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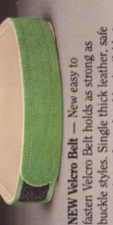
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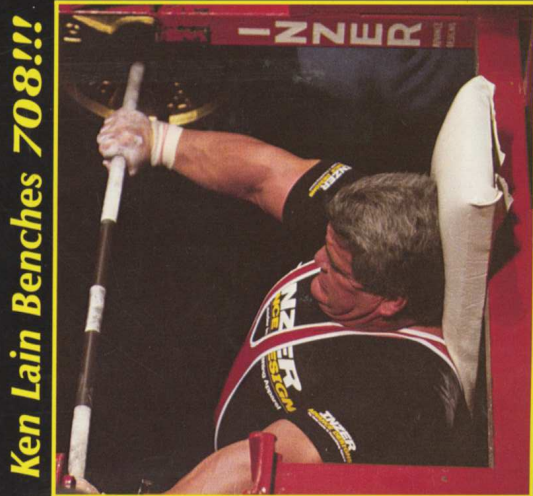


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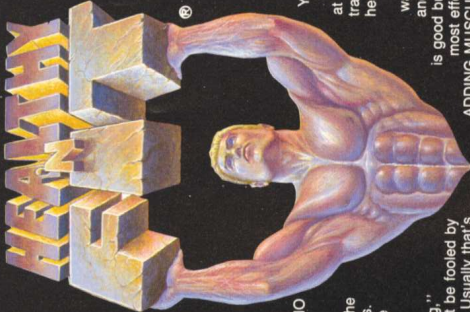
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ON THE COVER.....on top, John Inzer with a 746 deadlift, below Ken Lain bench pressing 708 pounds at SHW, plus tigers and beauties at the Deadliest Deadlift in the World!

NEXT MONTH.....the IPF World Championship from Canada

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World's Strongest Man



Jamie Reeves of England is the winner of the 1989 TWI World's Strongest Man Contest, followed by Ab Wolders of the Netherlands (right) and Jon Pall Sigmarsson of Iceland. Bill Kazmaier of the USA was 4th (Reeves)

This year's WSM contest was held in San Sebastian, Spain, and the competitors were: **Lazio Fekete**, of Hungary, a millstone lifter, height - 6'1", weight - 123 kg; **Bill Kazmaier**, United States, professional strongman, 6'3", 146 kg; **Rudi Kuster**, West Germany, weightlifter, 6'2", 130 kg; **Dan Markovic**, Canada, Highland Games competitor, 6'2", 136 kg; **Ilkka Nummisto**, Finland, professional strongman, 6'3.5", 146 kg; **Jamie Reeves**, Great Britain, professional strongman, 6'3", 146 kg; **Jon-Pall Sigmarsson**, Iceland, pro strongman, 6'3", 130 kg; **Ab Wolders**, Holland, pro strongman and powerlifter, 6'1", 120 kg. Note: On 24 hours notice, former world powerlifting champion, Ab Wolders replaced J'alling Van Den Bosch of Holland, who earlier in the summer sustained a calf injury at the World Team contest in Scotland.

Following the flight and settling into the hotel, the next morning revealed a beautiful city on the north coast of Spain, alive with celebrations during a festival week. Earlier in the week, however, Basque terrorists (seeking independence from Spain) had been in armed conflict in San Sebastian. The Basques have traditions which go back hundreds of years, which include feats of strength that would be incorporated into this year's event.

There were many organizational problems encountered by Trans World International in trying to get the Spanish contingent of workers and onlookers to get things done on time. While things were promised for today, they were seldom ready until tomorrow. All too often the athletes debate things through the night. BBC, Dutch, and Spanish television set up on the Maria Cristina bridge in downtown San Sebastian for the first event of the competition for the year. The first event was the car turnover. Over a 44 yard course three small cars were set up with enough space between for the competitor to turn each one over on its side. Trouble was the bottoms of some of the cars rusted out, and fingers and hands were popping through. It happened to Reeves and Sigmarsson. Even worse, Kaz who had shown up in tremendous shape, pulled the extensor digiti minimi muscle in his right foot when the brakes gave way on one of the vehicles. That nagging injury would bother Kaz throughout the competition, and a subsequent knee problem effectively eliminated his chances at this year's WSM. Speedy Ab Wolders turned in the best time in this event, followed by Sigmarsson and Reeves.

Event two, the log lift, was to have taken place at one of the cities squares, Plaza de la Trinidad, and Basque separatists simply moved into that square for an afternoon rally. To avoid any unnecessary bloodshed from the usually well-armed Basques, the log lift and chum carry were moved to Plaza de la Constitution. There were really only three competitors in the running here. The logs range in weight from 220 pounds up to 386, and more if need be.

and Nummisto had to go first, having had little time for recovery from the first round. Sigmarsson had more time to recover by going in the third heat of the second round and managed to complete 6 reps with the 275.52 lb. stone. Reeves managed 4 reps and saw his lead over Jon Pall slip to just half a point.

Two DAF trucks were set up in the Paseo Republica Argentina. For the truck pull DAF is a European based truck company, which sponsors the whole session. It started to rain just as the session got underway, which cooled things down, but made the road surface far too slippery for pro-level lifts. Reeves withdrew after a few pulls left him spinning his wheels and falling on his knees. His efforts to persuade the event World officials to postpone the event until conditions improved went unanswered. Some athletes went to spikes to improve traction, but as the rains continued, officials decided to re-schedule. So, it was back on the bus and back to the hotel to await. What is a Basque hold you say? Each competitor stands with his shoulders and butt back against a back-board, head of feet against a back-board, his side holding a handle supporting a yoke del pais. A Basque's cheese weighing 275 lbs. Reeves' demon strated great feat, cheese holding pressed in at the event holding the 2 cheese for 58.97 seconds. Not 2 minutes for Jon Pall's best event, he finished 6th, and dropped 5, and a half points behind Jamie. Kaz with 3 points back of Sigmarsson. With Day 2 completed it looked as if Reeves, Sigmarsson and Kazmaier would finish as the top three, perhaps in a different order this year. Ab Wolders, however, had other plans.

Weatherwise, the deciding day of competition was beautiful, and there was no threat of rain. The morning events were the cart carry and the re-scheduled truck pull.

The cart carry was another Basque event. It required a competitor to lift the back of a Basque farm cart, while the front yoke was pinned in to the ground thus allowing the cart to be carried in a circle on it's axis. The world record is 144 metres. This bigger men all had trouble with this event, and the smallest competitor had the best result, as Ab Wolders completed a distance close to 71 metres, more than 2 full circles. It was just the success he needed. He moved into second, ahead of Sigmarsson. Jamie Reeves now had a 6 point lead.

Conditions were perfect for the truck pull, and Reeves got just the ton truck down the 20 metre course in 24.12 seconds in the first lane, 22.14 even faster in the 2nd lane, 22.14 seconds, for a world record aggregate time, well ahead of the previous mark of 51.81. Wolders had a good time for second, while the injured calf of Sigmarsson and the bad foot of Kazmaier moved them back to third and 4th, it became apparent that Jamie need only gain 1 more point in the final event to capture this year's WSM (article is continued on page 79)

It was a blazing hot Spanish afternoon as the competitors prepared for their test of strength. This time they would attempt an old Basque event - the chum carry. Two 165 lb. weighted milk chums had to be carried over a 22 yard course in the middle of which was a 2 tier step. Long narrow, small fingers and low palm thresholds were considered definite liabilities in this event. Whoever could overcome all three would do well. Reeves had done some practice for this event. There were divots all over the asphalt outside his gym in Sheffield where he had dropped his 155 lb. dumbbells. The practice paid off - he won the event by more than 20 metres over Sigmarsson and Kazmaier, carrying the awkward chums 97.06 metres. The others were well back but respectable, except for Markovic in last place. As the after-

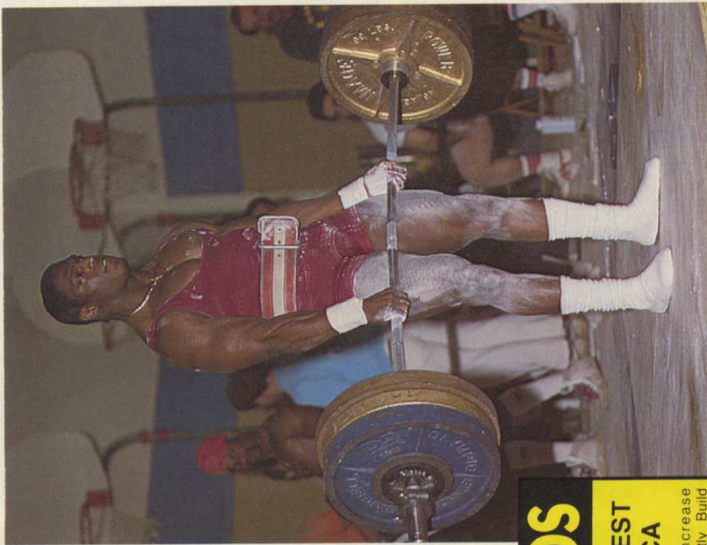
Dr. Judd

And Life Goes On... by Dr. Judd Biasiotto

A few months ago, I got a call from Curtis Leslie. In case you don't know Curtis, he's Powerlifting's answer to the Black Atlas. At six feet and two hundred and twenty-three pounds, Curt has more muscle mass than your average Bratman bull. It's been said that when Curt was born, he picked up the doctor by his feet, slapped him on the ass, and then took a taxi to the nearest gym. Apparently he's been residing there ever since.

Anyway, what Curt wanted was for me to drive 21.5 miles to Atlanta. Now driving to me is about as much fun as getting a rectal with a cold thermometer, but when Curt speaks, people listen, and I'm say, though, gave me a queasy feeling in the pit of my stomach. He wanted me to go to Atlanta to talk to a 17-year-old girl who was dying of leukemia. It was depr. our. Just months before, one of my best friends, David Liberati, died of the same disease. Leukemia is a horrifying and gut-wrenching disease for all involved, a cancer of blood-forming tissues characterized by excessive production of immature white blood cells. Usually, the disease is accompanied by severe anemia and enlargement and hyperactivity of the spleen and lymphatic glands. Even more disheartening is the fact that leukemia is almost uniformly fatal.

Although I knew that it would be painful for me to do, I didn't want to let Curt down.



CURTIS LESLIE...an elite lifter with personal character just as deep as his lifting is awesome, is seen above at the YMCA National Championships.

Plus, if I could be of any help at all to the girl, I certainly wanted to be. So with overnight bag in hand and a threat from Curt ("If you don't come, I'm going to rip your ear off and cram it up your behind so that you can hear me kicking your ass"), I pointed the car horn-lights way.

When I got to Atlanta, I drove straight to Emory Hospital and proceeded directly to Michelle's room. As I had anticipated, Michelle's mother, Bertha, was there with her. The first thing I realized was that there were two absolutely beautiful women - Ebony magazine material all the way. Bertha, who must have been well over 40, did not look a day over

25. She had soft, smooth skin and some of the most beautiful brown eyes I had ever seen. As magnificent as Bertha was, Michelle was more so. Like her mother, she had soft, smooth skin and beautiful brown eyes. She had high cheek bones on the order of Whitney Houston, pearly white teeth, and a smile that could pierce the hairs on your arm in a heartbeat. Oh, yes, she was also baldheaded, apparently from her cobalt treatments. Now I know bald heads aren't that fashionable, but on Michelle, it looked great. In fact, I couldn't imagine her looking any more beautiful with hair. Hell, the girl was awesome - a solid 10 on anyone's score card.

As beautiful as Bertha and Michelle were extrinsically, they were just as beautiful intrinsically. I don't think I

ever met anyone who was more loving and caring. Talk about rage! No one, and I mean no one. Powerlifter had more than these two bodies. Here was Michelle, and very edge of death, and she looked absolutely no one's business.

I can't explain how I would function in a similar situation. I doubt seriously if I could handle it as well as Michelle. I doubt hardly how it must feel to watch by day after day and watch the person I loved and the most slowly dying in front of me. That experience must be accompanied by as great a pain as any known to man.

That's the cross Bertha had to bear. She handled it extremely well...no, incredibly well.

Anyway, after we all got acquainted, Bertha left the room so I could talk to Michelle about everything from men to religion to politics, and, of course, the reason I was there. We must have talked for three straight hours. It was great. When it was time for me to leave, the conversation turned to Michelle's immediate situation. In fact, Michelle switched the conversation so abruptly that it caught me by surprise.

"I'm afraid, Judd...I don't want to die." Deja vu again, almost the exact words that David had spoken to me only months before. Although I had previous experience in this situation, I was at a complete loss for words. I just couldn't seem to think of anything to say. Then, as if by divine intervention, I was reminded of a parable written by Norman Vincent Peake that addressed the fear of death. As I can remember, here's what I told Michelle:

"Let's suppose there is this unborn baby tucked away safe and sound beneath his mother's loving heart. Then one day someone comes to the child and tells him that he will have to leave his present world in a very short time. The person tells the baby in a few months you will be born, or, as you may think of it, out of your present state. Because the baby is secure in his world he might resist. I don't want to be what you call born or what I call die. I want to remain where I am. I'm comfortable, happy and loved here. I don't want to leave this place."

Of course, eventually the baby is born and/or dies out of his present world. It is born what does he find? He feels the comfort and strength of loving arms around him. He is loved, protected and cared for, and best yet, his fears have vanished. How foolish I was to resist! The child might say, "This place that I have been born into or died into is infinitely more beautiful and magnificent than my past world."

The child then goes on to enjoy the (article continued on page 78)

Andrew Stewart is now 30 years of age. Married to wife Lisa, with 3 sons (twins Lodrick and Rodrick Stewart and newborn Andrew Rashawn Stewart II), he is now part owner of U-Save Discount Rentals in West Point, Mississippi.

He was very active in college track and football, but only got into powerlifting after a foot injury ended his professional football career. He was looking for an outlet to direct his energies, and he was inspired by such lifters in his area as Charlie Hoskins, David Poss, and Tony Pennington. He's been training specifically for Powerlifting for the past five years, and competing for 4 years.

His best lifts, so far, include an 825 squat, a 525 bench, and an 819 deadlift. He's won the ADFFA State title for 3 years (1986-88), was ADFFA regional champ in 1986, Pan Am Champ in 1987, 3 times a National ADFFA Lifetime Drug Free Champ (1989), and two time WIDFF World champion in the 242s (1988-89).

He holds all the Mississippi State ADFFA records, and has National, American, and World records in the squat, bench, deadlift, and total. In 1987 he became the first lifter in ADFFA history to total 2000 in the 242 lb. class, and his goal is to break all his lifts, regardless of federation. As for individual lifts, he's like to squat over 900 lb., bench over 600 lb., deadlift over 2300 lbs., and total over 2200 lbs., all on a lifetime of free basis, and all while competing in the 242 lb. class.

Regarding steroid use, he is totally against anyone who uses them and feels that people who use them are doing more harm than good. He would like to see the ADFFA drug testing become more strict and include more testing between meets.

Diet-wise, "Bull" Stewart emphasizes high carbs and very low fat intake. He eats no junk food or pork. He tries to keep his bodyfat down and this allows his lean bodyweight and lifting power to increase while he remains in the 242 lb. class.

He uses a vitamin pack every other day, amino acids, and Vitamin C. Sometimes he'll have a drink of some "Gainer Fuel" protein mix. On heavy workout days, he believes in Inosine and Sinlax before training. His training philosophy is never to overtrain. He starts on a 12 week routine, starting at 50% and proceeding up to 95% of his max for a

triple. Here's how his deadlift cycle would go, based on an 800 lb. max:

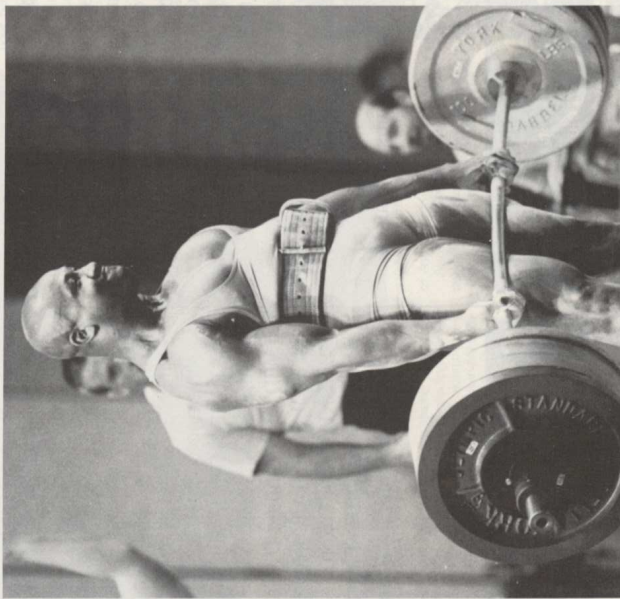
- Week 1 work up to 3 sets of 10 reps with 400 (50%)
- Week 2 work up to 3 sets of 10 reps with 440 (55%)
- Week 3 work up to 3 sets of 10 reps with 480 (60%)
- Week 4 work up to 3 sets of 10 reps with 520 (65%)
- Week 5 work up to 3 sets of 5 reps with 600 (75%)
- Week 6 work up to 3 sets of 5 reps with 640 (80%)
- Week 7 work up to 3 sets of 5 reps with 680 (85%)
- Week 8 work up to 3 sets of 5 reps with 720 (90%)
- Week 9 work up to 3 sets of 3 reps with 740 (92.5%)
- Week 10 work up to 3 sets of 3 reps with 760 (95%)
- Week 11 work up to 3 sets of 3 reps with 780 (97.5%)
- Week 12 contest

Bull trains 4 days a week. On Monday, he does bench presses, followed by incline presses, decline presses, shoulder presses and military presses. He also does dips, trap bar squats, heavy straight bar squats, dumbbell and reverse curls. On Tuesdays, he squats, hits the leg press, does leg curls and extensions, calf raises,

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Bull's DEADLIFT by Drug Free Champ, Andrew Stewart



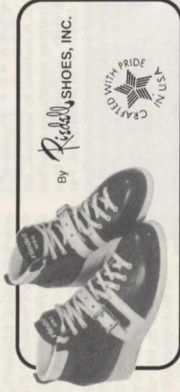
Who Says Clean Lifters Can't Lift Big...Bull Stewart is proof of what can be achieved naturally.

Bull is interested in various activities besides Powerlifting, like football, basketball, and horseback riding, and he's also involved in computers, music, as well as just spending time with his family. He writes training programs for lifters of all ages, and has become involved in a series speaking engagements, on the themes of "Stay in School" and "Say No To Drugs."

In closing, Bull would like to say: "I WANT ALL THE POWERLIFTERS IN THE WORLD TO KNOW THAT 100% DRUG FREE AND THAT TOTALS CAN BE HIT WITHOUT THE USE OF DRUGS. CHALLENGE ALL FEELINGS. IF ANY POUNDER WANTS TO COMPEETE AGAINST ME, COME TO THE C.D.F.A. THE REAL, TRUE, CLEAN ORGANIZATION."

Personal training programs are available from Andrew Stewart, 506 E. Main St., West Point, MS 39773, 601-494-8144 or 9216.

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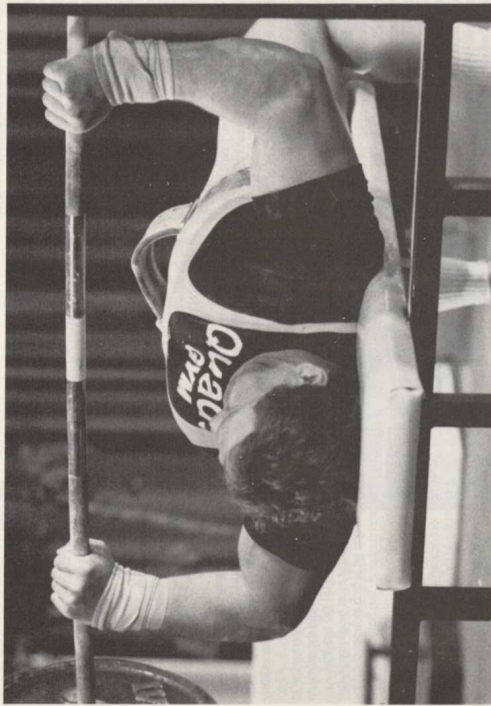
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Of the three lifts, the bench is certainly the most popular, but at the same time it is a major source of frustration for many lifters. To overcome their frustration, which is usually a result of lack of progress, most seek out a new routine from a successful bench or in an article from a magazine like *PL USA*. In many cases, this could prove to be the answer, but others will continue to experience problems. Their difficulties may not be caused by an ineffective routine, but by a flaw in benching technique or training practices. Let's examine a few possible flaws.

One possible flaw could be an uneven press. The rules state that the



Great Bench Pressers...utilize feedback from various sources on their technique in the lift in order to correct any flaws.

possibly injury as the result. Have your training partner watch your position throughout the lift. Stay tight!

More and more benchers use bench shirts every day and that's great, but some don't use them optimally. I recommend readjusting the shirt position before each attempt, as they may tend to get a little out of place after an attempt. The critical area to adjust is under the armpits. Before each attempt have your helpers pull the shirt out, then down under the armpits to get the best fit. Since the shirt should fit tight, you must pull out, then down to get the shirt to adjust. One trick I picked up from world record setter, Chris Conners, is that before each attempt, he has his helpers pull his shirt down on the sides and tighten his lifting belt around it to keep it in place, and every little bit helps. Chris uses a light belt for this.

If you're having problems getting your bench moving or just want to check out your bench form, give some of my observations a quick once-over. Remember that though a good routine is critical in keeping your bench going up, there are other factors you can control with the help of observing training partners and concentration. You can use a video camera to help detect flaws in your bench in case you don't have an experienced training partner. The most important thing is to become aware of any flaw in your technique or training, then patiently address and correct it.

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of any one arm or side.

Another flaw in the bench I have noticed is bending of the wrists back during the descent of the bar to the chest. By bending the wrists back, you put the bar out of the line of power from the arms, shoulders and chest. Try bending your wrist back and pressing against a wall with the area of your hand just below the base of the fingers. Now try it by pressing with the area nearer the base of the palm, in line with your forearm and shoulder. You'll notice a greater feeling of power and less wrist strain.

Again, the bench must be made aware that he does this. Once that is done, half the battle is won. Start with lighter weights and work up gradually, paying extra attention to keeping the wrist straight and the bar lower in the hand. Some lifters use a thumbless grip to achieve this, but the bar is more susceptible to rolling out of the hand and on you. Wrist wraps may help, but the wrist can still bend back if you don't concentrate.

Many benchers use an arch. Some start the lift with a high, tight arch, but as the bar nears the chest, the bench relaxes his arch and loses his desired position, with a lower lift and

flush against the sleeve? If not, this indicates that you're pressing unevenly. The side that is off, along with the opinions of your now observant training partners, will indicate which, if any side, is the problem.

The solution requires patience. I suggest dropping your weights down to a level where you can press evenly and gradually re-increasing the weights used while pressing evenly. If during your set, the bar starts to come up uneven, stop the set right there! After breaking my left arm some years ago, I couldn't lift a fraction of what I used to with it. An instructor suggested this 'stop when you get uneven' approach and my strength evened out very quickly. You may also have to examine yourself to see why this may be happening.

Perhaps it could be an injury on one side, or you're laying on the bench crooked, or you shift to one side during the actual press. Here again, a training partner can help. Some dumbbell work could help too, as you are forced to lift the same weight with each arm. I'm not a fan of using dumbbells of different weights for each arm, as we are striving for balance. Concentrate on pushing against the center of the bar instead

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

The United States Powerlifting Federation, Inc., encourages drug testing. Its Sports Medicine Chairman, Richard T. Herrick, M.D., has prepared the following form letter stating our requirements.

1) Most drug testing is for anabolic steroids, androsterone, testosterone, and progestins. If you want to test for any additional banned substances, you are free to do so, so long as all the following criteria are met.

- 1) Generally, what we require from the Sports Medicine Committee standpoint, is that all lifters are made aware that it is a drug tested meet on the entry blank; 2) so long as our legal experts advise us to do so, include the appropriate disclaimer (these may be obtained from our legal representative, Lucian Gillis, Esq., 128 East Du Rhu Drive, Mobile, Alabama 36608, telephone 205-344-4721); 3) that the drug testing be done at a laboratory that does testing for anabolic steroids, on a regular basis, is accredited to do so, and utilizes the appropriate protocol with regard to handling the specimens, and keeping the identity of the athletes private; 4) that the results of the testing be sent, in coded form, not utilizing the athlete's name, to both the meet director and, simultaneously, the Chairman of the Sports Medicine Committee of the USPF.
- 2) We require, so that we are aware of the results, the number of lifters tested, the laboratory we require that they send us directly, a statement of the techniques they utilize, a listing of the drugs for which the athletes will be tested, an outline of the protocol with regard to the handling of the specimens, and an agreement to send the reports, simultaneously, to both the meet director and the Chairman of the Sports Medicine Committee of the USPF. Once I have received this from the laboratory, and any other information that may be deemed necessary, that laboratory is then approved by the USPF, and there should be no problem with your dealing with them, thereafter.
- 3) We would, of course, like all testing to be done by IOC laboratories, but realize that this is not always possible, so we are certainly willing to try to work with whatever laboratory you like, so long as they are accredited, and meet our criteria.
- 4) Finally, I also need, in writing, the protocol by which you are sending your urine specimens, the protocol by which you will be following with regard to sending them to your laboratory, etc. (See the enclosed Protocol)
- 5) All seems to be, perhaps, awfully complicated, but it really isn't. Once the laboratories have been set up, and most of them already have these in place, you should have no difficulties.
- 6) Good luck in your endeavors. Please keep in touch, as quickly as possible, so that the meet can run most expeditiously.
- 7) Yours very truly,

Dr. Herrick also chairs the International Powerlifting Federation's Medical Committee. Its Drug Testing Procedure, reproduced below is in effect at any USPF sanctioned meet where world records are being attempted, e.g. the Women's Nationals and the Men's Senior Nationals.

Drug Testing Procedure (Amended November, 1988)

- 1) Drug Testing (doping control) must be

carried out at all International Championships.

- 2) The USPF has the right to appoint a doping control commission at any contest.
- 3) The doping control shall be carried out under its jurisdiction.
- 4) By Doping Commission consent, at World Championships, the Commission is appointed by the USPF. In present, the Chairperson of the Medical Committee shall be one of the members of the Doping Commission.
- 5) The USPF Executive will decide before the start of competition, how many tests will be taken in each category. If there are not three members of the Executive present, the delegates at the pre-contest meeting shall appoint additional people. The results of the drug tests from the laboratory will be notified to at least two officers of the USPF and the Chairperson, Medical Committee.
- 6) For random testing, lifts are drawn by the appointed Doping Commission.
- 7) A Chairman - Controls the functions of the Doping Commission. Keeps in touch with specialists in the laboratory, where the tests for doping are carried out, with the team leaders, and the president of the national federation of the host country. Retains the key to the refrigerator in which the control samples are stored until they are brought to the laboratory.
- 8) Members of the laboratory, technical work in taking the samples for the doping control. Fill out all documents, and transmit all records of the Commission to the Chairman.
- 9) The taking of samples for doping control will begin immediately after the lifter has received notification for the drug control. It is carried out in a special room, furnished with the necessary equipment.
- 10) Labeled the samples are being taken, one of the following persons shall be present: a) the members of the Doping Commission; b) the competitor who has to undergo the doping control, accompanied by his coach or team doctor.
- 11) The competition organizers holding the competition shall be responsible for: a) providing the necessary rooms for the Doping Control Station as close to the competition site as possible. The Station should be divided into three separate areas which are interconnected. The three separate areas are a waiting room, a working room and a lavatory; b) property marking the rooms of the Doping Control Station; c) providing the necessary materials as requested by the Doping Control.
- 12) The doping analysis shall be carried out in the laboratory appointed by the USPF with the analyzing methods approved and used by the IOC Medical Commission. The host nation will not be responsible for the analysis costs. Instead an entry fee of GBP 10 is to be paid by each nation for each lifter entered at World Championships. These fees will be put into a drug testing account and can be used only for drug testing expenses. The control analysis of the second sample shall be made, if requested by the lifter within two weeks of notification of the results of the analysis of the first sample, and paid for by the lifter.
- 13) A country which is unable to meet

INTRODUCTION

Training methodology is the key to success of Bulgarian weightlifters according to Angel Spassov. The methodologies they use are the result of scientific studies, deductive reasoning and strict observation of physiological alterations as a consequence of different programs. This has proven to be unmistakably successful. For instance, Bulgarian athletes won two gold medals, silver and bronze points and placed 50th as a country in the 1986 Olympics. Only four years later, after the advent of their ADPFA collegiate title and the Pennsylvania Power Team, formerer of the Samson Team, won the ADPFA title practices they won eleven gold medals, scored 146 points and placed 4th among countries. While these principles are a result of studying weightlifters they can have great relevance to powerlifters. The following is a time-to-life American experience that may help shed light in to the Bulgarian principles.

TIM MCCLELLAN - THE GENIUS

The year was 1985. The coach was Tim McClellan, then a self-proclaimed genius of powerlifting who had all of the answers to training problems. The answers, by the way, all related training volume. More or less, whatever did not kill you made you stronger.

The philosophy was simple - out work everyone else. Let everyone look for their magic program and let them understand. Let them follow the programs of the champions. Bottom line, let the opponents follow the programs of champions using steroids.

Most of the men were lazy and relied on the "sign-it-hard work. They didn't know biology. They didn't know science. They didn't know the principles of exercise physiology. They had little regard to physical excesses. The program has been produced.

Our approach was different. Vastly different. There was no magic program just an ungodly amount of work. The results were different too. We captured ungodly amounts of titles and records. Joe Catalfano won the 1985 ADPFA Seniors, his fourth national championship. Amato Covington was Best Lifter at the same meet, setting national records in the bench press, squat and deadlift. Rich Wenner defended his ADPFA collegiate championship, set three on wins, and then went on to win the ADPFA Seniors. Chris Bouilut and Bill Wong won ADPFA collegiate titles and Jim Cope set a drug free world record deadlift in his first year of lifting. Mark Giron exceeded

1. The urine samples must be divided, by the lifter, into two containers according to the protocol. One container will be used for the first (A) analysis and the second container kept as a reserve B' sample.
2. The containers will be sealed as per protocol.
3. The lifter will select a specimen number from an available list.
4. The containers will be sealed and inscribed with the lifter's number.
5. The competitor is asked whether he has taken any drugs within the last 48 hours. (any substance introduced into the body that is not food)
6. The Doping Control Form must be completed.
7. The whole procedure has been completed correctly, a signature confirming that the sample will be stored in the locked 'anvil' case or locked refrigerator until it is shipped with a Signature Control Form to the Lab.
8. Exogenous testosterone e.g.: testosterone cypionate, testosterone propionate, and related compounds.
9. Narcotic analgesics e.g. alfaprodine, antleridine, buprenorphine, codeine,

Dr. Conrad Catter, President
U.S.P.F. Inc.
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TRAINING

Correlations of Aging, Testosterone Production and Training Volume as told by Tim McClellan, Strength Coach, ASU

Three hour workouts were back at the squat and bench press. Arizona State won its second consecutive ADPFA collegiate title and the Pennsylvania Power Team, formerer of the Samson Team, won the ADPFA title practices they won eleven gold medals, scored 146 points and placed 4th among countries. While these principles are a result of studying weightlifters they can have great relevance to powerlifters. The following is a time-to-life American experience that may help shed light in to the Bulgarian principles.

The results were great. The meets were fun. Records were topped. Life was perfect. We all knew why it was so good ... we did twice as much work as the other competitors. There was no such thing as overtraining.

In retrospect, this fits into Angel Spassov's Level of Testosterone and Aging Graph (see previous article). The lifters were young, hungry to lift and had a higher natural level of testosterone production. It was a great deal of fun to see so many others scramble frantically for some champion's magic program while we got stronger ... and won ... etc.

TIM MCCLELLAN - THE DUMMY

Progress now to mid-1986. The 20-months prior to the expected showdown with Altstamer's Mission Muscle Factory powerhouse team off the volume in your mid twenties. You'll be much healthier and stronger in the long run."



Dr. Angel Spassov of Bulgaria, during his recent lecture to discuss the USA weightlifting team's State linebacks. Scott Woodford, the USA State linebacks. Scott Woodford, the USA State linebacks. Scott Woodford, the USA State linebacks.

ed load in training did the trick. Catalfano entered all three senior meets, winning the USPF meet and placing second in the other two. Wenner won both collegiate national meets and the IPF Junior Worlds.

Cope won the ADPFA Collegiate and Junior Worlds. Giron and Schmidt won the ADPFA Seniors. The Samson team held off the stiff challenge of other teams at the ADPFA Seniors and ASU won its third consecutive collegiate title. The records continued.

BURKETT AND KRAEMER THE GOOD DOCTORS

In an attempt to scientifically justify this observed phenomenon exercise physiologists Bill Kraemer and Lee Burkett were consulted. Dr. Kraemer is a leader in strength research. His works have been invaluable to the National Strength and Conditioning Association. When posed with the above mentioned scenario he immediately wrote the number twenty-five on a piece of paper. There was no hesitation whatsoever.

"It all happens here," he said indicating that volume must be decreased at this age.

Dr. Burkett, physiologist at yet another way.

Arizona State University put it another way.

CONCLUSIONS

The following conclusions seem apparent from the discussions with doctors of physiology and the practical education.

1. Young lifters, up to the age of 22-25 can handle a significantly greater training volume and should not be afraid to do so. It made a significant difference for the Bulgarian weightlifters, and also for many drug free powerlifters in the United States.
2. When a lifter hits the ages of 22-25 and shows signs of overtraining he should back off. A nagging injury is the body's way of telling a lifter to lighten up. If this warning is ignored injury will occur, perhaps serious injury. It's better to lighten up voluntarily, lifters have backed off in volume at 25 or 26 years of age and showed improvements in total.
3. Research what scientific studies of strength have to offer. More research on our behalf could have led to fewer lifters getting hurt at 25 years of age. Learn from those who have been injured and also from those who were successful with high training volumes before the magic age.
4. Have fun and help others. If you don't the sport will never grow.

The squat is the key exercise for gaining muscular bodyweight and building basic power. It's also a great tool for increasing athletic ability and stimulating the cardiovascular system. Competitive powerlifters, who love how this lift, know that big squats are probably the key to victory in their sport. Where did the squat come from and who produced some of the early top performances in the lift?

Even though man has been exercising with weightless deep knee bends for thousands of years and early weight trainers used to squat on their toes with light weights, the heavy flat footed squat is basically a product of the 20th century. As is common in kraitsport, the lift has decidedly Germanic roots: its early history is one of Moerke, Steinborn and Klein.

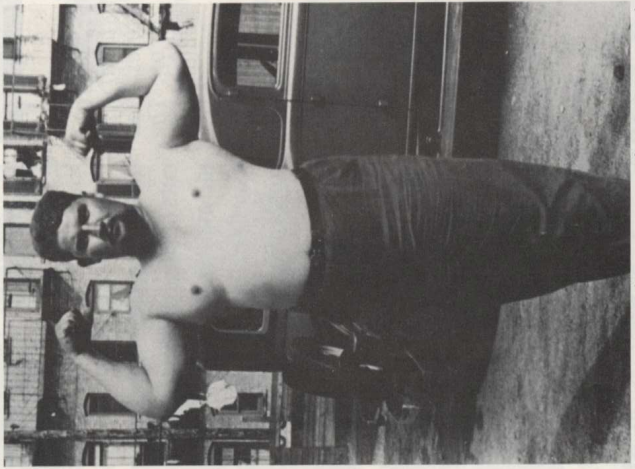
In 1920 Kari Moerke, the reigning World Weightlifting Champion, and Hermann Goerner, often called the world's strongest man, in his day, staged a contest between themselves to see who was world's strongest amateur lifter. The contest included a lift to be selected by each man. Goerner selected the deadlift and in what might have marked its debut as a competitive lift, Moerke selected the squat and did 528 3/4 pounds. Moerke was a round fellow, usually weighing around 240 at 5'2 inches and probably due to his physique, was sometimes criticized for his squatting style on the basis of lack of depth or gaining an unfair advantage by bouncing out the bottom position. Nevertheless, Moerke's said to have ultimately squatted 650 in somewhat loose style.

Loose style then, of course, would probably look silly today. Today, however, for starters the lift was a back burner as the deep knee bend was low on the list of lifts. It was not until the late 1920s that it began to gain a following. In the 1920s, when they were in their late 20s, some thing like, it was not until the 1920s where they did deep knee bends, where to them a squat means something ending at parallel. The people light squat and a floor press as, respectively, half-baked versions of the deep knee bend and the mid 1960s, or so we do up for conditions that might be described as 'lifetime pure/rare meat', as no drugs or support gear were involved.

Another German, Henry 'Milo' Steinborn, brought the lift with him when he immigrated to the United States in the early 1920s. Steinborn's reputation as a strongman preceded him and many were awed by his marvelous 2100 pound physique and by the feats of strength he demonstrated while training as Sig Klein's gym in New York. For any who doubted his ability, Steinborn who performed what was to become one of the most historic lifts in Iron Game history. Beginning in 1921, Milo gave demonstrations where he up-ended a 550 odd pound barbell, and by rocking it back and forth across his shoulders, got it in position for doing

THE SQUAT

The First 25 Years
as told by Randall J. Strossen, Ph.D.



JOSEPH CURTIS HISE...early squatting great. (photo courtesy Joe Roark)

some squats. Although the exact poundage reported varies, as does the reason Milo is said to have performed five reps with 551 pounds before returning the barbell to the platform. All accounts agree that it was a remarkable demonstration of all-around strength and athletic ability, and one observer, Mark H. Berry, was said to have been out of his seat applauding what he considered to be the greatest feat of strength in history.

Mark Berry played no insignificant role in the history of the squat or for that matter, the history of bodybuilding and competitive lifting, because he was the first one to fully appreciate the unmatched ability of the squat to build bulk and power. Mark Berry, as editor of *The Arena* and *Strength*, changed the Iron Game forever more by going on to broadcast the message: squat heavy, and get big and strong. The truth never changes.

iron were interested in just plain getting bigger and stronger.

Hise was first put on the muscle map when Mark Berry described a reader of his who, after following Mark's heavy squat program, had gained 25 pounds of muscle in one month. Mark Berry was so honest that he refused to name this man or give more details until he could get independent verification of these claims. In fact, Hise had done exactly as reported, so it was, in Hise's words, "news with a bang and soon every underdeveloped, underpowered barbell man in the country was doing heavy breathing squats and all were gaining size and strength at unbelievable rates. Hise would gain from around 180 pounds to nearly 300 pounds, with the power to squat around 600 and deadlift 700 way back in the 1930s. Hise might have had the strongest legs and back in the world then, but since he wasn't a weightlifter (Olympic-style, that is), and since powerlifting hadn't yet emerged as an official sport, Hise was labelled an exerciser.

As Mark Berry left the Iron Game, another of his pupils, Peary Rader, would carry forward the call to squat with very hard breathing, and very heavy weights, please, for tremendous results. It's no accident that the squat had allowed Peary to transform his own body from that of a weakling to a regional Olympic lifting champion, so he was speaking from experience when he recommended it as the master exercise. It's also no accident that Peary would later play an instrumental role in normalizing powerlifting as an official sport.

The heavy breathing squat advocates continued to meet their demise through the 1930s, with some of the nation's squats, the Falls club breathing the basic approach. By now, Bob Hoffmann, who had initially expressed the squat for his weightlifting, had been won over to its benefits, and the ton Olympic-style lifters John Davis and Louis Abels, both were cranking out honest sets of twenty reps with around 400 pounds, and both were knocking out reps with weights over 500 pounds, the classic benchmark for a Hercules. The Canadian superman Maurice Jones had also squatted 550 at 230 lb, then, and the English powerhouse Bert Assirati had done 550x10 at 260. If you don't think these are worthy feats, even today, go natural and get under the squat bar naked: now knock off your own set of 20 reps with 400 pounds, or a few with 550 or so.

Next installment, we'll continue tracing the history of the squat by seeing how top performances advanced in the 1950s, and follow progress through the first few years of powerlifting as an official sport.

Randall Strossen is the author of *"SQUATS: Muscle in 6 weeks"*, available for \$12.95 plus \$2.00 P&H from IronMind Enterprises, P.O. Box 894, Larkspur, CA 94939.

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More From Ken Leistner

Getting bigger is right behind getting stronger for the competitive and non-competitive powerlifter. While the sport itself requires that one lift as much weight as possible in three lifts, the very thing that first attracts most men to the sport causes them to also want to be very much bigger than they are initially. For those who must fight to stay within the confines of a particular bodyweight classification, it becomes, "I want to be as big as possible at the limit of that particular class."

We all lift for many reasons. Few become powerlifters from the very first time they hoist a barbell or dumbbell. Most are attracted to weight or strength training because they want to be muscularly larger. For many, it may be the desire to be stronger, and for some, both of these attractions may pull equally. Teenagers especially cannot distinguish their primary motivation, even after a year of training. They want to be stronger, but have bigger arms and chest too. Just as common is the desire for large and muscular measurements, especially in the more "showy" groups, but the spoken or unspoken need to also be stronger, at least strong enough to back up the appearance of dominant in any type of confrontation.

I believe most would admit, if pushed, that long ago, when they first lifted a weight, it was not with the desire to be "State Powerlifting Champ" or "Total Elite." It was probably more in line with "I wanted to be bigger for sports," "I wanted to be stronger for sports," "I wanted to look better for the girls," "I wanted to make sure no one messed with me," or as one previously imprisoned local informed me, "I figured that if I could get to 275 and it was muscle, none of the cops would hassle me."

For many, all of that, or some of that evolved into powerlifting, and that became the outlet or the justification to pound away at the weights. For most of us, it has remained a constructive outlet or hobby. A very skilled and gifted few have even been named, national, and world champion and that, of course, is an ultimate thrill. Still, for many, there lurks the desire, or necessity to be "big." Most lifters may not be satisfied with their totals, always wanting to do more, but they have evolved a training program, or system of training that they are comfortable with. Every issue of *PI USA* might stimulate some changes in that program, but the majority of lifters do more or less the same thing year after year. What about getting bigger? What about getting as big as possible at whatever bodyweight they compete at?

There are two requisites for becoming muscularly larger. The first is the stimulation of the cell machinery to

requiring further caloric output. The dietary habits of many athletes are not close to meeting the ideal of three or four evenly spaced meals per day, or even of having breakfast.

While they logically know that this impedes the weight gaining process, they feel they must do whatever is necessary, including the sacrifice of breakfast, to balance their need for sleep with their activity level.

To many of these individuals, I have suggested that they try to "drink" more of their meals. Many years ago, when faced with the necessity of gaining weight for football, I was "behind the eight ball" because I had always been unable to gain despite a hearty appetite. Eating significantly more food was almost out of the question. As it was, the lineman, and especially the upper classman, loved to compare my gustatory prowess to other trenchermen they had seen in action. A typical breakfast, before I began regular weight training, could have been two sandwiches, three pieces of fruit, a quart of milk, and "something to eat on the way to school." And this was at 150 pounds.

At the 1980 Junior Nationals, Mike Lambert and I shared a room and most of our meals together. After one dinner, Mike stared at me and said, "Do you always eat like this?" "Like this" was ten or twelve full plates at the seafood buffet presented by the hotel staff, and I may not have even been training at the time. The training table at school certainly provided it "a lot" of food, and most of it was of high quality, but despite force feeding, with the admonishments of the coaches ringing in my ears to "Gain weight!" I stayed between my usual 148-150 throughout camp and the end of my freshman season. However, when I began to "finally" "drink" a number of my meals, I began to move my weight upward. In fact, by the end of spring football practice and my return to New York for the summer, I had ballooned to a very muscular, strong, and fast 188.

Meals were still on the "heavy" side, but I supplemented regularly scheduled meals with a drink which I made in my room. Remember too that I did not have a blender nor a refrigerator. Being short on money also could have limited me if I had allowed it. I would take pint cartons of whole milk from the cafeteria and store them in the water tank behind one of the toilets in the communal dormitory bathroom. Once the milk was turned, I kept the milk on my windowsill, so refrigeration was not a problem. In a gallon bottle, I would mix one quart of milk, a half to one cup of non-fat milk powder, Nestlé's Quik or other chocolate flavoring agent, an occasional egg or two (provided by the kitchen) (article continued on page 71)

A powerlifter trying to improve his total needs to consider, a host of factors. One key factor to examine is the role that assistance exercises play in the overall scheme of your program.

First of all, let's get one thing straight, to win or to be successful at the great sport of powerlifting, balance in all three lifts is essential. One lift specialists are impressive in their own respect, but the lifter I tip my hat to is the one who is formidable in all three of the powerlifts.

To be successful in all of the lifts exemplifies to me what the sport of powerlifting is all about: to have complete overall body strength in all of the appropriate appendages. In other words, to be one powerful sucker! The appropriate usage and regulation of assistance or supplementary exercises can be the cornerstone of a program to allow a lifter to achieve his potential in powerlifting.

The first area I address when designing an assistance program for an individual is their relative strengths and weaknesses in the various lifts. When the weight gets too heavy and the lifter falls on a maximum single or a heavy set, what was the cause of the failure.

Was the weight lost because the proper groove was not maintained, or was it caused by a simple muscular failure. Both can be related to weakness or lack of integration of the muscular groups utilized in the particular lift. This can also be relative to the individual's body composition and leverage structure. For example, an individual with a particularly long vertebral column may not be able to squat the full or a slight forward lean in the squats, but it can surely be minimized by appropriate supplementary exercises. Key exercises to be included in this instance would be the abductions, spinal erectors, upper back, lats, and calves. Each of these areas serve a purpose for the long backed lifter, tending to minimize forward lean in the power squat.

Assistance exercises can help to add overall variety to a routine, an important concern. Also, as lift progresses in his training, his relative muscular strengths and weaknesses may change, making assistance exercise changes equally necessary.

I believe many people fall achieving their training goals because of improper selecting and usage of supplementary exercises. This is where proper record keeping of your workout comes into play. Keep a written journal of all of your training. It can make a big difference.

Every lifter should keep accurate data on various personal records in all supplementary exercises. For instance, best set of twelve, eight, five, in all assistance exercises.

In the off season when muscular weaknesses are being trained, assistance exercises should be cycled, but in a slightly different way than the regular powerlifts. First of all, in most cases reps of less than five are never used. Here is an example of a twelve week assistance cycle for the bench press. This is designed for the off season.

TRAINING

Assistance Exercises by John Ware, Strength Coach, NEMSU



JOHN WARE believes that the appropriate assistance exercise program can be utilized to overcome weaknesses and produce huge powerlifting totals.

When a larger volume of assistance exercises may be used. The assistance exercises we will use for the bench press, close grip bench with feet off the floor, and hammer curls. Other exercises may be used, but will not be cycled.

Week One: Day One: Barbell incline, close bench, hammer curls. 3 sets 12 reps. Day Two: Dumbbell incline, close bench, hammer curls. 3 sets 12 reps. Day Three: Barbell incline, close bench, hammer curls. 3 sets 12 reps. Day Four: Barbell incline, close bench, hammer curls. 3 sets 12 reps. Day Five: Barbell incline, close bench, hammer curls. 3 sets 12 reps. Day Six: Barbell incline, close bench, hammer curls. 3 sets 12 reps. Day Seven: Barbell incline, close bench, hammer curls. 3 sets 12 reps. Day Eight: Barbell incline, close bench, hammer curls. 3 sets 12 reps. Day Nine: Barbell incline, close bench, hammer curls. 3 sets 12 reps. Day Ten: Barbell incline, close bench, hammer curls. 3 sets 12 reps. Day Eleven: Barbell incline, close bench, hammer curls. 3 sets 12 reps. Day Twelve: Barbell incline, close bench, hammer curls. 3 sets 12 reps.

Week Two: Day One: Barbell incline, close bench, hammer curls. 4 sets 8 reps. Day Two: Dumbbell incline, close bench, hammer curls. 4 sets 8 reps. Day Three: Barbell incline, close bench, hammer curls. 4 sets 8 reps. Day Four: Barbell incline, close bench, hammer curls. 4 sets 8 reps. Day Five: Barbell incline, close bench, hammer curls. 4 sets 8 reps. Day Six: Barbell incline, close bench, hammer curls. 4 sets 8 reps. Day Seven: Barbell incline, close bench, hammer curls. 4 sets 8 reps. Day Eight: Barbell incline, close bench, hammer curls. 4 sets 8 reps. Day Nine: Barbell incline, close bench, hammer curls. 4 sets 8 reps. Day Ten: Barbell incline, close bench, hammer curls. 4 sets 8 reps. Day Eleven: Barbell incline, close bench, hammer curls. 4 sets 8 reps. Day Twelve: Barbell incline, close bench, hammer curls. 4 sets 8 reps.

hammer curls. 4 sets 8 reps 75 percent best set 8 reps.

Week Seven: Day One: Barbell incline, close bench, hammer curls. 4 sets 8 reps 95 percent best set 8 reps. Day Two: Dumbbell incline, close bench, hammer curls. 4 sets 8 reps 80 percent best set 8 reps.

Week Eight: Day One: Barbell incline, close bench, hammer curls. 3 sets 8 reps 90 percent, 95 percent, 100 + percent best set of 8 ever (PR). Day Two: Dumbbell incline, close bench, hammer curls. 3 sets 8 reps light recovery workout.

Week Nine: Day One: Barbell incline, close bench, hammer curls. 4 sets 5 reps 85 percent of best set 5 reps. Day Two: Dumbbell incline, close bench, hammer curls. 4 sets 5 reps 75 percent of best set 5 reps.

Week Ten: Day One: Barbell incline, close bench, hammer curls. 4 sets 5 reps 90 percent of best set 5 reps. Day Two: Dumbbell incline, close bench, hammer curls. 4 sets 5 reps 80 percent of best set 5 reps.

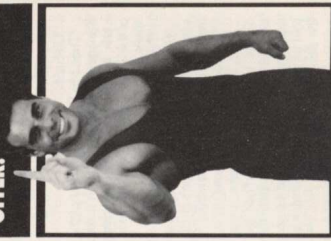
Week Eleven: Day One: Barbell incline, close bench, hammer curls. 4 sets 5 reps 95 percent of best set 5 reps. Day Two: Dumbbell incline, close bench, hammer curls. 4 sets 5 reps 80 percent of best set 5 reps.

Week Twelve: Day One: Barbell incline, close bench, hammer curls. 3 sets 5 reps 90 percent, 95 percent, 100 + percent of best set 5 reps (PR). Day Two: Dumbbell incline, close bench, hammer curls. 3 sets 5 reps light.

Hopefully this gives you an idea of the progression involved. It can be used for all of your lifts. Good luck!

Coach JOHN WARE

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CULTURE SHOCK

DATELINE JAPAN - as seen by PAUL KELSO



At the Japanese Jr. Nationals, left to right, Hisako Yoshida, Susumu Yoshida, Akiko Saitoh (wife of H. Saitoh), Paul Kelso, Hiroshi Saitoh, Tatsutami Nakao. (courtesy Kelso)

It looked like a powerlifting meet. It sounded like a powerlifting meet. I peered over the lifter's shoulder to see a young, 75 kg lifter execute what looked to me like a perfect squat attempt. The lifter slipped up three hand held REDT legs. Ooo. I knew I wasn't in the United States, where the lifter came to attention, BOWED to the head judge, and calmly left the platform.

What I was, when my brain cleared was the Japan Powerlifting Nationals in the Sports Plaza of the Tokyo Hands "creative life" department store in Machida. This modern city, west of Tokyo, or what I saw of it, appears to have been built maybe two years ago. The meet was staged in an atrium-type plaza between two eight-story buildings mounted on top of the Japan National Railway Station. Trees, flowers, sunshine and an adjacent play area for children. Next to the plaza was a mall complete with shoe stores, noodle shops, and a McDonald's. That's a McDonald's to the north.

The two platform meet was running smoothly when I arrived after four hours on the train. That's without getting lost. Susumu Yoshida, the Japan Powerlifting Federation Secretary and his wife Hisako, the 1988 Women's World champion at 44k, were expediting the lifting order. I had come during the second round of squats. Yoshida found me a seat in the section with his Power House Club fans. Then he told me it was too bad I missed the opening ceremony. "Open lifting ceremony?" I repeated.

Out of the warmup area came a six foot one inch, blond and blue-eyed young man, the only gaijin (outsider) in the meet. He stood out like a zebra at the Abilene rodeo.

Glenn Leighton is a twenty-one year old from Perth, Australia. He is studying law at Chiba University out toward Narita airport east of Tokyo. I eased over to talk to him after he finished his turn.

"Oh yes, in Japan there is always an opening ceremony for everything. First we lined up by weight class and introduced about, and then we were introduced."

"What?"

"Then we stood at attention while the national anthem was played."

"Uh-huh."

"Then Mr. Esaka, president of the Kanagawa Lifting Association made a talk, and then Mr. Saitoh, president of the Japan Powerlifting Association spoke."

"You're putting me on, right?"

"Oh no, after that Mr. Yoshida had a go and then Mr. Nakao, he's chair-man of the technical committee..."

"How long did this go on?"

"Well, let's see, they gave a certificate to the lady who made the trophies and then the manager of the department store welcomed us and told us not to block the entrance to the flower shop."

ed; many sat all the way down to their calves and a few missed lifts because they couldn't recover from that depth. However, as an outsider who doesn't speak the language or perhaps doesn't know the Japanese standards, it may well be that I just didn't know what was going on no matter how familiar with the sport I think I am.

It is pretty obvious when a judge or ref claps for the bench or gives a down signal for the squat. These things are universal in the game and several officials gave out the down signals throughout the day. In fact, English terminology for lifts, exercises and muscle groups is pervasive in Japanese sport.

When the refs flagged the lifters after their attempts, whether good or not I thought at first it was an expression of another Japanese trait I had heard about. It seemed to me that what I was seeing was the side referees looking at each other and then to the head referee, and then all raising the same flag as the head man but in fairness to the referees, they were rising the flags only because the light board on one platform was not operating.

The trait I speak of is one of 'understanding without speaking' which the Japanese believe they are capable of and is taken for granted in their daily life. Please remember that the population of Japan is 95 percent Japanese and has been that way for about 1500 years. Makes for a tightly-knit society and some social interactions we just don't get.

Nonetheless, during the bench rounds I saw more independence, more mixed calls, so maybe I didn't see what I thought I saw after all. In fact, I did not see one referee's decision during the bench I considered questionable.

The physical layout of the meet was interesting as well. The lifters lined up three or four deep behind a curtain, wall backing the platforms. They stood quietly until the expeditor called them out. They were not working themselves into a frenzy or pacing around slamming their fists into walls or each other. They looked like they were lined up for fly shots at an Army induction center.

The warmup area was about fifteen feet away from the lighter class lifting platform. There was little activity once a round started and no noise. It was located there because last year it was on the other side and blocked the flower shop door.

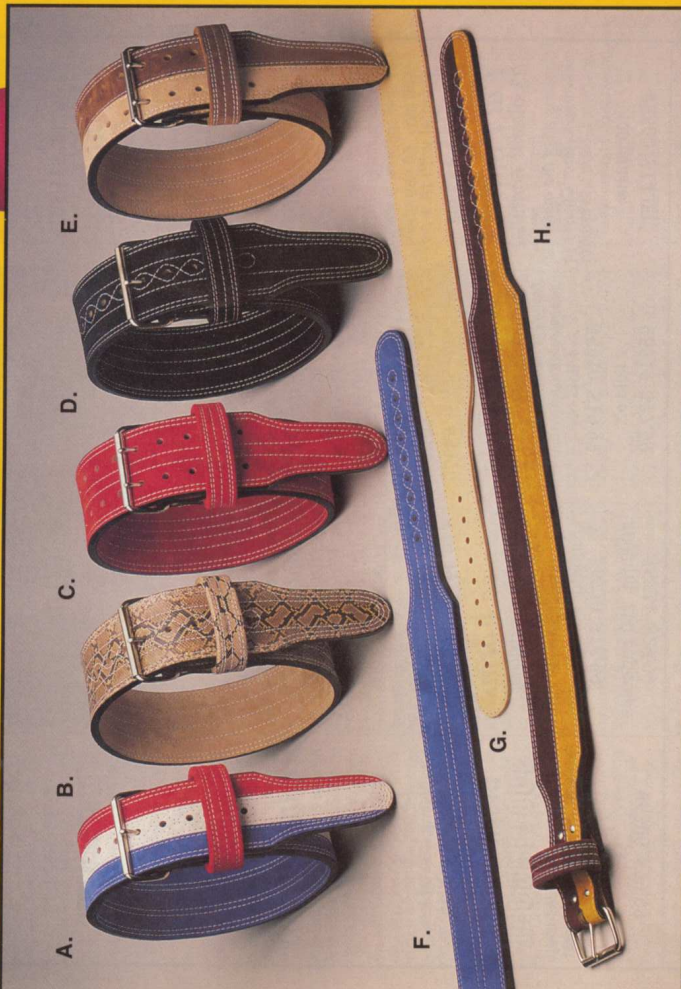
Plates not in use were lined up and stacked in perfect order by the loaders and spotters. In fact, there was one guy who did nothing else. The squat racks were high-tech hydraulics with the brand name Sports Mind painted vertically. Use of English words is trendy here, with some odd results. Advertisement continued on page 73

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On Sunday, August 13th, 1989 I returned from a 2 week trip that turned out to be the most memorable experience of my lifting life. I traveled to Abakhan, Siberia and Moscow to tape features for my television show uncovering the Russian strength culture. This trip was organized by the Association for International Cultural Exchange Programs (AICEP) based in Canada and headed by Drs. Ed Enos and James Stoxen.

The objectives of this trip were to enhance the relations between the United States, Canada and the U.S.S.R. and to assist the Russians in learning more about the strength sport we dominate - Powerlifting. My specific involvement consisted of attendance at workout sessions, exhibitions and competitions, as well as interviews with athletes and coaches, and I'd like to share some of that experience with you. In depth coverage will be airing on 'The Weight Room' television show, with scenes of Russian lifters in action as well as a vast array of topics. You'll see just how serious this country is about pursuing the Powerlifting, which is relatively new in Russia. Although it's been practiced for years, Russian Powerlifting is just now starting to receive support and is becoming more organized. In fact, the Russians desperately want Powerlifting to become an Olympic event, a factor which could have a major influence in placing this sport into the Games.

The Russians admire the Americans and are very curious to know how such lifters like Ed Coan can lift so much weight. They feel they have the upper edge as far as 'system' is concerned and are very impressed when an American can outlift them. I was very surprised to see the number of Powerlifting fans in Russia. At one competition alone there were 7000 spectators in attendance, an enormous crowd for a non-Olympic and barely organized sport. Many of the Russian Powerlifters are obviously ex-Olympic lifters, with their high trapezius development. Some also compete in arm wrestling. Powerlifters in Russia, but not chance to watch, the one who stands out the most was Mironov. Before the competition, it was rumored he would attempt a 300 kg bench press, which he did not make, but you'll hear more about him in the future.

With all the success they've had with Olympic Lifting, the Russians aren't up to par yet in Powerlifting. One of the reasons why the Russians aren't lifting as much weight as you'd expect (aside from their old fashioned technique), is their lifting gear. Hand- or bench shirts. No such lifting aids are manufactured in Russia. The few items around have been received through trade with Americans and others who've visited there in the past like Dr. Fred Hatfield, Dr. Hatfield, by the way; played an instrumental role on this trip. If it wasn't for Fred, I think our lifters would still be in Siberia, weighing in.

When it came to officiating, there was chaos. The Russians have no international experience so their interpretations of the rules were unjustifiable, which was frustrating for the Americans. Being the great Powerlifting ambassador that he is, Dr. Hatfield used his professional determination to teach this country the proper way to lift so they can scene merge into the international scene without difficulty.

With the bar high on their traps, a 4" tapered training belt, no knee wraps, and lots of guts, Russian athletes are squatting massive weights. They squat Olympic style, to a rock-bottom position. The Bench Press had the least amount of problems as far as officiating. The Russian upper body strength is very impressive, but the converted Olympic lifters don't seem to have their bench groove right yet.

Their lifters are very powerful in the legs, hips and back. Many of them performed deadlifts in a clean pull fashion. Many never reversed their grips, some hitched quite a bit, and others looked very polished. When asked about steroids, they turn the question around and say, 'You guys are using them too.' They do admit that steroids are running many sports and wish they could be eliminated. Serious illnesses and even deaths are reported by Soviet athletes which is an issue that's very saddening to their national pride.

I was very impressed with the Soviets. Their lifestyle is very conducive to getting strong, in fact, it's hard to be weak in Russia. I want to thank AICEP, Dr. Ed Enos, and Dr. James Stoxen for asking me to become involved in this historic meeting between the Russian, Canadian, and American Powerlifters.

I hope you get the chance to watch 'The Weight Room' television show as you'll be impressed with a list of footage you'll see. Following is a list

The 'WEIGHT ROOM' goes to the U.S.S.R.the AICEP trip to Russia, covered by TV's JOHN ABDO



Russian 100 kg lifter competing with the Americans in front 7000 spectators in Abakhan, Siberia. Photograph by Dr. James Stoxen, courtesy Abdo

of the carriers who air my show along with their phone numbers. Contact these networks for programming information. If you're interested in a copy of these shows please write us for further information as they will soon be available for purchase. Also, in the January 90 issue of Muscle & Fitness magazine, I'll have an article called 'The Secrets of Russian Muscle Recovery', based on an interview with Prof. Uli Verochinsky, regarded by many as the most prominent authority on strength in the world. I also want to congratulate the American Powerlifting population on your dominance in this sport. When I see a disciplined and determined country like Russia envying our success it makes me proud. Continue your great work America - 'The Weight Room' is behind you 100%!

John Abdo is the Executive Producer and Host of 'THE WEIGHT ROOM' by cable networks nationwide. For programming information contact your local network. For more information about John Abdo or 'THE WEIGHT ROOM' show, write P.O. Box 2082, Schiller Park, IL 60176. For more information on AICEP and Dr. Ed Enos call: 1-514-457-6086.

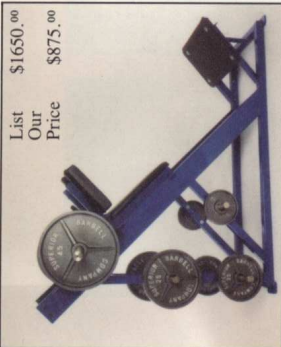
The following networks air 'THE WEIGHT ROOM': Prime Ticket 213-672-8000; Madison Square Garden Network 212-562-8950; Pro-Am Sports System 313-9330-7277; Sportschannel Chicago (Phoenix) 602-866-0072; Home Sports Entertainment 713-661-0078; Sunshine Network 713-661-0078; Pacific Sports Network 713-661-0078; Prime Sports Network 713-661-0078; Cencem Cable 314-997-7570; Sports Channel Florida 516-228-6710; Sports Channel New England 617-933-9300.

The AICEP Meets, Abakhan, Siberia (American Lifters Only)

Women	SQ	BP	DL	Total
J. Gasilley	176	99	203	478
F. Manganello	143	136	282	638
C. Licht	242	147	220	609
L. Subin	418	225	501	1145
M. Smith	260	165	303	728
M. McCoy	403	203	363	969
L. Gasilley	440	250	470	1160
S. Polke	258	314	335	907
K. Nunez	346	275	405	1026
R. Freeman	358	280	402	1040
R. Shusterman	253	181	253	687
L. Subin	537	308	507	1352
R. Marcus	429	231	473	1133
K. Nunez	358	275	405	1040
J. Goodfrew	165	310	250	725
U.S.S.R.	600	325	507	1432
L. Gasilley	325	203	425	953
R. Freeman	335	270	335	940
D. Miles	152	152	152	456
P. Murray	200	135	200	535
J. Jackman	611	347	584	1542
R. Marcus	562	366	465	1441
L. Plunke	562	366	465	1441
S. Waldo	413	335	425	1173

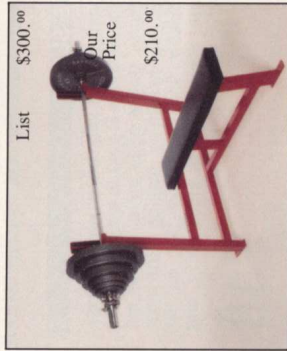
The Moscow Meet

J. Gasilley	176	99	189	464
F. Manganello	303	110	276	689
L. Subin	242	147	220	609
M. Smith	260	165	303	728
P. Clark	398	198	363	959
L. Subin	430	240	430	1100
K. McCoy	403	203	363	969
R. Freeman	335	270	335	940
P. Patterson	341	240	330	911
R. Shusterman	275	181	250	706
L. Subin	510	290	485	1285
J. Goodfrew	460	310	440	1210
R. Marcus	425	341	225	791
C. Marcus	380	300	135	600
C. Decencenzo	380	325	500	1405
F. Manganello	315	186	305	806
R. Freeman	385	375	555	1515
P. Piazza	525	341	451	1317
L. Subin	135	135	352	622
J. Jackman	622	350	608	1580
R. Hood	562	363	551	1464
L. Subin	477	279	379	1135
S. Waldo	408	347	453	1208
R. Byrd	580	330	515	1425
D. Miles	440	380	500	1320
J. Winner	751	440	551	1742



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But it wasn't always that way. It wasn't too long ago powerlifters felt they would have to resort to other than natural means, the chemical route, if you will, in order to be competitive. But with advances in nutritional science, specifically in the area of sports nutrition and that attitude has also changed. And for powerlifters and strength athletes the best part is we've only scratched the surface! Even

athletes the best part is we choose to use chemicals, not only to our fellow powerlifters of natural supplementation, without more sophisticated realizing the importance of the inherent dangers of chemical use, and increased protect themselves from the inherent dangers of chemical use, and increased making the transition to training athletes, we are constantly seeking better and more sophisticated nutritional programs to help us in our quest for greater strength, lean muscle mass, and increased

nutritional programs to help us in our quest for greater strength and recuperation. First and foremost, it should be emphasized and re-emphasized that you intake of dietary protein, carbohydrates, and a small amount of fats is the basis of all good nutrition. It is of great importance to point out, though, that even with the best balanced diet you can create, extra supplementation is a very necessary requirement for today's competitive powerlifters.

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

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

For this reason, Marathon Nutrition has created four categories of supplementation for powerlifters and strength athletes. These four categories, 1) the Aminos, 2) Natural Growth Enhancers, 3) Performance Enhancers, and 4) Micro Nutrients (Vitamins & Minerals) cover every aspect of nutritional supplementation just sound nutritional advice to any individual product from each category. That's not a requirement just questions or want some at least one product from each category. That's not a requirement just questions or want some

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

Best regards,
George S. Zangas
 George S. Zangas

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New Jersey Championships

114	K. Popoieck	SQ	BP	DL	Total
123	A. Caputo	155	55	160	370
124	R. Valenti	265	165	320	750
125	DeFoney	295	165	320	780
126	W. Stills	231	160	295	685
127	D. Valenti	400	265	445	1110
128	R. Awn	425	275	470	1170
129	A. Caputo	325	265	445	1035

625	400	550	1575
420	300	500	1385
420	300	500	1385
420	300	500	1385
420	300	500	1385
420	300	500	1385
420	300	500	1385
420	300	500	1385
420	300	500	1385
420	300	500	1385

USPF Indian Summer Open Class II

SQ	BP	DL	Total	
132	330	275	375	
133	R. Kaiser	350	275	375
134	R. Kaiser	350	275	375
135	R. Kaiser	350	275	375
136	R. Kaiser	350	275	375
137	R. Kaiser	350	275	375
138	R. Kaiser	350	275	375
139	R. Kaiser	350	275	375
140	R. Kaiser	350	275	375

State Correctional Semi-Final

SQ	BP	DL	Total
114	LB	DL	Total
114	LB	DL	Total
114	LB	DL	Total
114	LB	DL	Total
114	LB	DL	Total
114	LB	DL	Total
114	LB	DL	Total
114	LB	DL	Total
114	LB	DL	Total
114	LB	DL	Total

ADPFA Georgia Championship

Women	SQ	BP	DL	Total
A. Cobb (114)	240	125	300	665
J. Pharr (113)	310	185	270	765
R. Tucker (117)	275	255	310	840
Masters	SQ	BP	DL	Total
J. Pharr (113)	310	185	270	765
R. Tucker (117)	275	255	310	840
M. Smith (174)	275	205	390	870

Warehouse Gym Bench Press

Tenage Class	SQ	BP	DL	Total
B. Williams	300	220	315	315
J. Killopp	325	275	340	480
D. Henderson	285	215	275	370
C. Spletzer	215	155	210	280
M. Olson	242	165	210	317
C. Stumate III	240	160	210	310
D. Anderson	140	100	140	280
J. Drake	390	275	345	412
W. Moore	315	275	345	375
J. Shelton	315	275	345	375
M. Smith	330	275	345	412
G. McCoy	340	275	345	412
R. Rodgers	320	275	345	412
Q. Fletcher	330	275	345	412
J. Lockert	370	275	345	412
J. Morgan	360	275	345	412
J. Brannock	325	275	345	412
J. R. Foster	325	275	345	412
L. Thoms	330	275	345	412
J. Frazier	405	275	345	412
W. Donaldson	480	275	345	412
L. Thoms	315	275	345	412

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who so graciously continues to let us use the gym year after year and for being a sponsor. Also, without their help, the meet could not have run as smoothly as it did. A special thank you to Jerry Grammas who stimulated interest in the meet by presenting the lifting with the Las Vegas Metropolitan Police and for arranging jackets for the UMAPD team, results courtesy Carolyn Becker!

ADFFA Ironman Challenge II 27 Aug 89 - Union, MO (kg)

USPF Region 4 2 Sep 89 - Grand Rapids, MI

Nevada Police Olympics 19 Aug 89 - Las Vegas, NV

I-Bowers 155 175 300 630

Women (formula) SQ BP DL Total

three lifts were complete. Two contingent presented a classic powerlifting performance. Norman Shackelford and James Carroll finished the lift with the best double lift bar set down on the platform. After the squat Steve's 550 pound career new Region 4 record, but Shackelford closed the lift with a 500 pound deadlift for a total of 1,050 pounds. After posting a 345 bench, a Region 4 meet record, to Stewie's 300. The show-down on the platform was a highlight of the first day of lifting. Norman pulled 510, 330, and 545 respectively. That resulted in both lifters finishing with a 1,390 total. Region 4 record that will be shared by Stewie and Norman. They were awarded first place with a total of 1,540.

The heavyweight division (195-SHW) had five lifters who competed. Bill Beckwith, Jim Cannon and the extremely young Bill Beckwith lifted for second with a 1,500 total. Bill second was less than Ben. The runner-up in two power lifts was Ben. One other standard in the meet were Larry Howe (114) who totaled 910 pounds and established a new record. He was followed by Ray B. Jr. and Sub-Master Jim Cannon who both totaled 850. The Region 4 meet lifting in its first year. Ben's total of 1,235 at 195 lb. He had room to spare in this squat and deadlift and just missed a 375 total. One other lifter to look for as he competes his lifters. Ben, thanks to her private trainer, Mark Beckwith.

Two women lifters also credited themselves quite well. Marianne Beckwith (114) totaled 615 pounds in the men's 148 lb class. Chuck Lettice, Nancy Matthews and Julie Matthews were followed closely by Robert Hind (first meet ever) with an even 1000 lbs total. With only 2 competitors in the 163 lb class, Conrad Berfiny ran off with the 1000 lbs total. The 181 lb class was the most exciting division. James Coyle set a new Police Olympic record with a 670 lb squat and a 1710 total. Even though the 181 lb class was a bit smaller, it was a real 198 class. Dan Farnon (our repeat competitor) totaled 1420 with Anthony Viola (close behind) totalled 1420 with Anthony Viola (close behind) with a 1395 total. In the 230 lb class, Bruce R. Tucker, Ron Lucas, the 242 lb class, followed by Nick Lucas, the 242 lb class, followed by Bob Beckwith with a 1480 total. The final lift, 275 lb heavy lifts, Kenneth Nelson totalled 1550. Thank you to the 181 lb class to enjoy the day. A special thank to Jim Chapman of Eldorado HI School.

Under 120 Total 370 400 970 Under 120 Total 370 400 970 Y. Mosley 245 330 325 700 C. LaBlanc 245 305 425 1020 R. Hindi 255 305 440 1000 K. Blackburn 270 245 395 910 Y. Mosley 270 245 320 645 C. Berfiny 330 280 415 1025

The lifting took place under the chandelier and day time of Las Vegas, NV. The event featured two confrontations: one at 132 and a Michigan. The lightweight class (114-165) featured two confrontations: one at 132 and a Michigan. The lightweight class (114-165) featured two confrontations: one at 132 and a Michigan.

Bob's Gulf Boreadice Antik, Jerry Dravich-Best, I want to thank the people who helped at the Lawrence, CA State Chairman, Joe Segar, Fred Lee, Ellen Trevath, Buddy Evans, Leonard Faulner who did the drug tests, a very fine job in getting things going on Friday night, and also helped with score between tests. Mike and Janice Tagarillo and Sharon Michaels, and Greg who helped move the lifters and Marianne Beckwith on the last night. Watching the door both days, and their two sons Billy and Craig and their friends Mike and Mike for a very good job of loading and unloading. A special thank you to the lifter who did everything, set up, haul equipment, judged, lifted, and still won her class. My good buddy, Buddy, who has been a great friend and a great lifters who judged and a host of technical work. Tim, who announced a closure on Sunday. Thank you all very much. I love you all. Hope to see you all very soon. (Thanks to Tom Trevath for results).

dominated the Open 148 division. Benson set a new record at 148 lb. As well as WPA World records in the Masters division. Not a bad comeback. Keep up the good work John! In place combinations. Open 165 division. Not a bad comeback. Keep up the good work John! In place combinations. Open 165 division. Not a bad comeback. Keep up the good work John! In place combinations.

dominated the Open 148 division. Benson set a new record at 148 lb. As well as WPA World records in the Masters division. Not a bad comeback. Keep up the good work John! In place combinations. Open 165 division. Not a bad comeback. Keep up the good work John! In place combinations. Open 165 division. Not a bad comeback. Keep up the good work John! In place combinations.

dominated the Open 148 division. Benson set a new record at 148 lb. As well as WPA World records in the Masters division. Not a bad comeback. Keep up the good work John! In place combinations. Open 165 division. Not a bad comeback. Keep up the good work John! In place combinations. Open 165 division. Not a bad comeback. Keep up the good work John! In place combinations.

dominated the Open 148 division. Benson set a new record at 148 lb. As well as WPA World records in the Masters division. Not a bad comeback. Keep up the good work John! In place combinations. Open 165 division. Not a bad comeback. Keep up the good work John! In place combinations. Open 165 division. Not a bad comeback. Keep up the good work John! In place combinations.

dominated the Open 148 division. Benson set a new record at 148 lb. As well as WPA World records in the Masters division. Not a bad comeback. Keep up the good work John! In place combinations. Open 165 division. Not a bad comeback. Keep up the good work John! In place combinations. Open 165 division. Not a bad comeback. Keep up the good work John! In place combinations.

dominated the Open 148 division. Benson set a new record at 148 lb. As well as WPA World records in the Masters division. Not a bad comeback. Keep up the good work John! In place combinations. Open 165 division. Not a bad comeback. Keep up the good work John! In place combinations. Open 165 division. Not a bad comeback. Keep up the good work John! In place combinations.

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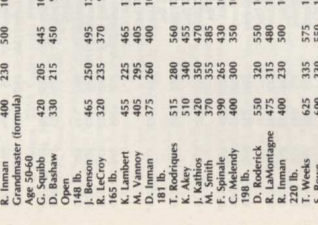
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AFPE & APA Tri-State Open 16 Sep 89 - Dover, NH

Bill Malliaris trying 600 at the Tri-State meet in Dover, NH. Bill is from New Hampshire but is currently in the Air Force and stationed at McClellan AFB in New Jersey. Photograph and information courtesy of Scott Taylor.



Bill Malliaris trying 600 at the Tri-State meet in Dover, NH. Bill is from New Hampshire but is currently in the Air Force and stationed at McClellan AFB in New Jersey. Photograph and information courtesy of Scott Taylor.

ADFFA Florida 89 - Palatka, FL 26, 27 Aug 89

Women SQ BP DL Total



Chris Stapleton...at the ADPPA Metropolitan Open in New York, squatting 628 at 220. (Pyrá photo)

2nd Annual Metrofit ADPPA Open

Table with columns for Name, Weight, and Lift. Lists participants like B. Grater, S. Wilson, S. Phillip, etc., and their performance in various lifts.

9 Sep 89 - Sioux Falls, SD

Table with columns for Name, Weight, and Lift. Lists participants like D. Eckhoff, B. Williams, G. Williams, etc., and their performance.

26 Aug 89 - San Jose, CA (kg)

Table with columns for Name, Weight, and Lift. Lists participants like J. Tong, R. Gatti, W. Marchetti, etc., and their performance.

Table with columns for Name, Weight, and Lift. Lists participants like C. Cullen, J. Ippolito, J. Garcia, etc., and their performance.

ADPPA West Coast Open

Table with columns for Name, Weight, and Lift. Lists participants like S. B. Bazzani, R. Bazzani, etc., and their performance.

California State Novice

Table with columns for Name, Weight, and Lift. Lists participants like J. Tong, R. Gatti, W. Marchetti, etc., and their performance.

13 Aug 89 - Vancouver, BC (kg)

Table with columns for Name, Weight, and Lift. Lists participants like M. Craig, M. Abraham, etc., and their performance.

can be accomplished economically and effectively by shopping at one's local market. Ultimately, I tried all between 225-230. Although I weighed perhaps up to a dozen commercial brands of gain weight products, the basic mix of milk, non-fat milk powder, chocolate powder, and fruit always served as the basis of my gain weight diet. I often had three or four meals in addition to three or four drinks and never had difficulty gaining "good" bodyweight, almost at will.

2nd So You Think You're Strong? You Think You're Strong!

I did this nightly, and when I was home, I would use a bowl with a hand driven egg beater. Once we got a world had opened up. Ace Carlton, a local athlete of some renown, also wanted to gain weight after being moved to the defensive line at Holista University. He would make evening visits carrying a gallon of fruit juice or punch, a quart of peach ice cream, and a handful of fruit. This would be mixed with the non-fat milk powder and milk which I provided. We would then sit, talk, and drink up to two gallons each of this stuff.

World Police & Fire Games

Table with columns for Name, Weight, and Lift. Lists participants like M. Craig, M. Abraham, etc., and their performance.

ADPPA West Coast Open

Table with columns for Name, Weight, and Lift. Lists participants like S. B. Bazzani, R. Bazzani, etc., and their performance.

Table with columns for Name, Weight, and Lift. Lists participants like R. Middleton, C. Smith, V. Nocom, etc., and their performance.

7 Oct 89 - San Pablo, CA

Table with columns for Name, Weight, and Lift. Lists participants like B. Vines, T. O'Neil, etc., and their performance.

13 Aug 89 - Vancouver, BC (kg)

Table with columns for Name, Weight, and Lift. Lists participants like M. Craig, M. Abraham, etc., and their performance.

ADPPA West Coast Open

Table with columns for Name, Weight, and Lift. Lists participants like S. B. Bazzani, R. Bazzani, etc., and their performance.

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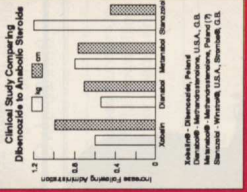
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Opinions...

Our concern is when directors/promoters schedule sanctioned events on the same days. This practice can only have negative impacts on the sport by widening the split between sanctioning bodies, putting lifters in an awkward position of choosing a friendship/relationship over a contest they'd rather attend, and by creating a gap in the already scarce supply of qualified referees to adjudicate the meet. With a small, cooperative effort amongst us, perhaps we all could lure potential sponsors, cut costs, advertise more effectively and take steps to ensure the likelihood of an event's success. What do you say California Meet Promoters? **Chuck & Loreta LaMarita**

I am writing to congratulate the IPF Jr. World Champions. This is the culmination of a dream held by a cowboy from Oklahoma, a dream that a lot of people within the USPF did not think was desirable with a thank you. He and his staff did a great job at the end of a year filled with thousands of hours and thousands of miles and many needs to bring together a very unique group in the form of Dan, Steven, and Ron. 100 kg members of the team, Mike and I are proud of each boy for representing us in the manner they did. Tyler Malajko and Will Taylor showed a lot of class. See you in Norway next year to repeat this cycle. Larry & Lynn Robinson

Attention: All Powerlifters! How much can you really squat. No drugs, no suits, no heavy belts, no wraps, no tight briefs, and with regulations on stance width. Then you'd see that you are not really as strong as you think you are! **Gerard Santucci FOREIGN PHARMACOPA STATES:**

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

Powerlifting USA BACK ISSUES

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

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

Apr/89...O.D. Wilson's 2430 total, Jan Harrell Interview, Mk 10 Challenge, Natural Nationals, Carol Waters, TOP 100 132s, ADPA TOP 20 242s.

May/89...ADPA Lifetime Drug Free, Ray Benemio Interview, Kenneth Lain Bench Workout, Milo Steinborn, TOP 100 148s, ADPA TOP 275s.

Jan/89...Hawaii Record Breakers, Joe Ladner Deadlift, Muscle Composition, ADPPA & USPF Collegiates, TOP 100 165s, ADPPA TOP 5HWs.

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

Sep/89...Triple Seniors Edition, Dawn Reshel Deadlift, the Kelso Shrug Revisited, TOP 20 220s, TOP 20 ADPA Featherweights, ALL TIME RECORDS.

Oct/89...Tony Candela, Jackie Pierce, World Games, World Masters, Ray Benemio Squat Workout, ADFFA TOP 20 Lightweights, TOP 100 242s.

Nov/89...Dan Austin Style, Gary Drigo Bench Workout, Bulgarian Principles, Muscle Growth, Randall Kea Interview, Jesse Kellum Profile, The Forgotten Exercise, Choosing Your Meets, TOP 100 275s, ADPPA TOP 165s.

MAKE A LIST OF THE ISSUES YOU WANT (AND ALTERNATE CHOICES), MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, B1 DEPT., BOX 3238, CAMARILLO, CALIFORNIA 93011.

ADPPA Fall Classic
 7 Oct 89 - Juneau, AK

Women's	SQ	BP	DL	Total	
154 lb.	C. Wollenburger	330	180	360*	870
145 lb.	M. McFarlane	310	180	350	840
135 lb.	Men's	240	135	315	680
125 lb.	E. Lorenzo	405	265	480	1150
115 lb.	E. Lorenzo	285	205	380	870
105 lb.	R. Washington	350	225	435	1115
95 lb.	A. Brown	385	200	405	990
85 lb.	M. Milne	450	315	435	1200
75 lb.	P. McDonald	475	365	525	1365
65 lb.	Best Lifters: Women - Gay Wollenburger; Men - Jay Wollenburger; Masters (10+ years)	400	250	350	1000
55 lb.	Masters (10+ years)	300	150	250	700
45 lb.	Best Lifters: Women - Gay Wollenburger; Men - Trevor Harzard & Masters lifter Greg Waggoner; Great lifting and special thanks to promoter Pete Dan, Scott Kerr, Lori Buzzeal and the other lifters in the lift-off as far as you can get without getting the lock-out. He says 700 lbs. will go at the BULK Championships in February, Good Luck contender Gay Wollenburger, newcomer 17 year old Trevor Harzard & Masters lifter Greg Waggoner. Great lifting and special thanks to promoter Pete Dan, Scott Kerr, Lori Buzzeal and the other lifters in the lift-off as far as you can get without getting the lock-out. Thanks to Don Shandow Press (Thanks to Don Shandow Press for results)	220	120	180	520
35 lb.	Best Lifters: Women - Gay Wollenburger; Men - Jay Wollenburger; Masters (10+ years)	180	110	140	430

Western Canadian Bench Press
 24 Jun 89 - Victoria, BC

Weight	Name	SQ	BP	DL	Total
181 lb.	R. Goldhawk	260*	P.O. Bates	420	420
171 lb.	Senior Men	275	160	275	410
161 lb.	K. Matlock	365	242	242	850
151 lb.	S. Fraser	365	242	242	850
141 lb.	L. Canadian Ten Record - m - Canadian Masters Record. (Thanks to L. Fediruk for results)	225	130	225	580

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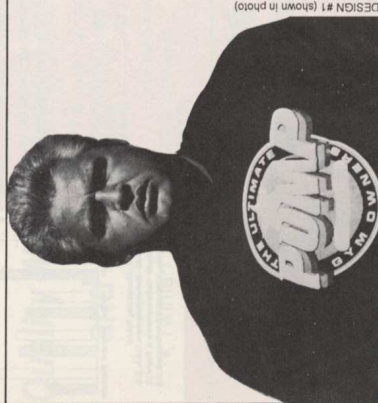
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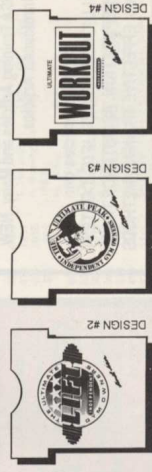


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ships were held Saturday, Sept. 30/89 at McHenry County College. The team trophy was won by Illinois, 433.5 lbs., followed by Pennsylvania, 390 lbs. and California, 368 lbs. The individual champion in the Men's Open Div. Angelo Cruz at 160lb. won with 261.5 lbs. in 1988. In 1989 he set a new half time lift with 285 lbs., over two and one half times his bodyweight. The other outstanding lifters were: California, 188 lbs., at 175 lbs. bench and 192 lbs. squat. Illinois, at 160 lbs., bench of 380 lbs. (Submitted by Carl H. Klehm)

Pennsylvania Police Olympics

10 Jun 89 - Pittsburgh, PA

165 lb.	180 lb.	198 lb.	210 lb.
S. Shiner*	T. Miller*	S. Patterson	B. Samuels
M. Lee	J. Remark	R. Samuels	A. Weller*
J. Remark	K. Hawkins	K. Hawkins	K. Hawkins
B. Samuels	C. House	C. House	M. Anderson
C. House	K. Hawkins	K. Kusnerov	M. Anderson
K. Hawkins	1135	K. Kusnerov	275
220 lb.	240 lb.	260 lb.	275
L. Fraser*	L. Bengel	M. Bengel	255
R. Hachburg	1020	L. Fraser	330
D. Benka	315	D. Benka	315
C. DeHaven*	1580	R. Hachburg	380
C. DeHaven*	1065	B. Lutz	275
B. Lutz	1065	R. Jim*	265
R. Jim*	1355	C. DeHaven	380
C. DeHaven	1660	B. Lutz	300
C. Long (254)	1660	R. Jim*	275
Thompson*	1240	1510	360
R. Fernster(235)	1440	G. Woodlee*	360
Medley	1200	C. McCab	345
Cherry*	1200	990	345
P. Steerts*(180)	910	Light Masters	242.1b.
D. Riddle*(180)	910	J. Laine	315
185 lb.	190 lb.	A. Skinner	230
A. Skinner	230	L. Anderson	178/265
181 lb.	350	P. Steerts*(189)	210
C. McNeal	350	Masters Heavy	370
C. McNeal	350	370	370
M. Moore	325	R. Fernster(235)	365
R. Moore	265	Thompson*	(226) 340
J. Smith*	205	T. Hauser (200)	315

* - Visitor. (Thanks to Tom Miller for results)



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(article continued from page 14)
wonders of life. He experiences all sorts of beautiful, loving things in his new world. As time passes he becomes secure and comfortable and it seems that the very essence of life is his. Then someone comes to him and says, "You are going to die, or, as well call it, be born out of this place into another world."
As before, he might demonstrate, "I don't want to die. I love this world - the dawn, the sunset, the moon, the sunlight. My loved ones are here, and everything else I ever wanted. I feel comfortable and secure in this world. I don't want to die or be born to a new world. But in natural course he does die. What happens then? Does God suddenly change His nature? Can we not assume that he will once again experience the comfort and strength of loving arms around him, and once again become comfortable and secure in this beautiful new world?"
Won't he soon be exclaiming, "this world that I have died into is infinitely more beautiful and magnificent than my past world. This is wonderful! I want to remain here forever."
What do you think, Michelle, doesn't this make sense? I asked, "She looked up at me with those big beautiful eyes. A single tear rolled gently down her cheek, "I'm not afraid anymore."
Michelle is doing just fine in her infinitely more beautiful and magnificent world.
Dr. Judd Blasiotto

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C. Mullen	242
D. 242 lb.	230
P. Bains	215
B. Loboth	215
D. Ziolkowski	215
P. Skalles	225

* Canadian Record. (results courtesy L. Fedlerick)

PCPF North America Championships
20 May 89 - Couer d'Alene, Idaho

Women	SQ	BP	DL	Total
105 lb.	185	25	200	470
M. Hambrough	132	18	132	362
C. Bender	215	425	1005	1645
J. Lane	475	260	480	1215
165 lb.	600	310		
C. Olson	705	450	625	1780
B. Schneider	565	425	580	1570
G. Phillips	470	360	590	1520
C. Uval	400	250	460	1110
198 lb.	455	345	530	1330
J. Mackleit	455	345	530	1330
T. Comella	720	550	640	1910
B. Lathray	680	470	715	1865
K. Lathray	630	400	600	1730
S. Peterson	675	350	610	1635
C. Gagnon	675	350	610	1635
W. Seaton	595	350	590	1425
G. Cannon	530	440	735	1905
B. Craig	680	450	750	1880

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P. Macion	700	650	685	1765
D. Powell	585	485	625	1695
S. SHW	900	540	750	2190
R. Patterson	600	600	710	1910
M. Bledsoe	630	610	705	1945
Canadian Record: Outstanding Ullrich Light weight - Brian Schneider, Heavyweight - Bill Bentley. (Thank to L. Fedlerick for results)				

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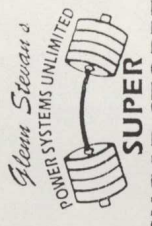
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(continued from page 10)
title. The hard training Englishman only had to show up, but that's not the kind of performer Reeves is. Despite a nagging back injury that had bothered him since Montreal's try 10 contest, he was going to try to win that too.
By mid-afternoon the sun had hit full force on the harbour front where the final event was to take place. The loading race is a considerable test of strength and endurance. Four 2 man heats run against the clock. Six different objects including an anchor and a case of fish had to be carried up a slightly inclined 24 foot course. Each object weighed about 195 lbs., and was to be loaded into a flatbed truck. Each competitor was looking forward to the end of what had been an extremely difficult three days. They were all battered and bruised, having picked up new notches on their bodies after each event.
The fitted up Widders was going to get as close to Reeves as he could. Bill Kasper, 40 pts.; 5. Laszlo Fekete, 32 pts.; 6. Ilkka Nummisio, 27.5 pts.; 7. Risto Ister, 20 pts.; 8. Dan Markovic, 17.5 pts. Best Personality of the Competition went to Laszlo Fekete.
The DAF Trophy and tankards were presented by Mr. Chris Thomason-Smith, the company's Marketing Director. Competition Referee David Webster (Scotland), Equipment Resters: Iphair Annon (Iceland), Adrian Smith (England)

Worlds Strongest Man.
It had taken Reeves a year, and perhaps a lifetime, to earn the award and the \$12,000 that came with it. There were the victory celebrations that night, and perhaps a few nights after that, but was struck by the fact that when we returned to England, there wasn't much fanfare for the World's Strongest Man. There certainly hadn't been much money. The World's fastest man, Ben Johnson of Canada, drives Ferrari's; Jamie Douglas Austin. While a bit more dough would make it possible for Reeves to leave his job as a welder in the mines, not too much seems to stop him from achieving his goals. He has what all great athletes have to have to be winners, and he proved that to the world in San Sebastian. I imagine he might prove it again at next year's championship in Istanbul. I look forward to telling you about that too.

Derek J. FitzGerald
Finishing Order: 1. Jamie Reeves, 54.5 pts.; 2. Ab Widders, 49.5 pts.; 3. on Fall Signarsson, 47 pts.; 4. Bill Kasper, 40 pts.; 5. Laszlo Fekete, 32 pts.; 6. Ilkka Nummisio, 27.5 pts.; 7. Risto Ister, 20 pts.; 8. Dan Markovic, 17.5 pts. Best Personality of the Competition went to Laszlo Fekete.
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TROY LIST is one of the best rising 181 pounders of the ADPA, who is ranked on this month's TOP 20 list.

Corrections... Rob Kinser should have been listed in the ADF. PA TOP 20 lists for his 286 lb bench press. Neil Confessore's 535 lb bench at 242 should have been on the TOP 100 for that class; and Donald Simon's 675 lb bench should have been on the TOP 100 list of 375. 2255-3001 1500 at the N. Pacific States ADPA Championships. Edward Morgan's 672 deadlift at 242 should have been on the TOP 100 list. Pete Robbins (name mistakenly listed in results as P. Robertson) should have been credited on the TOP 100 for a 675 lb deadlift at 242. Don Simmons is the new WPC World Record holder at 105 lbs. in the bench press. The lift kid, Steve Isaac should have been credited with an 863 squat on the TOP 100 275 lb. class listing. Bruce Leland's results incorrectly as 325 and 375 should have been listed on TOP 100 275s also, with a 675 pull.

A.D.F.P.A.

TOP 20

82.5 kg.
181 lb.

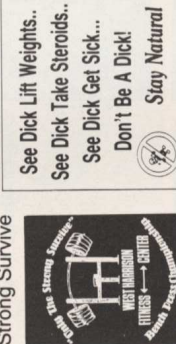
SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1. 677 Payne, C., 730/89	457 McAuliffe, L., 56/89	705 Payne, C., 275/89	1563 Payne, C., 2125/89
2. 675 Beaudette, R., 311/89	440 Stone, L., 319/89	651 Krieger, H., 270/89	1763 Krieger, H., 707/89
3. 675 Krieger, H., 272/89	413 Lisi, T., 730/89	1669 Lisi, T., 115/89	1669 Lisi, T., 115/89
4. 650 McAuliffe, L., 41/89	405 Glumac, R., 115/88	655 Glumac, R., 219/89	1653 Jones, C., 219/89
5. 644 Lisi, T., 730/89	405 Jones, C., 219/89	1653 Payne, C., 275/89	1645 Beaudette, R., 311/89
6. 629 Coppe, J., 212/89	402 Savage, W., 122/89	1645 Beaudette, R., 311/89	1620 Coppe, J., 212/89
7. 617 Barquera, M., 730/89	400 Belcastro, R., 102/288	633 Skibak, B., 275/89	1620 Coppe, J., 212/89
8. 615 Earle, S., 56/89	400 Parks, W., 218/89	630 Thompson, M., 1126/88	1565 Skibak, B., 11/19/88
9. 612 Thompson, M., 1126/88	400 Pickover, J., 827/89	630 Jones, C., 219/89	1560 Gundry, A., 327/89
10. 611 Coppe, J., 212/89	391 Parodi, R., 103/308	628 Coppe, J., 730/89	1555 Pickover, J., 827/89
11. 607 Glumac, R., 115/88	390 Chick, E., 62/88	617 Earle, S., 56/89	1548 Barquera, M., 730/89
12. 605 Higgins, W., 102/288	390 Brady, D., 79/89	606 Brettmacher, J., 429/89	1543 Lira, M., 4/9/89
13. 600 Laghand, B., 102/288	385 Cieri, D., 41/89	606 Sampson, B., 730/89	1535 Thompson, M., 1126/88
14. 600 Buffum, L., 41/89	385 Payne, C., 275/89	601 Scruggs, K., 41/89	1535 Earle, S., 56/89
15. 600 Henk, H., 41/89	385 Coppe, J., 730/89	600 Pira, L., 1127/88	1535 Earle, S., 56/89
16. 600 Krieger, H., 272/89	385 Payne, C., 275/89	600 Krieger, H., 272/89	1510 Gundry, A., 327/89
17. 595 Whittington, R., 225/89	375 Skibak, B., 11/19/88	600 Beaudette, R., 311/89	1510 Gundry, A., 327/89
18. 595 Whittington, R., 225/89	374 Brettmacher, J., 429/89	600 Rette, C., 49/89	
19. 589 Lira, M., 730/89			

It's first full meet and all the meet went smoothly. 14 lifts participated revealing some exceptional talent! We would like to thank side judges Don Torres, John Stiles, Mike Velez, spotter/headers Davey Pass and Mike Stone. Special thanks to Greg Swank, Alphonso Caldwell and Babba for wrapping the knees of all lifters. Sponsors: the Gator Nutrition, Hart and Bruce King Pictures; Dan Torres and John Chambers, Rec Director without whom this meet would not be possible. (Results courtesy Dave Demine)

ASKW	EMERY	TOTAL
425	325	750
325	290	615
290	250	540
250	210	460
210	175	385
175	140	315
140	105	245
105	70	175
70	35	105

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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?

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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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