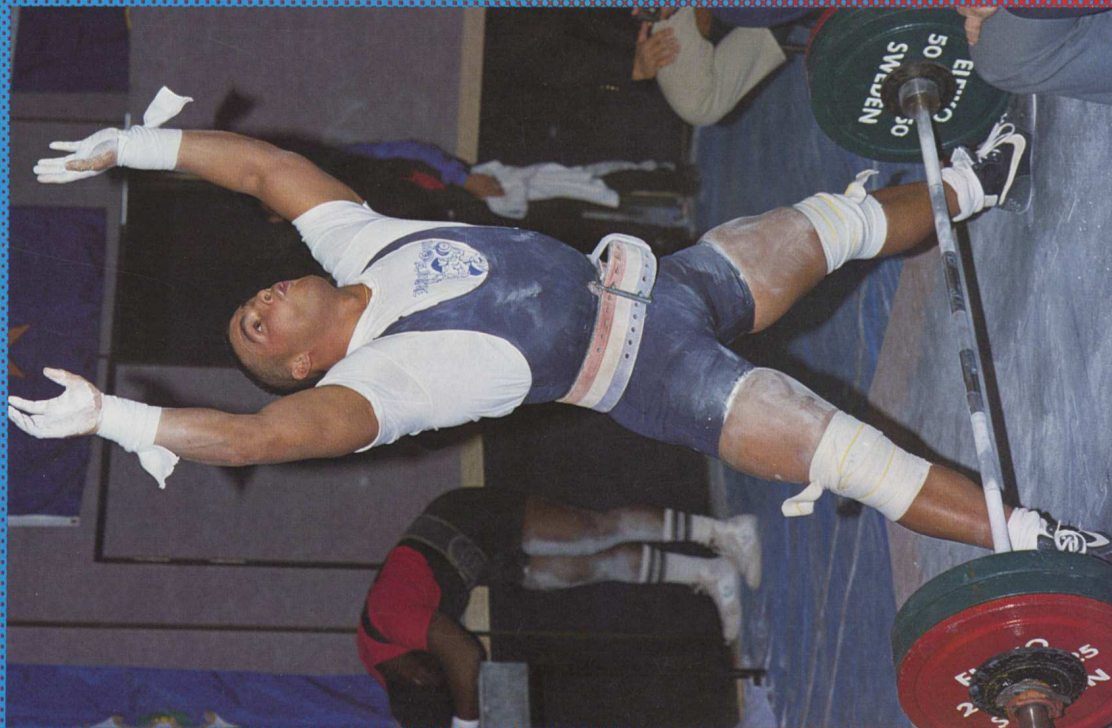


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The proper balance of amino acids is something called the "3-Way Amino Stack"—newly developed by Marathon® Nutrition Company and found exclusively in AMINO SUPREME.™ Over 15 months of intensive research went into the creation of this formula, and it's so highly advanced that it literally makes all other amino acid complexes on the market *obsolete!*

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Why Not The Best?

There's a lot more we could tell you about our AMINO SUPREME. Such as the 10 mg. of Vitamin B-6 we put into each tablet to help you get the maximum uptake of your aminos.

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ON THE COVER..... Joe Raynor of North Carolina, competing at the 1990 USPF Natural Nationals in Reno, NV

NEXT MONTH..... the HAWAII RECORD BREAKERS

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POWER PROFILE

Things have been happening for Mike Hall lately. He has served as a "walking billboard" for the Delaware Department of Agriculture at the International Food Show in Boston, put in a well received appearance at the Pennsylvania State Special Olympics Games, received a National Freedom Award (part of Black History Month in Philadelphia), earned Delaware's Order of the First State recognition, and is speaking engagements set for 1,900 kids from 6 schools in Missouri, a series of talks at 10 parochial schools in Pennsylvania, has a photo coming up for **SPORTS ILLUSTRATED FOR KIDS**, and ...

You'll be seeing him on the sponsored *Lighter Side of Sports* television show with Mike Albano and Eric the "Fight Doctor" Pacheco. On this Mike has announced that he's out in the beach with his 300 pounds, theoretically a "billion dollar" worth of reps on a gold plated set of weights, and he'll announce his role at the end of the segment. He'll also be appearing on the Competitive Edge syndicated sports channel show, talking about drug free fitness. He was a "big part of Pennsylvania State Senator Stuart Greenleaf's "Anti-Steroid Week" in Pennsylvania, and is working with the National Federation of State High School Associations to create and distribute an anti-steroid poster to 20,000 high schools around the country.

Why all this activity? Isn't winning the Sr. Nationals and World Championships and running his own gym enough for Mike Hall? No, it isn't, because Mike knows there are a great many people who are not satisfied in our society, and he hopes to become the nation's leading anti-drug role model. He recalls in his youth, when his self-esteem was searching for something to anchor itself to, there were no positive role models coming to his school. He wants to make sure that someone does for today's kids what no one did for him, so more of them will get on the right track to positive self development.

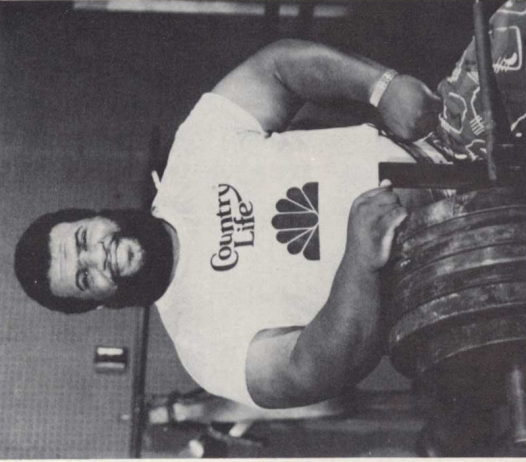
Mike found his way on his own, starting out by fashioning resistance exercises from tree trunks and under blocks, and he steadily graduated to shifting VW bugs around before getting heavily into the precision machine bars and plates that we associate with his strength today. In the Marine Corps, Mike expressed his physical gifts on the football field, and by throwing the shotgun and discus, but he discovered the weight room to be his real niche, and has made steady progress since then, without the aid of drugs.

Mike is a 100% natural athlete. As one never heard report put it "Mike has never cheated himself and he will never cheat society by following the path of so many fallen champions" by using drugs. Not that there haven't

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

MIKE HALL

as told to Mike Lambert, PLUSA



been temptations. When Mike's goal was just to make the qualifying total for the U.S.P.F. Senior Nationals (2105 at the time), there were those who urged him to get on the steroid bandwagon and go for the gold. Mike was shocked that his associates had so little concern for the principles that brought Mike to that point. From then on, Mike decided "God is My Coach" and continued to progress and succeed, winning both the USPF and ADFFPA titles in the same year and becoming a Champion.

Few people realize the intensity of Mike's effort to win the Superheavy title at the fantastic IPF Worlds in Canada last year. His back had been hurting him for two months prior to the meet. In warmups, even 225 gave him pain. He prayed, and then felt no more pain until after the 705 he needed was successfully completed. Since that time, he has not been able to successfully deadlift. He's been keeping his squat in tune with massive leg presses, but the injury may just keep him out of the 1990 USPF Seniors. Mike intends to move his body weight down from 400, where he feels too much stress, to the 380 area. At a weight of 397, his measurements were 24" arms, 64" chest, 23" neck, 22" calves, 18" forearms, 35" thighs and a 51" waist. Only a "Texas Tee" XXXXXXL is a comfortable fitting shirt for him. The most important thing to Mike is "the kids". He wants to teach them that you can be big and strong without using steroids. Most fans training in his quest to get his message across has been a relative dearth of national publicity. When he was interviewed for 60 Minutes on steroid abuse, his segment was dropped in favor of statements from former users. He's even been told, bluntly by representatives of major print media that what (they think) the public wants is words from former drug users, instead of words from someone who has never used drugs. Mike, with his powerlifting, Mike continues to strive and improve, confident that eventually his message will receive the attention it deserves.

This is not to say that Mike's stature as a drug free champion is completely unappreciated by the mainstream. Recently, he became associated with the Country Life supplement company. In addition to supplying Mike with sponsorship and vitamin products, the Sr. Sports Nutritionist for Country Life, Carl

Germano M.S., R.D., has done complete meal planning for Mike's diet. The meals emphasize low fat, nutrient dense calorie sources, and the supplement program falls into three main categories: (1) natural growth hormone stimulators - like arginine and ornithine; (2) nutrients that mimic "framework" molecules - like gamma oryzanol, FRAC, plant sterols - which are like the "bricks" from which the body can manufacture its own hormones; and (3) supplements that activate protein metabolism at the level of the muscle cell - like chromium picolinate and dibenzocyclo.

Country Life is working with athletes in several other domains at this time; bodybuilders, cyclists, tri-athletes, and they have previously developed programs for nationally recognized basketball teams, football teams, soccer teams, hockey teams, wrestlers, etc. It's emphasized that the success of the program is dependent on getting the proper amount of nutrient dense calories and doing the hard work necessary to induce muscular development. Mr. Germano also notes that while this type of nutritional program may take the average guy a little longer to reach his peak potential, the downside risk of these natural and safe products is nothing compared to the danger of steroids and the like.

The man who deserves much credit for the publicity Mike has received recently, and will receive in the future, is James Robinson of Zane Management in Philadelphia. As a sports agent, he finds it very refreshing to represent someone like Mike, a gentle giant, who is not into showboats to glory, from a sport that does not lead to big bucks; contrasted to the multi-million dollar athletes who complain about everything and give little back to the society that indirectly supports them. Powerlifting that Mike is attempting to do for free achievement, it's good for all sports in general.

For further information about Mike Hall and the various programs that he has become associated with you can contact the following:

- James Robinson, Zane Management, The Bellevue, Suite 600, Broad & Walnut Streets, Philadelphia, PA 19102, 215-790-1155.
- Carl Germano, M.S., R.D., Sr. Sports Nutritionist, Country Life Vitamins, 180 Oser Avenue, Happauga, NY 11780, 800-645-5768 (in New York, 800-346-5886), or 516-231-1031.
- Mike Hall, Mike Hall Fitness Center, S. Dupont Highway 113, Millsboro, Delaware 19966, 302-732-3030.

FOR THE RECORD

THIS SECTION IS RESERVED FOR POWERLIFTING RECORDS. EVERYONE IS ENCOURAGED TO SEND IN REGIONAL, STATE, MET, CLUB, SCHOOL, CIVIL RECORDS; ANY KIND OF RECORDS. SEND TO: FOR THE RECORD, BOX 467, CAMARILLO, CA 93011.

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440 J. Catalano	451 Schaefer	114 DL		478 R. Thompson
1047 J. Catalano	1047 Catalano	114 DL		485 J. Reddick
309 L. Vuratis	480 Lech	123 SQ		536 J. Cunha
365 L. Vuratis	370 A. Blocker	413 F. Higgins		363 D. Ohtz
365 L. Vuratis	370 A. Blocker	123 BP		1157 F. Higgins
880 L. Vuratis	480 Lech	123 T		1383 L. Gant
440 T. VanBodegan	535 Pell	132 SQ		650 J. Bradley
236 L. Vuratis	310 Fronzologia	132 BP		397 J. Bradly
1113 T. VanBodegan	290 M. Keenen	259 J. Richards		1382 J. Bradley
1113 T. VanBodegan	1090 P. Weber	429 J. Richards		705 J. Jackson
501 T. VanBodegan	460 W. Weaver	534 E. Bridges		429 E. Morrisima
325 M. Schabner	295 R. Cortes	391 G. Millhouse		694 D. Austin
1280 P. L.	1280 P. L.	551 E. Bridges		1147 J. Austin
1280 P. L.	1280 P. L.	148 DL		751 A. Alexander
550 L. Sheperd	490 B. Welk	600 L. List		485 R. Weil
363 M. Schabner	390 P. Benedict	165 SQ		1885 A. Alexander
585 J. Cope	585 P. Benedict	335 C. McClure		733 J. Inzer
585 J. Cope	585 P. Benedict	1325 Cope		1620 B. Bridges
530 C. Tirrelli	540 J. Reardon	165 DL		791 E. Cogan
560 C. Tirrelli	620 W. Andrews	181 BP		860 E. Cogan
1410 C. Tirrelli	1530 P. Benedict	181 DL		860 E. Cogan
340 A. Inghon	410 K. Kramme	198 SQ		2204 E. Coan
1360 A. Holton	630 A. Kramme	198 T		931 E. Coan
520 T. Gregory	810 S. Anderson	220 SQ		705 M. Haulton
562 R. Castellano	2015 S. Anderson	220 T		821 T. Malajko
1422 R. Castellano	2015 S. Anderson	220 T		370 P. Fouisi
479 D. Jiefier	640 B. Meek	242 SQ		375 G. Miller
505 J. Johnson	490 Shuman	242 BP		425 K. Hartman
1325 J. Johnson	490 Shuman	242 T		450 W. Peake
805 M. Pearson	805 D. Koornjian	275 SQ		435 D. Tolke
435 M. Pearson	500 P. Harrell	275 BP		821 M. Poretta
1850 M. Pearson	2060 D. Koornjian	275 T		755 D. Shaw
	2060 D. Koornjian	275 T		561 H. Boss
	740 C. Garrett	SHW SQ		
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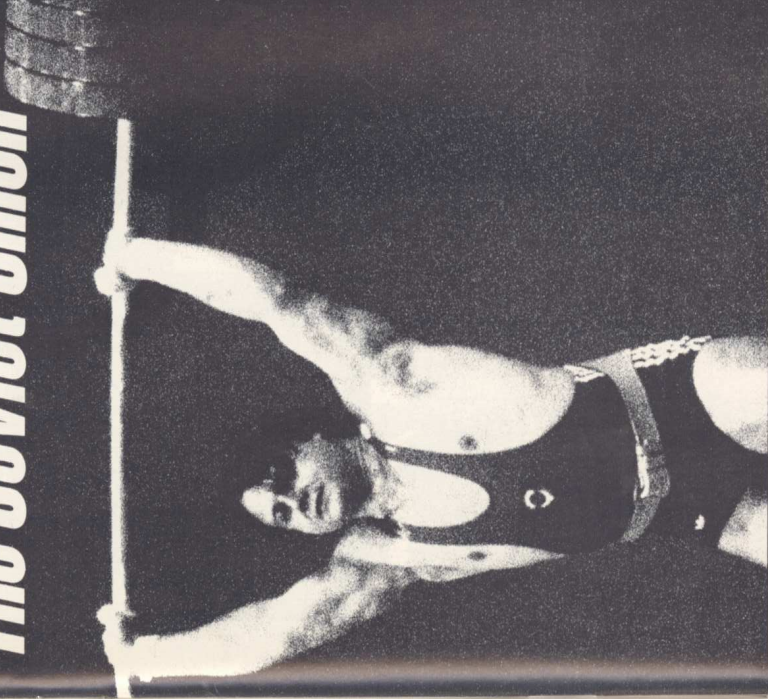
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Debbie Johnson (Female - 9)

"When I grow up I'm not going to play sports. There's more important things in life, like making a million dollars and chasing women."
Stacy Sharp (9)

"My favorite sport is football because you can hit somebody real hard and get away with it."
Michael Askew (12)

"Powerlifting is when you pick up powerweights with your power muscles so you look good at the bench."
Minnie Merritt (13)

"When I grow up I want to be a mix between Hulk Hogan and Don Johnson because I would like to have muscles and have every girl yell my name and like me."
Lee Hartley (13)

"Powerlifting is to pick up dead weight with your body not using any drugs or steroids to help you. You need to be a great athlete."
Karen Archer (12)

"I would like to be like Mary Lou Retton or Dorothy Hamill because they have nice legs and bootie."
Alison Miller (12)

"My favorite athlete is the Road Warrior because he is real big and strong and he spits on people."
Clay Godfree (12)

"Powerlifting is being able to lift more than 100 pounds."
Rebekah Skalla (11)

"I want to be like John Wayne. He was courageous and brave and he could fight and he always got a woman."
Joseph Moye (11)

"My favorite sport is weightlifting because I want to get a built body."
Chris Davis (12)

"Powerlifting is any man or woman who is strong enough to lift heavyweights no matter how much the weight is."
Eve Oxford (11)

"I want to be like Paul Anderson or my dad because he has bigger muscles and no fat."
Jason Bullington (11)

"Powerlifting is how well you can lift something with lots of power."
Kim Hatcher (12)

"I want to be athletic like Coach Avery but in my own body."
Melody Brown (12)

"My favorite sport is swimming because you don't have to stop when you need to go to the bathroom."
Michael Veera (11)

"When I grow up, I want to be just like my dad - or a game warden in Alabama."
Jason Weeks (12)

Dr. Judd Biasiotto

Dr. Judd

Candid Kids

by Judd Biasiotto Ph.D. and Army Ferrando
of WORLD CLASS ENTERPRISES



When kids write or talk about a particular topic, the result are frequently hilarious and, more often than not, very candid. Children have a wonderful knack for getting their heart of a matter and sharing their innermost thoughts. With this in mind, World Class Enterprises has collected hundreds of interviews and papers that children have done on various aspects of sports. What follows are some of the best excerpts from our collection.

"Sports are fun because in sports you can kill your friends and not get into trouble for it."
Jimmy Miles (8)

"I don't like sports because they make you sweat and they hurt your muscles."
James Rich (6)

"In sports you can get a lot of money, a lot of friends, and all the women that Johnny Carson has."
Mark Berwath (8)

"Sports are full of drugs and sex. No wonder everyone wants to play them."
Jamie Bassett (9)

"My favorite athlete is Hulk Hogan. He's built real good and he always wins. He kind of reminds me of Rocky."
Judy Marsh (8)

"My favorite athlete is John McEnroe because my father hates him."
Michael Sapp (6)

"My favorite athlete is Arnold Schwarzenegger because he's cut and he also starred in motion picture movies."
Charlene McBratney (10)

"I want to play college sports because you can make a lot of money doing that."
Todd Matthews (8)

"I want to play for Oklahoma. My father says they don't play any tough teams, they never get hurt and they always win. That sounds like me."
Steven Rapp (9)

"I'm not stupid. When I grow up I'm going to be a sports athlete or agent. I'll let those dumb athletes kill each other and I'll take their money."
Tracy Willis (10)

"I'm going to be a World Champion boxer like Rocky Balboa."
Bobby Saxs (7)

"When I grow up I want to be like Mike Tasso I can beat the hell out of everyone."
Bobby Sanders (8)

"When I grow up I want to be like Mr. Ronald Huth. That's my Dad. He's the best."
Ronald Huth Jr. (8)

"My favorite sport is baseball because you don't have to run far."
Lanny Smith (7)

"I like to play basketball, but I'm afraid I won't be any good because I'm white."
Terrence Decker (7)

"I want to be like Jim McMahon, but I'm a girl."
Mary Jean Adams (7)

"I think powerlifting is something

Powerlifters and other athletes focus intensely on their sport. Sometimes it's refreshing to see how the outside world (even kids!) views their efforts.

"I like rollerball except that the players wear electro-magnetic shoes so that they can slide across the field. Actually, I don't know what powerlifting is."
Arnold Tabler (10)

"I don't know what powerlifting is and I don't care."
Barb Richards (9)

"Powerlifting is kind of like wrestling, except that you can't use chains, or chairs or any of that other stuff... I think... yes... that's right... I think... oh... I don't know."
Mark Gibb (8)

"I want to be a football player because they get to be on television all the time, even when they stink."
Terry Webster (7)

"My favorite player is God. He can win all the time, and if He doesn't He

can tell you to go to hell."

"Powerlifting is what people do who can't play football, baseball or basketball."

"When I grow up I don't want to be anyone but me."
Justin Holden (8)

"My favorite sport is wrestling because those guys are dirty, mean and nasty. They are good sports, too."
Henry Hill (7)

"My favorite sport is Glou Wrestling (female wrestling). You probably can understand why."
Chris Dover (9)

"I don't like sports, boys or school. Now do you have any other questions?"
Barbara Lang (8)

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POWER PROFILE

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

MAC RICHARDS

I first met Mac Richards in 1979. He had driven up to a gym I was training at in Troy, Ohio. He said he wanted to meet me and find out more about powerlifting. He had just seen the NBC SportsWorld coverage of the World Powerlifting Championships from Perth, Australia. Mac was 58 years old at the time.

I had heard of Mac over the years from some mutual acquaintances, and I knew this was a man who deserved my total attention and respect. I must say I didn't expect him to ask me to train him for competition. My reaction was, "OK Mac, here is when I train, try to be on time and let's see if you have the potential to be competitive."

At 181 lbs., Mac could already bench close to 300 lbs. However, he had done few deadlifts and fewer squats. I knew it would be an uphill battle to teach a seasoned lifter to squat for the first time, but Mac was always there on time and the rest was history.

I honestly believe Mac would have been among the greatest lifters of all time had powerlifting been a sport in the 40's and 50's. In fact, had he had the opportunity, he would have been a contender in bodybuilding as well. At 58 years old, he impressed me, and still continues to today, at 67.

His first competition was October 4, 1980. This was a contest I won't forget because it was the one in which I severed a finger in the bench press. Mac lifted at 181 lbs. and went 425 308 479 1212 for a new Masters World Record. A few weeks later I went with Mac to the Nationals and World Championships in California. Mac won them both easily. He has since won 6 more national titles. In fact, he has never been beaten at his age and weight.

Mac's plans to continue competing on are a bit unclear. I think he wants to enter another National Championship. At any rate, he is training as hard as ever. Just this week he pulled a personal record of 435 for 3 reps in the deadlift. If he chooses to compete this year I think he can hit lifts of squat 473, bench 331, deadlift 501 for a 1305 total.

Mac's current lifting program is a combination of several ideas



Mac Richards is aided by author Larry Pacifico at the 1980 World Masters Meet from lifters he has respect for. They include Mark Chaillet, Lou Simmons and, of course, a few programs I laid out for him over the years. Here is his current schedule.

Monday Squat - he alternates between competition squats and the Hatfield bar every other week. The weight he uses for his competition squat depends on his last contest performance. He projects a realistic improvement on that weight. Then he takes a percentage of that weight for his training. Example: if he squatted 450 lbs. in his last contest, he would set a goal of 470 lbs. for his next contest. His routine would look something like this: Week 1 - 70 percent 3/8; Week 2 - 75 percent 3/8; Week 3 - 80 percent 2/5; Week 4 - 85 percent 2/5; Week 5 - 90 percent 1/2; Week 6 - rest; Week 7 - max out.

One note, when Mac uses the Hatfield bar he does 4 sets of 8 reps, increasing the weight on each set. Same Day assistance - Hack squats, leg extension, leg curl and good mornings. These are all done in sets of 4 doing reps of 12/9/9 increasing weight each set.

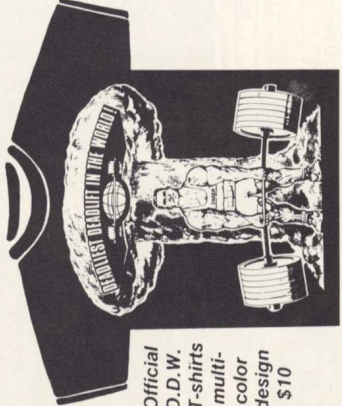
Tuesday Bench press - the same as the squat only he is a bit more ambitious and adds a little more weight for his goal. Assistance same day: incline and decline bench, hammer curls, standing tricep extension, chin ups (weight added), 4 sets of 12/9/9, increasing weight each set.

Thursday Deadlift: same as the squat and bench, however Mac believes an extra 5 weeks should be

Spending this short story about Mac Richards with POWERLIFTING USA has been a goal of mine for several years. I thank Mike Lambert for letting me do it. Mac was my best man when I got married in November, so my feelings for him are obvious. He is an inspiration to all of us around the gym. When I give prospective members a tour around the gym, I make it a point to have them meet Mac and witness him doing 10 chin ups with a 30 lb. dumbbell strapped on. After I mention Mac's age, a new membership is just about guaranteed. If you are interested in getting more information about Mac Richards, you can write to him at 210 Whittington Dr., Dayton, Ohio 45459.

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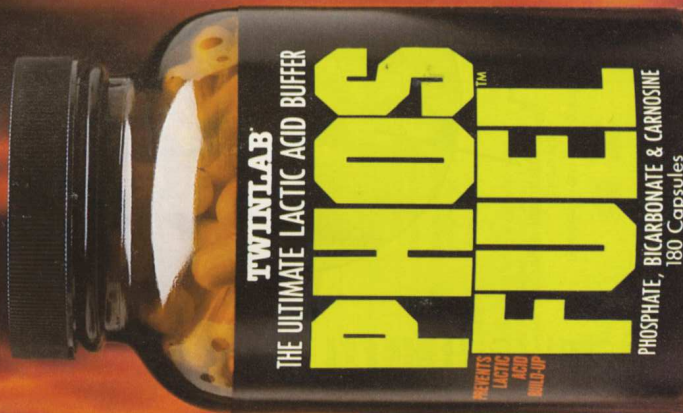
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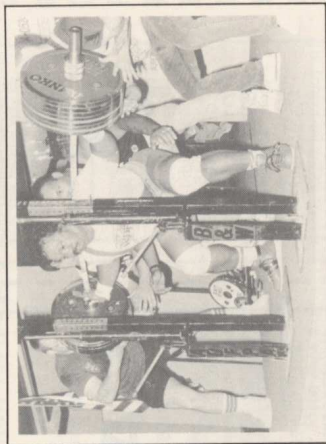
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Most athletes concentrate on muscle tissue when trying to increase strength. Elaborate diets, ergogenic aids, such as anabolic steroids and growth hormone, and intense load cycles are usually aimed at increasing muscle bulk. However, strength depends not only on the size of the muscles, but on the ability of the nervous system to activate them. Strength training causes the nervous system to more fully "turn-on" the most important muscles required in specific movements and to better coordinate their actions. These neural changes result in the ability to exert more force.

The motor unit is the basic neuro-muscular structure that determines your strength. The motor unit is composed of a nerve cell body which is connected to a number of muscle fibers. The motor unit may contain only a few muscle fibers or hundreds of fibers. When the motor unit is turned on or recruited, all of its fibers contract to their maximum capacity. Muscles increase force by recruiting more motor units. When going for a maximum lift, the ideal situation is to recruit as many motor units as possible. The more motor units you can recruit, the more strength you have. The neural component of strength is studied primarily with electromyography. Electromyography (EMG) measures the electrical activity in muscle and is used to study the electrical activity in the heart. EMG is valuable because it provides information about the rate and coordination of motor unit recruitment. In general, more electrical activity measured by EMG in the muscle reflects greater motor unit recruitment.

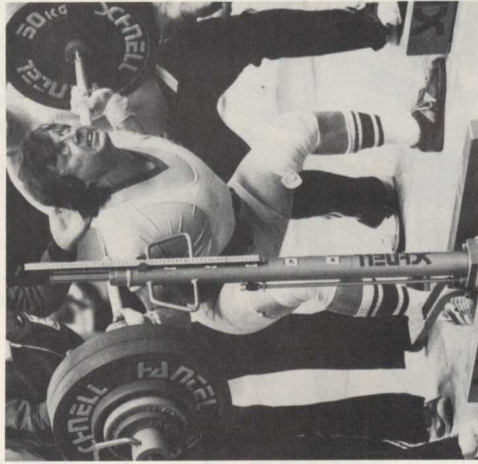
Neural adaptations to strength training include increased electrical activity of the muscle, increased rate of motor unit activation, the ability to turn on motor units when the muscle is suddenly stretched, improved coordination of antagonistic muscle groups, cross training effects (training one limb results in training effect on the complementary limb on the other side of the body), enhanced motor unit coordination, enhanced recruitment of high-threshold motor units, and increased time high-threshold motor units can be activated. This article will focus on turning on the maximum number of

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Getting Stronger by Turning On Your Nervous System

by THOMAS D. FAHEY, Ed.D.
Professor, California State University, Chico
Exercise Physiology Laboratory



Top lifters use two means to increase their output on the platform - building muscle tissue and/or developing neural adaptations to their training loads. changes are critical for maximum strength, because hypertrophy does not occur in women to the same extent as in men.

Some motor units are harder to recruit (activate) than others. The high threshold units are the hardest to achieve, but they are also the strongest and most powerful. Two related neural adaptations, enhanced recruitment of high-threshold motor units and increased time high-threshold motor units can be activated have important implications for overall strength development. A motor unit is trained in direct proportion to its recruitment. What this means is that the high threshold motor units (muscle fibers and their motor nerve) will not be trained unless they are recruited during training. Neural adaptations that result in activating high threshold motor units must occur before these motor units can be trained. When trying to develop explosive power you must concentrate on recruiting the high threshold motor units and turning them on for as long as possible.

There are several training principles that can help you unleash your nervous system and achieve 'big reps.'

- Structure your routine to make heavy days as intense as possible.

Even in this day of sophisticated

'periodized' training cycles, many athletes still insist on over-training. Consequently, they are not recovered enough to train hard on heavy days. Maximum neural adaptation depends on absolute load, not relative load. When you do a heavy workout when tired, you may feel like you are training hard, but you're not. Your muscles and nervous system will not adapt the same way as when you're fresh and can train more intensely. When you're more fully recovered, you can train harder and more fully call upon those difficult to recruit high threshold motor units.

• "Explode" when you do your reps. The nervous system largely determines the rate you can exert force. You can train the nervous system more fully during your workouts if you try to accelerate the weight on heavy singles. If you can accelerate the weight early in the lift, you are more likely to overcome the weight's inertia and successfully complete the rep.

• Practice accelerating the lift at your sticking point. There are many ways to turn on your nervous system during specific portions of the lift. The power rack is one of the best techniques for maximal neural overload. Adjust the rack to place the bar at the sticking point in the lift. Build up to a maximal explosive lift at the sticking point. This technique will help you achieve the two critical prerequisites for recruiting high threshold motor units, maximum overload and maximum acceleration. In order to reach the maximum strength of the lift, you must train the high-threshold motor units. These units are only trained if you recruit them in these more units, you must train intensely and concentrate on accelerating your reps.

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FORCING Forced Reps by Doug Daniels

One of the most popular methods lifters of all types incorporate in their training from time to time are forced reps. Forced reps can add a new level of intensity, and help to increase size and strength.

However, many weight trainers do not use this potentially effective method in the most logical manner. Let's look at some common misapplications of forced reps and then some ways of using this method for better gains.

First, let's start out with a quick explanation of this principle. With forced reps, a lifter completes a rep of an exercise with a degree of extraneous assistance, usually from a training partner. For example, you may get 5 reps on the bench by yourself, but on the sixth one, you get stuck half way up. Your training partner would then grab the bar and help you just enough to complete the rep. After that, more reps can be done on your own. If you are unable to help from your partner, you can work past failure, adding intensity. The amount of assistance you may need can vary from a finger to an all out lifesaving effort from every lifter in your gym.

In hopes of further increasing the benefits of forced reps, some lifters take it to extremes that are not necessarily effective and may prove to be potentially injurious. Let's expand on the previous example. Upon falling on the sixth rep, the lifter completes the rep with just enough help from his partner. He continues on with more reps. With each additional rep, his training partner must lift more and more of the weight because of the lifter's rapidly accelerating fatigue, until his partner is lifting the entire weight and effectively doing an out of position upright row. This creates a potentially dangerous situation for both lifters. The lifter himself has less and less control of the bar and could easily hurt himself. The helper must upright row the bar from a bent forward position which could also result in a muscle pull. Both lifters could get fatigued or injured during this process, where even combined they might not complete the lift and get the bar back safely in the rack.

Another example is a lifter using a weight over his max to achieve overload and get some negative or eccentric resistance. A lifter can max out at 250 in the bench but, loads up on 275 for a forced rep set. He hopes to lower the bar slowly and at least get the weight going off the chest, and with his partner's help, finish the rep. After taking the bar out of the rack, he lowers the bar slowly at the top, but as it nears the midpoint of its descent, the sheer weight of the bar overwhelms the lifter and crashes down to the chest. The press or "bounce rep" gets about 1 inch up

STARTIN' OUT

A special section dedicated to the beginning lifter



John Kuc seen above handling off to Jim Williams at the 1971 World Championships. John and Jim used a forced rep system to train their benches back then, and they certainly had specific goals in mind to help direct their training efforts.

I am continually besieged by powerlifters and athletes alike. Their plight is they can not seem to meet their goals. The first question I always ask them is exactly what are their overall goals, and do they have specific goals set for themselves. In many cases they once had goals, but stopped setting them some time ago because they were failing to reach them.

It is not an unfamiliar pattern for powerlifters to set only long term, far off goals with no focus on the present. In strength training it is the present that gets you to the future in the manner in which you wish to get there. So, in terms of goals and powerlifting progress, what you need are lots of little goals which can be progressively increased along the way.

Lifters need to focus on setting specific goals and then a map a systematic method to achieve these goals. For instance, suppose I want to be a world class powerlifter and a Senior National Champion. One you want so bad that you can taste it. However, so do lots of other people.

The question becomes what are you going to do about these goals in the next 15 minutes, hour, day, week, month, year, etc. A plan needs to be instituted to achieve your dreams. The ability to set specific goals and pursue them in a systematic way separates those who want to excel in powerlifting from those who actually do.

Excellence in the sport of power-

GOALS and the Powerlifter by Coach John Ware

lifting will largely depend upon how well you know where you want to go, how bad you really desire to get there, and the extent to which you believe in your own ability to arrive at your desired destination. How good of a lifter you ultimately become is largely a function of the expectations you have for yourself. If you treat yourself like you have little or nothing to offer, this will be reflected in your performance. Do not, under any circumstances, sell yourself short, every lifter out there has all kinds of untapped potential. The trick becomes actualizing all of your abilities.

Use your coach or training partner to help you establish realistic but challenging short term and long term performance goals. Formulate these goals into specific routines, programs, performance levels, etc. An achieved goal can work as a reinforcer and as a stimulus to pursue your next goal. The end result can be better motivation and an improved level of your self confidence. Write down your objectives in concrete terms, be as specific as possible. If you have a written goal to do something by a certain time, you will have a much better chance of achieving your objectives and probably in less time than it would otherwise take.

Keep track on a calendar or a chart of how many training sessions you have left before your most important competition or goal. Keeping a written record of the number of training sessions before a goal can spur your action. If you don't keep a training log, which is detailed and complete, then you are hurting yourself. Everyone should keep a training log. It is important to remain positive in all of your training and competitive endeavors. Try to look for what is good within yourself and your performance instead of always looking for what is bad. Always remind yourself of what it is that you do well. An example for the squat might include, (e.g. "The set up feels good, the lifter feels light,") and point out suggestions for improvement to yourself in a positive and constructive manner, (e.g. good power and explosiveness on the ascent of my squat, but I would like to get my weight and center of power over my hips a little more, let's give it a try!)

Walk into your next training session and try being totally positive with yourself. Reinforce yourself for goals yourself that you are going to take control of your own actions and most of all feel good about yourself. You will find yourself feeling stronger, more powerful, and the attitude might even rub off on those around you. Concave goals, pursue goals and achieve goals. Go pump some iron.

(This article, on Squatting in the '60s, is continued from last month)

Up to this point, the Texas-York duo pretty much dominated the early chapter was quickly drawing to an end. Bames posted a 645 at the Nationals (edged out for top squat honors by Tom Overholzer's American Record 655); Cole did an American Record 705, and Kanter was right on his heels with 700. By year end, at the Arizona State Championships, all three broke the American Record in the squat: Bames with 670 (weighed 676.5), Kanter with 735 (weighed 743.5), and Cole with 740 (weighed 750). It had also been noted at the 1968 Senior Nationals that these top guns from Arizona hadn't found it necessary to rely on the extreme wraps common among some of the Southern California lifters.

This first chapter in the Great Wraps Controversy ended with the AAU greatly limiting wraps for 1969, including complete elimination of anything around the mid-section, and the results were not lost upon the squat performers of the 1969 Senior Nationals. For example, Tom Overholzer, who was referred to as being something like a mummy in 1968 due to how heavily he had wrapped, had the courage to show up and lift under the new set of rules. Remember his 655 in 1968? How about 480 in 1969? And don't think Tom had just less legs because the top squat in his class was 509—twenty pounds less than the lowest squat in the class the previous year. In fact, in the majority of classes, the top squat at the 1969 Senior Nationals was less than in 1968.

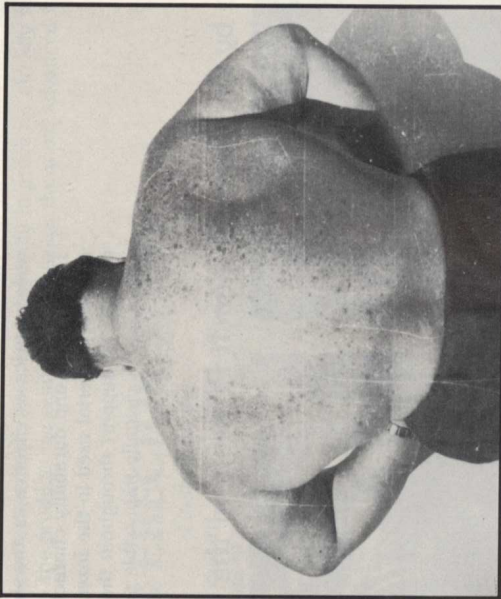
But not everyone went down in 69 as among others, Bames, Kanter, Peary, and Peary's Phoenix Ory with being good for American Records. By year-end, at the U.S. Open Power Championships, also in Phoenix, Bames had put another 500 on his American Record and George Peary, Peary's lifter, had won the honor of West Coast powerlifter, but an American Record note to that contest, Paul Anderson, once again demonstrating his superior squatting ability, casually led 850.

Funny how the more things had changed, the more they had remained the same.

Randall J. Strossen, Ph.D., is the author of the newly released "SUPER SQUATS—HOW TO GAIN 30 POUNDS OF MUSCLE IN 6 WEEKS", available for \$12.95 plus \$2.00 postage and handling from IronMind Enterprises, Post Office Box 884, Lakespur, California 94939.

THE SQUAT

Squatting in the 60s Part II, by Randall Strossen Ph.D.



Now That's A Back, Jack! early squat pioneer Doug Hepburn had incredible overall physical development. Photograph provided courtesy of Douglas Heilburn and Randall J. Strossen Ph.D.

Remember how Peary had battled to win acceptance for powerlifting? Listen to what he had to say in that regard: "Although there were many exciting moments in the previous years in Los Angeles, there were also some discouraging moments. One of the most discouraging is the attitude of many lifters to cheat. We came away so disgusted with some of the antics that we didn't care whether we ever saw another power lift contest." The problem was the wraps, which Peary classified as "artificial aids." Peary described how some of the lifters would swathe themselves with wraps so that the body from the mid-thigh up to nearly as high as the pectorals was one solid hard mass. These men would wobble out on the platform, hardly able to walk. In the squat, of course, all they had to do was take the bar and waddle away from the squat racks and then attempt to get as far as a parallel squat. If they made it down this far the extreme tightness of the apparel almost forced them up without any muscular contraction.

Appearance of their support gear might be crude by contemporary standards, but the functional description stands just like today, more than two decades later.

The 1968 Senior National also

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Dateline: Thailand

I was lounging around my hut out-side Mae Hong Som, wondering how to write a powerlifting article about a country which has no powerlifting, when Nong announced that it was time to leave for the Ping river. I slipped on my elephant hide sandals, my shades, the Mae hill-tribe wedding shirt, cocked my Crocodile Dundee campaign hat at a rakish angle and stepped out into the dawn.

My son Devin was setting on the porch talking to Too (pronounced Toe) and Louise, the camp owners, about that night's Christmas party. He took one look at me and fell down the steps in his hysterics. So much for parents' dignity.

We were on break from our teaching jobs north of Tokyo. The boy had been in Japan for a year and a half and I had recently learned that the red-headed 148 pounder had decided to pack her lifting gear and change signs, so to speak. It was time for a lift, and I, and R.

I'd been checking out the iron scene while here to compliment my reports from Japan. But there are a few distractions: like trying to stay on an elephant while humping over a jungled mountain; trying not to be killed by a pygmy in Bangkok traffic; and the lack of creativity encountered while soaking in a sling chair on the tropical beaches of Koh Samet.

We were invited to the Ping in an olive-drab Land Rover. The lead in a Stallone Rambo. The Mel Gibson was here in early December shooting *Air America*. For my money, it's not so much that Viet Nam flags are in a big demand in the States as it is that production companies dig Northern Thailand. The area has story book charm, low prices and a friendly anything goes atmosphere.

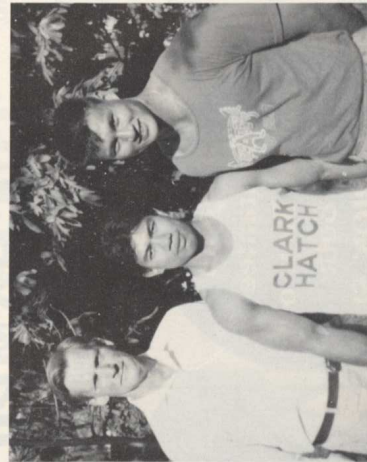
We were in the southwest corner of the Golden Triangle opium country where Thailand, Laotian and Burmese forces try to control the drug traffic. Add to that the private army of Khun Sa, the Shan opium lord, six or seven other tribes and thousands of tourists and it's a fascinating mess.

My impression is that nobody is in control of much in the border areas - or that they are all in it together. What I saw of the countryside was peaceful and lovely, with fields of poppies nodding in the morning

Power Fun

Powerlifting on the Ping

as seen by PAUL KELSO



Roving Correspondent Paul Kelso, with Sao and Ong, Clark Hatch Fitness Center instructors, on the verdant grounds of the Bangkok Hilton Hotel in Thailand. Paul and his son Devin recently journeyed there, on vacation from their current teaching jobs in Japan, in search of PL and adventure.

boxing matches, and the Author's Lounge at the Orient Hotel where Joseph Conrad and Somerset Maugham drank and wrote.

Then we went to Chiang Mai, the Clark Hatch Fitness Center in the olden Orchid. Here instructor Boon Lue was the closest to a powerlifter I was to find. Now 27, he has won the 'Mr. Chiang Mai' and placed third in the Mr. Thailand. He has trained drug-free, coach-free and supplement free for six years. Without a spotter he has managed a 120 kg bench and a 155 kg squat at 65 kg. Lue is proud of a picture of himself and Stallone training.

Boon assumed me there are no power meets in Thailand. No women's bodybuilding team trained at the Center in August, bringing 15 men and 6 women. These lifters were almost all in the military, which has most of the serious facilities in the country. The Thai team had hired a Chinese coach who believed in optimum training conditions for training based on high, lows and humidity. He moved the team patterns! (I can see no training in the polluted Bangkok area). Interesting idea; I wonder if it helped?

My 26-year old 'kid' and I prowled the night bazaars of Chiang Mai un-

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til midnight before collapsing in a small canteen. Nong, probably of Indian or Bangladeshi extraction, was our waitress. She spoke fine English and soon became my friend, guide and general delight. At the bar were a couple of retired U.S. service men (dressed as Mad Max characters) who had forgotten to go home after Nam. They explained that Nong was really a North Burmese, forced out of Burma by territorial drug wars.

Right. I bought em a beer.

These two were both big guys who claimed they had been in power meets in the service, back when the U.S. had air bases east of Bangkok. They made me promise not to mention their names and then lined out Thailand for me. It seems that modern training rooms here cater to westerners and the wealthy and are usually located in resorts or the big hotels. Outside of military bases and a few universities, there are few gyms for the ordinary citizen. There are two iron gyms in Chiang Mai, Thailand's second largest city. Bangkok has about 15 western-style fitness centers, but only three or four are hard core gyms. That's in a city of 6 million. Private gyms, including the few I had time to see, resemble overgrown home gyms or old time YMCA weight rooms.

This info coincides with my discussion with Adrian Dale, manager of the Clark Hatch Center at the Bangkok Hilton, and with his instructors Ong S. and Sao. Dale is an Australian who has competed there and in England. Sao was second in a recent Mr. Thailand while Ong is a Malaysian of Chinese descent who cannot compete in Thailand. At 61 and 220 lbs., Ong is big for this part of the world. The latter two laughed when I asked for their last names. As the Thai language has 22 vowels, last names may run 20 or 30 letters, and often cannot be set down accurately in English.

Training for strength is just not an important concept in Thai culture. Wars used to be fought by magic. That's why the Buddhist people with strong arms are the King. Ninety percent live in rural settings. The middle class is quite small, as the middle boom now underway has yet to lift the country out of third-world status. Many families subsist on as little as 500 baht a month (That's \$25 US).

Strength sports were never a 'blue collar' interest here, as they were in Italy in industrialized countries. Ong made the observation that strength sports tend to be more important to heavy industry countries with dangerous occupations and cold weather seasons. Few tropical societies glorify strength.

I'll think about that.

The average Thai must work very hard and does not have discretionary money to spend on gyms. He tends to spend what he has on partying and having a good time with his family, but it is an unfair cliché that Thai people are 'good time Charlies' and they receive criticism from other countries and racial groups in Asia because of this perception.

They do pursue many sports. That boxing is a national obsession. Everywhere we went we saw people playing badminton, soccer and a kick-ball game which is a cross between basketball and volleyball. But in Thailand, as in the public schools of the U.S., they play sports to relieve the stresses which involve the most people for the least money.

Weight training was regarded as almost frivolous by most Americans during the Depression. Thailand will also have a high level economic and educational growth. Time, money and need are not yet seen as urgent for iron sports here.

The Clark Hatch men estimated there are only about 500 trainees in this country of 50 million who could be drawn from as a pool of competitors. Many thousands exercise in some form, but strength training is culturally seen as too much trouble or unobtainable.

That's have the potential; they are strong as a people, have an excellent diet and natural low-fat ratios. However, supplements are prohibitively expensive. Unlike Japan, steroids are easy to get. Not that they are necessary for a power program or a fitness craze.

That women seem to like aerobics, but as they are regarded as among the most beautiful women in the world, their self-image does not include biceps! Feminists might counter

that a traditional subservience to men is the culprit. That women appear self-confident and insist they are independent. Perhaps a feminist sensibility, rising economics and education must be in place before iron sports for women can take root anywhere.

I'll think about that, too.

There may be powerlifting in Thailand. I couldn't find it. Japanese officials told me Thais have not shown up at any Asian meets. But I didn't leave the country without trying to see something.

When Nong and I got down to the river the Korean village men were tying bamboo logs together for rafts. We had drifting into a waters-edge hut. Fishing with Crank... that stopped me cold. Through the window I spotted some barbells made from con-

crete and large good cans. On a chair nearby was a thirty year old coverless copy of *Strength and Health*. I was incredulous. I picked up a bar and did a few presses. I had built one like it way back in '52. Nostalgic, yes, but here, ten miles from Burma? Two young men approached, and they had Nong's help I learned they had built the bars and tried to work out. Their father had been given the magazine as a boy by a missionary. Well, I went berserk.

We commandeered a Land Rover and blazed off for the town side of the road looking at the like an American wife whose husband had just announced he was resigning as president of the investment firm to open a ceramics studio.

By noon we had loaded up with transmission gears, flywheels, drive shafts, lengths of pipe and even some bread off a rusted out Japanese tank. By two we had assembled a pretty good assortment of barbells and sped back to the river. With Nong sitting on the fender of the Land Rover watching, we started whacking a power rack together with machetes and vines using the logs meant for the rafts. A crowd was gathering. The holiday raters and elephant trappers were drifting in and breaking out their cameras to record our bizarre folk-craft ritual.

At three o'clock, we started lifting. I coached. I demonstrated. Lifted like

I did thirty years ago. I was out of my mind. Dozens of people got involved. Thais, hill people, western Falangs (foreigners) in bermuda shorts and thongs, old ladies and kids. I mean, this was the first Mae Ping Open!

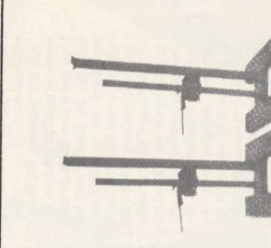
After awhile, the villagers started fires and began roasting chicken. My son and two Swedish girls went to town for supplies. A few men broke out the odd, pegged, string instruments and gourd flutes and passed around the Mae Khong whiskey. I tried a taste in the interests of cultural solidarity. Heck, it was Christmas Eve.

Nong came over and gave me a little kiss (a rare thing for a Thai girl to do in public) and then dashed into the shallows wearing nothing but her copper skin and about five pounds of silver ornaments in her blue-black hair. She splashed and laughed with a group of children. Pretty soon a bunch of people had shucked out and joined in. Maybe she is a princess.


I sat on an upturned dugout canoe and listened to the ching of iron and the ancient music blending in an alacacophony. I watched the sun sinking behind the temple on the hill across the river. And then I understood, with a watch-crystal clarity of vision, why so many western men have come to Asia over the centuries and forgotten to go home.

Sang Tong Hut
 Mae Hong Som
 December 28, 1989


At three o'clock, we started lifting. I coached. I demonstrated. Lifted like



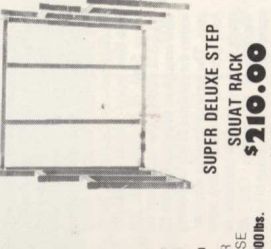
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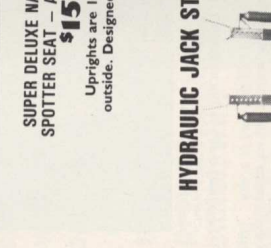
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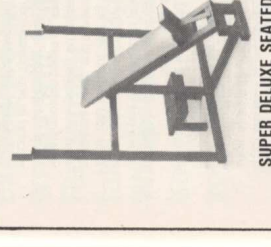
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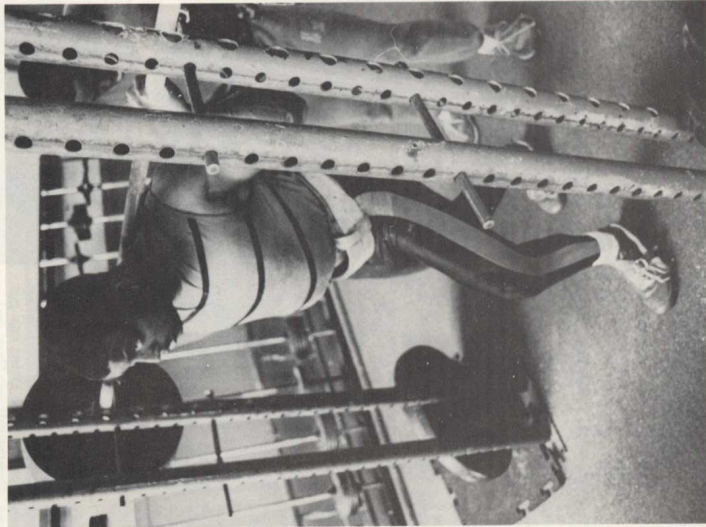
More From Ken Leistner

For some unexplained reason, there seems to be a resurgence in articles dealing with power rack training. I was very careful to note that I did not say that there was a resurgence in power rack training, just lots of articles recently in a number of the muscle building publications. I've been in many gyms, and have seen fewer power racks. I have seen fewer trainees actually using any of these racks, and the few I did see, were not training safely or productively.

I like training on and in the power rack, from way back. In the very early winter of 1968, Jack Lawrence and I drove to York, Pennsylvania. In the late 1960s, this was a tradition that had begun fifteen years prior, as interested lifters and bodybuilders would descend upon the York Barbell Club to observe the county's top lifters. The Olympic lifters usually totalled on Saturdays, and often, there would be enough top flight lifters in the chairs watching the proceedings to field a national championship team. More often than not, a lot of good powerlifters and bodybuilders would be there too. Training tips were swapped, protein shakes were consumed by the gallon, tall tales were told, and generally, the four hour return drive to New York would fly by as we excitedly recounted the day's events, and the many new pieces of gossip and training information.

On this Saturday, Bill March made an indelible mark on us. I had never seen Bill in person, although his photos and his reputation as a pulverizing fullback for the Atlantic Coast League Harrisburg Colts (the NFL Baltimore Colt farm team) certainly made me admire his physical accomplishments. As Jack and I walked into the cramped changing area, we were somewhat checked by the hugest muscle thigh I had ever seen, blocking our path. Bill had his foot propped up on the sink and was applying Hofmann's Rub to his thigh and low back before beginning his warmups. For those who were not familiar with Hofmann's spinal reactors, they're light years ahead of anyone else's in those days, and his very strict pressing form earned him the reputation as one of the world's strongest men.

Afterwards I became friendly with Bill, and he always took the time to advise me on my training programs with an emphasis on power rack work, something he did an awful lot of. In 1974, IRON MAN magazine published an article on power rack training that I had written approximately three years prior to the date of publication. In it, I made a number of statements that are still true, and a number of them that through the subsequent increase in my own knowledge, certainly are not true. Before providing details, let me state that I



Training Inside or Outside the Power Rack can be useful to an athlete seeking greater overall physical power. World Champion AUSA Lifter Ken Leistner is seen above training out of a rack in his training facility at Camp Pendleton.

believe that power rack training can be a very effective means to improve one's powerlifting total. Also, I have always enjoyed training in the rack, and have been able to do so safely. Before going further, if one uses the rack and expects to use relatively heavy weights, your rack must be well constructed. Among the many excellent racks on the market, the all time best, in my opinion, is made by Henry Sigal, of McKees Rock, PA (412-337-2288). The rack must be wide enough so that the lifter can lift within the confines of the supporting pins. The early racks were very narrow, primarily because they were made to accommodate isometric or short range movements. One will need approximately two feet in width between the uprights in order to do a squat properly. When I first built a rack like that, everyone who saw it thought it was an aberration, yet, I could finally squat safely and with confidence while training alone. I have

often told the story of a very heavy squat workout with my friend Jack. I had old squat racks that had a very narrow catch. As I rack, the bar, I asked Jack, 'am I on your side?' 'Yeah, okay.' Of course, I wasn't. All of the weight on the right side of the bar slid off as the bar dropped in that direction as I stepped out from under it. Each plate hit the concrete floor of the garage and ricocheted. The bar then catapulted off the one stanchion, and as it flew, all of the plates from the other side came from the bar, off of walls and floor. The bar went through the garage door, splintering the wood and breaking the window glass. There was a moment of dead silence before my father came running down the stairs, napkin in one hand, fork in the other. Disturbing his dinner would have been serious enough, but as he surveyed the damage, I knew what was coming. Get this shit out of here tomorrow, before six, if possible. Ob-

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May/83...ADFFA Lifetime Drug Freees, Ray Benemerito interview, Kenneth Lain Bench Workout, Milo Steinborn, TOP 100 148s, ADFFA TOP 27.5s.

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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to anabolic steroid use. If you wish a personal response to your questions send \$3.50 cover office and return postage. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, M.D., 23 Main St., Warkworth, Ontario, Canada K0K 3K0.

DEAR MAURO: I have recently lost 50 pounds of bodyweight. I went from 290 lbs. to 240 lbs. All my lifts have gone down drastically. I was bench pressing 325 max at 290 and now my bench pressing is 275 max at 240. With proper nutrition and caloric intake, will I eventually regain this strength? I had at 290 lbs. and/or pass that mark. Also what is the best book you recommend for sports nutrition to help me achieve my goals. **Bob R.**

DEAR BOB: There is no doubt in my mind that you'll regain your strength and then some. Besides, the nutritional and training which will allow you to train hard enough to make gains - you should be looking at your workouts. At 240 lbs. in bodyweight, once you harden up through challenging workouts and proper nutrition, you should be able to hit 400 lbs. in the bench press. There are several books on sports nutrition, but none really cover the supplements, amino acids and all the other stuff that's advertised. Enclosed is an ad that'll appear in *PL USA*. I think most of your questions will be answered by the book *Beyond Anabolic Steroids*. **M.G.D.**

DEAR MAURO: Having been a subscriber to *Powerlifting USA* magazine and an avid reader of your column for the past several years, I am requesting a sharing of your knowledge on a very important subject. Let me give you background on the situation so hopefully you will be armed with all the information necessary to lend us guidance. We have a woman subject, 26 years old, extremely physically active for the past 5 years. Training consisting of progressive resistance 3-4 times per week. At least 6-7 1/2 hr. aerobic sessions. Dietary habits are extremely good consisting of a low fat diet, caloric intake approximately 1200-1400 per day. Sounds like the exact medicine to derive an extremely lean figure, right? Well that's the problem. This individual has been doing this for 3-4 years and is having a very difficult time keeping excess tissue from accumulating.

Can you give us recommendations and your opinions on: food supplements, drugs, or surgery as a remedy to this problem. Please before you begin to think that this is just another individual looking for an easy pathway to a prescribed goal, I can personally assure you that is not the case. The aerobic work is hard and the progressive resistance training is high intensity. What appears we have here is a genetic situation possibly aggravated by the aerobic work and normal caloric diet. Additionally, there have been entries into 3 local bodybuilding events where the caloric intake dropped into the 800-1000 range with twice a day aerobic sessions. We sincerely appreciate your attention. **Jerri R.**

DEAR JERRY: There are no easy answers for this type of weight problem. It's obvious that she has a low metabolic rate, however since the basal metabolic rate is determined genetically there is very little she can do about it. Unfortunately there are a lot of women who have low basal metabolic rates and thus have difficulty maintaining any kind of reasonably weight (at least according to our present societal standards). I have several patients with her problem. One young lady worked as a fitness instructor, averaging out over two hours daily of advanced aerobics, along with three one hour sessions of high rep workouts with little rest between sets and exercises. This particular woman kept to a 1200 caloric balanced diet, the lowest that I would put her on over the long term, and she still had problems maintaining a slim athletic figure. The ideal solution for these women would be to biochemically alter their metabolism so that the basal metabolic rate (BMR) would be increased. Although that may be feasible in the future, it's not possible today. There are certain drugs that will increase her BMR slightly, such as nicotine (I don't recommend that she take up smoking since she'll eventually run into health problems) and some of the anorexants or diet pills.

Research has shown that the amphetamine like anorectic drugs are effective in reducing hunger in both animals and humans. With their use there is also a slight rise in the BMR. However, there are side effects with the use of these drugs and they should be used under the supervision of a physician (these drugs are also prescription items). I've devoted four pages to diet pills in *Update Five* to my book *Drug Use and Detection in Amateur Sports*. Thyroid has also been used to increase BMR and is popular among bodybuilders in the pre-competition cycle. Although I don't cover the use of thyroid hormone except for replacement therapy, I do cover the use of thyroid hormone in my new book *Beyond Anabolic Steroids*. **M.G.D.**

INTERVIEW

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

TROY LIST The Fast Rising ADFFA Star is interviewed by Bob Gaynor

chicken once a day, and staying away from red meats, butter and refined sugar.
BG: How did you get started?
TL: My powerlifting career started when I realized that I was too small and slow for college football. I wanted to continue competing in a sport that allowed for my body stature and schedule. I was introduced to powerlifting and decided that it would be the logical choice.

BG: How long have you been training and competing?
TL: I have been training for 10 years, and competing for the past 8 years.
BG: What are your top lifts?
TL: The following are my best lifts in the 181 lb. class - squat, 655, bench press 413, deadlift 640. I have won or records you hold.

BG: Give us a few of the titles you have won or records you hold.
TL: I finished 3rd at the 1989 ADFFA PA Nationals in Wilkes-Barre, Pa in the 181 lb. class. I have been awarded the overall best lifter at the 1989 Viking, Open and I hold the ADFFA Illinois State squat record in the 198 lb. class at 661 lbs.

BG: What are your future goals in powerlifting?
TL: My future goals include competing at 165 lbs. and excelling as a national contender at that weight. Also I plan to bring as many lifters into the ADFFA as possible.

BG: Give us your views on steroid usage in sports.
TL: Steroids can distort a lifter's career and life. It is important for anyone who is taking these substances to quit, and for anyone who is not, don't think about it. The ADFFA is here and it promotes fair and ethical competition and legitimizes the sport of powerlifting. There is no reason why one should mire his/her life in potentially lethal substances.

BG: How about sharing your views on diet with us?
TL: My diet normally consists of high carbohydrates, adequate protein and low fats. I maintain this by eating whole/multi-grain cereals throughout the day, fish or

This interview was conducted with Troy List in December of 1989. Troy recently totaled 1571 at the Illinois Championships, weighing 163 1/2 lbs.

BG: What is your age and where do you live?
TL: I am 26 years of age and I live in Woodstock, Illinois.

BG: What is your occupation?
TL: I am currently employed as a health inspector.

BG: How did you get started?
TL: My powerlifting career started when I realized that I was too small and slow for college football. I wanted to continue competing in a sport that allowed for my body stature and schedule. I was introduced to powerlifting and decided that it would be the logical choice.

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TL: My diet normally consists of high carbohydrates, adequate protein and low fats. I maintain this by eating whole/multi-grain cereals throughout the day, fish or

row stance squats. 315x6 to 10x3 Long rest periods between sets.

BG: What advice would you have for someone just getting started?
TL: I would advise any young/new lifter to practice perfecting his/her technique. Use only weights that can be handled while performing the exercise strictly and train more strictly in the gym than you'll be judged in the meet. The heavy weights will come with smart training and persistence.

BG: Who are some of your heroes or those you admire in powerlifting?
TL: Determining whom one is going to pick as his/her hero is almost impossible with all those who have contributed to the sport. I would, however, be quick to point out Judy Gedney, who embraces and defines the spirit of the ADFFA. This was reflected in her winning the first Brother Bennett Award last summer.

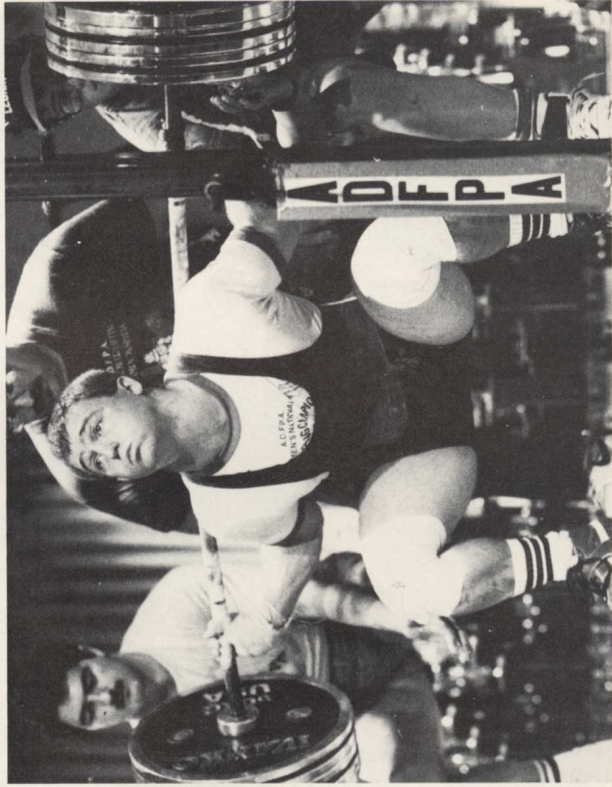
BG: What are your hobbies?
TL: Right now my favorite hobby is reading SCIENTIFIC AMERICAN and anatomy books.

BG: Are there any other comments you would like to make?
TL: I would be remiss if I did not mention the love and support my wife Marsha gives me, the magnanimous effort Dennis and Sandi Brady give to the ADFFA and my good lifting friends - Jon Gregory and Bill Frank.

BG: How about giving us a detailed breakdown on your training?
TL: My training is as follows:
Monday: heavy bench press, 135x10, 205x8, 255x7, 275x6, 295x5, 315x5, 330x3, 315x4 or 5, Military press 135 to 185x5 to 8 reps for 3 sets. Weighted dips 3x6 as much weight as possible. Take long rests between sets, as much as 10 to 12 minutes on the bench as 10 to 15 minutes on the bar to my neck to make the front delts bear the force. Long rest minutes on the bench set.

BG: How about your diet?
TL: My diet normally consists of high carbohydrates, adequate protein and low fats. I maintain this by eating whole/multi-grain cereals throughout the day, fish or

BG: How about your diet with us?
TL: My diet normally consists of high carbohydrates, adequate protein and low fats. I maintain this by eating whole/multi-grain cereals throughout the day, fish or



TROY LIST...with his very efficient squatting style, competing at the 1989 A.D.F.F.A. Men's Nationals in Pennsylvania.

When I'm working out in the gym, I surprise a lot of the people who don't know me with my squatting power. They ask, "how can you squat so much?" I reply by saying, "from squatting for five years and not being afraid of the squat." In my case, the squat can make me or break me. It sets the pace for the rest of the meet. A good squat usually means I will have a good bench and deadlift day. On a bad squat day, everything else seems to follow.

When starting a cycle, always try to begin and end the program with good form: chest out, stay tight and think deep. If you practice squatting deep, when it comes contest time there will be no doubt in your mind or the judges' mind on your depth. The following is an eight week cycle for someone whose best squat is 400 lbs. You'll be squatting once a week along with some assistance exercise and a lot of hard work. Hopefully you will be capable of squatting 430 lbs. at contest time.

Week 1: 135x10x2, 185x10x2, 225x10x2, 275x10x3
Week 2: 135x10x2, 185x10x2, 225x10x2, 275x10x3
Week 3: 135x10x2, 185x10x2, 225x8, 285x8

Week 4: 135x10x2, 185x10, 225x8, 315x6
Week 5: 135x10x2, 185x10, 225x8, 315x6
Week 6: 135x10x2, 185x10, 225x8, 315x6
Week 7: 135x10x2, 185x10, 225x8, 315x6
Week 8: 135x10, 185x10, 225x8, 315x6

Do the assistance exercises after

WORKOUT of the Month

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

Dave Pattaway's Squat Routine

you squat. Leg curls and extensions (for your hamstrings and quads) should be done for 4 sets of 10 reps. Do the leg curls/extensions with a weight that is easy at first, but makes you work for those last few reps. Bench hopping (jumping over a regular gym bench) is something a lot of people who exercise think isn't really a useful movement, that is, until they start to do it. Then I get to laugh. Start by holding a 5 lb. weight in your hand and increase by 5 lbs. on each set. Your training cycle will end about 2 weeks prior to the meet, giving you more than enough rest.

I don't believe in singles, at all, in my training. I'll do 10s early in the cycle, 8s and 5s in the middle and triples 2 weeks out. I use a formula to determine my max single. For the squat, I use the factor of 1.13 times my max triple weight, to estimate my max single. Meet Day Attempts: 1st 375, 2nd 410, 3rd 430. If your opening squat feels light, most likely you will have a good day. If it feels heavy you could be in for a long day.

For light sets I don't use a belt or wraps. On heavier sets, I use both. I normally don't use a suit at all during the cycle, just on meet day, but that depends on how you train. Remember - don't be afraid of the squat.

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STYLE C. One color layout, 8 rows of nylon stitching, 13 mm thick, 10 cm wide...\$56.00 Best Price
STYLE D. One color layout, 8 rows of nylon stitching, 13 mm thick, 10 cm wide...\$56.00 Best Price
STYLE E. Two color layout, 8 rows of nylon stitching, 13 mm thick, 10 cm wide...\$59.00 Best Price
STYLE F. One color layout, 6 rows of nylon stitching, 10 mm thick, 2 1/2" tapered 4" back. Available in any color...\$32.00 Best Price
STYLE G. Natural leather, 2 rows of nylon stitching, 7 mm thick, 2 1/2" tapered 4" back...\$17.00 Best Price
STYLE H. Two color layout, 6 rows of nylon stitching, 10 mm thick, 2 1/2" tapered 4" back...\$38.00 Best Price

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DAVE PATTAWAY squatting "Down Under", as a veteran member of the USA Team at the 1988 IPF World Championships, held in Perth, Australia.

PL USA DEDICATION



WOUTER VAN DER TOORN...from the Secretary of the International Powerlifting Federation, Mr. John Moody, we have received the following message from Mr. Wouter van der Toorn, Vice President for Europe...

ADFFA Wallops Island BP/DL

Table with columns: Name, SQ, BP, DL, Total. Lists names like K. Ryan, R. Dingle, S. Miller, etc.

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Championship that will be held March 11th. The audience was very enthusiastic throughout the five-hour meet...

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Hawaii Championships

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California Tour Deadlift
 4 Feb 90 - San Bernardino, CA (kg)
 S. Charles 130 290
 C. Beckler 160 282.5
 J. Dooley 75 267.5
 M. Perkins 227.5
 123 lb.
 T. Jordan 105 260
 B. Kornacki 165
 132 lb.
 182.5
 M. Lebed 185
 M. Houston 147.5
 J. Bower 275
 J. Jefferson 147.5
 D. Allen 252.5
 B. Johnson 230
 C. Jones 230
 B. Walker 160 242 lb.
 181 lb.
 A. Espojo 192.5
 C. Hovary 242
 D. Middleborn 272.5



Sue Charles a winner at the Feb. 4th California Tour Deadlift competition

D.O.C. Varsity Championship
 6 Jan 90
 Western Division/SCT Huntington
 114 lb. Barry 500 320 500 1320
 Shaullis 465 300 500 1265
 Wilson 275 155 325 755
 Wheeler 400 225 525 1205
 123 lb. 181 lb.
 500 300 550 1350
 560 325 625 1510
 Moore 640 315 550 1505
 Matthews 485 275 530 1260
 148 lb. 440 285 520 1225
 Sawyer 440 225 475 1140
 198 lb. 650 380 630 1660
 Grant 500 340 500 1390
 500 340 500 1340
 315 200 350 965
 165 lb. 600 350 600 1550
 575 350 600 1525
 500 275 620 1535
 600 300 530 1330
 555 400 450 1375

Neither man nor woman stopped the driven lifters to San Bernardino to participate in the California Tour Deadlift Competition. On February 4th, the main stage event, the twenty-five lifters put on a deadlift show for the standing room only audience. Credit to the B.C. Coaching Staff and Yarns Truck Club, Inc. Also a big 'thanks' goes out to the USPF referees: Don Haley, Fran Falley, Ted Cote, the Harley Riders and Jim, to my husband and me promoter Chuck LaMarina for all the extra time and effort. A special thank you to the 'Lifter' and a free entry to the Tour. Bobby Kornacki was the youngest lifter and showed great potential to become a star. The Dal team and we look forward to seeing you at the Dal meet and we hope County Fairgrounds on February 17, 1990. (Results by: Loretta LaMarina)

Central Division/SCT Huntington
 275 125 300 730
 210 110 300 620
 132 lb. 365 350 435 1050
 335 165 380 880
 450 170 440 1060
 148 lb. 500 175 450 1125
 580 175 450 1105
 285 175 350 810
 450 315 450 1215
 535 300 625 1460
 510 280 580 1370
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Eastern Division/SCT Davis
 190 115 190 495
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 335 165 380 880
 505 280 525 1310
 415 280 525 1310
 430 280 427 1185
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ADPPA World's Record Breaking Bench Press
 20 Jan 90 - Westchester, NY
 114 lb. M. Dornich 225
 C. G. Gidd 275
 J. Frolo 300
 J. Confessore (I) 130
 Beginners 198-SHW
 165 lb. K. Soper 310
 C. Stansland (I) 200
 E. Carpenito (I) 165
 J. Jaki 365
 Manganelli (I) 130
 T. Caccialo 350
 132 lb. G. Christenson 245
 G. Walters 295
 C. G. Walters 295
 J. Pina III (I) 270
 J. Sofia (I) 255
 J. Salis (I) 255
 R. Pallas Jr. 250
 L. Carpenito 130
 R. Panto 170
 D. Manziello 130
 G. Sosa 125
 C. Sosa 80

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30 Dec 89 - New Castle, DE

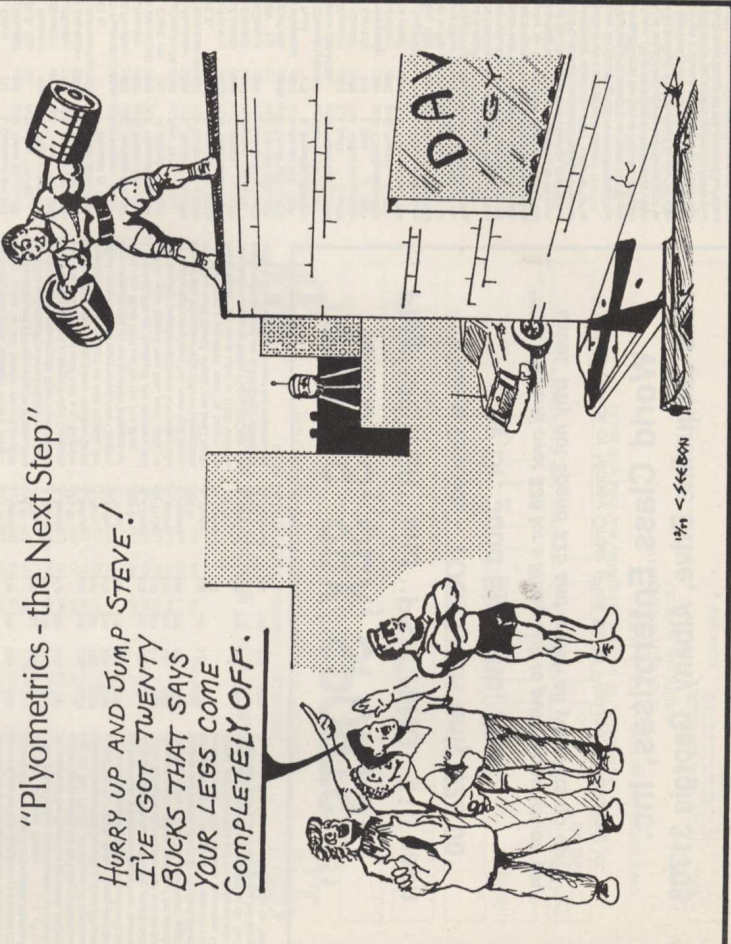
114 lb.	290	175	340	685
T. Paulice	235	165	300	700
D. Rupp	300	180	290	770
F. Thomas	200	245	280	725
T. Taylor	425	260	405	1090
A. Spivey	320	210	350	985
T. Hartenstein	240	140	280	609
B. Kruba	365	260	405	1030
D. Kruba	320	210	350	985
165 lb.	225	140	330	695
C. Barber	425	240	475	1135

DAVE'S GYM

...a cartoon series by CASEY SEEBORN

"Plyometrics - the Next Step"

HURRY UP AND JUMP STEVE!
I'VE GOT TWENTY BUCKS THAT SAYS YOUR LEGS COME COMPLETELY OFF.



G. Hayward	450	245	450	975
J. Bach	405	215	430	1050
R. Lewis	385	235	420	1040
D. Ragolo	410	265	360	1035
M. Ashley	350	270	410	1030
F. Fitzwater	365	240	410	1015
F. Leonard	335	190	405	930
S. Mastro	545	240	465	1250
181 lb.	470	310	465	1245
H. Bert	450	280	465	1195
D. HICKS	450	280	465	1195
D. Spence	375	275	435	1085
P. Catina	335	240	420	995
J. Maniwo	380	330	375	1180
D. Fonto	375	275	435	1085
M. DiTomasso	335	240	420	995
G. Ribabas	375	275	435	1085
R. Miller	355	230	400	985
198 lb.	530	370	550	1470
B. Forner	530	370	550	1470
D. Friddle	530	370	550	1470
C. Ferrell	500	280	605	1385
R. McDonnell	500	280	605	1385
J. Robinson	500	280	605	1385
B. Delep	390	300	500	1190
R. Castle	350	240	420	1030
M. Sanga	350	240	420	1030
J. Crittella	300	330	400	1030
H. S. H.	675	405	730	1810
K. Hansen	605	340	530	1475
R. Orr	605	340	530	1475
T. Powers	570	330	500	1400
T. Howard	570	330	500	1400
C. Jones	340	250	380	1000

W.B.C. Minnesota Record Breakers

5 Nov 89 - Roseville, MN

C. Melrosson	165	S. Adams	340
123 lb.	100	R. Keiper	275
B. Avolesi	100	B. Lubinski	265
C. F. B.	198 lb.	375	975
C. Frazier	265	K. Strandlof	305
L. Chinsky	280	R. Bennett	285
A. Zrazema	250	220 lb.	455
J. Draxal	105	S. Williams	415
165 lb.	385	P. Halden	385
D. Gilbertson	385	D. Burgess	410
E. Krall	160	D. Vanzo	530
181 lb.	140	R. Wellmach	440
J. Cole	365	M. Freeman	440

Top Five Women: Cathy Mortenson, Jill Weiner, Tammy Stellmach, Bonnie Avolesi, Jackie Dransel. Top Teenage (Beautiflex): Ken Strander, Stephanie Mortenson, Jennifer Mortenson, Stephanie Segel, Dan Burgess. Best Lifter Overall: Don Gilbertson. (Thanks to Mike Mitchell for results)

ADPFA Northwest Regional

27, 28 Jan 90 - Bellingham, WA

123 lb.	SQ	BP	DL	Total
D. Harrison	375	220	330	925
M. Morrishige	425	260	500	1205
J. Pitcher	400	210	345	955
R. Rodriguez	500	285	455	1240
L. Bannister	445	285	405	1135
G. Abbott	425	315		
R. Feine	405	320	405	1130
165 lb.	655	385	605	1645
M. Beavers	500	300	640	1440
K. Griffin	500	300	640	1440
D. Gullick	385	260	420	1020
W. Carpenter	375	275	390	1040
D. Nemeth	335	225	450	1010
D. Patch	600	370	660	1630
B. Bower	665	320	540	1475
S. Hughes	565	320	535	1420
R. Perstein	540	300	515	1355
C. Harman	475	340	535	1350
S. Martin	475	275	520	1270
198 lb.	700	385	650	1735
J. Schmidt	620	320	600	1540
C. Falre	525	350	575	1450
A. Sobers	520	320	500	1375
R. Silva	540	300	570	1410
K. Rivard	505	315	565	1385
M. Bryans	520	300	500	1320
C. Miller	565	285	500	1350
L. Killstrom	430	410	500	1340
C. Looney	500	315	520	1335
C. Gussio	525	275	500	1300
S. Cotton	480	330	480	1290
J. Ekin	465	335	475	1275
M. Franz	500	260	500	1260
212 lb.	480	285	490	1255
H. Humbyrd	425	275	500	1200
F. Rongo	420	250	500	1170
220 lb.	550	325	575	1550
W. Martin	500	320	565	1485
A. Vasquez	500	325	555	1380
H. Brown	530	300	530	1360



Best Lifter in the lightweights at the ADPFA Northwest Regional was National Champion Martin Beavers.

Samson's Gym Pound for Pound

13 Jan 90 - Hamilton, Ohio

Under 135	50	BP	50		
A. Chapman	265	620	415	675	1210
Richmond	178	220	260	430	1010
B. Snyder	156	510	355	490	1355
R. Blades	157	250	300	400	955
D. McCune	167	360	225	415	1000
J. Willis	172	345	260	400	1005
E. Rhoaden	194	300	240	300	845
Richmond	182	205	215	275	695

This was a pound for pound meet with the winners lifted by percentage of body weight. The lifters with several bright spots.

The lifter was lighter than expected but the top four in the over 35 group were close, with the top four in the over 135 group being very close. The highlight of the contest was Big Alan Chapman. Alan has only been out of the gym for a few weeks and he had to go with his big squat and total. The lifters in the lightweights were the Barbers, Virgil, Pam and Tad for putting on the meet and Matt Lykins for being in the hot seat the night also Dave Palmer, Gerry McNabb and Dennis McCune for these contest results!

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tion officers of all the participating institutions, I'd like to make a special thanks to Mike Barre for coming thru in the clutch with outstanding judging. (Thanks to Mark P. Jackson, Recreation Officer, for results)

Israel Bench Press Championship II

20 Jan 90 - Tel Aviv (kg) 68
 Women (Schwarz)
 R. Sands 60 82.5 kg 167.5*
 O. Peller 45
 R. Berkowich 38
 M. Dushin 154.5
 M. Shmaya (I) 154
 Men
 A. Cohen (I) 123*
 B. Jaffe 176.5
 H. Stodovitz (M) 136
 R. Shvili (I) 83.5
 M. Korach
 G. Nisbin
 A. Dronson 180
 B. Stronoksky (I) 134
 S. Bilion (I) 130
 Y. Libich (M) 161
 T. Plikovitz (I) 111
 Z. Langertz (M) 140
 R. Rot (I) 81.5
 S. Ben Shikar 175

Best lifters light-A. Grosser (I) 167.5*
 M. Weinstein
 Reference: A. Brumet, E. Bernstein, A. Engelman,
 C. Gerra
 T. Carney 300
 R. Posey 230
 M. Word 360
 SHW 450
 K. Butler 350
 R. Richen 340

Best Lifter: Danny Howes. (Thanks to meet direc-
 tor Troy Hicks for the results of this competition)

Troy's Gym Bench Press Classic

27 Jan 90 - Murfreesboro, TN
 D. Binkley 340
 J. Turner 350
 R. Daniel 350
 R. Nussman 305
 H. Nguyen 205
 S. Ramon 305
 T. Yon 165
 R. Quattabum 360
 H. Herring 345
 S. Norton 300
 C. Anley 310
 M. Chamy 275
 T. Lopez 210
 K. Mickey 350
 Police Division 430
 F. Duffie 380
 W. Valentine 305
 W. Valentine 305
 D. Ansa 350
 M. Baucum 305
 M. Baucum 305
 H. Nguyen 205
 M. Baucum 305
 B. Kelly 395
 M. Baucum 400
 L. Primin 385
 S. Baucum 385
 J. Flacco 440
 J. Campbell 405
 I. Tulen 430
 K. Gaines 375
 W. Valentine 305
 Super 470
 M. Wilson 275

Other than the fractional difference, the lift was smooth. Special thanks to our referees Jim Cruz, Jake Battle, and Millard Jones. The weigh in's and scoring were flawless thanks to Dave Trevorth and Greg Walker. The spotterheadlines were: Steve Vero, Darryl Bodings, Jon Horn, Chip Stourfield, Mevin Dudley, Julian Ellis, Sullivan. Thank you very much for your help. It was a lot of extra headaches and backaches. Many awards were not given out (including a bench press award) because of the late start of the lifters and 103 awards. I guess I won't schedule awards during the Super Bowl again. In order to give out awards of this quality and quantity, I need more lifters. (Thanks to Death Bench for results)

ADFFA Southern Bench Press

28 Jan 90 - Hinesville, GA
 Open
 J. Turner 255
 D. Hooper 350
 R. Nussman 355
 H. Nguyen 205
 S. Ramon 305
 T. Yon 165
 R. Quattabum 360
 H. Herring 345
 S. Norton 300
 C. Anley 310
 M. Chamy 275
 T. Lopez 210
 K. Mickey 350
 Police Division 430
 F. Duffie 380
 W. Valentine 305
 W. Valentine 305
 D. Ansa 350
 M. Baucum 305
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 H. Nguyen 205
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 B. Kelly 395
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Amos Genosar again wins the 56 kilo division at the Israel Bench Press Championships, with an Israeli record lift of 125 kilos. He was the 1988 gold medal winner at the Special Olympics in Seoul, 1988 & '89 European Champion, and the World Paralympic Record holder for the 56 and 60 kilogram weight classes. (Photograph by Glen Segal, courtesy Ben Jaffe)



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A.D.F.P.A.

TOP 20 125 kg-275 lb.

This list by E. Jean Lambert covers lifts made in available bench press, squat, and deadlift records from the International Powerlifting Association meets from February 1989 to January 1990. Please send a copy of all ADFFPA meet results to E. Jean Lambert, Box 462, Camarillo, CA 93011. This will help these lists as up to date as possible. Thanks very much. Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

DEADLIFT	BENCH PRESS	SQUAT	TOTAL
788 Stewart, B.-7/29/89	540 Colbeth, S.-4/1/89	859 Sarel, E.-6/17/89	2132 Stewart, B.-7/29/89
1945 Arnold, E.-7/29/89	515 Dwyer, R.-7/29/89	789 Dwyer, R.-7/29/89	1945 Arnold, E.-7/29/89
772 Buhl, R.-12/7/90	515 Smith, C.-12/7/90	804 Arnold, E.-7/29/89	772 Buhl, R.-12/7/90
715 Williamson, S.-4/28/89	510 Campanella, F.-9/9/89	750 Williamson, S.-4/28/89	715 Williamson, S.-4/28/89
1935 Brice, T.-1/27/90	507 Smith, C.-12/9/89	507 Smith, C.-12/9/89	1935 Brice, T.-1/27/90
1906 Sarel, E.-6/17/89	507 Gillespie, B.-11/25/89	507 Gillespie, B.-11/25/89	1906 Sarel, E.-6/17/89
1900 Gillespie, B.-11/25/89	700 Brooks, T.-5/6/89	700 Brooks, T.-5/6/89	1900 Gillespie, B.-11/25/89
1875 Minter, L.-1/25/89	700 Minter, L.-1/25/89	700 Minter, L.-1/25/89	1875 Minter, L.-1/25/89
699 Arnold, E.-7/29/89	699 Arnold, E.-7/29/89	699 Arnold, E.-7/29/89	699 Arnold, E.-7/29/89
1873 Thompson, K.-4/18/89	683 Colbeth, S.-4/1/89	683 Colbeth, S.-4/1/89	1873 Thompson, K.-4/18/89
1863 Colbeth, S.-4/1/89	683 Colbeth, S.-4/1/89	683 Colbeth, S.-4/1/89	1863 Colbeth, S.-4/1/89
1813 Brown, R.-4/15/89	688 Hardy, T.-1/21/90	688 Hardy, T.-1/21/90	1813 Brown, R.-4/15/89
1807 Brooks, T.-2/26/89	685 Brice, T.-1/27/90	685 Brice, T.-1/27/90	1807 Brooks, T.-2/26/89
1780 Colbeth, S.-4/1/89	685 Colbeth, S.-4/1/89	685 Colbeth, S.-4/1/89	1780 Colbeth, S.-4/1/89
1780 Colbeth, S.-4/1/89	655 Colbeth, S.-4/1/89	655 Colbeth, S.-4/1/89	1780 Colbeth, S.-4/1/89
1770 Green, L.-10/28/89	655 Garro, L.-11/11/89	655 Garro, L.-11/11/89	1770 Green, L.-10/28/89
1763 Miller, S.-6/19/89	650 Sarel, E.-6/17/89	650 Sarel, E.-6/17/89	1763 Miller, S.-6/19/89
1760 Garro, L.-11/11/89	650 Anderson, C.-2/25/89	650 Anderson, C.-2/25/89	1760 Garro, L.-11/11/89
1755 Ardito, L.-1/20/89	642 Dwyer, R.-7/29/89	642 Dwyer, R.-7/29/89	1755 Ardito, L.-1/20/89
1745 Colbeth, S.-4/1/89	640 Colbeth, S.-4/1/89	640 Colbeth, S.-4/1/89	1745 Colbeth, S.-4/1/89
1745 Piska, K.-10/7/89	640 Albert, K.-4/22/89	640 Albert, K.-4/22/89	1745 Piska, K.-10/7/89

Corrections... Mike Foggia's lifts should have been on the TOP 20 ADFFPA 220 list, 655-460/615 1700. C. Zaitz's lifts at the Auburn Open Masters, 220 lb. 50-54 age group. Vicki Steemrod should have been credited with lifts of 435 275 480 in the results of the WPC World Teen & Masters in J. Devereille, Rick A-51z should have been listed with a 515 bench in the results of the Pitts-bergh Bench Press Classic. Warren Perry should have been credited with 2nd place at the ADFFPA National Masters, 220 lb. 50-54 age group. Vicki Steemrod should have been credited with lifts of 435 275 480 in the results of the WPC World Teen & Masters in J. Devereille, Rick A-51z should have been listed with a 515 bench in the results of the Pitts-bergh Bench Press Classic. Warren Perry should have been credited with 2nd place at the ADFFPA National Masters, 220 lb. 50-54 age group. Vicki Steemrod should have been credited with lifts of 435 275 480 in the results of the WPC World Teen & Masters in J. 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Message from the U.S.P.F. President

The USPF faces a dilemma. Some members think that anyone with a proprietary interest in the sport should be barred from participating in its governance. They argue, legitimately, that early knowledge of future plans and decisions would give such proprietors corporate advantage. On the other side of the coin, it is asserted that only those with a proprietary interest in powerlifting are available to serve. The Bill Deckers, Nate Foster, Ernie Gilberts, Don Halesy, Ted Herrings, Ramona Kenady, Alan Kishner, and Sheri Oldham and others who have served us well, even without any prospect of turning a dollar, are in short supply. To say that they are in short supply is not to say they are endangered species. Only three of the persons listed in the above paragraph are presently on the USPF Executive Committee, although Nate Foster, previously our Treasurer, has served ex officio.

There is a tradition that only those who attend the National Committee meeting, at which the members of the Executive Committee are elected, get nominated. It is a tradition that continues to deprive us of some of our best leadership. I must shoulder some of the blame for nurturing this tradition. I have been asked on the floor of the National Committee meeting to inform those assembled of my personal choices, the persons with whom I work best. I have been loath to interfere so blatantly in the electoral process, and I have, thus, lost opportunities to tilt the process of choice in the direction of those who are able, but absent. I have clearly been remiss and my concern for maintaining an immaculate non-involvement has been mistaken.

The National Committee meets but once a year at the site of the Senior Nationals. The Executive Committee, in contrast, conducts its business by telephonic conference calls. It is unreasonable to expect competent persons to travel to distant cities in order to be nominated from the floor.

The tradition of requiring attendance at the National Committee meeting as a prerequisite for Executive Committee nomination die. Few will mourn its demise. We will avail ourselves of a much larger pool of talent. We must convince ourselves that honesty, not avarice, is the motivator of all our candidates; that they seek office to promote the good of the sport, not personal profit.

Mr. Jim Ayers announced his candidacy for Treasurer in the February 1990 issue of PL USA. After sketching his background and qualifications, he disclosed the following: During the 1989 National Committee meeting, I asked 5 of the Executive Committee what various expenses were for. Not a single person could tell me. Some had even asked the same questions and could not get any answers either. It is distressing that throughout the long meeting Mr. Ayers did not address his questions on expenses to the chair. Apparently, none of the five Executive Committee members he consulted thought the chair could be of any assistance in responding to his questions either. Each state chairman, such as Mr. Ayers, and each of the five unnamed committee members have a fiduciary obligation to satisfy themselves on questions involving the holding, investing, and expending of our funds. They should not wait until the annual National Committee meeting or for the Executive Committee members, an Executive Committee meeting.

The telephone is always close at hand, and the postage for a letter is twenty-five cents.

Instead, Mr. Ayers held back until it was time to launch his campaign for office, carefully to address his questions to no one who could answer them. Does he really want an accounting of the money or is he simply looking for a campaign issue?

Mr. Ayers continued, My very first act will be to demand an outside audit. Fair enough. We have had an outside audit every year for the last eight years. Mr. Ayers has received auditor George Weber's annual review statements since he has been a state chairman. Additionally, the USPF, in 1989, underwent a full audit by the Internal Revenue Service.

Mr. Weber's resignation statements and the IRS field audit are designed to reconcile revenues and expenditures. They are not designed to address the question of whether the money was wisely spent when it was spent. By and large the major spending decisions have been made by the Executive or National Committees, while

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the more routine spending decisions have been made by the President. The expenditure and revenue ledger sheets answer Mr. Ayers' first question. Who is getting how much...? As Treasurer, Mr. Ayers' mentor, Rich Peters, received these monthly. The ledger sheets note each penny of both income and expenditures.

Mr. Ayers' second question has to do with apparently unrecouped "designated" donations. For the fiscal year ended April 30, 1989, restricted donation income and restricted donation expense were the same to the dollar. However, \$6100 of our donations were unrecouped. The Elite Sales sponsorship program accounted for \$6000 and the remaining \$100 was from unidentified donors. Mr. Donald "Pat" Kelly, the IRS, field auditor, although he accorded our designed beneficiary program his closest scrutiny, did not find a discrepancy between our incoming and outgoing restricted payments, with no loans shown as outstanding? There are two reasons for this. First, with the USPF in need of operating funds, and unable to obtain credit, I took it upon myself to set aside advances on certain credit cards in my name that have been formally designated and set aside as being solely for USPF use. This was done on the advice of USPF's outside counsel.

The other loans on which interest is recorded are copier maintenance contracts payable and the copier lease payable. The copier lease has been capitalized as an asset (in the amount of \$10,345) and recorded as a liability consistent with current generally accepted accounting principles.

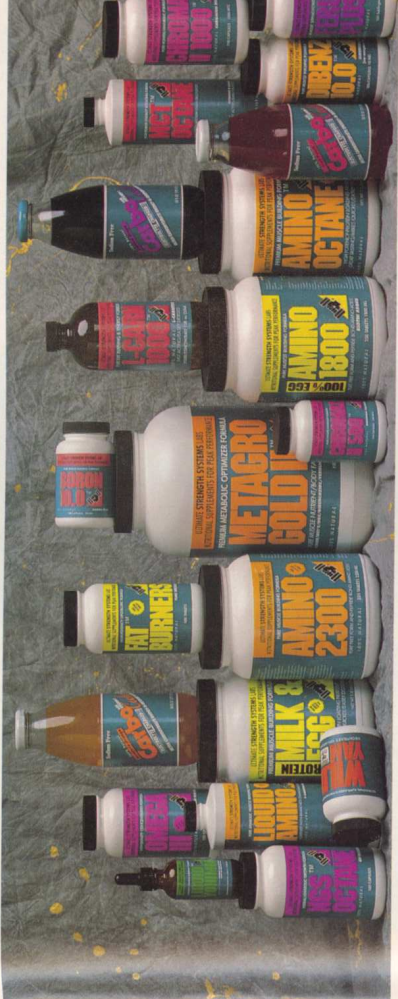
Finally, to Mr. Ayers' dark question, "Has there been any co-mingling of monies?" the answer is simple. "No, there has not." The result of our audits and tax examinations indicate clearly that every penny is accounted for. Any implication of dishonesty, mingling of funds, or any impropriety in Mr. Ayers' questions is simply unwarranted. Surely, if he wants to hold office in our organization, he should suggest how to improve the sport and not how to improve our currently unassailable accounting practices.

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

The USPF Directory changes: Oklahoma State Chair, Scotty Scott, Rt 2 Box 354, Minico, OK 73059, 405-352-5949; Insurance Certificate Markel Service, Inc. Box 6614, Richmond, VA 23230; replacing Luciano Gillis as Member At Large Nate Foster, 6507 S. Newlin Ave., York St., Ramser, NC 27316 919-626-0660 (gov), 824-5464 (home), 491 York St., Ramser, NC 27316 919-626-0660 (gov), 824-5464 (home), Rich Peters removed as Treasurer, added as Special Olympics Committee Chairman Chip Fullquist, 907 Allepoed Ct., Tallahassee, FL 32303, 904-385-1210; new address for Luciano Gillis is Box 8158, Mobile, AL 36608

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Monclads, and other lifters on the team were John Griffin, Tony Garza, Tony Vandewalle, Alberto Diaz, and Cody Cowan. Unfortunately, a lot of the lifters were brought in a new meaning.

There were several records set at this meet. Steve Groggins set state and American squat and bench records. Phil Adams qualified for the 1985 Seniors and broke an excellent 315. Larry Simmons at 178 and as a teenager totalled 1565. The 1985 division was dominated by Steve Groggins with 720.5 lbs. Raw and his partner who weighed 198 lb. only had a 38 lb. lead in the subtotal over Chris Garcia. Paul Simpson broke the 500 lb. squat and 275's with 1934. Steve Groggins was the Outstanding Open Lifter by a wide margin. Mike Ashton was right on all day. Saturday was the Superlift meet.

The Class 2 Division was won by Mike Carter with 410 pts over Lance Johnson with 402. Competitors are great when you have either so many lifts as you can, or just one lift, but you have a great physique and it was good to see him continue to improve and always talk, which was an excellent total of 1306 at 181 and the fight in the 220's was close. Although Pat Morris won this class with 1410, it was no easy feat. Pat Morris is a great lifter and he has made the difference for several lifters in this class. Bill Mihm escaped with his lift, barely outqualified by 54 lbs. Rod Rogers needed a 600 plus deadlift to place higher than third and had to settle for 278 and third. John Chance won the 683.

The Teenage Division was won by Larry Simmons who totalled 1545. We talked a lot during this meet. The minimum Larry Butler had to hang on for dear life as he watched James Kaiser pull a 606 for second over An. Tae-An and Butler were tied at 178 lbs. The women's division was won by Angie Harty, who lifts for the Power Connection, and Loretta and Dorey. Maria Barboza at 96 lbs. had

done 2 scored 5 pts. from Brian Southoff and Abel

the meet. Very few low local gym owners understand the necessity of many workers and making sure that they are there at the meet time. Also Dave and I went to the meet to see how it was run. We had an impressive meeting with Hal Hudson, Edna, Joe Dalton, Gil Thompson, Bud-Brown, Steve Groggins, and many others. The person who was running the name of Chris and he left after a few minutes. I guess he was not used to people know how short topped and what quick responses I can give, but let me tell you that I have completely fat-flouted, without any idea of how to handle it. I was in a bind on the sub-Holland. I was in a bind on the sub-Holland and get into a poker game with Linda Holland and she was in a bind on the sub-Holland.

This was the second meet in the state of Texas that had any Texas Special Olympic lifters. Tommy's Riggs of Quindlan High School brought an entire team of lifters in a class of women's 108 lbs. It was quite an impressive performance. The special Olympic and his bench of 159, his deadlift of 193, and his squat of 240 were all state records. As far as the two lift total of 407 were concerned, as far as the Special Olympics, we should have a good meet in the Special Olympics. In a meet in San Marcos this year in May. Those lifters who were coached by Tommy was the lone lift. The lifters who were coached by Tommy were Terry Darr, Jeremy Whaley, Brian Mahaney, Michael Swanger, Jimmy Silkey, Billy Weaver, Steve Groggins, Michael Carter and Alex Torres. Steve Groggins was the overall champion. The High School team trophy. Beatrop High School had 22 pts. with totals from Bryan Groggins, Nick Simmons, Keri Koether, Jason Smith, and Mike Carter.

group to work with at these meets. Porter H.S. from Brownsville were coached by Tito Mata and Steve Brooks and Belene Presciliano Diaz. I had a lot of fun coaching the lifters. The lifters who were coached by Maria Barboza, David Garcia, Rene Huerta, Lorenzo Del Rosape, Peter Rivera, Joe Juarez and Presciliano Diaz. I had a lot of fun coaching the lifters. The lifters who did 2 scored 5 pts. from Brian Southoff and Abel

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Larry Simmons was the best teenage lift over the 198 limit at 201. As far as team scoring is concerned the following is a summary of each team and their score in the lift over the 198 limit at 201. The following lifters Mike Carter, Shane Frano, Larry Simmons, Paul Springer, Lydia Tatum, Beth Stingham, Chris Garcia, Lance Johnson Craig and Mike Scott. Bruce Jasperson, Charlie Taylor, Mike Scott, Bruce Jasperson, Charlie Taylor, Ken Tyler, Angie Harty, Rick West, Mike Taylor, and John Chance. The Power Connection had 41 pts. for third with the lifting of Larry Butler, James Toy and John Chance. The lifters for the lift over the 198 limit at 201. The lifters for the lift over the 198 limit at 201. The lifters for the lift over the 198 limit at 201.

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Readers Opinions....

For almost one year, there has been an ongoing feud between Conrad Cooper and Mr. Rich Peters. When the main article in the December issue of the USPF, I made the mistake of stating that Rich Peters has made many mistakes (like the article to this) and at times his paperwork for the USPF has been negligent, however, Dr. Cooper has said that Mr. Peters main interest is not in the sport or the lifter but is mainly in making a living from the sport. Granted, he does make his living from powerlifting, but if it is to the detriment of the sport, who would begrudge him a living? There are others who fall into this same category; to name a few: Rocky Crain, George Zangas and Larry Pacifico. I am disturbed by the procedure by which Rich was removed as Treasurer (a number of the Executive Committee members absent, USPF lawyers voting on such matters, etc.) Dr. Cooper has had a profound effect on the USPF. He has done his job and done it very well. We all applaud his efforts and realize that he should be highly commended, but it appears that his judgement has become clouded and it is time for a change. This is not intended to be for or against either of the "feuding" factions, but I do realize it seems to lean for Rich Peters. Let us all work together to find a solution to our problems instead of expending our energies creating new problems.

Tobey G. Johnson

.....
 We would like to know why the IPF is banning lifts, platform managers, etc. for participating in a WPC competition? What are they afraid of? Not that the Israel Powerlifting Federation was competing with the IPF. We compete in the WPC-APF, the lifters organization. In fact, the IPF representative here in Israel has never put on a power meet or, as far as we know, even participated in one in any capacity. Benjamin Joffe

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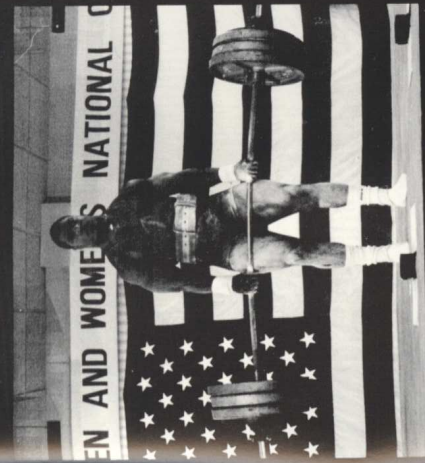
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