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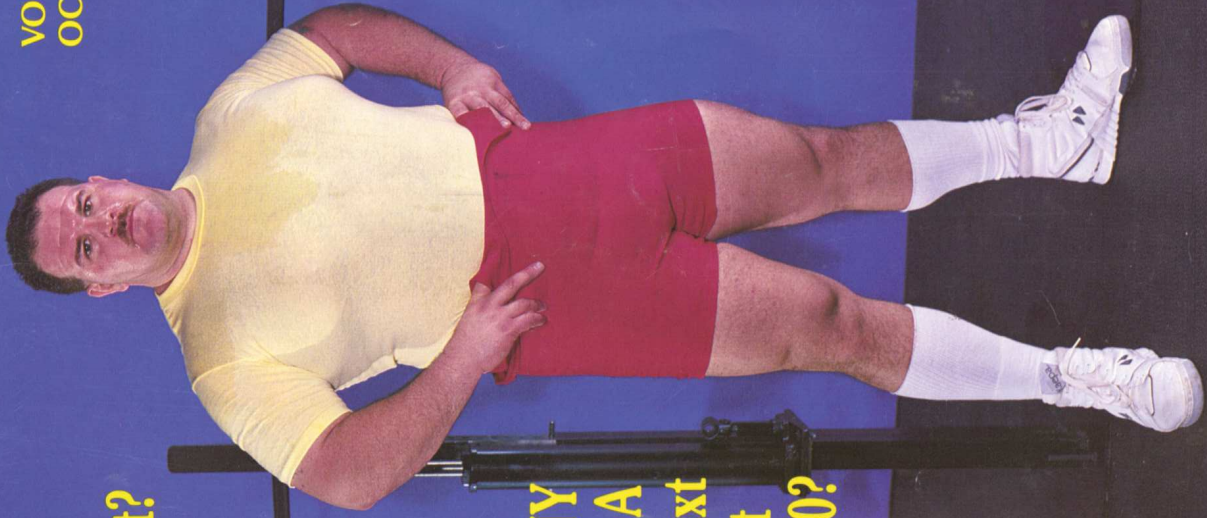
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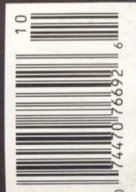
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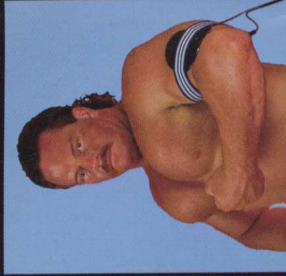
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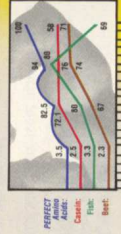


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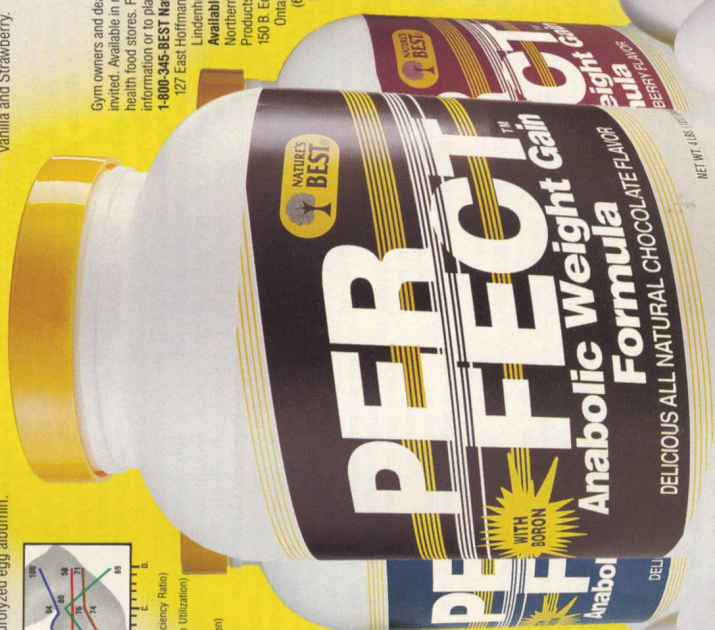
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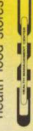


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3. It decreases the rate of intracellular protein degradation thereby extending protein half-life.

### Before You Read Any Further

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

### How The Studies Were Done

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

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.

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# POWER PROFILE

## Tony Candela

Written and Photographed by Richard Marsella

Ever since he was ten years old, Big T has been interested in being big and powerful. Maybe it was the example set for him by his father (who calls him affectionately, "Moose"), or his high school football coach, or his friends in those early years.

"Dad was amazing," says Tony. "He was always solid and super strong. I always looked up to him and admired his awesome strength."

Later, during his high school years, when Tony played football, his coach unknowingly motivated him to greater strength by telling him how strong and powerful other players were. This information was not the seemingly innocuous bit of parental "fridged" Tony's strength. His mind went further when he thought that he might play professional football for a living. Associating with those other huge guys on the playing field increased his desire to increase his power more and more. It appeared that Tony would become a major league football player. Then a turn of events happened that changed Big T's career direction forever. There was a time, just after high school graduation in 1977, that saw a great potential football player decline the playing field and turn towards powerlifting.

There were two events, in fact: the first was that Tony wanted to become a more self-sufficient person. He felt it was time to rely more on his own ability to make a living. "I wanted to buy my own car and be more independent," he recalls. "So I went to work, first for a supermarket and later, for a swimming pool company. I would have liked to play football, but earning a living with a job brought me steady money right away. A football career would have taken quite a while before it would have paid off, and I was eager to make my own way."

Tony's association with some Division One football players, who became close friends, would help him later on in designing his impressive workout routine. "I still play football for fun on the weekends," he says.

The second event that motivated Tony came in 1982 when he saw Bill Kazmaier on television. Tony says, "When I saw how awesome Bill was, I decided right then and there that I wanted to devote my life to powerlifting. Mr. Kazmaier provided me with a model of what I always wanted to be: STRONG!" At 6'1" and close to 300 pounds Tony certainly has the



TONY CANDELA expects to become the next big name squatter in the Superheavies.

1010x3, walkouts 800  
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physical makeup to realize his boyhood dreams. And his list of accomplishments thus far in the world of powerlifting has set the stage for a luminous career in the years ahead.

In 1982, Tony and his close friend Chris Orza, opened their gym and health club in East Islip, New York. The Olympic Health Club has since become a mecca for those who would be strong and healthy. In fact, one of the great satisfactions Tony gets from his gym is in seeing the membership not only grow in numbers, but also in the many champions that are produced there; names such as John Defendis, Mr. USA, and Vinny Monaco, Mr. Colonial America, to name only two. Tony's accomplishments are equally im-

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

years, and he's competing against seasoned lifters with many more years of experience.

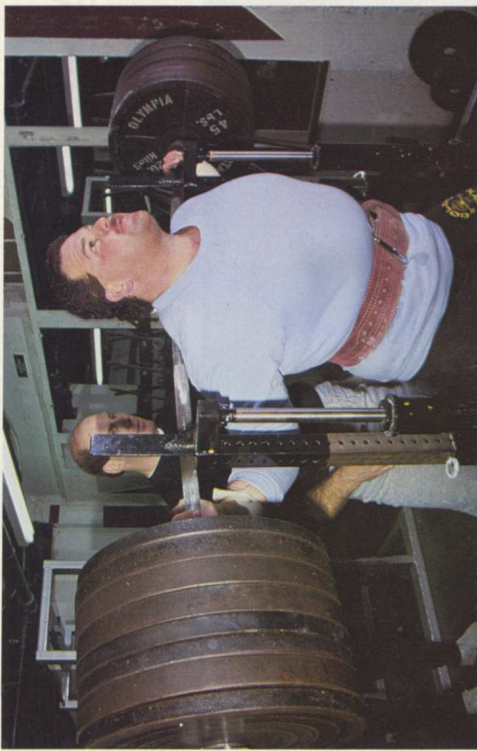
Tony says, "I know I can be the strongest man in powerlifting because my family has provided me with good genes. I've got a great deal of my credit has always been my own. I give up on your dreams because, if you work very hard, one day you will make them a reality." This thinking is apparent to all who know Tony personally. He's all business when it comes to training. His workouts in nature are scientific in nature and precise in execution. With his long time friend and training partner, Hill Hollbron, Tony does his training like a man possessed. He credits his training partner as the key to his overall success.

"Besides being a good friend, Hill is a fantastic training partner," reveals Tony. "he's always there on time for training and never misses a workout. I feel his support in and in every competition."

Big Tony's preparation for a competition includes very specific exercises done in a prescribed manner. Hill Hollbron is responsible for selecting the sequence of lifts and poundages. A typical ten week workout for a competition is as follows:

Squat	Deadlift	Bench
135x1	135x10	135x10
220x1	245x8	225x8
335x6	335x6	335x6
450x5	475x4	405x4
625x4	565x4	450x3
750x3	655x3	485x3
840x3	655x3	485x3
885x3	675x2	515x1
905x1	710x2	

Walkouts for each body part are done only once a week. "It's very important not to overtrain," says Tony, "because your body won't have time to recuperate between workouts and your muscles won't gain maximum strength." I asked Tony about the walkouts on the squat sequence. He explained that when the weights become that huge, you must let the body become gradually accustomed to the tremendous strain. "So," he says, "you just load up the bar and back out into the squat position. Then return the weight to the rack without squatting. This technique allows your body to feel the weight actually try to squat," he said. "Also," he cautioned, "it's important to have



UNDER A HEAVY LOAD Tony believes in getting used to the feel of a heavy weight on his back, before the meet. I couldn't perform at my best. Believe me, they work!" finalizes Big T.

Stretching is the second activity of the training session. Fully twenty-five (25) minutes are needed to adequately stretch out for each workout. Tony borrowed some stretching techniques from his school football buddies who visit the gym. "They showed me how to really stretch for maximum flexibility," says Big T, "without their help. I wouldn't be as far along as I am. The importance of my stretching can't be overemphasized. There were times, in the past, that I didn't stretch out first, and it really affected my performance, and I took the chance of serious injury."

The third part of Big T's workout session is the sequence of exercise. "We work only three days a week and only one body part on each day. On Tuesday, we do back exercises and related muscle groups," says Tony. "We'll do deadlifts from the floor, deadlifts from the rack, bent over rows, lat pull-downs, cable rows, hyperextensions and calf work." Tony continues: "On Thursday we do chest exercises. These include flat benching, incline benching, behind the neck presses, high pulls, close grip benching, alternating dumbbell curls, and abdominals. Then on Saturday we work the legs. We do leg presses, leg curls, calves, and hyperextensions." For Big T, the body is a well-tuned machine which must be worked just enough and not overloaded. Another powerlifter and good friend to Tony is Lou Fusco. Lou contributes to Tony's formula by comparing the poundages for competing the workouts for training. "By using the computer," says Tony, "we can steadily progress towards specific goals, and at the



With Friends Tony and (l-r) Hill Hollbron, Marco Moncayo (behind), and Bob Becker

same time be sure we're not overtraining the muscles. Lou's input is essential to our training efforts.

There are more members on Big Tony's team. Chris Orza, Tony's partner and good friend, designs T.C.'s diet. Dr. Frank Gomez is Tony's chiropractor. Dr. Gomez is a genius when it comes to keeping my back in great shape," says Tony. "Before a competition, I'll go in for three or four adjustments per week."

Another member of Tony's entourage is handler Billy Brauner, an up and coming lifter. "And I want to make special mention of two very dear friends who support me at every turn," says Tony enthusiastically, "they're always there at my side, Joe Cavalieri and Lisa Esposito. I wouldn't feel comfortable at a meet without them present."

Whether he's known as Big T, Big Tony, or T.C. (Total Commitment), Tony Candela is the East. Now, there's behind you Tony. Good luck, Moose!

Tony extends an open invitation to all serious powerlifters everywhere. Stop in a list at his Olympic Health Club. Just contact him at 516.581.4499 or write to Tony at Olympic Health Club, 3240 Sunrise Hwy., East Islip, New York 11730.

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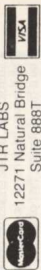
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# POWER PROFILE

## Jackie Pierce - Superstar as told by Al Passacantando

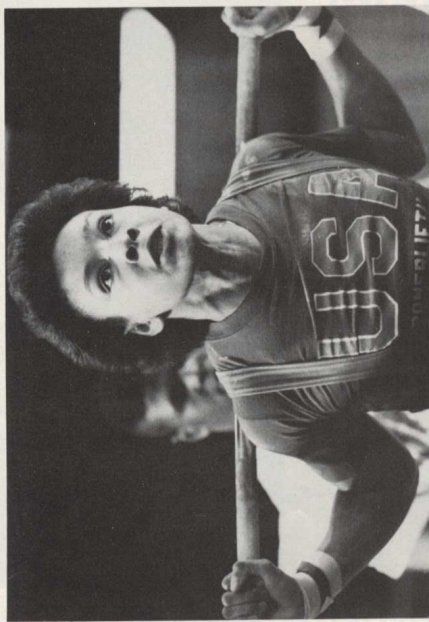
As a bonus to readers of *PowerLife* USA, this issue includes a trivia question, and you don't even have to call in on one of those sports talk shows. Ready? Here goes. Which American female athlete was undefeated in national and international competition last year, is very famous and the 5-word still lingers around her superhuman performance?

Good try, but the correct answer is not Jackie Pierce. You figured that out just because this article is about powerlifting's Mrs. Pierce that everything in it is about her. Not quite. Flo-Jo, also known as Florence Griffith-Joyner, is the response I was looking for. Flo-Jo announced her retirement from track and field this spring after winning the Sullivan award as America's outstanding athlete, male or female, for 1988. Still, international use of performance-enhancing drugs was tested several times in '88 and always, there was no hint of steroid use. Yet, some people are still whispering...

And the intimations and whispers follow Jackie Pierce, too. Actually, Jackie was undefeated in competition last year, and this year, can hold her own with Florence in the looks department, and should be famous. Alas, that's the catch. For all she's accomplished in the sport, who knows of her outside of powerlifting? I'll tell you one thing: all you who haven't heard of Jackie Pierce, read on, for you don't know what you've been missing!

I can remember thinking, "If I don't get this last squat, I'm out of the meet and I drove all this way for nothing!" The place was Salt Lake City, the calendar was flipped to February, 1986, and Jackie Pierce, in her first national-level competition, was one away from bombing. Well, as you may know, she made the 336 squat, followed it with a 202 bench and a 429 deadlift, and finished second in the 148-pound class. When the first place finisher tested positive for steroid use, Jackie ended up driving all the way back home accompanied by a big, glancing, first-place trophy. By the way, she was two months pregnant at the time! The powerlifting world had witnessed the emergence of its newest star.

Three and one-half years later, Jackie Pierce is one of powerlifting's superstars, undoubtedly, the best 148-pound female powerlifter in the



**Winning Times Three.** Jackie Pierce not only won all the major national and international titles available - she compressed three competitive seasons into one in order to lift in all of those contests!

world, and is among the best female powerlifters in the world in any weight class. Pretty strong words you say? Yes, they are, but Jackie Pierce has put together an incredible string of performances lately as you are about to read. To the best of my knowledge, no other powerlifter, male or female, has won national/world championships in all three major federations. Keep an open mind and see what you think.

Let's look at 1988 since that's how we started this story, comparing Jackie with Flo-Jo. At the Women's Nationals in Austin, Texas in January, 1988, Mrs. Pierce took first by way of a 413 squat, 220 bench press, and a 451 deadlift. In May, at the IFF World Championships held in Belgium, she combined a 413 squat, 220 bench and 462 deadlift for her first-place total of 1096 pounds. Two months later, I was part of the lucky Columbus, Ohio crowd to witness Jackie break the APF world record in the 148 class with a 1179 pound total (451, 231, 496). As an encore, she traveled to South Africa during Thanksgiving and returned with her second world title, this one she was embarrassed to tell her husband that she had totalled "only" 1151 pounds (441, 231, 479)!

Want in on a secret on how to cut those last few pounds before the meet without losing all kinds of strength? Well, I'd like to know, too, but this isn't one of the things Jackie shared with me. Actually, much like

her lifting on the platform, she defies description. She makes the impossible look easy. On this occasion, she arrived in Johannesburg four pounds out that she couldn't swim, but had asked him out to a swim date anyway! Tony and Jackie have been married since June, 1984, and if you ask Jackie who her best friend is, you'll find out why their's has been a solid, happy relationship. Even though Jackie enjoys dancing and socializing, she makes it clear that her family comes first. The third member of that family is Whitney, who turned three in July.

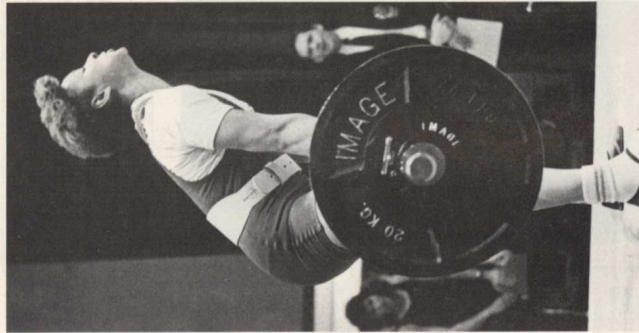
Tony Pierce can be credited with introducing his wife to powerlifting. He was stationed in Idaho while in the Air Force, and Jackie was getting more than a little bored staying at home. So, she accompanied her husband to the gym one day, intending to watch Tony flex his muscles. Surprise, Jackie. Tony had her lift, not just watch. The following day, she was so sore that she could barely walk. But, the powerlifting bug had bitten her, and there was no turning back. It was March, 1984, and who could have guessed that four short years later, she would be the best female powerlifter in the world in the 148-pound class?

Along the way, Jackie has been inspired by Bev Francis, as well as Jan Todd. And she credits much of her success to her coaches, her husband Tony, Dave Jeffrey, and Gene Bell. Judging by the results, gentlemen, you've done a terrific job!

It's that time. Let's get down and talk steroids. You see, this is perhaps Jackie's biggest anguish. For some people in the sport, all her accomplishments are tainted because of the innuendos concerning alleged steroid use. What it amounts to is this: many people, including "experts," cannot comprehend how a female can be so strong without resorting to anabolic steroids. We all know of superlative woman powerlifters who for some reason or another never competed in the drug-tested meets. Fairly or unfairly, some people assumed that the reason was that they were hardly drug-free. And you know all about the snickers among the crowd at the big meets concerning the appearance of some of the women lifters.

This issue has some of the experts stymied. I mean it's quite obvious looking at Jackie Pierce that she's all woman, very nicely put together. The only thing that seems masculine about her is her incredible strength. What about the drug tests? As you know if you've been reading this magazine recently, she has entered top-caliber drug-free meets this year, dominated the competition, and passed every test with flying colors. She doesn't even blink an eye when the subject of steroid use comes up. To her, it's cut and dried: she has never used it. When I tried to talk her into trying Dibencozide and later Pro, winning her class with a 1164 total, and taking Best Lifter for the meet among the women. She weighed in at a light 145, and put together 440, 225, 480 in the three lifts. It was particularly gratifying for her because she had two sisters in the audience cheering for her. Jackie was very appreciative toward the Women's Sports Foundation for providing the financial assistance to make both the Chicago and Las Vegas (USPF Senior Nationals) trips possible.

One final word about the steroid issue. Jackie has announced that she will take any drug test, going back to her birth, at any time, at any place, upon individual request. The test will be done at the gym or at home. Sounds like the cynics who still think she is so strong without performance-enhancing substances, what is her secret? That is a good question, and I would highly recommend that some major exercise physiology laboratory take advantage of this phenomenal athlete to discover what makes her so good. In the meantime, my subjective assessment follows. First, Mrs. Pierce has very good genetics. She has broad shoulders, a large bone structure,



**Jackie's First Nationals** was the 1986 Jan and Lynda Chicago-Shendow production in Salt Lake City, UT.

but was disappointed with her total of 1128 pounds. In July, she dominated at the USPF Senior Nationals, winning her class with a 1164 total, and taking Best Lifter for the meet among the women. She weighed in at a light 145, and put together 440, 225, 480 in the three lifts. It was particularly gratifying for her because she had two sisters in the audience cheering for her. Jackie was very appreciative toward the Women's Sports Foundation for providing the financial assistance to make both the Chicago and Las Vegas (USPF Senior Nationals) trips possible.

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other possibilities. More research needs to be done and not dismissed because some people are afraid of what the results will be.

Now that Jackie Pierce has won nearly every major title in the sport of powerlifting, what's next? She wants to compete in the world powerlifting championships to be held in Nova Scotia in November, if she can get a sponsor. She also plans on competing in the Arizona Natural Bodybuilding Championships on October 8, 1989. No, that wasn't a misprint. Now we're treading in Bo Jackson land, I know, but if anyone can pull it off, Jackie can. There's more. She is also seriously considering taking up Olympic lifting. If she works full-time as a word processor operator and devoted wife and mother. Remember "they" said Bo Jackson couldn't possibly compete in both the NFL and in major league baseball. "They" were conspicuous by their absence when Bo not only made the baseball All-Star team, but was voted Most Valuable Player.

And so it is with Jackie Pierce. Hers is a fascinating story. Perhaps the greatest lesson of all one could draw from everything she's done is this: she doesn't listen when others put limits on the possible. If I were a betting man, my money would be on her to redefine the possible.

Al Passacantando lives in Newington, Connecticut, and is employed by Ultimate Strength Systems

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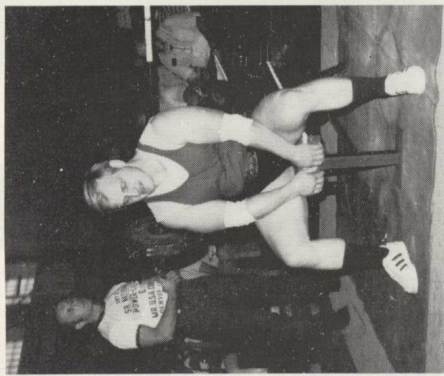
# More From Ken Leistner

Most powerlifters are serious about their sport. When one competes at something that is so far from the mainstream, one has to be serious. Information about the sport, from its personalities to the actual competitions, is sparse, especially relative to other professional or participatory activities. Unfortunately, when one is part of a small athletic subgroup, one often has a psychological burden accompanying it, there is a tendency to either trivialize important considerations and/or exaggerate minor aspects of the activity.

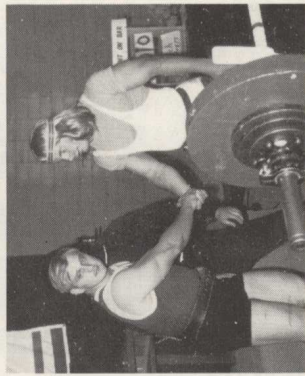
Powerlifters tend to scrutinize every lifting program, every new nutritional supplement, and any successful lifter with the belief that an "answer" to improved totals has been found. Because one successful lifter does his squats on Thursday instead of Wednesday, it is perceived by many that there is, in fact, a profound reason for doing so. That the decision to squat on any particular day was predicated by his wife's bowling league schedule would never even enter the consideration of many observing lifters. I recall lifting in a small meet at the Venice Beach Outdoor Pavilion in the late 1960s. Most of the lifters were representatives of The Westside Barbell Club or Zwer's Gym, with a few others thrown in for good measure. A handful of Arizona lifters arrived a bit late, including the great John Kanter. Not widely known, John had been an olympic lifter and successful physique competitor when he lived back East. After moving west, he was extremely successful as a powerlifter, being one of the early terrors in the newly formed 242 pound class. He had a huge squat and bench press, and a tremendously powerful physique. I approached him as he sat among the many empty seats of the Pavilion, prior to the start of the lifting and asked him what he was drinking. "Popaya juice." He told me that he drank "a lot of popaya juice" and, of course, immediately noted the many benefits attributed to it in the recent muscle building press. "Oh sure, lots of vitamins, minerals, and, of course, it helps to digest protein, making it more available for muscle and strength gains." Kanter laughed and said, "I don't, I guess." I then mentioned the easily available sugar chains and its use as a pre competition beverage. Again he chuckled and then said, "You want the big secret about popaya?" He certainly didn't have to ask twice, so evident was my eagerness to learn from such an accomplished lifter. "Yeah, yeah, tell me." "Very slowly," Kanter leaned forward, unfolded what had to be his twenty inch arms, looked around at a crowd like the matter, and then responded, "I drink a lot of it." "That's it?" "That's it. That and the fact that I use a grey terry store get it real cheap." So that for powerlifting secrets, he's a good lesson.

The more lifters there is, the more one can prove and at least compete at the highest possible level relative to their abilities and lifestyle. Too many lifters refuse to acknowledge the fact that they cannot and never will lift at the national or international level, but this should not be a deterrent to anyone interested in improving their strength levels. Enticed with this desire to improve, is the belief that one must be "in the know" or have access to "the secrets." The success of supplement manufacturers and

distributors, sellers of booklets and training pamphlets, and those who sell training advice through the mail is more a function of the average lifter's "need to know" than anything else. So there is no misunderstanding, there are certainly some people involved in the supplement business who are very reputable and whose honesty and integrity are above reproach. It is not that they aren't



**JOHN KANTER**...noted in Dr. Ken Leistner's article this month, was a record breaker at the 1972 AAU Senior Nationals in Colorado. Above, he gets set for a record bench of 470 lbs. Below, he completes with his big forward by competitor Jerry Jones complete with his big win, was back down to the 1985 for this meet, which Jones won, followed by Bill Ennis. John bombed out in the squat, but they used to bench first in those days. As you can see, lifting equipment was a bit different then, in particular, elbow wraps were allowed. Long ago photographs provided by Brian Wraps



supplying necessary products, it's that the lifter's perception of nutrition and training is based upon the assumption that it is absolutely necessary to try every training technique, routine, and supplement. Simply, most men and women have forgotten how to lift. In every month I said that every lifter needs to work harder on the

deadlift, it would not be too often. The hard, intense sets must be done on these lifts. Prior to meets, one must work hard, intensely, and heavy in order to perfect the skills of lifting heavy weights. This task is neither easy nor comfortable. It takes courage and a willingness to face the reality that one will have to earn any increases. My usual recommendation to lifters, and I'm not referring to rank beginners, who have gone nowhere for months or years, is to strip the program bare, and relearn how to work properly on the three lifts. There should never be a saving of oneself for subsequent sets or subsequent exercises. When the training squats, they should squat all out for whatever reps are called for, not hold back so that they can leg press heavier later in the workout. Don't cut back the bench so that the inclines and tricep pressdowns won't suffer. Of course, so few lifters, even those who compete, work the deadlift hard enough, that any comments I could make would be too obvious.

Try squatting and benching on Mondays. Do some abdominal and forearm work. On Thursday, deadlift with perhaps one adjunctive pulling movement such as a cable row or Hammer row. Do a different pressing movement than the bench, a set of side bends and some more forearm work. This leaves time, energy, and recuperative ability for two days of serious cardiovascular conditioning, something that can be maintained throughout the entire year. After cycling the reps down over a few months, if and only if no progress is being made, consider the addition of a few other carefully chosen assistance movements. First, however, put the time and proper amount of effort into the three lifts. High Cassidy, a great, great lifter from the 1970s, had terrific suggested programs in PLUSA a few years ago. His programs are always basic, and call for hard, concentrated work on the lifts. Take his advice because for most of us, it will be the surest road to improvement.

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A generation ago the word, "pluralism," began to creep into the American National Government textbooks. Some twenty years ago Livingston and Thompson devoted four chapters to it in their first edition and expanded it to five chapters in their second edition without calling it pluralism. They called it "broker-rule politics."

They alleged that a consociate of political scientists held that pluralism is the best empirical model of federal government. Some political scientists went so far as to claim that model. One also to remember definition of pluralism is government by organized interest groups.

Pluralism recognizes that politics is a struggle for power and that the players are not individuals, but organized interest groups. The "broker" in broker rule politics is the politician who seeks to bring together diverse -- and frequently opposed -- factions, in order that policy may be formulated. Normally, the politician does not wield power, but facilitates the exercise of power through his good services as a "go between." No prerogative inference is intended.

Pluralism recognizes the following:  
1. Politics is a struggle for power and organized interest groups are the main players;  
2. The policy which emerges from the policy-formulating table will reflect the relative strengths of those organized interest groups sitting at the table;  
3. Logical argument, truth, beauty and fairness play but minor roles;  
4. One of its strong points is its stability;

5. It is relatively stable because new groups are always forming, and old groups are reorganizing and groups are forever forming new coalitions and dissolving old ones. To put it another way, hope springs eternal because one is not forever shut out. Next year we will reorgan our interests and come storming back!

6. Stability is further enhanced because each of us wears many hats. Perhaps, one is at once a parent, a teacher, a veteran, a farmer and a philatelist. Because one wears many hats, one is better able to understand another's point of view, and is less likely to fight to the death on a single issue.

But pluralism is not an unalloyed good: there are serious dysfunctional aspects. First, many of our crucial foreign policy decisions are quite removed from the pluralistic decision-making process. Secondly, the unorganized remain permanently dispossessed and form the hard core of the chronically malcontent.

Thirdly, the 50 sovereign states have precious little incentive to assist one another, when such assistance calls for sacrifice. If one wishes a fine example of why pluralism does not work, examine our efforts at environmental protection or clean up which extends across state lines. Twenty years ago the Escambia River had some 130 polluters before it reached Florida. Can you imagine Alabama spending a dime on riverine clean-up when they can simply let the

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



**Powerlifting in Russia?**...John Abdo, Executive Producer and Host of the syndicated television weight training show, "The Weight Room," just returned from a trip to Russia, where he introduced Victor Shavrin to POWERLIFTING USA, Victor is the Chief Secretary for Bodybuilding and Powerlifting, Special President of Progress in Training, Olympic Weightlifting, and other Soviet officials loved the publications, and John will be putting out lots of material about his Russia trip in the near future. Will the Russians organize their new Powerlifting program more effectively than the USA?

flow of the river export their waste? In fact, the two outstanding examples of riverine cleanup are for a river which flows solely within one state (the Willamette) and a river that arises from North Park in Colorado relatively unpolluted, and which flows on through Wyoming to the Nebraska line. The Wyoming portion of the North Platte was successfully restored.

A fourth dysfunctional aspect is that we lose sight of our national and institutional goals when the main players, the organized interest groups, confine their attention to

fulfilling immediate objectives that require little or no sacrifice. When we lose sight of our main goal, lesser goals rush in to fill the vacuum and are, in the process, elevated in importance. We trap ourselves into rewarding the wrong behaviors which, in time, sets the distortions in concrete. In pluralism the individual has virtually no role to play, no voice at the policy-formulation table. He is left to join the PTA, the NEA, the VFW and the APS. Each lobbies on behalf of its members.

What we have observed in government, we have recently observed in

## Upcoming National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
ADFP National	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
YMCA National	981	1064	1146	1279	1450	1550	1650	1725	1775	1850	1900
Women's Contests	97	105	114	123	132	148	165	181	198	198	+
YMCA National	none	none	none	none	none	none	none	none	none	none	none

trade associations and in the USPF. The National and Executive Committee meetings are policy-formulating tables. Informal opinion and weight argument used to carry more weight this year at Las Vegas there was a sizable block of voters who, without even once breaking ranks, raised their cards in unison, as if their upraised arms were controlled by a master puppeteer. One observer counted four identifiable blocks, each clustered around one or more persons with a proprietary interest in the sport. It was as if each block was seeking to claim as much of the spoils for itself as it could.

What does all this mean for powerlifting? First, more decisions will be referred to the Executive Committee until that body, too, is infected with the pluralism virus. When such infections is detected, policy formulation will be removed to yet a smaller "sub group" within the Executive Committee, and its decisions will be lobbied through the remaining members of that committee.

The apathy and anomie which characterize the individual in a pluralistic society have become increasingly common in our sport. It is not easy to get excited about the fortunes of some main player with a proprietary interest.

Crucial decisions, such as those involving the long-term effects of international alliances will be made far away from the forums where the organized interest groups jockey for an extra portion.

The ordinary lifter, unaffiliated with a proprietary interest group, will remain dispossessed and hostile and suspicious of everything associated with the administration.

Projects that call for cooperation and sacrifice will die aborning. The interest groups will each be pursuing its own agenda, which, willy nilly, involves getting ahead at the expense of others.

Finally, the upper administrative echelons will lose sight of what powerlifting is all about. Evidence that this is taking place is to be found in the minutes of the 1989 National Committee meeting Agenda item no. 13 set the funding for "world team expenditures" as its first priority, thus realigning the priorities of thousands of lifters to conform with the desires of a maximum of fifty gifted lifters plus their coaches and managers.

In most sports in this country the rank and file do not control the sport. Rather, the management is left to a small group of managers. We had thought powerlifting could be different. We were wrong!



# 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 weight 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).

## Ray Benemerito's Squat

The following workout should put 100 lbs. on your squat in just 3 months! Sound familiar? Well, unless you plan to use chemical substances, I'd be very skeptical. A realistic goal should be around 525-530 based on a previous 500 lb. squat. This workout is a very simple one. It won't make you do superhuman sets and reps, but it will pace you week by week so you don't burn out. That way you dispel any doubts of missing attempts.

I suggest you go into this workout with an off-season cycle, 7 reps at 315, 2 sets. Add 10 lbs. per week, that should bring you right up to Week 1. As for assistance work I do inverted leg press, leg curls, single leg extension calf raises. That combination works well with a hip and glute style squatter. As for you high squatters, I would do more quad movements. Remember: whatever works for your body, do it. You know your body better than I do.



Ray Benemerito...ADFFA National Champion.

Remember these key points:  
FORM: Use your body's leverage to your advantage, everyone doesn't squat the same, so develop your own form based on your strong points.  
TRAINING: Pace yourself, don't be in such a rush to go heavy. In time the weight will become easy for you. It is always better to do less than more. That applies especially to your natural lifts.  
ATTITUDE: Keep your mind clear. Remember, you control the weight; don't let it control you!

Good squatting!  
6 Week Off Season:  
Week 1 - 315 x 7 reps x 2 sets  
Week 2 - 325 x 7 reps x 2 sets  
Week 3 - 335 x 7 reps x 2 sets  
Week 4 - 345 x 7 reps x 2 sets  
Week 5 - 355 x 7 reps x 2 sets  
Week 6 - 365 x 7 reps x 2 sets  
12 Week Cycle  
Week 1 - 375 x 7 x 2 sets  
Week 2 - 385 x 7 x 2 sets  
Week 3 - 395 x 7 x 2 sets  
Week 4 - 405 x 5 reps  
Week 5 - 425 x 5 reps  
Week 6 - 435 x 5 reps  
Week 7 - 445 x 5 reps  
Week 8 - 455 x 3 reps  
Week 9 - 470 x 3 reps  
Week 10 - 485 x 3 reps  
Week 11 - 500 x 2 reps  
Week 12 - Rest

Assistance work schedule: Monday, squat, inverted leg press, leg curls, single leg extensions, calf raises (2x7 heavy); Thursday: deadlifts (light assistance 2x7); Meet Attempts: 485, 510, 530. Warmups: Keep your reps and sets down to a minimum. Save yourself for your work sets.

# Dr. Judd

## Fantastic Facts by Dr. Judd Biasiotto/Army Ferrando

times when good intentions produce disastrous consequences. Case in point: parents pushing their children into heavy resistance weight training at an early age. Children under the age of 12 should not engage in heavy resistance exercise, because the long bones are not completely ossified prior to this age. Heavy resistance exercise by children may cause premature ossification of the long bones and thus stunt normal growth.

Medical research has also revealed that curvature of the long bones can occur from engaging in heavy resistance exercise at a young age. Of course, this is not to say that young children should avoid physical activities. It is the maximum stress exercise that can be dangerous for young children, not physical exercise in general. If you want weight training to be part of your child's physical activity, it is probably best to have him perform numerous repetitions with a fairly light resistance.

In recent years, more and more athletes are exhibiting the symptoms of burnout. What exactly is burnout? Perhaps it is best defined by James Spradley and Robert Venning, the authors of the best-seller book, *The Work Stress Connection*. According to them, burnout is a debilitating psychological condition brought about by unrelieved work stress, which results in: 1. Depleted energy reserves, 2. Lowered resistance to illness, 3. Increased pessimism.

The condition is debilitating because it has the power to weaken, even devastate, otherwise healthy, energetic, and competent individuals. The cause of burnout seems to be a pattern of emotional overload and subsequent emotional and physical exhaustion. The athlete becomes overly involved in his sport emotionally and physically, overextends himself, and feels overwhelmed by the demands. The response to all this is exhaustion. The athlete lacks the energy to get from one workout to the next, and there is no source of replenishment.

On the brighter side, "burnout" can be avoided. The following are a number of suggestions that might help you prevent the damage caused by burnout:

1. Set realistic goals
2. Vary your training
3. Take periodic training breaks
4. Get plenty of rest and relaxation
5. Practice good nutrition
6. Pace your workouts in the gym
7. Participate in other activities
8. Work hard, play hard and train hard, but have fun!

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181 - 1550  
198 - 1650  
220 - 1725  
242 - 1775  
275 - 1850  
SHW - 1900

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Silvana Bolman... of W. Germany, a top female competitor (Herrick)

The future of powerlifting took a giant step forward on July 21st and 22nd at the World Games in Karlsruhe, West Germany. Also known as World Games, the Olympic spirit was revived in Karlsruhe as the festival spanned ten days and featured 21 unique sports with athletes from 70 countries and included opening and closing ceremonies. For powerlifting, it was a chance to increase our international exposure and recognition. The hope that powerlifting will one day become a true olympic sport created additional excitement.

The teams were chosen on a geographical basis from one of three areas: 1) The Americas (Europe and 3) the rest of the world. Sixteen men and 36 women were chosen to represent their country. It is taken not to have any one country over represented. This format provided a total of 17 women and 19 men after a few injuries altered the final list of entrants. Due to the limited number of entrants, the lifters competed in one of only three weight classes, by formula. This created an added dimension to the strategy and computer printouts of formula placings after each lift were greatly appreciated. The reduced number of weight classes also meant that several lifters who were accustomed to only the top three placings and the medals had to settle for less at the World Games.



Liz Odendahl new middleweight bench sensation (Iahn Herrick photo)

Netherlands dominated this division. She had a massively developed upper body and a world record bench press to match. Her 334 lb. power was impressive. In fact, she had 159 more lbs. of muscle mass than the rest of the world. It is unfortunate that this opportunity was overlooked by so many of the top American lifters, as their counterparts from all the other IFF countries took this opportunity very seriously. Perhaps better communications from our top administrators would have helped in this area. Nevertheless, the importance of this meet to powerlifting will not be overlooked in the future. ANDREA SORWELL



Ausby Alexander, the only USA winner, was the focus of NBC's 'SportsWorld' coverage of the powerlifting segment of the World Games, which was shown on August 13th (Herrick)

World Games  
21, 22, 23 Jul 89 - Karlsruhe, WG (kg)  
Women 1 SQ DL Total  
Pinkkalla FIN 135 62.5 190\* 347.5  
Mal IND 128 57.5 135 317.5  
Palk USA 107.5 50 122.5 207.5  
Manganiello USA 105 50 135 272.5  
Men 1 SQ DL Total  
Burt CAN 170 82.5 197.5\* 450\*  
Bollmann FRG 190 110\* 202.5\* 502.5\*  
Hunter GB 152.5 85 177.5 415  
Simpson USA 142.5 85 175 402.5  
Surtwell USA 144 80 175 395  
Ishikawa JAP 135 80 150 365  
Oldham USA 115 55 137.5 307.5  
Women 2 SQ DL Total  
Omond NETH 205\* 132.5 225 562.5\*  
Laha IND 225\* 102.5 200 527.5  
Oakes GB 207.5 115 217.5 540  
Wittech AUS 175 95 195 465  
Hartmann FRG 228 127.5 228 583.5  
Men 2 SQ DL Total  
Male INDO 215 137.5 242.5 595W  
Ishikawa JAP 205\* 157.5 230 592.5  
Simpson USA 190 125 200 515  
Dfaris FRA 180 125 200 505  
Tromp NETH 215 137.5 207.5 560  
Carr USA 195 117.5 242.5 555  
Mentz CAN 210 127.5 257.5 593  
Men 3 SQ DL Total  
Alexander USA 300 157.5 315\* 772.5  
Domenech ITA 315\* 200 320\* 835  
Stevens GB 245 145 250 640  
Stevens GB 337.5 205 330 872.5  
Boulos FRA 350 230 322.5 902.5  
Kuster FRG 342.5 177.5 340 860  
Chattas BRA 280 205 300 785  
Chattas BRA 280 205 300 785  
World record, w/ junior world record.  
\*National record, w/ national record.  
World record, w/ master world record.  
15 lifts had 135 attempts, with 100 per cent success.  
1 junior record, 5 states records were set, additional 1 states junior record. All together the other lifters had 20 personal best lifts. In total 11 lifts were set in 135 attempts.  
We had 2 world records, and 1 junior world record. We had 4 attempts we had in 1 master world record. 4th attempt we had in 125 WR good lift. Burt (CAN) (deadlift) 200 WR good lift. (Thanks to Ausby Alexander and others for results.)

The meet venue was a large medium sized gym which completely lacked the theater of their attempt. Although the theater was not filled, there was a good turnout. The women's lightweight division featured five lifters. Anna Pinkkalla from Finland received the Gold for her 766 pound total at a body weight of less than 97 pounds. Second was Hisako Yoshida of Japan with a nice 727.5 pound total also at 97 pounds. In third was a surprisingly strong and very thin Reikka Mal from India, totalling 700 pounds at a bodyweight of 103 pounds. Fourth went to Dedy Pak of the United States who had difficulty with the squat but managed to return to be reevaluated so that she could return to the world record level. Felicia Manganiello of the United States finished fifth.

The middleweight division for the women included lifters in the 123, 132 and 148 pound classes. Joy Burt of Canada put in a solid eight for nine performance to win this group. She topped off the day with a new IFF world record in the deadlift on a fourth attempt of 441 pounds weighing 123 pounds. A tipped Silvana Bolman from West Germany finished fourth with a total of 502.5 pounds. She was the only woman weighing five or six pounds below the 148 pound class limit. Third place went to Jenny Hunter of Great Britain. Umeko Kunimoto of Japan was just edged out of the medals with her 953 pound total in the 132 pound class. Andrea Sorwell of the United States took fifth despite a nagging upper back problem. Sixth went to Kazuko Ishikawa of Japan. Sheridan Oldham rounded out this division.

The heavyweight division was a battle between 165 pound lifters and a super-heavyweight, although one of the 165 pounders did not reduce her weight for this competition. Liz Odendahl was the only to take the lift in eight all the way down to the usual classes due to the formula type of the competition) Liz Odendahl of the

For those of you power athletes out there that sniff disdainfully at certain bodybuilding exercises, this article on the Leg Press will be rather enlightening. I, like many of you, once considered doing assistance exercises as well, you know, "fun", but nothing serious. After all, Mr. Death Valley claims he can Leg Press a grand (one inch) range of motion, but why is it that I saw him grunting with 315 on the squat (and high at that)! Well, fellow future barbarians, I feel that the Leg Press represents a whole compendium of exercises that when performed with scientific precision and gut-wrenching intensity will add an entirely new dimension to your power training, translating into Powerlifting's version of Nirvana - a bigger total.

The Leg press, far from being the horse for ossified wimps and bodybuilders is a real godsend for quad isolation, overload work, injury rehabilitation and your squat, but for you sumo-style pullers, will rocket your deadlift into the "personal record stratosphere." Yesteryear's versions of the leg press were far from functional; indeed they may have been downright dangerous. Lots of high schools had a vertical leg press machine, but if you didn't know what you were doing (and at 17, who the hell did?) you would quickly end up walking like Fred Sanford. As the Fitness Boom of the 80's expanded, equipment manufacturers battled each other for market share by offering increasingly sophisticated designs, heavier materials and more ergonomic features for user comfort. Today's Leg Press Machine is a wonder of modern metallurgy and equipment design. There are many good brands out there (Cybox, Eagle, Iman, Universal, etc.) but the rule of thumb for powerlifters should always be to:

Use (or Buy) a Leg Press Machine that is angled at least 45 degrees. (Some have adjustable seats.) This will take much pressure off the lower back and allow a greater range of motion.

Disdain the selectorized versions with the sliding seat. The biomechanics of these devices are such that it is impossible to tell exactly how much you are really lifting. Stick to the good of free weight versions, and pray that your gym has enough 100's for you.

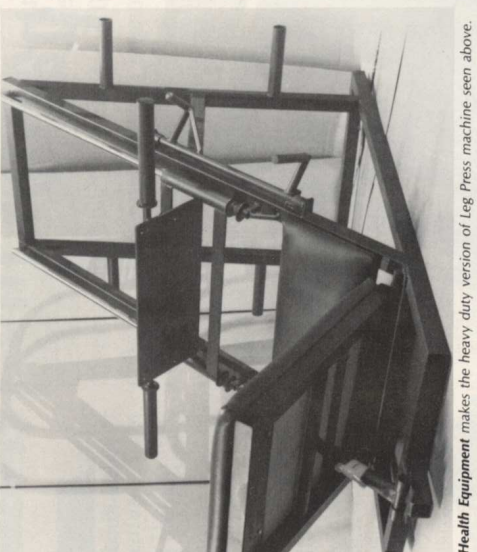
Use newer models whenever possible. As fast as some of the older models could be death traps for the uninitiated and should be avoided. Incorporating the Leg Press into

your schedule is a matter of determining where you are in your current cycle. As periodization is now accepted fact, the Leg Press fits ideally in the Foundational phase but will also fit into the Speed-Strength and Overload phase. Indeed, the Leg Press is probably the one assistance exercise that I would not drop, even up to a week before the meet. In case you may be wondering who out there uses the Leg Press, how about Gene Bell? Gene, a multi-world champion and record holder swears by the Leg Press. He claims that using this movement with heavy weights (up to 1100 lbs.) has blasted his squat well over the 800 lb. level (843 at 181 in the 1988 Hawaii meet) and his deadlift close to the 800 lb. level. In fact, all of the lifters that Gene has worked with have been placed on heavy Leg-Press Programs with outstanding degree of success overall.

Other lifters who regularly use the Leg Press include, Fred Hatfield, Larry Kidney and Steve Alexander. What are the advantages of the Leg Press? First of all the Leg Press will continually allow you to handle super-heavy weights throughout your cycle without the accompanying anxieties that the squat does. There is little chance for burnout, either physically or mentally, which means that even if you are cycling the squat and still doing 8's or 10's with 70% you can go right on to the Leg Press. I suggest that you do leg presses a minimum of once per week perhaps on your lower intensity Squat

# TRAINING

## POWER from the LEG PRESS as told by RON FERNANDO, Ironmasters Gym



Jubenville Health Equipment makes the heavy duty version of Leg Press machine seen above.

day. If you are extremely tired on your Heavy Squat day (or as is the case with most of us) our training partners/spotters fall to show, you can Leg Press up to twice per week. Try to avoid knee wraps as much as possible unless you are flinching with some really big numbers, or trying for a new PR for reps.

I have, from personal use of the Leg Press, added a lot more weight to my Deadlift than my squat, but because of the way I position the weight sled and my feet, I am able to better simulate the initial push-off the floor phase of the sumo deadlift. By using a high weight for sets of five reps, I am able to achieve both deep muscular stimulation and the necessary overload. I often visualize the Deadlift as a sort of "Leg Press with Hatfield" has often viewed the Leg Press with favor as a way to condition the mind and body to relay and initiate the thrust through the floor during the first phase of the deadlift. Regarding the squat, I believe that the Leg Press has more benefit when done with a lighter weight and closer foot position on the sled (as opposed to a shoulder width or slightly wider for the "Deadlift" Leg Press) if you are doing power circuits or super sets, the Leg Press is ideal - easy to spot, just a bit to load!

Quite frankly, the only negative that I can see is that the Leg Press can be a little tricky with the extremely big numbers. For those of you who are squatting or pulling in excess of

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# STATUS REPORT

## Steroids In America

As seen by FDA Agent, Don Leggett  
As Interviewed by Gary Morrison

At 10:00 p.m., on Christmas Eve, in the vacant parking lot of a Denny's Restaurant on the corner of 44th Street and U.S.-131 near Grand Rapids, Michigan a drug buy took place.

About \$250,000 exchanged hands for about 10 bottles of drugs; not cocaine or heroin or marijuana but steroids, the drug suddenly made popular by Ben Johnson.

Steroids, according to Don Leggett, an agent for the Food and Drug Administration (FDA), are experiencing their biggest growth amongst teenage boys who for the most part don't compete in athletics.

"Use by teenagers who want to look good without any regards to what they're doing to their health is the growth area in steroid use," says Leggett from his office in Washington, D.C.

The Christmas Eve buy at Denny's took place in a suburb of Grand Rapids, a city with a population of about 250,000 persons. For the most part the steroids went to local Grand Rapids officers who compete in powerlifting and bodybuilding contests. Subsequent transactions have taken place, and the final destination and the ultimate use of the steroids could not be verified in all cases, however.

Leggett says that \$200,000 is a good price and \$25,000 to \$30,000 is not uncommon nor is a higher price. Leggett does say that the FDA is not going to go after the small user in the gym saying that FDA resources are directed at the big-gest steroid busts are made and that many states are enacting legislation to deal with the problem on a local level.

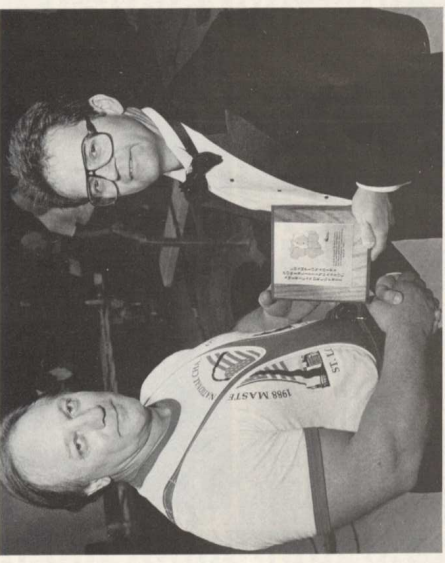
"We've made some big busts," he says, "but it's still a growing and changing market."

He sees the role of Human Growth Hormone (HGH) to young people as the fastest growing steroid market. The high technically not a steroid, HGH is still part of the same problem.

HGH is a very expensive drug and hard to come by. When HGH was first available it came from the cultured pituitary glands of corpses. Pure HGH can be a deadly bacterium to now HGH is a bio-tech product that is a substituted pituitary glands rather than extracted from them.

"That makes it very expensive," Leggett says, "and considering that it has a legitimate use people who actually need it have to wait to get it. It's a drug that should cost \$1,200,000 a week, wholesale, yet people are claiming to buy it for as little as \$100,000." He says, "if people say they are obtaining it, they should be suspect of what they are getting. A lot of HGH on the market isn't HGH at all but some kind of steroid mix at best which is why some people will see results or at worse experience complications that are hard to treat."

For the most part, he'll explain, testosterone or HGH are easy to sell. A lot of drug dealers just make mislabeled products and call them steroids or HGH and selling them as that. And nobody questions the authenticity. "That's the type of people who are getting into this business," says Leggett. "They are more ruthless and have little regard for the end user."



GARY MORRISON at right, conducted this interview, and also directed the Michigan ADPPA Championships, where he presented Master lifter Bill Beckwith (left) with his award.

turers that is pharmaceutical companies who manufacture drugs in a sterile environment will be reading the labels either," he adds. "In some cases, the bust don't. A label doesn't mean it's authentic. There are over 80 labeled products that we know of. Every year we encounter more and more bogus drugs. There isn't a lot of honor out there amongst the dealers, even they are getting ripped off by phony drugs and don't know it."

Dealers who sell blanks are not exempt from federal prosecution because it is also a crime to sell mislabeled drugs.

Some users make a steroid injection through farmers or veterinarians who have access to steroids to medicate or enhance growth in livestock.

"The same law applies," he emphasizes. "It's still a felony regardless of the source."

Leggett is impressed with trends in legislation that empowers state and local law enforcement agencies to handle the problem of steroids. He points out that the Anti-Drug Abuse Act of 1988 has a provision addressing steroids in particular and makes their possession anywhere in the country without a prescription a felony.

"A sale to minors can bring up to six years in jail," says Leggett. "It's a common misunderstanding that possession of steroids is a misdemeanor from reputable manufacturer."

town had decided that LaVonda had been kidnapped, or worse, gone with the afternoon pep rally. The Prez started screaming at me about responsibility and teaching jobs in the Yukon in the same breath. The muttering crowd surged closer. It was getting ugly.

Then the school bus door opened and out pranced LaVonda in her cheerleader outfit with the rest of the club right behind her in the squat suits and school t-shirts waving their trophies over their heads. They formed a line and strutted like a rap group into the gym as the crowd exploded like we'd just won the NCAA and the band struck up the Wabash Cannonball. The ball team had been throwing up some air-balls and moping around in warmups but broke into grins and raced over and carried LaVonda around the gym on their shoulders.

The Prez, that soul of constancy, was still lecturing me when Lope and the Preacher came over and lifted him by the elbows and carried him over to the scorer's table to pose for pictures with the lifters. LaVonda, the ball team and the Booster club for the Tyler papers. The constant Prez immediately produced a glowing imitation of an enlightened educator surrounded by adoring students and fans. He ain't no dumb.

You know the rest; the ball team won the game and I kept my job; LaVonda dumped the boyfriend. The Prez later gave credit for the huge administration's desire that every student achieve his or her dreams.

When I tried to thank LaVonda for bailing me out, she quietly cast her aroused lemur's eyes on me. "I didn't do it for them, Mr. Kelso, and not for you. I did it for me."

She had made up her mind to do both right after that first meeting with me. She sneaked into the weight room after hours a couple nights a week for two months before the meet. Trained by the light of the moon to keep her secret. She used short, intense workouts of only about three lifts. The cheerleading and other sports she played gave her an aerobic base and conditioning.

I suppose you are all wondering by now what the point of this story is. I wouldn't recommend her training method, but it worked for her. I don't know where LaVonda is these days, but wherever she is my money is on her being in control of her own life.

She never wanted to be state champion. She wanted to lift with us at that meet on that day and she did. Most of us pure, no excuses, no obstacles allowed determination can make magic happen.

I'm out to visit my son in Japan for a while, so correspondence will be delayed a week or two. Please enclose \$10 for replies to training questions.

PAUL KEILSO  
3046 33rd Street  
Sacramento, CA 95817

# Power Fun

As we pulled out from the front of the gym on the day before the Regionals, LaVonda and the cheerleaders stood by to wish us luck while a crowd of students already there for the first game of the tournament gave us a send off. The Prez and Coach Kolumiak smugly wished us well and told me they appreciated my taking sense to LaVonda.

I also saw Lope Deik and Preacher Hanley in the crowd grinning like 'possoms. I didn't think much of it as they rarely missed a home game.

Next morning in Austin, I'm lining up the gang for the weigh-in when in walks Lope and the Preacher still grinning. LaVonda, she said she'd kind of like to lift if I didn't mind. They had jumped in the country-customized van and driven all night with LaVonda asleep in the back. This was after her Wampus Cats had put the Fallurians Skeepers down by 17 with LaVonda stirring up the crowd.

Lope noticed I was a little slack-jawed at the turn of events, not to mention that I was wondering where I'd get another teaching job, so he explained that they had gotten her entry blanks in six weeks ago and liked driving at night, anyway. Oh.

Naturally, her showing up was a big boost to the rest of the club. LaVonda lifted like a veteran and made 8 of 9, pulling into third place took four or five place or show trophies. I didn't have an entry over 181 that day, so we were through by 3:30. I was shooting the breeze (and putting out job feelers) with some old friends when Lope comes over and allows that if I'm not too busy, the tournament finals started at 7:45 and we might our collective rear ends by getting LaVonda and the Preacher that there wasn't any way to get back in four hours. More 'possum grins. We mapped two-lane and back road, paved or not, that Lope had ever known or heard of.

We drove up to the front door of the gym at 7:55 to see a dozen police cars and reporters and the Prez milling around in a panic. The whole



Betsy Wonyetye is one female lifter who is able to combine a demanding career, marriage and other sports activities with her world class powerlifting performance.

Just what was so special about LaVonda, anyway? Well, we've all seen people who just flat have the magic, whether curse or blessing. If all the cheerleaders from both schools were out on the floor giving their all for the Wampus Cats and the Blue Devils or what have you, and LaVonda was standing by the scorers table eating nachos, every hand-held video cam recorder in the field house would be trained on her! I think the consensus was that the tournament would go broke and the gym would slide down the hill into the Netches if she didn't show up.

You may remember that LaVonda had the uncanny ability to cut right to the truth, often at my expense, and did not suffer fools. Like when Coach Kolumiak was dumb enough to hit on her. She figured she couldn't lift with us by telling her she couldn't lift with us because she put him down.

I, with my vaunted integrity, weasled around and suggested that the basketball tournament should honor and commitment she should honor and that she could lift next time. She Open trophy for a minute, and then left.

When LaVonda got to the meet, the administration and the Coach informed her that her 'duty' was to the school. The blue-hairs in the office told her that no decent man would ever marry a girl who engaged in such an activity. The dorm mothers chuckled that even if one did marry her, she would not be able to bear children. Her boyfriend told LaVonda it was O.K. if my wife wanted to lift to please me, but no girlfriend of his was gonna do such an unsuitable thing. (This issue?) My wife's response when she heard about his remark was not suitable, either.

I'm sitting around in my office out to the college one day when LaVonda Sue Braley comes in and announces she has a problem. I've told the Etruscan Temple dancers years that could call a grown man to tears at 200 yards.

She was not only my secretary, but one of the school cheerleaders. Nobody wore the school colors better than LaVonda. They matched her eyes.

Anyway, her problem was this: she wanted to lift with me Power Club at the Regional. Coach Kolumiak wanted her to go back lifts at the Woods. Intentional the same weekend.

So did the school Prez, the boss of the room, her boyfriend, the blue-hair brigade up in the office, the stadium body and the dorm mothers. Now, with eight cheerleaders, but Coach Kolumiak wanted her to go back lifts at the Woods. Intentional the same weekend.

It also got a lot of publicity that the Prez insisted was good for recruiting new students. Eight or nine thousand fans would show out \$2,50 for the games and half of East Texas would hear, see, and read about it through the media.

I don't have to tell you how many folks work themselves up into a frenzy over a handful of junior college powerlifters, do I? Right.

LaVonda hadn't competed in powerlifting before. She had run track and played girls basketball and had gymnastic training. She knew all the cheerleader's tricks and stunts. I knew she could be a fine lifter. But more important, she wanted to give it a shot.

She had been working out with the club off and on, but there were so many demands on her time that she never got to a contest with us. Social pressure in a small town or school can be enormous.

When LaVonda got to the meet, that she wanted to go to the meet, the administration and the Coach informed her that her 'duty' was to the school. The blue-hairs in the office told her that no decent man would ever marry a girl who engaged in such an activity. The dorm mothers chuckled that even if one did marry her, she would not be able to bear children.

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 without a pair!

I first became bitten by the Iron Bug when I was 15. I guess it was a keen desire to improve myself athletically as well as a need to feel better about myself that first piqued my interest in lifting.

I was fortunate to have several local, long time lifters take me under their wing, and show me the basics of strength training principles. It hasn't been the same for me since. There is something about training for power and the quest for muscular size that invades your soul. Powerlifting is my passion. I'm a power addict.

All through the high school years, when fellow classmates were concerned with proms and social status, I was consumed by squats and deadlifts. Rest assured, though, powerlifting will give back more than it ever takes.

Powerlifting and its training methods can yield more self satisfaction than almost any other physical activity. This occurs due to a simple but precious relationship; you compete against yourself. The ability to conquer self is paramount to what ever success you will attain in the sport of Powerlifting.

If I was a lifter capable of a 1500 lb. total, it would be futile to measure my success by how often I beat a competitor capable of a 2000 lb. total. Now that I have totaled 2400 lbs. plus, what is my inner satisfaction of beating a 2000 lb. total when I am capable of more? In every competitive situation or training session, first and foremost I must compete successfully against myself. What more can a person do?

I have always maintained that every individual has different and varying abilities afforded to them. I

# TRAINING

## WHY POWERLIFTING? AS TOLD BY COACH JOHN WARE

for themselves if the effort is worth the potential end result. From my point of view the answer is - YES.

Hopefully, along the way I can also help others to achieve their goals. One of the truly positive aspects of the sport of powerlifting is the people you meet. I believe it is my responsibility to promote the sport to the public at large. I urge all of you to take the time to tell others about what a great sport powerlifting is.

I was fortunate to have some people who cared early in my career. I only wish everyone could be so fortunate. This is what helps powerlifting to flourish. Helping out teenagers and youngsters in your area is truly a rewarding experience. Don't underestimate the influence you have on their young lives. You can make all the difference in the world. If more young people's energies were channeled into powerlifting, there would be fewer problems in general.

A great number of variables contribute to the ultimate success of those involved with lifting. Everyone needs to formulate a blueprint or master plan for themselves. The plan should encompass all areas which contribute to your powerlifting success. The total program should be based on sound principles of physiology, nutrition, psychology, biomechanics, etc. The goal is to

achieve intelligent, intense, well thought out training programs.

Become as knowledgeable as possible in all aspects of the sport. Research the available literature and with the help of this data, formulate the plan for yourself. Everyone in the sport has particular, individual nuances, so what works for Mike Bridges and Eddie Coan may not work for you. Get to know your body at a personal level.

Bits and pieces of training information can be gathered from the most unlikely of sources. Never be afraid to ask questions. Perhaps that other person has viewed something from a different perspective and has found a unique resolution to your specific training dilemma.

What I plan to show you in the pieces that follow are training routines and advice that will help you to achieve your desired goals in the sport. This is information which I have refined over the years, based upon my own research and experience, along with ideas derived over the years from some of the best strength athletes in the world.

I hope everyone will gain something from some part of this information. Overcome your own limitations from within. Be honest with yourself and you will come to know your own better. The only limit to your own success is you. True power comes from within. Get out and sell someone on the sport of powerlifting. Tell them what a great sport it really is. Once you are bitten by the Iron Bug, there is no turning back. Go for it!

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Author JOHN WARE...in the Number One Spot (left) for the Superheavyweights at the 1986 USPF Jr. Nationals







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signal, because that's the way they do it in the gym. This also goes for re-racking the bar in the bench press. Another error in the bench, is failure to wait for the clap or press signal, leading to red lights. Judging a state meet a while back, I had to give a few red lights to lifters who gave their whole heart and soul into finishing their deadlifts, but they did not lock their knees at completion. Dropping the bar is another bad way to lose an otherwise good deadlift. None of these failures were due to lack of strength. Rather, they were from lack of concentration. Practice proper execution in the gym before the meet, with someone who is experienced. Also have someone remind you of all the things you need to do before you take your first lifts.

Another error that occurs, even at top level meets, is not keeping track of where lifters in your class are in terms of final total. Some lifters lose in the final standings, when they take third attempts that are too light and give other competitors a higher spot. For example, if you are fourth after the second deadlift, behind by 5 pounds and one pound lighter than the lifter in third, you need only take a deadlift 5 pounds heavier than his to win on bodyweight. Of course, this relies on the fact that you must be able to out deadlift him by five pounds, but if you can lift him, you need to be armed with information about the lightest lift necessary to gain third place. A coach or friend could help you in keeping track of your placing and attempts. After the second round of deadlifts, check what your opponent's third attempt will be. You can then alter your third attempt accordingly. This can also make you reconsider taking too much of a deadlift and possibly lowering your final standing further. This is the elementary form of contest strategy. In your first meets, this is not the most important thing to remember, but it can have a positive impact on your final standing. Remember, we are talking about third attempts, not openers. Openers are to get and keep you in the meet, not win it. I'm sure these aren't all the errors that can be made at a competition, but a new lifter should make sure he is aware of the mistakes he has made. A good coach or fellow lifter with experience can be invaluable during a competition. The weights are heavy enough with including an avoidable error. With the exception of the opener, you will gain experience and the more errors may seem inexorable, but until they concentrate on the rules you are setting. Be aware of the rules in the meet. It's important for keeping back issues of this magazine for future reference. They can prove invaluable over time.

# STARTIN' OUT

A special section dedicated to the beginning lifter

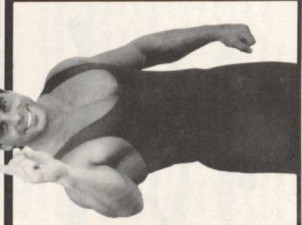
## COMPETITION ERRORS as told by DOUG DANIELS



**Youthful Competitors** like Sweden's Yngresson avoid elementary platform mistakes because you won't be able to after you miss it the first time. Timing is critical too. Don't finish warming up too soon before lifting and don't get other hand makes as you get enough in. Keep in mind that warm ups are to prepare your body and mind for extra effort to cope with. Another error is not being familiar with the rules under which that specific contest is being conducted. Each federation has a few differences in the rules, and it is your responsibility to be aware of them. Most meets have a lifter's meeting before the contest starts to go over rules and to answer any questions lifters may have. If you don't understand ask if not the meet director or judge then not the meet director or judge then an experienced lifter you can trust, not some other novice competitor.

In my years of involvement in our sport, as a lifter, spectator, coach, judge, and meet director, I have noticed lifters making errors during competition that have cost them in terms of the final results. Many of these errors could have been prevented if the lifter had a little more knowledge. These errors start from weigh-in and continue through to the last deadlift. Let's start at weigh-in. At weigh-in, several important things are done; you check in, weigh-in, and give your opening attempts. It is important to weigh-in as light as possible. One easy way to do this is to weigh-in in the nude. In the event of a tie on total, the lifter who weighs in the least places higher. Don't give any of your competitors an edge by wearing a sweat outfit or even underwear. Picking opening attempts for novice lifters, especially first timers, can be tricky. To be on the safe side, open at a lower weight, about the weight you could handle for a triple in training. Remember two important facts. First, you will have real judges watching you closely. Second, the weights used are going to be right on in poundage. The ones you train with may not be. A few pounds here and there can make a difference on heavy attempts. Next, let's deal with warmups. The most important thing to remember is not to exhaust yourself on warmups. Some lifters take whole workouts prior to lifting, some even take their openers back-stage before taking them on the platform. If there is any doubt about your opener, lower it,

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## NEW: UPDATE FIVE TO "DRUG USE AND DETECTION IN AMATEUR SPORTS" BY MAURO DI PASQUALE, B.S.C., M.D.

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

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## Ask the Doctor

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

**DEAR MAURO:** I have a patient who is a powerlifter. She complains that when she lifts over 300 pounds, she gets severe pain in her pelvis. She has heard from her fellow lifters that this is a common problem and that the solution is a hysterectomy. This young lady is only 22 years old, unmarried, no children, but she is so enthused about her career in powerlifting that she is ready for a hysterectomy. I, naturally, want to be extremely conservative. It seems to me, as a non sports-minded, but senior gynecologist, that lifting heavy weights could strain and stretch the pelvic supports and undoubtedly there could be hemorrhagic injury which could cause the pain that the patient experiences. I would like to find someone who knows something about this or have some references in the literature. **Dr. R.**

**DEAR DR. R.:** Over the years I've run into several female powerlifters complaining of pelvic pain when lifting heavy. In these cases, and in most female lifters with pelvic pain (and for that matter, males), the problem lies with the musculoskeletal structures in and around the pelvis, not in the reproductive organs. Unfortunately, there is no literature to which I can refer you.

The problem appears to be due to a relative weakness in the abdominal, and the iliacus and psoas (major and minor) muscles. This weakness strains the ligaments and tendons in and around the pelvic area (since they now have to take the load that the muscles can't handle), resulting in discomfort and pain whenever heavy weights are used.

The solution to this pelvic pain is not a hysterectomy (unless, of course, in your opinion other gynecological problems warrant one), but a change in lifting style (changing her stance, bar position, etc.) so as to put less stress on the pelvic musculoskeletal structures, thus emphasizing her stronger body parts. As well specific exercises should be done to strengthen the relatively weaker abdominal and pelvic muscles. If I can be of any further help to either you or your patient, please don't hesitate to write. **M.G.D.**

**DEAR MAURO:** I am 46 years old and have been working with weights for about three years. Recently I subscribed to Powerlifting USA magazine and started reading all the interesting articles like yours and a few others about supplements. My progress and recuperation is extremely slow and I don't always have the stamina and energy that I feel I need and I don't seem to be increasing in size very much. With all the advertisements about the various supplements, I can see that maybe there are some of them out there that could actually help me. So I started inquiring of all the different companies that sell those products hoping that they could assist me in selecting one or two of the products that would actually do what they claim.

The products that I inquired about are listed as follows: Amino Acid Complex, Liver Extract, Gamma Oxyzanol, Inosine, Simalax Official, Vitamin A-Cids, Yohimbe Bark Extract, Carb Powders and various other information, but not what I was really looking for. If I used all the products that were recommended, I would need to get another full time job just to be able to afford them, but I could expect to look like the Hulk in a few months. I don't know if it would be because of the side effects. A case in point is your article in the September 1988 issue of Powerlifting USA about Simalax Official.

What I would like to know is what products there are on the market today of all the ones I listed above and others if they apply, that would help me (considering my age, if that makes a difference) have more stamina and energy and faster recuperation between days and sets and also assist in building more muscle tissue, but still be perfectly safe to take without harming the body and its normal functions, and still stay within some reasonable budget. Does your update of your book answer the questions that I have asked about? Does it explain what the products are made of, how they work and what results I could expect, so that I could make some intelligent decision on my own without getting a degree in nutrition.

**DEAR SIR:** It's not easy separating the wheat from the chaff, especially when there's so much chaff. Enclosed is a copy of the table to contents for Update Five. As you can see, several of the products you've mentioned are covered. Some have been covered in my book and previous updates. In my book and updates I try to give as much information as possible so that the reader can make up his or her mind. Let me know if you need more help after you've read the updates. **M.G.D.**

## Question & Answer

Your training questions have been answered by Roger Espey, 1979 S.N. National Champ, World Record Breaker at 198, and 1985 MR. IRON MAN in Ft. USA for several years now. Here's a little feedback on how Roger's advice has been received. For a taped response to your personal training questions, send \$20 to Roger Espey, 1413 Hildgate, Anaheim, CA 92802.

**DEAR ROGER:** Several months ago I received a reply to the letter that I sent you concerning my failure to gain muscle mass and to progress in my lifts, especially the bench press. Three months later, when I received my issue of Powerlifting USA, I saw my letter in print. I decided to write to let you know how I fared from your advice. (I don't know how often you receive feedback from your readers). In those three months my weight increased to 217 pounds (the sight of food makes me sick sometimes!), but the extra calories have paid off. When I started following your advice my one rep max bench was 325. In eight weeks I not only passed up my personal best bench max of 340 pounds, but increased it to 355 pounds. I feel that this gain is excellent for me and am pleased by the results. I really believe that within two years I will bench 400 pounds. Your constant emphasis to lifters to not overtrain finally got through to me too. That seems to be the best single bit of advice one can use in powerlifting or bodybuilding. Since I am isolated from knowledgeable lifters in my locality, I must read and experiment in order to learn and progress. I want to say that I have learned more from reading Powerlifting USA, and in particular, your "QUESTION AND ANSWER" column, than any other single publication. Although your column is short, I have been able to recognize my errors or problems and apply your advice to myself. After a year and a half of no progress because of a lack of knowledge it is great to be realizing some success. You're doing a great job. **Lee Smith**

## Powerlifting USA BACK ISSUES

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

**Jul 1983...** Tom Magee Profile, APF JRS, ADPPA Women's Lytle Schwartz Profile, the Greatest Squatters, USPF Masters, TOP 100 165s, ADPPA TOP SHWS

**Aug 1983...** Bill Kazmaier Update, USPF Juniors, Women's PFF Worlds, Greatest Deadlifters, Dawn Ressel and Myrtle Augée Profiles, Sport in 2001, Squatting Primer by Fred Hatfield, TOP 100 181s, ADPPA TOP 20 114s.

**Nov 88...** World Record Breakers Meet, Deadliest Deadlift in Texas, Best Woman Squatter, Benchmarking by Confessore, Magic Leg Machine, Bob Wagner Interview, Dave Pasamella Workout, TOP 100 242s, ADPPA TOP 20 148s.

**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, ADPPA TOP 20 242s.

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

**Jun 89...** Hawaii Record Breakers, Ken Lain Bench Workout, Muscle Composition, Deadlift Ponderings, "DISAGREE" by Louie Simmons, Paragraphs of History, ADPPA & USPF Collegiates, TOP 100 165s, ADPPA TOP SHWS.

**Jul 89...** USPF Masters, ADPPA Women's, USPF High Schools, The Sentencing of Mike MacDonald, People Power, TOP 100 181s, ALL TIME TOP 20.

**Sep 89...** TRIPLE SENIORS EDITION - USPF - APF - ADFA, Dawn Ressel Deadlift Workout, "Grounding" Your Lifting Attempts, Calm Before the Storm, The Smith Machine, the Kelo Shrug Re-visited, Special Strength, Ben Lockett Interview, Larry Maile Interview, TOP 100 220s, TOP 20 ADFA-PA Featherweights, THE ALL TIME RECORDS OF POWERLIFTING.

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## READER OPINIONS

I've been lifting in our sport for three years and have done very well. I've won the Iron Man, Natural National Jr., Regional and California State championships. I've bought more cards - APF, USPF, and ADFFA than one man deserves. I have a new lifting suit, old - new - black - blue - red - wraps - chalk - ammonia - T-shirts - bench shirts. I've been to shows by bus, plane, car, train, and motorcycle and on foot. All for blind judging, sad trophies, missing name plates and poor spotters. Don't get me wrong. I love this sport more than any other, but let's be fair, where is the sport going? Please answer me this question: there's no major coverage, no big investors, no shot at the Olympics. I see the same lifters going to world championships. This is not just me, there are a lot of good lifters that would like to go to world meets and would do very well, but know that making these teams is just like reading the fine print in a car contract. I would like to know how to make a team or go to world championships independently. *Tyrone Jones*

This is a letter of support for Bernie and Joan Gagne. I had the pleasure to lift on their Men's Drug Free Team at the 1988 Natural Nationals. Even though they did not know me (I was drafted on the plane right over) they went out of their way as did the team, to make me feel welcome and offer their support. I learned of Joan's plight while listening to the team members compose their presentation for her award. It was obvious that words were not enough to express their thoughts. While most of the lifters were at- tended solely on the meet, these individuals were at- tempting to show how grateful they were to Joan for her never ending dedication, support, and af- fection. The tales that were told seemed to center on how kind and unselfish she was. I watched in amazement as she judged multiple flights at the Natural Nationals without a complaint. She displayed amazing fortitude and desire as she would retreat to her room to replenish her energy level and do it all over again. Unfortunately, this is a sport where gratitude is often unspoken. Joan - thank you. *Jeff Yaver*

The steroid question can be compared to mastingoring. 1. It's ok as long as you don't get caught (feel handed); 2. Don't admit to it, (not even to your mother); 3. end justifies the means, 4. harmful (blindness, hairy palms); 5. addictive (not necessarily); 6. instant gratification (debatable). What's the connection? I don't know if there is any, but I do know that what you do to yourself is certainly none of my business. When you use a meet does it really make a dif- ference whether the winner took 2 Dianabol or inhaled 40 bottles of Smeax? You just don't know the other guy lifted more than you - isn't that what Powerlifting is? He who lifts the heaviest he took some pills - but maybe he had better double shifts at the loading dock the night before the meet, while you were on vacationized control juice. What's the difference? You lost! Losers always have thousand excuses for losing. Do you have a perfect world and think that you powerlifters are more "normal" than the rest of society and therefore you take those naughty supplements "degradeate chests"? Well, fellow lifter, wake up about your world and stop gripin' and worry about your own "morality." Lift the best you can with all the tools at your disposal and leave the "moralizing" and drug testing to the moralizers and drug testers! P.S. To answer your question: I never jerked off before a polygraph- tested meet. *Ernie Ferraguard III*

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

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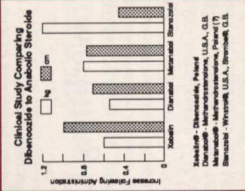
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Total with shipping and handling \_\_\_\_\_

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Ladies	185	R. Carter	250
J. Adams	145	R. Miller	240
M. Weston	135	R. Miller	245
R. Rood	390	S. Werner	410
W. Evans	390	D. Shiley	310
D. Shiley	310	D. Shiley	245
L. Williams	275	D. Shiley	181 lbs.
Novice (by formula)	181 lbs.	T. Vandorsdale	350
Light	100	C. O'Altono	340
M. Miller	160	C. O'Altono	290
D. Miller	157	C. O'Altono	290
M. Daniel	157	C. O'Altono	290
Heavy	242	K. Kaise	385
W. Carter	242	W. George	340
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E. Glodok	206	W. Carter	425
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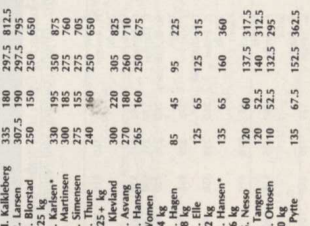


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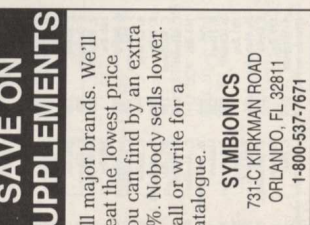


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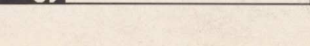


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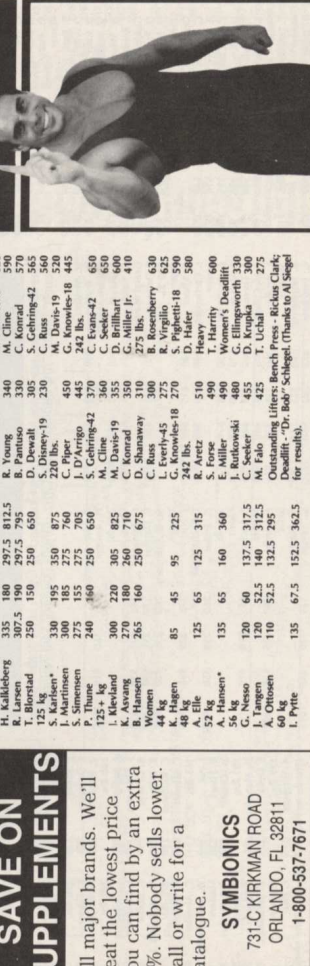


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C. Schachte	385	J. Vance	425
O. Miller	445	J. Vance	425

I would like to thank Nancy Brooks, YMCA Activities Coordinator, for all of her help and assistance. I would also like to thank Larry Caro, Jimmie Sperry, and the staff of the Florida State University for their help in making this event a success. I would like to thank the judges for their fair and accurate decisions. I would like to thank the sponsors for their generous contributions. I would like to thank the volunteers for their hard work and dedication. I would like to thank the fans for their support and encouragement. I would like to thank the officials for their professionalism and integrity. I would like to thank the organizers for their vision and leadership. I would like to thank the community for their hospitality and warmth. I would like to thank the state and I am sorry that we will be losing him to Florida. I don't know how to put into words how much I enjoyed competing with him and his wife, April. I know that you join me in wishing the best of luck to them in their new home. I wish to thank to Tim King who helped out with the event. I wish to thank after he finished lifting. Out of the testing that was done, two were found to be positive. Pending retest results, the above noted placings may change. (Thanks to Brian Washington for editing).

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



### ADPFA Baltimore Bench II

Ladies	185	R. Carter	250
J. Adams	145	R. Miller	240
M. Weston	135	R. Miller	245
R. Rood	390	S. Werner	410
W. Evans	390	D. Shiley	310
D. Shiley	310	D. Shiley	245
L. Williams	275	D. Shiley	181 lbs.
Novice (by formula)	181 lbs.	T. Vandorsdale	350
Light	100	C. O'Altono	340
M. Miller	160	C. O'Altono	290
D. Miller	157	C. O'Altono	290
M. Daniel	157	C. O'Altono	290
Heavy	242	K. Kaise	385
W. Carter	242	W. George	340
W			











### Midwest Teenage Collegiate (kg)

19 Feb 89 - Chicago, IL	kg	DL	Total
14-16 Teen Men	SQ	BP	DL
14-16 Teen Men	50	112.5	570
14-16 Teen Men	55	117.5	615
14-16 Teen Men	60	122.5	660
14-16 Teen Men	65	127.5	705
14-16 Teen Men	70	132.5	750
14-16 Teen Men	75	137.5	795
14-16 Teen Men	80	142.5	840
14-16 Teen Men	85	147.5	885
14-16 Teen Men	90	152.5	930
14-16 Teen Men	95	157.5	975
14-16 Teen Men	100	162.5	1020
14-16 Teen Men	105	167.5	1065
14-16 Teen Men	110	172.5	1110
14-16 Teen Men	115	177.5	1155
14-16 Teen Men	120	182.5	1200
14-16 Teen Men	125	187.5	1245
14-16 Teen Men	130	192.5	1290
14-16 Teen Men	135	197.5	1335
14-16 Teen Men	140	202.5	1380
14-16 Teen Men	145	207.5	1425
14-16 Teen Men	150	212.5	1470
14-16 Teen Men	155	217.5	1515
14-16 Teen Men	160	222.5	1560
14-16 Teen Men	165	227.5	1605
14-16 Teen Men	170	232.5	1650
14-16 Teen Men	175	237.5	1695
14-16 Teen Men	180	242.5	1740
14-16 Teen Men	185	247.5	1785
14-16 Teen Men	190	252.5	1830
14-16 Teen Men	195	257.5	1875
14-16 Teen Men	200	262.5	1920
14-16 Teen Men	205	267.5	1965
14-16 Teen Men	210	272.5	2010
14-16 Teen Men	215	277.5	2055
14-16 Teen Men	220	282.5	2100
14-16 Teen Men	225	287.5	2145
14-16 Teen Men	230	292.5	2190
14-16 Teen Men	235	297.5	2235
14-16 Teen Men	240	302.5	2280
14-16 Teen Men	245	307.5	2325
14-16 Teen Men	250	312.5	2370
14-16 Teen Men	255	317.5	2415
14-16 Teen Men	260	322.5	2460
14-16 Teen Men	265	327.5	2505
14-16 Teen Men	270	332.5	2550
14-16 Teen Men	275	337.5	2595
14-16 Teen Men	280	342.5	2640
14-16 Teen Men	285	347.5	2685
14-16 Teen Men	290	352.5	2730
14-16 Teen Men	295	357.5	2775
14-16 Teen Men	300	362.5	2820
14-16 Teen Men	305	367.5	2865
14-16 Teen Men	310	372.5	2910
14-16 Teen Men	315	377.5	2955
14-16 Teen Men	320	382.5	3000
14-16 Teen Men	325	387.5	3045
14-16 Teen Men	330	392.5	3090
14-16 Teen Men	335	397.5	3135
14-16 Teen Men	340	402.5	3180
14-16 Teen Men	345	407.5	3225
14-16 Teen Men	350	412.5	3270
14-16 Teen Men	355	417.5	3315
14-16 Teen Men	360	422.5	3360
14-16 Teen Men	365	427.5	3405
14-16 Teen Men	370	432.5	3450
14-16 Teen Men	375	437.5	3495
14-16 Teen Men	380	442.5	3540
14-16 Teen Men	385	447.5	3585
14-16 Teen Men	390	452.5	3630
14-16 Teen Men	395	457.5	3675
14-16 Teen Men	400	462.5	3720
14-16 Teen Men	405	467.5	3765
14-16 Teen Men	410	472.5	3810
14-16 Teen Men	415	477.5	3855
14-16 Teen Men	420	482.5	3900
14-16 Teen Men	425	487.5	3945
14-16 Teen Men	430	492.5	3990
14-16 Teen Men	435	497.5	4035
14-16 Teen Men	440	502.5	4080
14-16 Teen Men	445	507.5	4125
14-16 Teen Men	450	512.5	4170
14-16 Teen Men	455	517.5	4215
14-16 Teen Men	460	522.5	4260
14-16 Teen Men	465	527.5	4305
14-16 Teen Men	470	532.5	4350
14-16 Teen Men	475	537.5	4395
14-16 Teen Men	480	542.5	4440
14-16 Teen Men	485	547.5	4485
14-16 Teen Men	490	552.5	4530
14-16 Teen Men	495	557.5	4575
14-16 Teen Men	500	562.5	4620
14-16 Teen Men	505	567.5	4665
14-16 Teen Men	510	572.5	4710
14-16 Teen Men	515	577.5	4755
14-16 Teen Men	520	582.5	4800
14-16 Teen Men	525	587.5	4845
14-16 Teen Men	530	592.5	4890
14-16 Teen Men	535	597.5	4935
14-16 Teen Men	540	602.5	4980
14-16 Teen Men	545	607.5	5025
14-16 Teen Men	550	612.5	5070
14-16 Teen Men	555	617.5	5115
14-16 Teen Men	560	622.5	5160
14-16 Teen Men	565	627.5	5205
14-16 Teen Men	570	632.5	5250
14-16 Teen Men	575	637.5	5295
14-16 Teen Men	580	642.5	5340
14-16 Teen Men	585	647.5	5385
14-16 Teen Men	590	652.5	5430
14-16 Teen Men	595	657.5	5475
14-16 Teen Men	600	662.5	5520
14-16 Teen Men	605	667.5	5565
14-16 Teen Men	610	672.5	5610
14-16 Teen Men	615	677.5	5655
14-16 Teen Men	620	682.5	5700
14-16 Teen Men	625	687.5	5745
14-16 Teen Men	630	692.5	5790
14-16 Teen Men	635	697.5	5835
14-16 Teen Men	640	702.5	5880
14-16 Teen Men	645	707.5	5925
14-16 Teen Men	650	712.5	5970
14-16 Teen Men	655	717.5	6015
14-16 Teen Men	660	722.5	6060
14-16 Teen Men	665	727.5	6105
14-16 Teen Men	670	732.5	6150
14-16 Teen Men	675	737.5	6195
14-16 Teen Men	680	742.5	6240
14-16 Teen Men	685	747.5	6285
14-16 Teen Men	690	752.5	6330
14-16 Teen Men	695	757.5	6375
14-16 Teen Men	700	762.5	6420
14-16 Teen Men	705	767.5	6465
14-16 Teen Men	710	772.5	6510
14-16 Teen Men	715	777.5	6555
14-16 Teen Men	720	782.5	6600
14-16 Teen Men	725	787.5	6645
14-16 Teen Men	730	792.5	6690
14-16 Teen Men	735	797.5	6735
14-16 Teen Men	740	802.5	6780
14-16 Teen Men	745	807.5	6825
14-16 Teen Men	750	812.5	6870
14-16 Teen Men	755	817.5	6915
14-16 Teen Men	760	822.5	6960
14-16 Teen Men	765	827.5	7005
14-16 Teen Men	770	832.5	7050
14-16 Teen Men	775	837.5	7095
14-16 Teen Men	780	842.5	7140
14-16 Teen Men	785	847.5	7185
14-16 Teen Men	790	852.5	7230
14-16 Teen Men	795	857.5	7275
14-16 Teen Men	800	862.5	7320
14-16 Teen Men	805	867.5	7365
14-16 Teen Men	810	872.5	7410
14-16 Teen Men	815	877.5	7455
14-16 Teen Men	820	882.5	7500
14-16 Teen Men	825	887.5	7545
14-16 Teen Men	830	892.5	7590
14-16 Teen Men	835	897.5	7635
14-16 Teen Men	840	902.5	7680
14-16 Teen Men	845	907.5	7725
14-16 Teen Men	850	912.5	7770
14-16 Teen Men	855	917.5	7815
14-16 Teen Men	860	922.5	7860
14-16 Teen Men	865	927.5	7905
14-16 Teen Men	870	932.5	7950
14-16 Teen Men	875	937.5	7995
14-16 Teen Men	880	942.5	8040
14-16 Teen Men	885	947.5	8085
14-16 Teen Men	890	952.5	8130
14-16 Teen Men	895	957.5	8175
14-16 Teen Men	900	962.5	8220
14-16 Teen Men	905	967.5	8265
14-16 Teen Men	910	972.5	8310
14-16 Teen Men	915	977.5	8355
14-16 Teen Men	920	982.5	8400
14-16 Teen Men	925	987.5	8445
14-16 Teen Men	930	992.5	8490
14-16 Teen Men	935	997.5	8535
14-16 Teen Men	940	1002.5	8580
14-16 Teen Men	945	1007.5	8625
14-16 Teen Men	950	1012.5	8670
14-16 Teen Men	955	1017.5	8715
14-16 Teen Men	960	1022.5	8760
14-16 Teen Men	965	1027.5	8805
14-16 Teen Men	970	1032.5	8850
14-16 Teen Men	975	1037.5	8895
14-16 Teen Men	980	1042.5	8940
14-16 Teen Men	985	1047.5	8985
14-16 Teen Men	990	1052.5	9030
14-16 Teen Men	995	1057.5	9075
14-16 Teen Men	1000	1062.5	9120
14-16 Teen Men	1005	1067.5	9165
14-16 Teen Men	1010	1072.5	9210
14-16 Teen Men	1015	1077.5	9255
14-16 Teen Men	1020	1082.5	9300
14-16 Teen Men	1025	1087.5	9345
14-16 Teen Men	1030	1092.5	9390
14-16 Teen Men	1035	1097.5	9435
14-16 Teen Men	1040	1102.5	9480
14-16 Teen Men	1045	1107.5	9525
14-16 Teen Men	1050	1112.5	9570
14-16 Teen Men	1055	1117.5	9615
14-16 Teen Men	1060	1122.5	9660
14-16 Teen Men	1065	1127.5	9705
14-16 Teen Men	1070	1132.5	9750
14-16 Teen Men	1075	1137.5	9795
14-16 Teen Men	1080	1142.5	9840
14-16 Teen Men	1085	1147.5	9885
14-16 Teen Men	1090	1152.5	9930
14-16 Teen Men	1095	1157.5	9975
14-16 Teen Men	1100	1162.5	10020
14-16 Teen Men	1105	1167.5	10065
14-16 Teen Men	1110	1172.5	10110
14-16 Teen Men	1115	1177.5	10155
14-16 Teen Men	1120	1182.5	10200
14-16 Teen Men	1125	1187.5	10245
14-16 Teen Men	1130	1192.5	10290
14-16 Teen Men	1135	1197.5	10335
14-16 Teen Men	1140	1202.5	10380
14-16 Teen Men	1145	1207.5	10425
14-16 Teen Men	1150	1212.5	10470
14-16 Teen Men	1155	1217.5	10515
14-16 Teen Men	1160	1222.5	10560
14-16 Teen Men	1165	1227.5	10605
14-16 Teen Men	1170	1232.5	10650
14-16 Teen Men	1175	1237.5	10695
14-16 Teen Men	1180	1242.5	10740
14-16 Teen Men	1185	1247.5	10785
14-16 Teen Men	1190	1252.5	10830
14-16 Teen Men	1195	1257.5	10875
14-16 Teen Men	1200	1262.5	10920
14-16 Teen Men	1205	1267.5	10965
14-16 Teen Men	1210	1272.5	11010
14-16 Teen Men	1215	1277.5	11055
14-16 Teen Men	1220	1282.5	11100
14-16 Teen Men	1225	1287.5	11145
14-16 Teen Men	1230	1292.5	11190
14-16 Teen Men	1235	1297.5	11235
14-16 Teen Men	1240	1302.5	11280
14-16 Teen Men	1245	1307.5	11325
14-16 Teen Men	1250	1312.5	11370
14-16 Teen Men	1255	1317.5	11415
14-16 Teen Men	1260	1322.5	11460
14-16 Teen Men	1265	1327.5	11505
14-16 Teen Men	1270	1332.5	11550
14-16 Teen Men	1275	1337.5	11595
14-16 Teen Men	1280	1342.5	11640
14-16 Teen Men	1285	1347.5	11685
14-16 Teen Men	1290	1352.5	11730
14-16 Teen Men	1295	1357.5	11775
14-16 Teen Men	1300	1362.5	11820
14-16 Teen Men	1305	1367.5	11865
14-16 Teen Men	1310	1372.5	11910
14-16 Teen Men	1315	1377.5	11955
14-16 Teen Men	1320	1382.5	12000
14-16 Teen Men	1325	1387.5	12045
14-16 Teen Men	1330	1392.5	12090
14-16 Teen Men	1335	1397.5	12135
14-16 Teen Men	1340	1402.5	12180
14-16 Teen Men	1345	1407.5	12225
14-16 Teen Men	1350	1412.5	12270
14-16 Teen Men	1355	1417.5	12315
14-16 Teen Men	1360	1422.5	12360
14-16 Teen Men	1365	1427.5	12405
14-16 Teen Men	1370	1432.5	12450
14-16 Teen Men	1375	1437.5	12495
14-16 Teen Men	1380	1442.5	12540
14-16 Teen Men	1385	1447.5	12585
14-16 Teen Men	1390	1452.5	12630
14-16 Teen Men	1395	1457.5	12675
14-16 Teen Men	1400	1462.5	12720
14-16 Teen Men	1405	1467.5	12765
14-16 Teen Men	1410		



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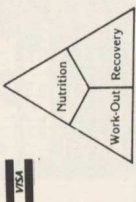
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\*Signifies personal best lift. Best Lifter: Ed Guay, Teams: 14 - Yankee Fitness Ctr; 2nd - Iron Kat House Power Team. This was a first meet for Granite State event. Turnout was much lower than in the past 2 years due to the fact that I had to move the date back a couple of weeks this year. Press into this year's schedule which put this meet in the time frame that many of the usual lifters were away on vacation. It was a very enjoyable meet and we had a great time. Best lifter made personal best lifts at this meet. Best lifter award was a beautiful powerlifter sculpture which went to Ed Guay who made a 420 bench press at this meet. We had a great time at Yankee Fitness Center for providing a nice meet site and some excellent spotters. Special thanks to all of the officials involved in running a very successful meet. We will be back in its regular time frame. Meet Director: Scott Taylor, Judges: Scott Taylor, Linda Piper, James Piper, MC: Jayne Taylor. (Thanks to Scott Taylor, meet director, for results.)

### 3rd Annual Budweiser Hard Nocks' Gym Bench Press

2 Jul 89 - Amesbury, MA

148 lbs.	A. Pakis	425	J. Kabisos	300
	P. Makris	315	P. Morel	300
	M. Bomba	295	D. O'Connell	285
	W. Whittore	290	R. Boulay	280
	B. Arakelian	300	R. Michael	410
	A. Leppo	290	C. Hayes	375
	165 lbs.	G. Hoop	C. Miller	345
	C. Whitley	385	D. Monty	420
	M. Smithley	370	D. James	375
	J. Towns	345	D. J. Ricci	300
	K. Cavallaro	300	J. Manning	410
	J. Zuccallo	300	G. Parigan	410
	E. Swaid	300	F. Foresteire	300
	S. Schwesheimer	285	T. Witter	440
	N. Zamanzy	220	D. D. Monty	420
	M. Wilgour	170	D. J. Ricci	300
	S. Kilroy	405	R. Nedo	285
	D. Broadhurst	380	SHW	
	E. Kasaban	340	T. Physic	305
	M. McDaniel	270	M. Chykos	300
	Alexander Poku who broke his own drug tested National record of 420, by doing 425 at a meet in New York City. He is a 2-time recipient of \$100.00 and a sculpted trophy. Head Coach and Steve Cardillo. Meet organization: Buddy and Steve Cardillo. Meet location: Yankee Fitness Center. Meet sponsor: Budweiser. Meet leaders were: David Carroll, Dave Adolph, John Colby, Tony Moschetti, and Chris Beebe. (Thanks to Dave Nock for results.)			

### Coal Country Classic Bench

18 Jun 89 - Bigler, PA

114 lbs.	A. Leonard	187	M. Spontito-T	306	
	J. Thomas	242	D. Shaw	319	
	J. Johnson	145	B. Rosenfeld-M	270	
	G. Vallbona-T	270	E. Shellgram-T	270	
	C. Walther-T	165	G. Alton	418	
	C. Schachte	380	G. Polgrenne	402	
	P. Fleming	286	C. Whittaker	385	
	D. Blatz	248	T. Christiano-M	358	
	R. Ramos	209	M. Hanik	352	
	165 lbs.	G. Hironaka	305	J. Grollam	347
	M. Hawk	325	V. Roy	303	
	B. Farnham-T	231	M. Falo	429	
	R. Long	297	F. Polomski-M	385	
	C. Walke	307	B. Zeller-T	363	
	B. Alimoret-T	297	J. Buchowski	308	
	B. Bayer-M	242	J. Polidester	529	
	198 lbs.	413	M. Reed	374	
	B. Spentito	413	B. D'Antonio	413	
	McConigal, Master Awards: 1-Sam Gehring, 2-Frank Polomski, 3-Terry Keefer, 4-Vincent McConigal, 5-John Gnall. (Thanks to Al Siegel for results.)				

### Granite State Open Bench Press

5 Aug 89 - Plymouth, NH

80 lbs.	G. Godfrey	47	245	165	245	655	
	K. Faye	65	G. Gould	290			
	Submaster (35-39)		N. Nguyen	260	181 lbs.	305	
	Master (40-49)		W. Chow	415			
	181 lbs.	305	M. Frong	330			
	181 lbs.	305	J. Kabisos	345			
	181 lbs.	305	J. Marden	250			
	181 lbs.	305	J. Berger	225			
	181 lbs.	305	J. Palmer	205	198 lbs.	400	
	181 lbs.	305	J. Smith	170	E. Guay	360	
	181 lbs.	305	J. Marden	225	242	Diogelio	300
	181 lbs.	305	J. Marden	225	A. Beshka	360	
	181 lbs.	305	N. Berger	225	275 lbs.	400	
	181 lbs.	305	N. Berger	205	SHW		
	181 lbs.	305	T. Ash	225	M. Magoon	330*	



Dr. Robert Windsor...Best Lifter at the Texas Grand. (Photo by Red's Gym)

### Texas Grand

17 Jun 89 - Houston, TX (kg)

Open	SQ	BP	DL	Total	75 kg	200	122.5	187.5	510
H. Stevenson	205	120	215	540	172.5	125	200	497.5	
A. Tringle	250	145	242.5	637.5	172.5	125	180	465	
T. Anderson	202.5	125	205	532.5	165	117.5	150	432.5	
75 kg	—	—	—	—	165	95	170	430	
J. Terve	262.5	167.5	282.5	712.5	137.5	70	182.5	390	
D. Mackinnon	230	157.5	265	652.5	182.5	175	212.5	570	
D. Mackinnon	230	157.5	265	652.5	147.5	127.5	185	460	
L. Castillo	222.5	132.5	222.5	577.5	257.5	172.5	250	680	
L. Williams	212.5	132.5	222.5	577.5	242.5	160	202.5	605	
E. Brown	202.5	110	245	557.5	202.5	145	192.5	540	
82.5 kg	107.5	147.5	215	530	200	150	205	575	
T. Meyers	280	152.5	292.5	725	207.5	122.5	240	570	
P. Japerson	265	167.5	285	717.5	217.5	—	220	—	
J. Wiseman	255	145	255	655	285	210	257.5	732.5	
J. Yarrrough	245	145	255	645	280	207.5	235	722.5	
T. Toy	217.5	132.5	215	565	202.5	112.5	192.5	507.5	
90 kg	—	—	—	—	202.5	145	192.5	540	
H. Johnson	315	180	322.5	817.5	142.5	95	182.5	420	
C. Atkinson	325	222.5	355	902.5	—	150	185	—	
R. Rickert	302.5	192.5	287.5	782.5	97.5	37.5	120	255	
T. Leeba	272.5	210	265	747.5	72.5	50	120	242.5	
K. Stroud	277.5	190	267.5	735	—	—	—	—	
C. Sandau	255	150	235	640	80	—	102.5	—	
G. Ruff	—	125	225	—	—	—	—	—	
100 kg	322.5	185	292.5	800	150	110	165	425	
T. Allen	295	185	272.5	752.5	122.5	65	150	337.5	
S. Goggins	—	227.5	365	—	150	67.5	142.5	360	
M. Anderson	365	250	330	945	142.5	77.5	152.5	372.5	
D. Reese	325	230	267.5	822.5	60	42.5	135	357.5	
G. Raider	287.5	227.5	287.5	802.5	85	40	85	210	
L. Hernandez	295	207.5	272.5	775	170	107.5	157.5	435	
R. Buehler	282.5	192.5	245	720	97.5	57.5	137.5	380	
R. Buehler	282.5	192.5	245	720	—	—	—	—	
D. Adams	257.5	155	265	687.5	—	—	—	—	
125 kg	65	65	310	440	—	—	—	—	
G. Thompson	352.5	235	300	907.5	—	—	—	—	
W. Tolvas	292.5	235	272.5	800	—	—	—	—	
T. Bright	272.5	182.5	250	705	—	—	—	—	
52 kg	112.5	65	135	312.5	—	—	—	—	
K. Lane	102.5	—	82.5	—	—	—	—	—	
C. Macrinak	—	—	—	—	—	—	—	—	
R. Torres	145	75	137.5	357.5	—	—	—	—	
60 kg	122.5	100	182.5	405	—	—	—	—	
J. Swann	160	87.5	160	407.5	—	—	—	—	
L. Ramos	130	82.5	170	382.5	—	—	—	—	
L. Jimenez	137.5	75	142.5	355	—	—	—	—	
N. Simmons	200	112.5	215	532.5	—	—	—	—	
B. Johnson	190	90	197.5	477.5	—	—	—	—	
A. Torres	130	170	470	770	—	—	—	—	
B. Howers	142.5	97.5	165	405	—	—	—	—	
T. Stevey	137.5	92.5	132.5	362.5	—	—	—	—	
L. Morris	—	—	—	—	—	—	—	—	



24th British Senior Championship

52 kg	60 kg	69 kg	81 kg	DL	Total
K. Cain	170	107.5	207.5	485	
J. Clay	175	110	197.5	482.5	
D. Franks	140	100	170	475	
P. Richard	180	—	—	—	420
56 kg	215	115	210	546	
C. Simms	112.5	112.5	112.5	517.5	
T. Brown	155	105	185	445	
60 kg	110	117.5	230	537.5	
S. Holloway	100	107.5	207.5	515	
G. Merritt	202.5	107.5	205	515	
M. Flores	200	100	185	485	
67.5 kg	250	150	367.5	667.5	
D. Manning	240	130	235	595	
H. Nurse	230	130	235	595	
M. Webb	202.5	142.5	240	582.5	
P. Nicholson	210	107.5	230	547.5	
75 kg	245	150	255	650	
S. Walker	235	145	245	625	
V. Edwards	215	145	245	605	
82.5 kg	275	187.5	297.5	760	
F. Hoskins	260	175	285	720	
S. Cobbin	265	122.5	310	697.5	
G. Acreman	260	160	275	695	
P. Emery	280	147.5	285	692.5	
T. Johnson	247.5	150	275	672.5	
90 kg	270	160	312.5	742.5	
J. Spredbury	270	160	312.5	742.5	
T. O'Brien	270	160	290	720	
A. Roddy	280	150	260	690	
100 kg	342.5	200	330	872.5	
J. Stevens	300	190	280	770	
O. Durrant	300	190	280	770	
A. Brown	285	165	277.5	727.5	
D. Brooks	300	222.5	310	832.5	
P. Bruere	335	192.5	300	827.5	
A. O'Neill	325	165	325	815	
P. Sutton	285	182.5	300	767.5	
R. Allison	285	177.5	285	747.5	
T. Wadley	270	185	290	745	
N. Hurd	360	202.5	350	912.5	
D. Carter	330	170	360	860	
125 kg	320	212.5	365	907.5	
A. Kerr	320	212.5	365	907.5	

take the title at his first attempt. He needed just one lift to win. Franks was only 10 kg behind on each attempt. Franks was only 10 kg behind on each attempt. Franks was only 10 kg behind on each attempt.

Victor but has now taken African on a couple of British titles but I cannot see him being a world champion until he can improve his bench. Selwyn Cabrin is like Okeke really just a deadlifter and he ought to be able to reach into the 100 kg range. He has been a showman in the past but has not been able to do so in the past few years.

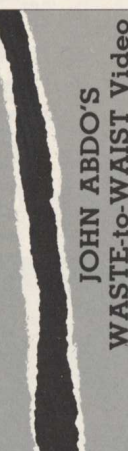
56 kg: Gary Simms made it there in a row, no problem for him. He was the only one to lift 200 kg on each attempt. Franks was only 10 kg behind on each attempt. Franks was only 10 kg behind on each attempt.

60 kg: Steve Holloway was the title holder in the previous year. He was the only one to lift 200 kg on each attempt. Franks was only 10 kg behind on each attempt. Franks was only 10 kg behind on each attempt.

67.5 kg: Eddie Pengelly was the title holder in the previous year. He was the only one to lift 200 kg on each attempt. Franks was only 10 kg behind on each attempt. Franks was only 10 kg behind on each attempt.

75 kg: Eddie Pengelly was the title holder in the previous year. He was the only one to lift 200 kg on each attempt. Franks was only 10 kg behind on each attempt. Franks was only 10 kg behind on each attempt.

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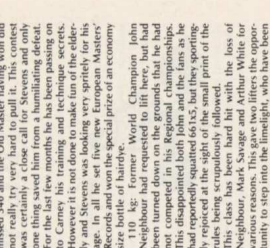
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24th draw 35 competitors. This highly competitive and well run event saw some tough battles waged.

The 181 lb. class was hotly contested with Steve Stevens leading the way. Stevens won the 181 lb. class with a total of 547.5 lbs. Stevens was the only one to lift 200 kg on each attempt. Stevens was the only one to lift 200 kg on each attempt.

24th draw 35 competitors. This highly competitive and well run event saw some tough battles waged. Stevens was the only one to lift 200 kg on each attempt. Stevens was the only one to lift 200 kg on each attempt.

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Best Lifter: Class II - James Taylor - Open - George McElroy. This year's Ohio Classic was held at Rootstown High School. Its gym offers a superb workout to those powerlifting meet. As always, we want to thank the powerlifting community for making this meet possible: World of Fitness, World of Weights, all spotters, all judges and anybody who worked the treated table. Without these people this meet would not have been possible. And finally I appreciate the lifters because that's what these things are all about. See you next year. Thanks to Todd Monroe and Pat Tomlin for results!

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

#### Facts You Should Know

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

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

#### Avoid Inefficient Products

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

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

#### Are You Getting What You Paid For?

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

#### How to Protect Yourself

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

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

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



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