.

2 oz. — $12.00 (30 day supply for light workouts)
4 oz. — $22.00 (30 day supply for heavy workouts) (4 days a week or more)

OTHER QUALITY FORMULAS
•Amino Acids •GH Enchancers •Dibencozide •Lipotropics •Endurance •Carbs •Special - Sublingual Glandulars & B-12

Available at most GNC and Health Food Stores

NATIONWIDE 1-800-952-9568
IN CALIF. 1-800-621-4172
• CALL FREE 24 HOURS 7 DAYS

FOREIGN TOLL FREE FROM

Canada	800-541-6247
Britian	0800-891010
W. Germany	0130-810126
Japan	0031-11-1123
S. Korea	001-1-800-9098210

California Time 7 a.m. - 5 p.m. (Visa/MC)

Bricker Labs, 18722 Santee Lane
Valley Center, Calif. 92082

3 DAY RUSH DELIVERY AVAILABLE

NAME _____
ADDRESS _____
CITY/STATE/ZIP _____
☐ VISA/MC # _____ EXP. _____
☐ CHECK ☐ MO

Add $2.00 for shipping or $4.00 for 3 day RUSH. $2.00 for C.O.D. 10% off orders over $100. Allow 7 days regular delivery. Outside U.S.A. add 25%. Military APO/FPO orders shipped free. Calif. res add 6½% tax.