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SMILEX



THE NEW 1992 POWERLIFTING SEASON BEGINS



Powerlifting USA

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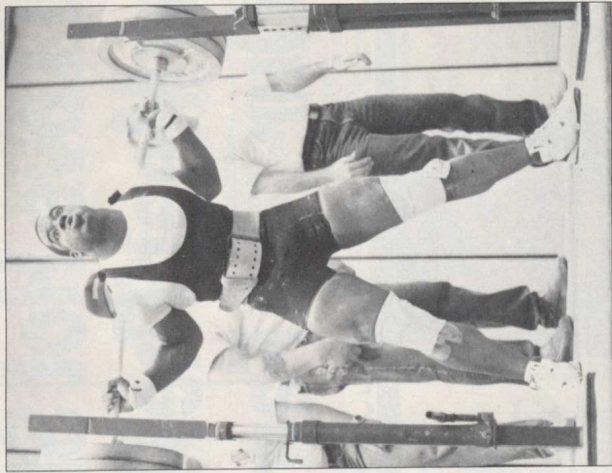
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THE NEW POWERLIFTING SEASON

as seen by PL USA Editor Mike Lambert



Drug Free Athletes like Chris McKinstry, above, face a wide variety of choices when it comes to lifting associations, drug testing rules, etc.

As the 1992 Powerlifting season gets underway, we felt an overview of what's planned for our diverse and sometimes confusing sport would be in order. One of the leading topics for conversation and griping of late is all the different lifting organizations we now have and the question of "when are we going to get back together?" After several years with lifting associations heading in different directions, it now seems that the momentum has shifted and that the call for unity is generating the new wave of support. A cornerstone policy of USPF President Jan Shendow's administration has been to create dialogue on the issue of re-uniting. His individual efforts met with little response from the ADFPA, until the election of Al Siegel. Al and Jan discussed this issue at length when they met, at the invitation of meet director Lt. Col. Paul Christopher, and judged that the first Armed Forces Collegiate Championships, Collegiate level competition has been a focal point for the problems of multiple federations. Both the USPF and the ADFPA National Collegiates have been drug tested meets for some time, a duplication of effort - so to speak, and it forced the Air Force Academy team to make a choice to participate in the ADFPA meets, while the Navy and the Army went USPF, because it was too expensive to go to both National meets. Christopher had on his mind for the 10th annual Army-Navy Powerlifting Classic - bringing in the heads of the USPF and ADFPA - they decided to get in on the act and make it the first Armed Forces Collegiate meet. The result of the discussions was a commitment to make the ADFPA and USPF National Collegiates of 1993 a united meet.

Al Siegel has gone so far as to ask lifters if they would support a new organization, tentatively called the "United States Drug Free Powerlifting Federation", with 3 divisions at all meets: 1. 12 month drug free, 2. 36 month drug free, 3. lifetime drug free. With this setup, Al notes that "Our best lifters could go to one national championship and have the opportunity to represent the United States at a true world championship. More important than the above would be the fact that one large strong organization, the USDFPF, would be large enough to schedule meets all over the United States and eliminate the need for local organizations; lifters could get by with only joining one organization."

Talking bottom line, Al stated in

opportunities for lifters to compete. Internationally, opportunities for greater recognition of Powerlifting are arising: the newly re-elected President of the International Powerlifting Federation, Heinz Vierthaler of Germany, will be meeting with representatives of the International Weightlifting Federation to see if some sort of cooperative approach between the two styles of lifting could lead to a IOC recognition of our sport. On the domestic scene, newly elected IPF Vice President for North America, Stella Herrick, has been a whirlwind of activity. The petition drive she initiated to gain United States Olympic Committee recognition of Powerlifting got a great deal of attention from them, and she is now in the final process of making formal application for such recognition, which could lead to substantial financial support of the sport, as it has for other, non-Olympic sports, like bowling, which have met the requirements for membership.

The new steroid profile style of drug testing has been used in weightlifting, both internationally and within some national federations (including the United States), and it seems to be working well, but little information is available to those not actively using the test yet. If this test works, it could well make other types of testing obsolete, with its reported capability to identify drug use many months and perhaps up to a year prior to the test event. Heinz Vierthaler hopes to bring Troy Ford, has an ambitious steroid profile testing to International Powerlifting in due course. Successful implementation of this test could lay to rest, forever, many of the issues that have fueled the formation of the two many organizations we have today.

With the breakup of the USSR, there will likely be much change in the face of lifting teams that emerge from that area of the world. Already we have witnessed that members of the USSR team at the 1990 IPF Worlds returned to the 1991 IPF World meet as members of the Latvian delegation, and that could be reflected to an even greater degree in future world meets, depending on the economic recovery of individual republics and the level of support their new governments provide.

The tide of Powerlifting is rising in the East. Governor Hiro Isagawa has hopes to promote larger and larger scale competitions in Japan in the years to come, and the effort that Chinese Taipei has put into international powerlifting, with full teams at all the big meets, has been

rewarded with the bid for the IPF World Bench Press Championships this coming Fall.

The IPF International meets are truly premier events, with top level competition, broad international participation, and the highest level of acceptance and recognition worldwide. The IPF Men's World Championships for 1992 will be in England, after a lapse of many years since one of the greatest previous world meets. Held under the direction of Masters champion Ralph Faigutherson in Birmingham, the event will be staged in an extensive new sporting facility. The Women's Worlds will be held in May in Ghent, Belgium, a city rich in architecture and history, under the able direction of Detective Daniel Vandewalle, the IPF Records Chairperson. The 1992 IPF Juniors and Masters World Championships will be a combined event and it will be held in Sydney, Australia, in September, a time of year when that city is at its most beautiful.

We have recently received word that the World Drug Free Powerlifting Federation will be holding its

World Championships for Men and Women in England as well, at Dertshire, in September, and the WDPFF World Masters Championships will be held in England in July.

The South Africans will host the WPC World Championships in 1992, and the APF Men's and Women's Sr. Nationals will once again go to Jeff Wright in Pittsburgh, PA. The APF Juniors will be conducted by Jose Perez in New Jersey on April 26th.

The ADFPA Men's Nationals will be in Minnesota at the end of June, under the able direction of Erin Fedges, who did such a remarkable job with the International Special Olympics Summer Games in 1991, and Michelle Buckman will be doing the Women's Nationals in California in April.

The Kings, Tim and Sandy, of North Carolina won the Iron's store of the bids for USPF meets in 1992, and they will have the combined Men's and Women's Sr. Nationals around the first part of August.

NASA has its normal extensive array of national meets and qualifications set for 1992, and they plan to

hold their first World Championship in Las Vegas in June. Of course, there are many other national events sanctioned by these and other lifting federations listed in the Coming Events section of this and future editions of POWERLIFTING USA.

Hopetully, the USA Power & Strength Symposium to be held in Florida at the end of February will be such a success that it will turn into an annual event. There was a surprising amount of interest shown in the event, including calls from prospective international attendees. With the prestige and influence of From Croatia's National Health Products behind the conference, it's getting the best start possible.

When people ask "When will Powerlifting get into the Olympics", the only proper answer is "I don't know." It is going to be a very complex and difficult process. It does seem obvious that Olympic recognition is not going to be placed on our doorstep as a surprise. It's going to take enormous commitment and effort to get into the Games. In 1992, there is an optimism in the air, and if anyone is

going to get to the bottom of what it takes to get in, Stella Herrick will be the one. The progress she makes in this direction should be one of the highlights of Powerlifting in 1992.

When people ask "When will Powerlifting get back together", I always point out that it took about 20 years for Powerlifting to split, largely over the drug issue, and it might take a like amount of time to get everyone back on the same side. In 1992, some substantive activity towards reconciliation, reunification, etc. will likely take place, but it will be a battle all the way. As many years as it took for lifters and officials to ignore the benefits of a single lifting organization and to go out and create a dozen or so new ones, it may take a similar amount of time for all concerned to see first hand the difficulties of disunity and to understand the value of a united front, particularly as the issues of drug free lifting and olympic membership are dealt with.

For lifters, there are many choices to be made in 1992, and the net effect of the choices you make will be felt far into the future.



The Start of Something Big... that's what this handshake could amount to, between USPF President Jan Shendow, left, and new ADFPA President Al Siegel, right, at the first Armed Forces Collegiate Championships, hosted by Lt. Col. Paul Christopher at the USPF and the ADFPA Academy. Discussions about some form of closer relationship at the very least on the collegiate level, between the USPF and the ADFPA were held at this historic competition, which united military collegiate lifting. (photo by Marcus Holliday, provided by Lt. Col. Paul Christopher)

THE BENCH

ECCENTRIC STRENGTH FOR THE BENCH PRESS

by Louie Simmons, Westside Barbell Club

As you may know, I am a firm believer in moderate percent-training with weights between 70 and 85% for explosive strength. Because of this, I am always searching for methods to develop the eccentric (lowering) portion of the bench press and squat. Through research, I discovered eccentric work is important to mastering absolute strength. I also observed that most injuries occur while lowering the weight. It became apparent that more muscle contraction occurs eccentrically than concentrically. So, how can you build the lowering portion of the lift?

Years ago I did what are commonly known as negatives. One simply lowers a heavier weight -- than can be pressed back up. I found that negatives were not very useful for developing strength. The reason is that once the eccentric contraction is performed, no concentric work or, for that matter, static work is done. The lifter merely surrenders to the weight, which is then lifted off by spotters. This does not resemble an actual bench press at all.

A more effective method I have used over the years was to lower about 110% of my best lift, then strip off 30%, and press up 80%. This worked well, although it was somewhat awkward. The weight was lowered to rack pins set at chest level. It required three spotters--two

My normal bench press tonnage is 9600 lbs in one workout using a particular percentage. We used the weight releases only on our assistance bench day. The typical workload with this method is 4100 lbs, about 50% of my total tonnage. This tonnage is more reasonable for strength gains without over-training.

Pressing up 60% really builds explosive strength, an important aspect if your goal is a big bench press. Both eccentric and concentric movements are developed with this method.

I must include a word of caution. With the advent of the bench shirt, the supporting muscles are apparently weak on many lifters. Beware of overdoing it. Start out easy at first. The apparatus feels so good, you may not want to stop. I suggest one normal workout a week and one with the releases.

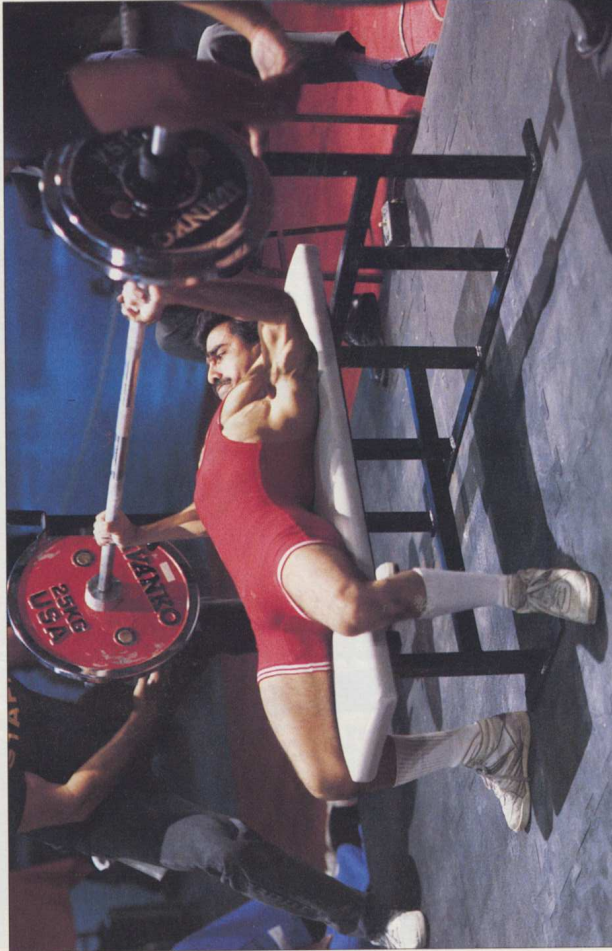
The three groups were comprised of mixed classifications: seven elites, three masters, and six class I or class II lifters. In a period of only six weeks, almost all made personal records.

Editor's Note: the Weight Releases developed by Bob Kowalczyk are, we understand from Louie Simmons, in the process of being marketed through a major fitness industry supplier. Keep an eye out for them in the future.

I tested the weight releases on three groups of lifters using three different methods. The first group did 75% for 8 sets of 3 reps with an additional 5% on the eccentric portion of the first rep. This method is closest to our usual percent-training workout. This worked well, but increased muscle fatigue was a problem. Using 75% of my best (400) for 8 sets of 3 reps equals 9600 lbs. This total tonnage is in the correct range for building strength. However, the extra 5% increased the total tonnage beyond the optimal range.

The second group lowered 110% and pressed up 90% for a single rep. This also seemed to exhaust the group, although they also increased their strength. The third group lowered 110%, but pressed up only 60% for a single rep. This group made the most progress; however, as in the other groups, it was still easy to overdo it.

Recently, I received a phone call from Bob Kowalczyk. He told me about a weight-releasing device he had patented that would revolutionize strength for the bench press. Well, when new equipment comes out, I am one of the first to try it. I have bought cambered bars, a magic squat bar, an isokinetic machine, a Bullworker, and even a Slim Gym. So, I bought a pair of weight releases. They are, no doubt, the best apparatus I have used for the bench press. Weight is loaded onto the bar, releases, which hook onto the bar. They allow you to lower a heavy weight, and the instant the bar touches your chest, the additional weight loaded on the releases disengages from the bar. You then press up only the weight you have on the bar.



Top Bench Pressers... like Joe Catalano (above) are always looking for a new training angle. Eccentric Training might just be the ticket!

WORKOUT of the Month

Not So Basic Benching as told to POWERLIFTING USA by Dave Caster

This article is written in gratitude to Louie Simmons for his unique training concepts and his commitment to our sport.

Before I begin, let me tell you how writing this article came about. I am a former three lift powerlifter who incurred a serious back injury nearly 1989, which has relegated me to bench press specialization. Considering the fact that my bench press had hovered between 290-320 from 1983 to 1990, this wasn't much of a specialty, what with the crop of excellent pressers hitting the one lift meets. Having reached the heights of frustration in October 1990 after benching 310 at a bodyweight of 210, I figured I needed some program re-thinking. Enter Louie Simmons.

I'm sure many of your have read Louie's articles and have also read endorsements of his training theories by great lifters such as Ed Coan and Tony Kamand. Now, I'm no body special, which makes the results I've gotten from some of his concepts worth mentioning. I made a promise to myself that I ever hit 350 in the bench, I'd try to document the process. So here goes!

Two days a week are to be

devoted to training the bench press muscle groups. The bench press itself is trained once a week. Emphasis on the concept of compensatory acceleration is the key, Louie claims. A lot has been written about this concept, probably with a greater attention to fine detail than I can shed on the subject. Therefore, I'll keep it short and sweet. Take 72% of your current one-rep maximum in the bench (as achieved with the use of a bench shirt). Do 8 sets of 3 reps, using a controlled descent and a light touch and go some program re-thinking. Enter Louie Simmons.

Combine this unique way of bench training with the focus on triceps and delts, and the picture is almost complete. I still wondered how absolute strength could be developed with such "light" training. Louie's answer to this was "increase strength in your worst grip, and your best grip will get strength without a traditional peak-

ing scheme (increase weight, decrease sets and reps, etc.), and use more than a little skepticism. So I asked him.

Louie believes in hitting triceps heavily with lying extensions to the chin with straight bar and using a modified close grip bench press in which the weight is touched down higher on the chest than is customary (for comfortable). Use 3-5 reps in this modified bench press. We use a 13 inch grip on this one. My training partner has put 50 lbs. on his best bench in 9 months by using this movement. Deloids also get special treatment with side laterals and front plate raises. Try 2 sets of 20 reps with the front plate raises. They're quite a treat!

Let me say this--that 360 moved quicker than I would have thought possible. The shocking part about this routine is that you don't need a ton of weight to boost the bench. If you move that 72% weight as fast as humanly possible, pound your triceps and don't be afraid of stimulating in your grip on inclines, you'll be mighty surprised once you shoe-horn yourself into your shirt and pale on the plates.

Once again, many thanks to Louie Simmons for both his excellent articles and his time, and a special thanks to my training partner, Dale Benton, who helps turn simple powerlifting into a "think tank" experience.

Best of luck to you all, and God Bless. DAVE CASTER, 123 Centennial Lane, Hilton, New York 14468, 716-392-3548

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stronger. What does he mean by that? In the midst of asking him about incline benches, the answer came out. He said to work up to a heavy single in the close grip incline bench press (using a 35-40 degree angle). We use an 18 inch grip and hit the bar very high on the chest. I thought this was one nutty piece of advice, until I tried it. We do this movement on our second workout, and cycle it in short 3 week cycles. We mix in heavy dumbbell presses and 24 inch cambered bar benches for variety on this day, aiming for 10 reps. After you peak in the close grip incline, you can do regular inclines for a short 3 week cycle and then come back to the close grip. Top this all off with some bent over supported with the upper body supported for about 6 sets of 5 reps, and you have the makings of an intriguing and result producing routine.

How well has this worked for me? As stated before, I benched 310 on October 1990 at a bodyweight of 210. In January 1991, I benched 335 at 198 after introducing the modified close grip benches. In July, 1991 I benched 345 at 212 after introducing the front plate raises. And in December 1991, I benched 360 at 204 after training exclusively with 245 lbs. for 8 sets of 3 reps for a five week cycle, mixing in modified close grip benches for sets of 3, using the same weight. On the second day, the 18 inch grip incline benches were stressed, eventually working up to 270 for one.

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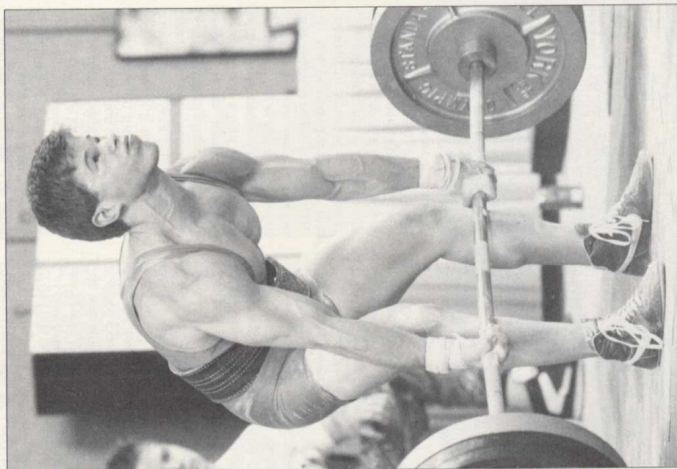
Lifters like Ed Coan do not always train "conventionally", yet still attain tremendous results, as indicated in this unique "Workout of the Month" by Dave Caster, which utilizes Louie Simmons' training principles.

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How To Cope With MUSCLE SORENESS

by Thomas d. Fahey, Ed.D., Professor, Exercise Physiology Laboratory, California State University, Chico



Muscle Soreness is a problem that all top lifters face, after a tough workout or a major competition, like the U.S.F.F. Senior Nationals, where Eric Fernandez (above) was one of the 132 lb. competitors.

you are sore, it often takes many days before you recover adequately. You may be prevented from doing the kind of workouts that lead to big gains.

Scientists have not as yet determined effective techniques for preventing soreness, but there are several techniques that appear promising. These techniques attempt to check the processes that we know are involved in muscle injury and the resulting muscle soreness:

- ** Intense muscle contractions (particularly eccentric contractions) that damage the muscle fiber.
- ** Accumulation of calcium in the muscle fiber.

Muscle soreness, the aching sensation in your muscles you feel 1-2 days after a workout, is familiar to even the most novice weight lifter. You get sore when you haven't lifted recently or when you push a little harder in your workout than usual. In the past, a variety of explanations have been presented to explain delayed onset muscle soreness. For years, lactic acid buildup was cited as the cause for this condition. With the advent of sophisticated chemical tests and electron microscopes, it was discovered that delayed muscle soreness was actually caused by damage to the muscle fibers.

Delayed onset muscle soreness seems to occur during eccentric muscle contractions. Muscles contract eccentrically when they exert force as they lengthen. For example, when you lower the bar to your chest during the bench press, your chest, shoulder, and arm muscles are contracting eccentrically. You can exert much more force eccentrically, as the muscle lengthens, than concentrically, when the muscle shortens (50-100 percent more). When the force is severe enough, or when the muscle is stressed often enough, the fibers become injured (see figure 1).

Fiber injury sets off a series of events that causes your muscles to ache a day or two after the weight workout. This process is described in figure 2. When you injure the muscle fiber, calcium leaks into the fiber from calcium storage areas. Calcium is very important in muscle function. Calcium stimulates the fiber to contract but is rapidly pumped back into the calcium storage area after the contraction is completed. After a muscle injury, calcium accumulates in the fiber and causes the release of substances called proteases that cause muscle fiber breakdown. One of the proteases is called PLAZ, which is the active chemical in snake venom. In many ways, the cellular effects of snake bite are similar to those occurring in the muscle fibers during delayed onset muscle soreness.

In addition to deterioration of the muscle fibers, parts of the fiber involved in contraction (i.e., the sarcomere), often develop contractures that contribute to the pain. Contractures are muscle spasms that cause discomfort and decrease performance capacity. The proteases cause the breakdown and deterioration of part of the muscle fiber. The body initiates a "clean-up" phase that rids the muscle cells of dead tissue. The muscle cells then produce stress proteins that protect the cell from further injury. That's why you don't get sore after every workout. Stress proteins protect the cell from fur-

figure 1, will only cause more injury. After a tough workout, the goal of the post exercise stretching routine should be to ease muscle spasms rather than increase flexibility.

Inflammation and Repair of the Fiber Following Injury

A relatively new area of interest in sports physiology is how to speed up tissue healing after an injury. Diet may play an important part in helping you recover from muscle soreness and injury. For the most part, athletes take in all the protein they need in their diets. However, when beginning a new program or during periods of heavy training, many studies have shown that protein intake is often inadequate in weight lifters. As discussed, it may be appropriate to take a protein supplement or increase the protein content of the diet when you are pushing hard.

Dietary carbohydrates are also important. It has been shown that recovery from muscle injury is delayed when the muscles carbohydrate stores (i.e., glycogen) are not adequate. The best way to insure adequate carbohydrate stores is to maintain a high carbohydrate content in the diet and to get adequate rest between workouts.

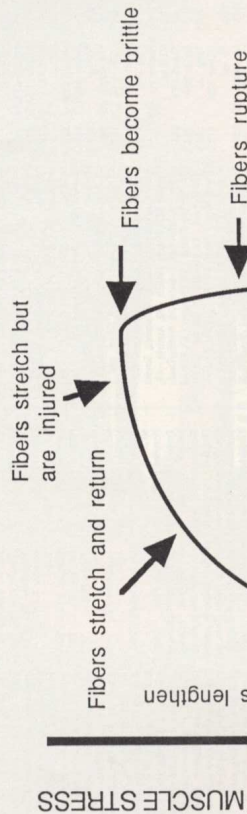
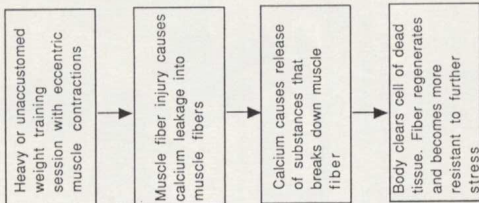
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Figure 2: How muscles get sore



CHANGE IN SHAPE OF MUSCLE TISSUE

Figure 1: When the muscle is stressed slightly, it quickly returns to its normal length without injury. However, if the stress is severe, the muscle fiber is injured and causes muscle soreness.

Vitamin E supplementation may be helpful in preventing muscle soreness, particularly in older people. A recent study by Cannon and coworkers suggested that vitamin E may improve the rate of repair of muscle following injury. Vitamin E is thought to combat the destructive actions of substances called free radicals. Finally, many studies have suggested that muscle soreness is accompanied by inflammation that is the same as occurs after a sprained ankle or muscle pull. Theoretically, taking medications such as non-steroidal anti-inflammatory agents, such as *Advil* or aspirin, should help combat inflammation. Unfortunately, the few studies that have been done have shown these agents are not effective.

We are only beginning to understand why muscles get sore after weight training. Many of the techniques I have suggested are unproven but show great promise. In any event, these techniques are harmless and may prevent some of the pain of delayed onset muscle soreness.

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- ** Muscle spasm
- ** Inflammation and repair of the fiber following injury.

Train Smart

The most obvious structured measure is to have a well structured program that stresses your muscles gradually. Sudden, severe workouts lead to injury. The down-time from monster workouts usually exceeds any benefits that may be accrued. Muscle physiologists strongly suspect that you must develop protective proteins that largely spare you from further pain and help you progress optimally. It takes time to get the muscle used to heavy loads - you can't do it in one workout.

Accumulation of Calcium in the Muscle Fiber

Excess calcium as the cause of delayed onset muscle soreness is theory rather than fact. However, there is very good evidence that calcium may be the bad guy. Probably the best defense is not to injure the calcium storage sites in the first place, but that is probably not possible. Another method may be to boost the muscle fiber's capacity for managing calcium buildup by stimulating calcium pump activity within the cell. Dr. Kondrashova, a Soviet scientist, has shown that succinate, an important substance in the body's metabolism increases calcium pump activity. Providing succinate supplements could enhance calcium pump activity and reduce the incidence of delayed onset muscle soreness.

Some commercial products designed for weight lifters and body builders, such as Muscle Nitro (Champion Nutrition), contain combinations of amino acids and succinates. These products could be beneficial in preventing muscle soreness by aiding muscle repair and stimulating calcium uptake. While there are no scientific studies that show these products are effective in preventing muscle soreness, the new information on how muscles get sore suggest these supplements may be effective.

Muscle Spasm

Calcium leakage causes spasms in many of the muscles' contractile units. For many years it has been known that static stretching after a workout eases the severity of delayed onset muscle soreness. Take a few minutes at the end of your workout to gently stretch the major muscles you used that day. Hold each stretch for 20-60 seconds. Take it easy! Remember that after a particularly heavy workout you have probably injured some of the fibers. Excessive stretching, as shown in

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Bulletin Board

...this is the place to look for organization news and notes * declared candidates for the upcoming USPF elections include Vince White and Sandy King running for the office of Vice President, and Jan Shendow running for President. * after six years of service the USPF American Records Chairman Alan M. Kirschner, Ph.D. is resigning. In the meantime, all record forms should be temporarily forwarded to USPF, Box 389, Roy, UT 84067 until a replacement is designated * the bid for the USPF High School Nationals has been awarded to Al Roberts of Florida who will hold the meet on 20, 21, June, 1992. For further information, contact him at 407-468-5968 * the results of some IPF Drug Tests are forthcoming. Regarding the 1992 Women's World Championships "The following lifter was found to be positive and is suspended from international competition for a period of three years commencing 22nd Jun 1991. She is also barred from setting world records within that same period." - Sumita Laha - India. All other lifters tested were found to be negative." Regarding the results of the 1991 IPF Jr. World Championships "The following lifter was found to be positive and is suspended from international competition for a period of three years commencing 11th September 1991. He is also barred from setting world records within that same period." - Steven Johnston - USA. All other lifters tested were found to be negative." * in a letter dated 22 December 1991, Ted Herring resigned from his USPF positions of Vice President, head of the Bid Screening Committee, and member of the Collegiate Committee effective 1 January 1992. * John Petroff, Secretary General and Treasurer of the W.D.F.P.F. has submitted the following commentary on The State of the W.D.F.P.F. "At this point in time, I am proud to report that the W.D.F.P.F. is a growing and viable International Powerlifting organization. To date, Member Nations include, the United States, Great Britain, Ireland, France, Belgium, Canada, Morocco, Australia, Hong Kong, India and pending are the applications of Germany, Poland and possibly Wales. Continued efforts are being made to contact interested parties in other countries. We have as our drug free period a time of five years. I.O.C. drug testing methods are employed. At this time there is a Lifetime Ban for all drugs on the I.O.C. banned substance list. The W.D.F.P.F. is currently examining the I.O.C. banned substance lists and will be considering the elimination of those drugs that do not enhance performance in our sport. In addition, the W.D.F.P.F. is engaged in researching substances that will cause false positives in the urinalysis. Testing at International events must be done at accredited laboratories capable of running the full I.O.C. screening. At least 10% of national competitions must be accompanied by a negative drug test result. The International Championships will be held in England some time in late 1992. World Championships will also be held in England in either July or August. The W.D.F.P.F. is considering additional information concerning membership for 1992 in the U.S. Those wishing additional information concerning upcoming competitions sanctioned by the W.D.F.P.F., or for information on becoming a Member Nation can contact one of the following persons: President, Ken Smith, 114 Bath Rd., Reading, Berkshire RG32EU, England; Vice President, Georges Gerard, 21 Cours Pimville, 77100 Meaux, France; Secretary General, John Petroff, 13267 Whidgate Ln., St. Louis, MO 63146.

Stella Herrick is newly elected IPF Vice President for North America as well as the Chairperson of the IPF Women's Committee. She notes that the IPF has sanctioned both Master and Junior World Championships in the 1992 World Championships in Sydney, Australia this September. The categories/classes and distribution of medals is undecided at this point. Stella also hopes to produce a world ranking list for women in IPF member nations. Information should be submitted to Stella at Box 4160, Opelika, AL 36803. Stella is also working on IOC recognition for Powerlifting, and emphasizes that the International Olympic Committee will only recognize sports federations that are members of GAISF (Sporting Federations) of which the IPF is a member. The USPF is the representative of the USA in the IPF.

DEDICATION



Chip McCain died in a diving accident in the Cayman Islands. A record breaking, multi-title holder over several weight classes, and the previous owner of Elite Sales, Chip went on to success in commercial real estate sales. A sailor, he loved his 50 ft. yacht Challenger as much as lifting. He is survived by a 3 year old son, George A. McCain, who has been nicknamed "little Chip".



Peary Rader's Passing was noted in the January 1992 edition of Powerlifting USA. He personally noted that he was always a great friend to Powerlifting USA and could well be considered the "Father" of Powerlifting for the key work he did in getting the sport started.



Dick Reno has died after a long illness. Dick was the USPF state chairman for Georgia for many years, attending nearly hundreds of lifters owe Dick a debt of gratitude for his efforts to bring satisfaction to their lifting careers. We ran an extensive interview with Dick in the June 1991 edition of PL USA.

Upcoming National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
ADPPA Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
ADPPA Collegiates	665	770	900	1065	1190	1245	1340	1355	1365	1375	1385
ADPPA Teen 14-15	600	700	750	850	900	950	975	1000	1050	1075	1100
ADPPA Teen 16-17	650	750	825	950	1025	1065	1100	1165	1180	1225	1250
ADPPA Teen 18-19	665	770	900	1045	1095	1165	1275	1300	1315	1330	1350
APF Sr. Nationals	841	968	1075	1274	1405	1505	1587	1660	1705	1748	1802
APF Jr. Nationals	798	931	1041	1140	1311	1427	1526	1606	1642	1686	1780
USPF Sr. Nationals	788	953	1085	1289	1399	1488	1570	1653	1700	1725	1758
USPF Collegiates	744	804	992	1102	1212	1322	1377	1399	1421	1444	1455
Women's Contests	97	105	114	123	132	148	165	181	198	198	+
APF Sr. Nationals	584	633	678	722	760	848	871	892	985	1003	
USPF Collegiates	402	435	468	496	523	578	622	672	705	727	
USPF Sr. Nationals	518	562	601	639	672	744	760	778	826	870	
ADPPA Women's	97	104	111	116	122	129	139	154	176	176	+
Women's Nationals	496	535	562	617	639	694	739	766	777	876	
Women's Collegiates	415	445	465	485	505	525	560	610	675	755	

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Anabolic Steroids and Aggression in Male Weight Lifters

told to POWERLIFTING USA by Jon S. Clark, M.S.



Drug Free Champions like Hideaki Inaba, above, may not necessarily be less aggressive than steroid using athletes, according to Jon Clark

The following article is an abridged version of my master's thesis. This study sought support for the belief that anabolic steroids significantly increase aggression in the individuals who use them, compared to weight lifters who don't. This research was completed as part of the graduate requirements of the Arizona State University, under Dr. Daniel M. Landers.

The results of this study may surprise you, since they indicate that the group of steroid-using lifters who participated in this study were not significantly more aggressive than the non-users. The results may demonstrate that many of the perceptions of the public created by the media, which include the belief that all anabolic steroid users are perpetrators of "roid rages", are incorrect. This is interesting since we are repeatedly shown a plethora of anecdotal evidence (i.e. steroid articles and books such as Goldman's "Death in the Locker Room") stating the opposite.

The use of anabolic steroids is widespread. With an increasing amount of research directed toward the effects of these androgens, it is hoped that they will be utilized in a more rational manner to eliminate the physical and emotional dysfunctions common today. It is also the intent of this article to expose the reader to much of the past research on anabolic steroids, methodology typically used in such literature, and future directions of study.

Since the beginning of athletic competition participants have sought methods to improve their performance and to compete more successfully. Having seen a dramatic increase in both the financial rewards for sporting achievement and in the competitive process to make oneself eligible to receive those monetary incentives, it should surprise no one that the use of ergogenic aids such as anabolic steroids has risen progressively (Lamb, 1984).

Few sports that rely heavily upon strength or speed have remained untouched by the influence of steroids. Use is not limited to elite male or female athletes, but includes collegiate and high school athletes as well. One study reported that over 6.6 percent of 12th grade male students use or have used anabolic steroids, while two-thirds of the user group began when they were 10 years of

variance assessed the effects of anabolic steroid use (users vs nonusers) and aggression using the POMS, the BDI, and the MAACL. Analysis of this data reveals that differences were not significant.

The purpose of this study was to test the hypothesis that male weight lifters using anabolic steroids would have higher levels of aggression than those lifters not taking them. No support was found for this hypothesis.

A possible explanation to account for the nonsignificant relationship between anabolic steroid use and aggression relates to the difficulty in achieving group differences in aggression when the specific situation is not taken into account. In other words, anabolic steroid users may be more aggressive than nonusers, but only in specific situations (e.g., when frustrated or angered).

Bandura (1973) and other social psychologists believe that evaluating the actions or intentions of a person can often lead to false conclusions, without considering the situations in which they occur. Since the situation dictates whether an action is socially acceptable, people often exhibit certain personality dispositions only under specific circumstances. With this explanation, anabolic steroids would not be viewed as a cause, but as a predispositional factor (Bahrke, 1990). The setting in which the subjects of the present study were tested was not one that would lead to frustration.

Future research needs to be done to investigate and provide more information on many of the side effects that could occur with anabolic steroid use. Physicians need to keep informed on current research to properly inform their athlete patients of any possible adverse side effects.

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Author's Comments: The study found no support for the hypothesis that male weight lifters that use anabolic steroids are significantly more aggressive than male lifters who do not use them. This does not mean that none of the lifters who take these androgens are highly aggressive, since we know this is not true from a plethora of anecdotal evidence (i.e. Jon Smoker's articles and Bob Goldman's "Death in the Locker Room"). It may, however, indicate that many of the public's perceptions, created by the media, are incorrect; this includes the belief that all anabolic steroid users are perpetrators of "roid rages".

I believe a possible explanation for these findings is revealed by what social psychologists term "situational specificity" (expounded upon in the discussion section). This term describes the need to take into account the situations surrounding actions or intentions of a person in order to properly evaluate them. It is believed that a person will exhibit certain actions only under specific circumstances where these actions are perceived as being socially acceptable. Since I tested the lifters under what is deemed as non-frustrating or non-threatening conditions, they had no reason to respond with aggression. Placed under situations where aggressive acts are perceived as acceptable (and probably more realistic), the expected androgen-influenced behavior may be exhibited.

During the data collection phase of this study, where I was in weekly contact with both the users and non-users (the status of each subject was unknown to me due to the design of the study), I was unable to detect many of the side effects noted with steroid use (increased aggression, acne, hair loss, etc.). I believe that this is due to the fact that more lifters are learning how to regulate their intake of these drugs in a more rational manner. This is possible when magazines, like *Powerlifting USA*, include pertinent research information on such things as training and ergogenic aids.

Being a staunch ADTFA member, I realize there will always be those individuals who, due to a host of inflating rationalizations, will use ergogenic drugs. My hope is that with proper research, the drugs will be used with increasing insight so as to prevent the physical and emotional dysfunctions common today.

Several years ago in *Powerlifting USA* I remember seeing a study completed by Jeff Everson, in which he measured the relative training effectiveness of machines vs free weights on twins. I particularly enjoyed this article because it gave insight into the research process and promoted my interest in performing my own investigation. I hope my article is able to do the same for many of your readers. To the betterment of lifters, Jon S. Clark, MS

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3. Amino Acid 1000 mg. Tablets	50	26.00	15.00	17.00	16.00	15.00	
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5. Amino Acid 1000 mg. Capsules	50	26.00	15.00	17.00	16.00	15.00	
6. Amino Acid 2500 mg. Capsules, New Bigger Size	50	26.00	15.00	17.00	16.00	15.00	
7. Branch Chain Amino 750 mg. Capsules	100	26.00	15.00	17.00	16.00	15.00	
8. Fat Fighters Lipotropic Formula	100	26.00	15.00	17.00	16.00	15.00	
9. L-Carnitine 500 mg. Capsules	100	26.00	15.00	17.00	16.00	15.00	
10. Gamma Oryzanol 1500 mg. Capsules (New with Ferulic Acid)	50	26.00	15.00	17.00	16.00	15.00	
11. Natural Stress Complex Tablets — Endurance	50	26.00	15.00	17.00	16.00	15.00	
12. Inosine 1500 mg. Capsules Hypocyanite Hydrochloride	50	26.00	15.00	17.00	16.00	15.00	
13. Inosine 1000 mg. Capsules Hypocyanite Hydrochloride	50	26.00	15.00	17.00	16.00	15.00	
14. Inosine 500 mg. Capsules Hypocyanite Hydrochloride	50	26.00	15.00	17.00	16.00	15.00	
15. Liver 2000 mg. B-12 — Energy	50	26.00	15.00	17.00	16.00	15.00	
16. Liver 1500 mg. Capsules with 50 mcg. B-12	50	26.00	15.00	17.00	16.00	15.00	
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25. Multi Vitamin-Mineral with Amino Acids and Herbs	30 Day	26.00	15.00	17.00	16.00	15.00	
26. Winners Plus Pak — Respiration — contains Vitamin A 10,000 IU, Vitamin D 800 IU, Vitamin E 400 IU, Calcium 1,000, Vitamin C 1,000, B-Complex 50 mg, and much more	30 Day	26.00	15.00	17.00	16.00	15.00	
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42. Video Instructional Tapes of 7 Time World Champion Mike Bridges — #1 Bench Press, #2 Squat, #3 Deadlift, #4 Mental Muscle, #5 Mile Up Climb, #6 Beginning Weight Training	59 Min.	26.00	15.00	17.00	16.00	15.00	
43. Bodybuilding by Mr. Universe, Danny Padilla, Coach, Rick, Mark, Mike, and John, #1 Bodybuilders, #4 Triathletes, #5 Bodybuilders, #6 Triathletes, #7 Triathletes, #8 Athletes, #9 Triathletes, #10 Athletes	78"	26.00	15.00	17.00	16.00	15.00	
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50. The "Ball" Squat Bar	18.50	26.00	15.00	17.00	16.00	15.00	
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59. Powerlifting Belt, One Color, 13mm Thick, 10cm Wide — Any Color	38"	26.00	15.00	17.00	16.00	15.00	
60. Bodybuilding Belt, Leather Only, One Color, 2 1/2" Front, 4" Back	30	26.00	15.00	17.00	16.00	15.00	
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Interestingly, most powerlifters, like their bodybuilding counterparts, still believe that large amounts of protein are necessary to increase strength. John Ware, Jack DeGangi, and my wife have consistently achieved what I believe to be "sensible" nutritional advice, and many have finally awakened to the fact that carbohydrate, not protein, is the essential nutrient in the powerlifter's diet.

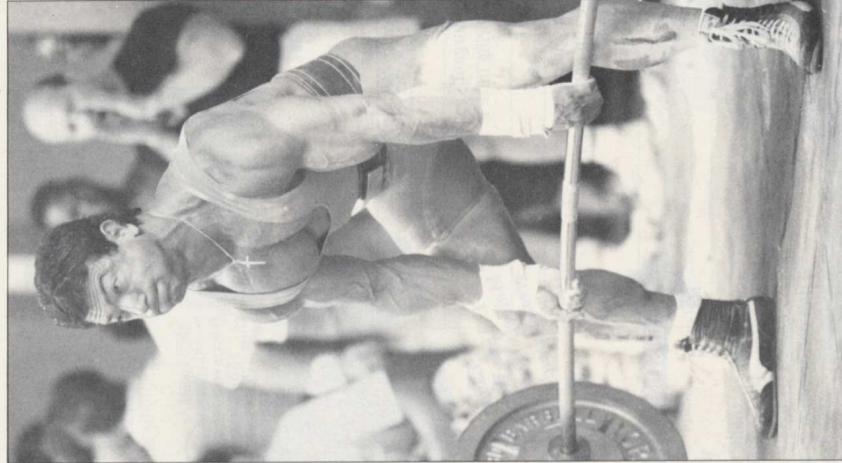
Simply put, I realize that I am being redundant, enough protein is needed so that true repair and growth can occur. Potential growth is dependent upon many factors, with the stimulation of increased strength and/or muscle tissue size first having to be accomplished through proper training. One simplifies the issue to grow first, and then supplies the necessary ingredients for that growth. Tissue repair is dependent upon many factors also, and very much influenced by rest and recovery time when workouts as well as diet. While the intensively training powerlifter needs a small amount of protein over and above that needed by a sedentary individual, the need is not so great that it will not be filled by "normal" average diet.

Most of us get too much protein for our needs on a daily basis, and additional supplementation is unnecessary for the overwhelming majority of lifters. This not only reverses my past views, but it is needed to be read about protein that needs to be avoided in the diet.

The primary fuel for most of the human body is carbohydrates (CHO). While it is true that very lifters, as well as the general public, have realized this in the past few years, many have misinterpreted the facts that most lifters, especially those who have never been concerned with making weight, like to eat. I include myself in that category. While there are many things I don't eat, I often like to overindulge in the things I do enjoy, and my lifting sessions provide a perfect rationalization for doing just that! I have never been at a meet where the guys, and often the women, did not "pig out" afterwards. I know that they use their meat preparation and then competition as a reason for doing so, but let's face it, as tough as our sport is, it's not as calorically demanding or "draining" as running a marathon. In fact, it doesn't burn many calories relative to other sporting activities.

Carbohydrates are the "fun" part of most diets. Most lifters don't think "yams, rice, cakes, millet, dry baked potatoes, a banana" when you say carbs, they think "cookies, cake, ice cream, pizza". Me too. Those food items made from simple sugars are "carbohydrate foods", but are usually not the stuff from which one should form a dietary base. CHO is necessary for energy or fuel supplies and provides the most economical way to fulfill one's caloric needs. The CHO foods, however, should provide as much nutrition in the way of necessary vitamins and minerals

More From Ken Leistner



Ken Leistner faces an even more severe dietary challenge than most powerlifters, because of his career as a baker, with delicious Italian pastries, etc. at his fingertips all day. Nonetheless, looking at Jay's physique, it's obvious that dieting does not necessarily mean the necessity of a diet that restricts dieting. Jay's lift from 400 lbs. into a heavy-hoist diet at the U.S.P.F. Senior Nationals held in Dallas last July. (Lambert photo)

while supplying calories and carbs. Those products made with "simple sugars", such as the aforementioned sweets, do not do this. Pasta, potatoes, and fruits give you lots of usable nutrients along with the calories and energy supply. There will remain nameless, for obvious reasons a 198 pounder who was a top contender for national honors in the late 1960s and early 70s. He also had a great physique and was known as much for this as his lifting abilities.

fruit, and either candy or another shake for a pre-workout energy boost. Dinner was two huge burgers/cheeseburgers, a sandwich on one night, approximately two pounds of meat burger with corn on the cob and french fries and beans on a third night. Before dinner, he had a glass of milk and cookies.

I realize that this might serve as an extreme example, but he is probably more typical than one might think. The bologna supplied protein, while the meat gave him the carbs. The coffee and juice were taken before he had to drink something. All the candy and pastries were to "build energy" for the workout later in the day. The few glasses of milk, with the high fat meats, were for strength and muscle repair. Most of his CHO provided lots of calories, as much from fat as from anything else, but usable nutrients. Although PL USA provides enough information to avoid the "cheater" diet, the "still do it" diet, when we have the opportunity of building the diet around the sealed commercial carbohydrates, those that enter the bloodstream as simple sugars, and also provide some nutrients.

Instead of a half dozen eggs, breakfast should be based upon a cereal product and/or a few baked potatoes or yams. Skim milk or skim milk with skim milk powder or milk and egg protein powder gives you all the protein necessary for many hours. A mid-morning snack of fruit or a muffin provides calories, carbs and nutrients, assuming that the muffins are in fact made in a low fat/high complex grain manner. Lunch can be a few sandwiches, with a filling that is low in fat: tuna, turkey or something along those lines does nicely. Fruit dried, though, a baked potato or yam (yes, they can be "brown bagged" too) fills the meal out well, or can be substituted with a plate of spaghetti. This again provides some protein, and lots of nutritious carbs, again assuming that the bread does in fact have nutritional value.

Mid-afternoon or pre-workout snacks can include fruit or juice. The new supplement products that provide "energy for training" are really no more than fluffed up juice powder anyway. There's usually all kinds of designer supplements thrown into them in order to justify a higher price, but juice or fruit or another muffin will accomplish the same thing for most. Dinner, based around a small portion of low fat protein and a quality carb like pasta or rice with vegetables is ideal. The majority of food items on the plate however should be the carbohydrates, not protein. One should have rice with some chicken or fish, and vegetables, not fish with some rice.

The way to good health and effective training is to eat well. Some of the above examples give the lifter plenty of protein, lots of carbohydrates, and a limited amount of fat, the primary suggestions echoed by all health and medical experts for good coronary health.

STARTIN' OUT

A special section dedicated to the beginning lifter

How I Got Started as told to PL USA by David Dunne

As a young lifter just starting out in the sport of powerlifting, I was as fortunate as someone could be. After working out at home for about a year, I mentioned to a co-worker that I would like to begin training for an eventual powerlifting contest. My co-worker pointed to an off-duty policeman working security in the building and said, "Go talk to Sam. He's a powerlifter." I ventured over to Sam, introduced myself, and told him of my powerlifting ambitions. He looked me straight in the eye and his voice boomed out, "Meet me at the gym, Saturday morning at 10:30. Don't be late." End of conversation. The gym in Chicago Heights was known as the place with the biggest, strongest, meanest, craziest lifters in the Chicagoland area. There was no fancy equipment, no juice bar, no chrome, and no Spandex here. What it was - was an old warehouse full of weights, squat racks, benches, dumbbells, and very few machines. It also



SAM MANGIALARDI was Junior National Champion at 198 back in 1990.



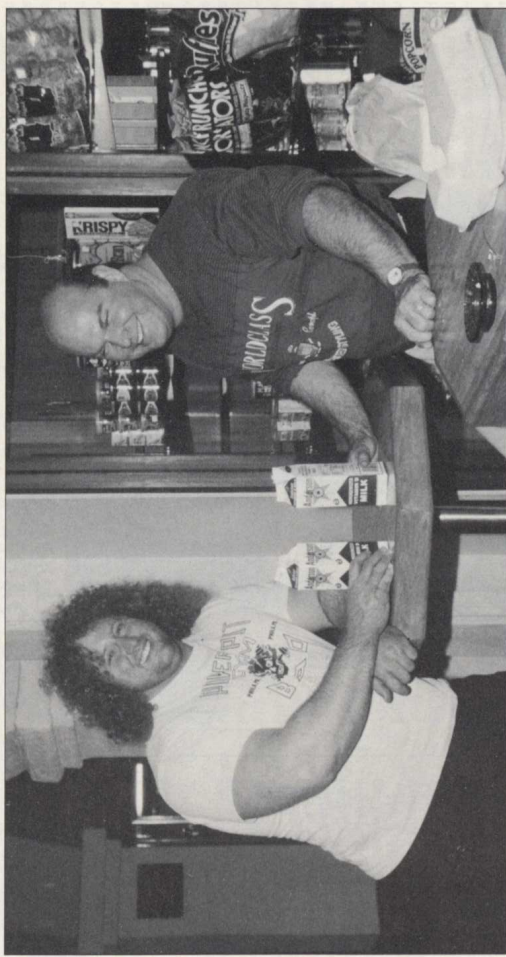
DAVE DUNNE at the 1991 ADFFA Lifetime Drug Free Nationals in Arizona.

Sr. National champion and of the great 242 lb. powerlifters. The gym was owned by Gary Mekuly, one of the best benchers in the country at 198-220. Gary was always helping young and inexperienced lifters, spending a great deal of time instructing them on the basics of proper lifting. Gary also had a natural enthusiasm for lifting that seemed to run off on everyone, whether you were a 500 lb. bencher like him, or just starting out.

Along with a cast of other big, strong guys, we were going to squat that morning. Sam introduced me to the group. There were two squat platforms, side by side, to accommodate the crowd. One was for 550 lb. plus squatters, the other for the rest of us. Sam told me to keep my eyes and ears open and be ready to squat. This group was all business. Everyone rotated from loader, to spotter, to lifter. Very little time was wasted talking about anything but lifting. Set after set, Sam would watch all of his training partners, helping them out with words of advice, always direct and to the point. After I had warmed up, Sam asked me what my personal best in the squat was. 385 - I said quietly, hoping the 550 plus squatters wouldn't be able to hear me. "Let's try 405 today," Sam ordered. The bar was loaded, Sam wrapped my knees to show me how to get the most out of my wraps, and under the bar I was. With the biggest people I had ever seen screaming at me, down I went, and up I popped, much to my amazement. The weight was racked, the next was critiqued, and up came the next lifter. Inside I

Dr. Judd

Things We Could Eliminate in Sports, for the Good of the Order



HAVING SOME FUN... Steve Brodsky (left) and Scott Warman (right) chow and chuckle down at the WPC Worlds in Vegas. (photograph by Ken Sommer)

Generally, life in these United States is pleasant most of the time, but there are a few things we could all do without, especially the world of sports. Consequently we've taken the liberty of making a partial list of things that some gladly might like to see eliminated in the near future.

- George "the Animal" Steele, Biscuits, and Don King - at least before they breed.
- Television interviews with Tommy Hearns, unless there's an inter-prayer present.
- College football players that don't know what 7x8 is, and/or those who don't know that 8x7 will give you the same answer. In other words, this means two thirds of the Southeastern Conference.
- College football players who have higher salaries than their school's president. In other words, two thirds of the Southeastern Conference.
- For those athletes who keep telling that lie about how they are professional "resisters" and proud of it. Black violence on whites.
- Coaches that are designed to have our children emulate such world famous good sports as John McEnroe or Bobby Knight.
- Athletes who use and worse yet, distribute drugs to other athletes under the pretense that they are health aids. Anybody who can't think of a better excuse than that doesn't need to be handling lethal drugs.
- Jack itch and/or Bobby Knight.
- Lucky charms you know, like sandpaper and files that some major

league pitchers carry around in their back pockets for good luck. Or the slapper after they've had their brain stepped around for 15 rounds?

The Woody Hayes Sportsmanship Award. Everyone knows John McEnroe is going to win every year. They are slow, boring, and they're slow, boring, and they're slow.

- The broadcasting of Mel Carter's Fishing Hole and similar programs. These programs are about as exciting as watching grass grow.
- The broadcasting of Tom Mann's Outdoor Life. It's as exciting as Mel Carter's Fishing Hole.

- Bat boys at major league baseball games. I think bat girls work just fine, thank you.
- Two dollar and fifty cent cokes sold at sporting events. Sell the fifty cent ones that you can buy at any Seven Eleven.

- The entire regular hockey season - the playoffs are long enough.
- Non-alcoholic beer. Whoever invented this stuff anyway? They took all the good things out of it like getting high and feeling good and left the fat, belching and "peeing your brains out in it - smart.
- Of course, we realize that we've made a lot of folks angry with the preceding "listings", but the way we look at it if you keep running a play for a touchdown, why change the play? So, keep those letters coming. Besides, and always remember - it's besides, get over it!

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THE BENCH

Assistance Exercises as told to PL USA by DOUG DANIELS

There can never be too many articles in weight training magazines on the bench press. It has got to be the most popular lift or exercise of them all. A big bench and the intangibles as well as the intangibles that go with it are a top goal of just about every weight trainer, be he/she a competitive bodybuilder, powerlifter, or a lift for fun person. The best way to become better at the bench is to use assistance exercises. There are countless exercises that can be considered assistance moves for the bench. Many are very effective; many are not. What I would like to do is to evaluate and recommend a few of the most popular exercises and give you extra clues on their usage. So let us begin.

Perhaps the most popular exercise is the close grip bench press. They are a favorite of my friend and partner Jim Vrabel (485 at 181). Here we take a narrower than usual grip in order to minimize the use of the pecs and maximize the use of the triceps. The actual grip used by some lifters may not be optimal. Many use a very close grip of less than 12 inches, some bench with their hands touching. There are two big disadvantages to using such a close grip. First, it may cause pain in the wrists which is not desirable and may lead to injury. Second, the closeness will limit the weight you can use for the move, further decreasing potential gains. The wrist strain may also limit the weight you can use. What grip is the best? I believe that a grip about shoulder width, within a few inches, is the best. This relatively close grip will minimize pec involvement to a high degree as well as cut out the wrist strain and pain. I say minimize pec involvement because there is really no way to totally take the pecs out of this move. Another trick is to hit your chest a little lower than you usually do in the regular bench.

Another good, but not too often used exercise is reverse grip benches. I think the Barbarians of bodybuilding fame popularized this one. Mega bencher Rick Weil (536 at 181) also used them. It seems to take the pecs largely out of the press and stress the triceps a little differently than other moves. This movement can be a little tricky and dangerous. Your grip width should

take your grip out over the long run, try these. By using a narrow grip bench for a long period of time, your pecs might not have been strengthened enough to allow you to go out wider and bench more cold turkey. Slowly work into a wider grip. If you already are out to the 81 centimeter limit, the additional work your pecs will get from wider benches could add up to a bigger bench and better drive off the chest. You may, for further variety, try wider benches without locking, say keeping the movement to the bottom 2/3's of the range. This will maintain tension on the pecs. By hitting the chest with the bar at different spots on the chest, you can emphasize upper, mid, and lower pecs. Fitting high near the neck will really get the upper pecs. Keep the elbows out at right angles to the chest for more pec involvement.

Many of the top benchers stress the contribution of the delts in the bench. Ted Arctid was famous for his big behind the neck presses. Rick Weil stressed to me how important delts were to the bench. Chris Confessore, who has all-time best at 181 with 562, has built his delts to an extreme level of strength and size. He has done sets of 275 for 5 reps and as high as 315 for 3, all at way under 200 pounds of bodyweight. The only drawback on these is that you may need a larger shirt size soon. Front or behind the neck, you may ask? It really doesn't matter. Whatever is comfortable and remember to maintain a full range of motion.

Now for a review. For working your triceps, try either close grips or reverse grips. You may want to alternate between the two, but there is no need to use both at once. The wide grip benches to different points of the chest, either lock or non-lock, are best suited for off season training before you start your specific contest training cycle 8-12 weeks prior to a meet. They also can be used as a finisher after your regular benches, if you choose. Presses can be used year round. You also might want to consider dumbbell presses as an occasional substitute. Sets and reps are up to you on all these exercises. Just keep in mind not to overdo assistance work. There is a fine line between hard training and overtraining.

The Barbarian Brothers, David and Peter Paul, did heavy duty assistance training.



The Barbarian Brothers, David and Peter Paul, did heavy duty assistance training.

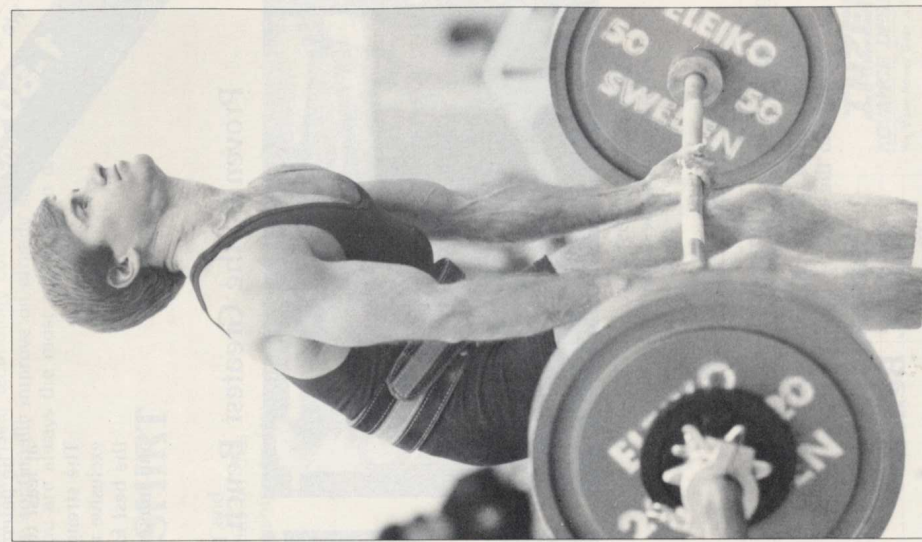
be the same as your regular bench grip. For max safety, always use a spotter as it can be hard to take the bar out of the rack and get it set to start the set. Get your shoulders right between the rack for the move and hand-off. Press the bar straight up as any tilting can cause you to drop the bar on yourself. Use wrist wraps if there is any wrist strain. Start with a very low weight until you get used to the weight of this press. Move the weight up gradually. Once you get the feel of the exercise, pile on the weight always keeping in mind the safety precaution.

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INTERVIEW

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

BRETT BOZZELLI Interviewed by BOB GAYNOR



Brett Bozzelli deadlifting at the 1991 A.D.F.P.A. Lifetime Drug Free Nationals.

drug free lifters would be willing to pay extra money to have more low any special diet?

BOB: Brett, do you follow any special diet. Actually, some people might say I have a lousy diet. I have vegetables and I don't drink any milk. I eat a lot of pasta, fish, and chicken. Oh yeah, my training partner forces me to eat pizza and drink beer after our Friday night workouts.

BOB: Do you follow any type of supplementation program?

BRETT: The only supplements I take are multi-vitamins and minerals and Vitamin C. I take them every morning.

BOB: Brett, give us a breakdown of your in and off season training?

BRETT: I feel our approach to training is pretty straight forward. We usually use an eight week cycle before a meet. The first 3 weeks we do 2 sets of 3 reps and the last week we do a single or a double for 1 set. The week before the meet we do our openers in the squat and bench press. In the off season we decrease our weights and increase our reps.

BOB: What advice would you give a beginner?

BRETT: If you are interested in powerlifting, I would recommend you try to find a coach or lifting partner that knows the sport. It's hard to break a bad habit once you start one. Start with your light weight and concentrate on your form! Remember, if you don't train the lifts the proper way in the gym, you're going to be hitting the showers early at your first meet.

BOB: Brett, are there any other

This interview was conducted with Brett Bozzelli in July, 1991. Brett has been a successful long time competitor with the A.D.F.P.A. He is the type of individual who has helped make the A.D.F.P.A. grow.

BOB: Brett, give us some information on yourself?

BRETT: I'm 28 years old and I live in East Greenville, PA. I work at a local industrial safety product distributor in the recycling department. I'm still single for all you female powerlifters out there. When I'm not lifting, I like to play golf and tennis.

BOB: How did you get started?

BRETT: I got started powerlifting while attending college. I met Joe Braca and we have been lifting together ever since.

BOB: How long have you been training?

BRETT: Joe and I have been training and competing together for the last 10 years. There was a two year period from 1986 to 1988, when I took time off from competing.

BOB: What are your best lifts?

BRETT: I will give you my best competitive lifts: squat - 355; bench - 255; deadlift - 402.

BOB: Brett, what future goals do you have?

BRETT: My future goals are to continue lifting competitively, so I can see the friends I've made from all over the country and to hopefully meet some new ones. That's what really keeps me in the sport. Of course, my ultimate goal would be to win the A.D.F.P.A. Nationals and represent the United States at the Worlds.

BOB: What are your views on steroid usage?

BRETT: The only use of steroids is for medical reasons. I don't think anybody else should use them. It really upsets me when I hear about people using steroids just to look good on the bench or to put another award in their trophy case. To my way of thinking to risk your health for these reasons is ridiculous.

BOB: How do you feel about drug testing?

BRETT: We do a good job today, but I would like to see more blood and urine tests done. I think most

Gaynor for giving me this thrilling opportunity and Tim McClellan for the time and effort he's put forth for the Samson Power team.

If you wish any additional information contact Brett Bozzelli, 311 4th St., East Greenville, PA, 215-679-2794

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TRAINING

Maximum Strength IN THE LATER YEARS by Doug Hepburn



Doug was still very strong back in 1974, when this photograph was shot (Taylor)

I have always been intrigued by the principles and processes underlying procedures utilized in strength building. Presently being somewhat advanced in years, I find myself in quite a unique position as I now can study first hand the process of aging and its relative effect strengthwise both physically and psychologically. Fortunately, the barbell represents an exceptionally accurate criteria with which to determine the level of one's physical strength on a day to day basis. Thus, by applying such a procedure in a scientific manner, we can then test the effect of diet, training programs, and mental attitude. I am convinced that an experiment, if undergone by one of a later age, will result in a greater degree of accuracy than that performed by a younger individual, as the efficiency of the overall bodily functions have been retarded due to aging.

It should be kept in mind that the majority of younger individuals are constantly receiving the benefit of a superior metabolism when strength building and to a certain degree, progress is established in spite of an inferior regimen of training. Unfortunately, in numerous instances, such progress is assumed

to be the product of "know how" instead of that produced by the involuntary action of the body. My experience in this regard has led this writer to believe that this conclusion is, to a considerable extent, verified as evidenced by the sharp drop in powerlifting records established by those of sixty five

structure conclusion as to cause and potential remedy so as to allow the serious strength athlete, at a later age, to effect a continuation of their strength prowess. It is absolutely essential that we examine, in depth, those three basic and fundamental factors, the training regimen, diet, and mental attitude.

It is my intention to investigate the above factors utilizing a somewhat different approach as I am of the opinion that, perhaps, an addition to our present knowledge may be required to provide the key as to why such a reduction in lifting ability generally occurs after a certain age.

Instinct, I am convinced, plays a primary role in the development of any formulation of an advanced procedure in strength building.

I am fully convinced that the structure of sets and repetitions coupled with the application as to the intensity and frequency of augmentation of resistance represents the "keystone" in the building of ultimate physical strength.

Forthcoming issues of *Powerlifting USA* will contain a continuation of this article devoted to an advanced and specialized system of training designed to promote maximum gains for those dedicated strength athletes in their later years.

DOUG HEPBURN COURSE

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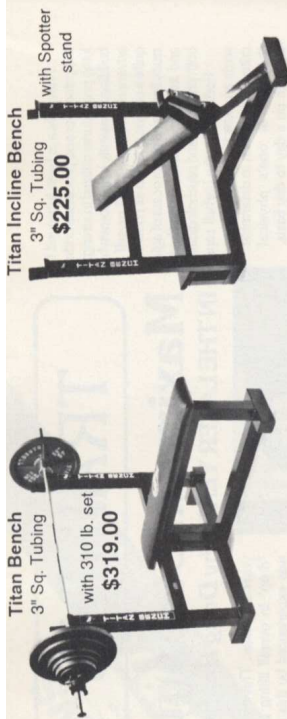
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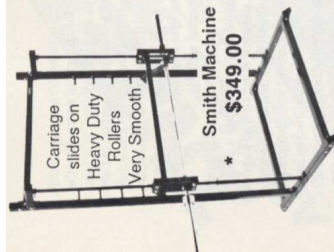
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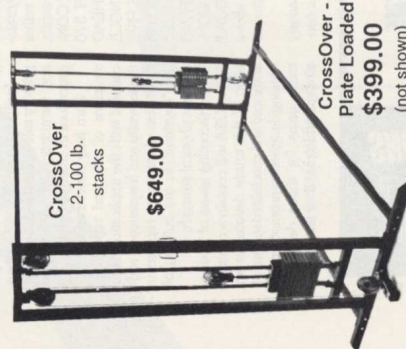
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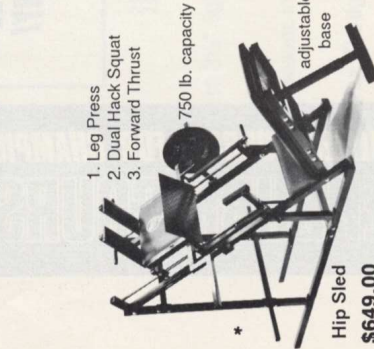
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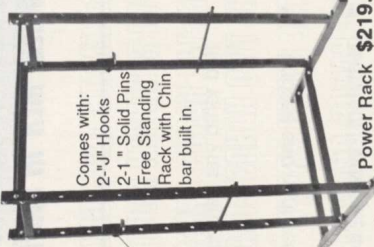
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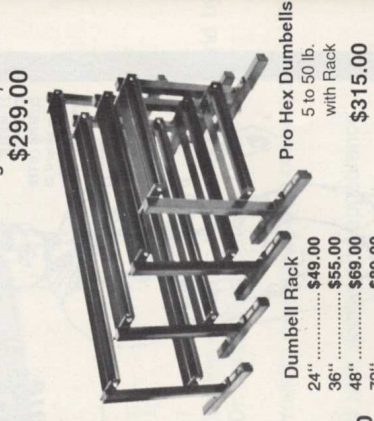


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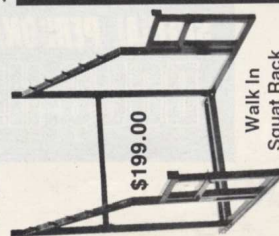
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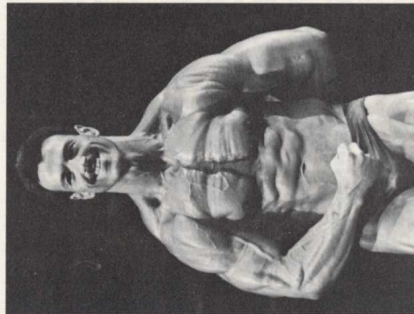
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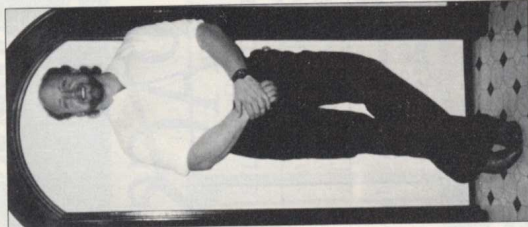
GREG RESHEL as seen by his friend Asher Sharon

can our sport gain the notoriety it deserves.

Greg Reshel has made many contributions to the lifting world. One of Greg's most significant marks is the development of the Reshel Formula. Greg was asked to develop a formula that would replace the Schwartz and Malone formulas. As is the standard with our sport, there was much complaining by some, with certain individuals even going so far as to say he developed this formula so that his former wife always would win Best Lifter. His reasons had nothing to do with seeing that one person would win Best Lifter, but rather that he felt the two other formulas were based on data going back to the Seventies and were no longer valid. His formula took a picture of what was actually happening in the sport, not speculation on what a lifter should be lifting if he or she is of a certain bodyweight.

Judging is another area where Greg is involved. Greg is one of the most fair and consistent judges. He goes by the rules, knowing that every lifter works extremely hard to do their best. If a lift is good, he is the first to acknowledge it, yet he does not award gifts, as is sometimes seen when a crowd favorite is lifting. Greg is very concerned with lifter safety and it is not unusual for him to change a bar during a contest, if doing so would give the lifter less of a chance for injury.

To most in the sport of powerlifting or perhaps as WPC Technical Officer. However, Greg is also a competitive lifter, who has had to overcome many obstacles. In August 1989, Greg had to undergo a very lengthy and complicated back operation, due to a work related accident. The surgery was designed to correct a grade 4 spondylolisthesis. A spondylolisthesis is a condition where the vertebral column is shifted causing damage to the nerves leaving the spinal cord. Greg's fifth lumbar vertebra was shifted badly due to this accident and the spine no longer had ligaments to keep it from shifting. After trying to work through this condition, it was determined that surgery was all that could be done. He was also told he would never lift more than 10 lbs. again,



New APF President, Greg Reshel

People look at a great champion and say how wonderful his or her performance is. Both the lifter and lifting fans often times do not take the time to realize how much of a team effort powerlifting really is. This article is dedicated to an individual who through his expertise and encouragement has been instrumental to a number of lifters' successes.

Sitting and writing Greg Reshel's profile is not an easy task. I may be accused of being biased writing about a close friend and coach, but regardless of such opinions, here is Greg's story.

Greg currently holds the title of Technical officer for the WPC and he is the new President of the APF. These positions are not easy to fulfill, as Greg will tell you. Greg must deal with a variety of points of view and still ensure that meets are run according to rules. 1990 was a prime example. Greg was solely responsible for dealing with an issue prior to the World Championship in Italy. He went by the book despite numerous threats and insults to his person when others would have backed down. His belief the sport will not survive if we manipulate rules and regulations. The organization must be concerned for the good of all. Only by adhering to rules and being consis-

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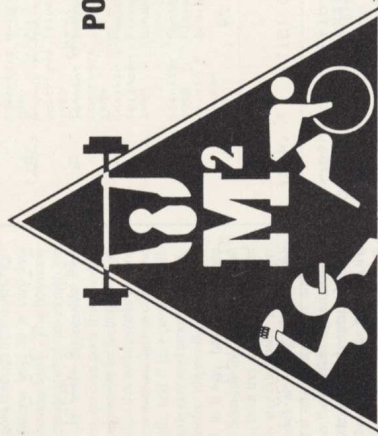
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a detailed PL USA look at some of the best lifters in the world

and spotter/loaders. Greg is one hell of a problem solver as he instantly organized a list of lifters, officials, and fans that were capable of assisting at the meet. Greg, himself, was on the platform managing for most of the meet, spotting 900+ lb squats. When he was taking a break from spotting, you would find him dressed in his suit, in the Head Judges chair.

I moved to the USA a few months later and started training and working with Greg. He made my adaptation period to my new environment shorter and easier. By adopting Greg's training and nutritional philosophy, I was able to put 200 lbs. on my total in 22 weeks and I'm still going!

Greg maintains a good bit of success in all the fields he's involved in, not because of some "magic touch", but due to a lot of hard work, consistency, lots of patience, and seeking challenges. This is not meant to be a picture of a superstar, but simply a man that learns from his mistakes and downfalls and knows how to recover from a blow as a winner.

From the Desk of the APF President: The WPC world meeting at the 1991 WPC World Championships brought renewed spirit and clear focus on bringing the sport of powerlifting into the 1990's. In the coming months, I will take time in this column to present new concepts in powerlifting rules clarifications, and the APF policy with regard to the sport and its athletes.

The APF is looking to sanction meets where meet directors are willing to implement the new 7 lift format. Here is a description of the 7 lift meet: Rule 1. 7 allowable attempts in the meet potentially contributing to total. Rule 2. No more than 3 attempts in any lift event. Rule 3. Regular round system rules apply. Rule 4. Heaviest successful attempt in each event contributes to total. Rule 5. There must be one successful attempt in each event to qualify for total and stay in the meet. Rule 6. It is the athletes' discretionary option to take the seven attempts distributed through the squat, bench, and deadlift in whatever pattern they choose. The athlete chooses attempts as the meet progresses. They do not have to declare prior to the meet. For example: 2 squats, 2 bench, 2 deadlifts; 3 squats, 1 bench, 3 deadlifts; 3 squats, 3 bench, 1 deadlift.

The table help at the meet will have to be on their toes to keep track of each athlete's attempts. The athlete must report all passed attempts to the table. World record attempts outside the contest are still allowed, but they must follow a successfully completed attempt within 20 kg. of the existing world record and any record breaking attempt must exceed the existing world record by .5 kg. With the 7 attempt meet, a world record outside the contest can be called after any successful attempt within 20 kg. when any remaining contest attempts in the event are passed.

The 7 attempt meets have been successfully run in Great Britain and result in a net saving of 20-25% of the normal contest time. They also introduce a strategic element which should bring added excitement and spectator participation to our contests. The 1992 APF Senior Nationals will be a 7 lift meet. We encourage all meet directors to try this new concept and make sure they specify the 7 attempt criteria in their meet applications. **GREG RESHEL**

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A Review of the Psychological Side Effects of Anabolic Steroids

by Brent Allen (author of "POWER RESEARCH ON THE SIDE-EFFECTS of Anabolic Steroids")

The first actual recorded use of androgens for altered behavior was by Adolf Hitler on his SS soldiers. He felt androgens would increase their aggressiveness, thereby making his Aryan army truly "superhuman". It is also documented that Adolf Hitler himself took androgens, which might have contributed to some of his odd behavior, which included being a manic-depressive, outbursts of anger, he usually didn't sleep much, had irrational thoughts, suffered from paranoia. Of all the choices he had at the end of World War II, including having an airplane waiting for his escape, he chose suicide. Keep this in mind while reading this article.

Table 1 lists the compiled results of eight group studies (one of my own and seven other scientific studies) that used either questionnaires and/or interviews to find the prevalence of each type of psychological disorder with weightlifters using anabolic self-image. That negative self-image would center around the tremendous strength and size loss while stopping the use of steroids. Sleeplessness and a feeling of well-being were the fourth and fifth most common responses. Table 2 lists the results of seven case studies. Six of these seven case study subjects sought some type of medical help and the information from these case studies was usually provided by the examining medical physicians. Subject No. 1 committed suicide and the information for this case study was provided by his parents in the hope that this would not happen to anyone else's son. As seen in Table 2, the most common psychological side effect was outbursts of anger. Many times this was fighting, examples of which were, with subject No. 5, putting his hand through the metal mesh in a dressing room locker and ripping a door off the hinges to get to the

TABLE 1
GROUP STUDIES ON PSYCHOLOGICAL EFFECTS OF STEROIDS

STUDY	NUMBER OF SUBJECTS	IRRITABLE/AGGRESSION		DEPRESSION		ADDITION		SLEEPLESSNESS		FEELING OF WELL-BEING	
		5 (29%)	9 (32%)	4 (50%)	4 (50%)	4 (50%)	5 (18%)	4 (27%)	4 (27%)		
Allen & Bobo 1990	28 (100%)	8 (29%)	9 (32%)	4 (50%)	4 (50%)	4 (50%)	5 (18%)	4 (27%)	4 (27%)		
Ferry & co-workers 1990	20 (100%)	19 (95%)	14 (70%)	4 (50%)	4 (50%)	4 (50%)	5 (18%)	4 (27%)	4 (27%)		
Frower & co-workers 1990	8 (100%)	7 (88%)	7 (88%)	4 (50%)	4 (50%)	4 (50%)	5 (18%)	4 (27%)	4 (27%)		
Pope & Katz 1986	41 (100%)	13 (32%)	9 (22%)	4 (50%)	4 (50%)	4 (50%)	5 (18%)	4 (27%)	4 (27%)		
Morris 1988	8 (100%)	8 (100%)	3 (38%)	4 (50%)	4 (50%)	4 (50%)	5 (18%)	4 (27%)	4 (27%)		
Yellulis & co-workers 1988	15 (100%)	5 (33%)	2 (13%)	4 (50%)	4 (50%)	4 (50%)	5 (18%)	4 (27%)	4 (27%)		
Taylor & Black 1987	103 (100%)	93 (90%)	44 (43%)	4 (50%)	4 (50%)	4 (50%)	5 (18%)	4 (27%)	4 (27%)		
Strauss & co-workers 1983	32 (100%)	18 (56%)	11 (34%)	4 (50%)	4 (50%)	4 (50%)	5 (18%)	4 (27%)	4 (27%)		
TOTAL NUMBER OF SUBJECTS FOR EACH COLUMN	247	79	15	51	15	15	51	15	15		
TOTAL EACH COLUMN	16.3 (66%)	40 (51%)	7 (44%)	14 (28%)	4 (27%)	4 (27%)	51	15	15		

NOTE: Each study usually had slightly different interpretations for each category which might explain a big percentage fluctuation from study to study; whenever there are dashes (-) in a column, this means there was probably not a category on the questionnaire/interview for that disorder.

Adapted from Allen, Brent "Power Research on the Side-Effects of Anabolic Steroids", San Marcos, Tx, Research Enterprises, 1990, P. 7-6.

roids change people in many ways, and the psychological changes are the most drastic of all.

If you have any comments or questions about this article or my book (see advertisement), please send them to: Research Enterprises, P.O. Box 2349, San Marcos, TX 78667 or call (512) 353-7743.

KEY WORD DEFINITIONS:

Drug Addiction: a disorder characterized by the compulsive use of a drug resulting in physical, mental, or social harm to the user and continued use despite that harm.

Drug Dependence: a term which relates a physical and/or mental need or craving for a positive effect (or lack of a negative effect) from a drug.

Manic: a mood disorder characterized by elation, increased excitability, increased activity, and increased speed of thought and speech.

Manic-Depressive: alternating between mania and depression.

Schizophrenic: a person affected with a mental disorder characterized by altered behaviors and moods, hallucinations, delusions, and disturbed thinking.

team trainer who was arguing with him. Subject No. 5 also stated that under the right conditions some of his steroid using friends would have been "perfectly willing to beat someone to death." Subject No. 7 threatened to kill his sister and beat his girlfriend.

Sleeplessness was tied for the second most common psychological side effect with Subject No. 3 stating that while on steroids he felt energetic and required only 4-5 hours sleep each night. Lack of energy also tied for second, along with depression. Suicidal thoughts again tied for second with 4 of the 7 subjects experiencing it. Of the four, one actually committed suicide with two others unsuccessfully attempting suicide. Addiction was also listed as a side effect by four of the seven subjects. Concerning Subject No. 3, Brower and his co-workers stated that their patient developed a dependence on anabolic steroids that was strikingly similar to dependencies seen with other drugs. In Subject No. 4, Tennant & his co-workers remarked that the withdrawal features seen in their subject resembled those frequently observed in cases of heroin (or heroin-type drugs) dependence. Irrational thoughts/racing thoughts was listed by three of the seven subjects.

In my opinion, the psychological side effects from steroids are the worst. The reason for this is that the person taking steroids becomes "spoiled" with the extra size and strength, but one must stay on steroids to have these benefits. After a few weeks of discontinuing the steroids the extra size and strength is lost, combined with a feeling of depression. I believe part of this depression is due to the change the body goes through from a very high testosterone level to a very low testosterone level. The hormone testosterone is what makes men, on average, more aggressive than women, so one goes from feeling very aggressive to feeling passive. Combine this with people making comments about the loss of size and strength, and if that person's self-esteem is centered around how he/she looks physically, then their world, in a way, has caved in on them. Some people in this situation simply take the easy way out and get on steroids again. The longer one uses any drug, the less the positive effects are seen and the greater the physical side effects will be. A vicious cycle has started where the person must take more of the drug (steroids) to receive the same time more benefit, while at the same time more side effects are seen. As was stated by Subject No. 5, he just wanted people to know that ste-

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TABLE 2
CASE STUDIES ON PSYCHOLOGICAL EFFECTS OF STEROIDS

SUBJECT #	CASE HISTORY	AGE	LENGTH OF STEROID USE (YEARS)	STEROIDS USED		SYMPTOMS
				1	2	
#1	Elftson & Elftson Bodybuilder	19	1	1	1	04: At; IT: ST; S.
#2	Hays & General Coaches Weightlifter	22	3/4	1	1	Di: At; LE: Dianabol; Deco-Tes.
#3	Rowley & Non-comet-24 Coaches 11ive WL	24	1	1	1	Di: At; LE: Dianabol; Deco-Tes; ST: 04: S.
#4	Tennant & Bodybuilder Coaches	23	3	3	3	Anavar; Finajet; Dianabol; Anadrol; Anavar; Primobolan.
#5	1988 Cheikin & Football Player Manager Lineman	23	3	3	3	Growth Hormone; Tes.; Anabol; Deca-Dur.; Anabol; Deca-Dur.; Halostestin.
#6	Charlier 1988 Layman	17-18	5-6	2	2	04: ST: A.
#7	Mitto & Bodybuilder	17	2	2	2	H4: P; S; N; FU; IT; S.
AVERAGE		20.5	2.2			5-04: 4-E; 4-LE: 4-D; 4-ST; 4-F; 3-IT/RT.

NOTE: Each study usually had slightly different interpretations for each category which might explain a big percentage fluctuation from study to study; whenever there are dashes (-) in a column, this means there was probably not a category on the questionnaire/interview for that disorder.

Adapted from Allen, Brent "Power Research on the Side-Effects of Anabolic Steroids", San Marcos, Tx, Research Enterprises, 1990, P. 7-6.

Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: Several years ago I suffered a hernia (left groin). I had it repaired, rested and recuperated, and eventually worked up past my old lifts to new PRs. In January and February, I took time off from lifting. When I started back, I began to DL off of blocks. The weights were light (300 lbs., I'm a 600 lb. deadlifter) and came up easy. However, my left groin started to swell and go numb after the workout. I hid off for 3 weeks, started again and the same thing happened. It happens only on the deadlift, not the squat or bench press. The pain is only slight, but I worry about another hernia. After DL'ing, it goes away in about 3 days. What exercises can I do to strengthen this area? I tried sumo and regular DL. **Chris**

DEAR CHRIS: It's possible that you've just strained the muscle in your left groin. However, it sounds somewhat suspicious and you may well be developing another hernia or perhaps the repair done on the previous hernia may be weakening. Your best bet is to go to a clinic that specializes in hernias and get an accurate diagnosis. If there is in fact a partial or complete inguinal hernia (direct or indirect) then it should be repaired since it won't respond to any form of exercise. If it's not too far along it can likely be repaired under a local anesthetic, and may not lay you up too long. If it's not a hernia then you could deal with it as you would with any other strained muscle group - rest, therapy, and graduated exercise. **Mauro**

DEAR MAURO: I have an enduring pain in my left AC joint unaccompanied by obvious physical damage. The injury was apparently sustained from repeated sessions of shugging over 500 pounds. In my shugs I utilized a deadlifting style grip with the left hand supinated and the right hand pronated. The shugs were performed in a cage with the bar being dragged up steadied by two upright struts with the body held slightly away from the bar. X-rays revealed nothing. While the left AC joint differs marginally from the right AC joint, there are no gross signs of actual structural damage (e.g., dislocation, cysts, dislocation). Two cc localized injections of cortisone into the left AC joint failed to have any real effect; the second injection was preceded and followed by a total cessation of all powerlifting. My questions are: 1. What is your diagnosis, prescription and prognosis? and 2. Can you suggest a physician for powerlifters in the Cleveland area or around Boston or a means of finding one? Thank you. **Jonathan L.**

DEAR JONATHAN: It certainly sounds like you've got some inflammatory changes in your AC joint. The inflammation may be accompanied by mild degenerative changes. I would suggest that you see a sports physician, preferably one that deals with strength athletes. I'm not familiar with the Cleveland area, but Dr. Richard Herrick (chairman of the USPF Sports Medicine Committee) might be. You can contact him at P.O. Box 4160, Opelika, Alabama, USA, 36803-4160. Sincerely, **Mauro**

DEAR MAURO: I have read your letters to other lifters who have chronic tendon problems, treating them with testosterone. I have had my left shoulder and elbow operated on. The shoulder twice. I have been told I can't have any more cortisone shots. These surgeries were done about 8 years ago. I am a drug free lifter, best bench 385, and would have done a lot better if not for this problem. The pain in my shoulder is intense, pushing bar off my chest. Have tried rest, heat, Motrin, etc. Nothing works. After about 3 months rest, it doesn't hurt to bench until I reach around 385, then it's downhill again. Oh, also bought an Inzer bench shirt; it did seem to help

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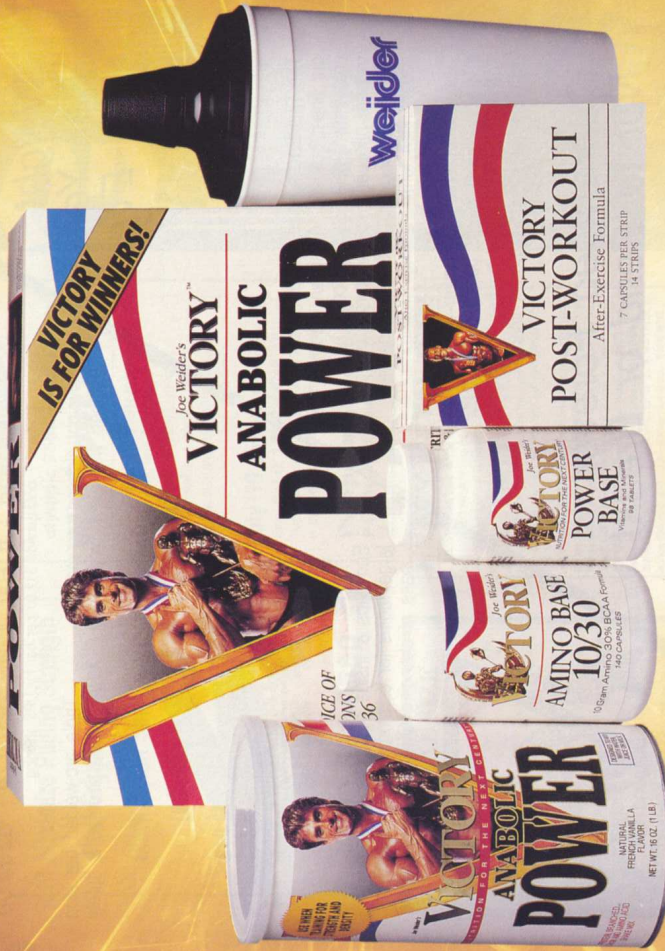
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some. Also moved my grip in. I used over to bench very wide, probably how I hurt it. I am 37 and have been lifting on and off for about 18 years. I asked my doctor about your technique and he had not heard of it and said he felt it too risky to do. I have called a number of doctors, all had the same response. I would like to take a stab at that 450 mark before I get too old. Do you think your technique would help me. If so, do you know who could call in the area where my business is located. Your advice is deeply appreciated. Sincerely, **Jack**

DEAR JACK: Enclosed is a copy of a small chapter I did for Current Therapy in Sports Medicine. In it I describe the technique I use for injecting various areas with my "cocktail". Unfortunately, I don't know of anyone who could refer you to. It might help if you showed the article to your doctors. If it would be of any help you can have them call me at my office number. For several months I had a similar injury to my left shoulder. I couldn't bench anything over 300 pounds without severe pain. To heal the shoulder, I avoided doing any movements that hurt it, and didn't do any flat benches for about four months. I experimented with different exercises, such as the standing press, inclines, declines, flys, pulldowns, dumbbell presses from various positions - finally settling on inclines and dumbbell presses. I worked both of these as heavy as I could for a few months. Then when the shoulder felt better, I went back to flat benches once a week. I'd like to tell you that my bench went to over 400 in just a few weeks, but it would be a lie. After a few months, I'm now benching around 350 and climbing - not the greatest but at least I've no pain. I'm working on some electronic magnetic equipment and getting some excellent results in athletes with chronic injuries. Sounds a bit hokey, but it does seem to work. I try to keep on open, but critical, mind to almost anything. **Mauro**

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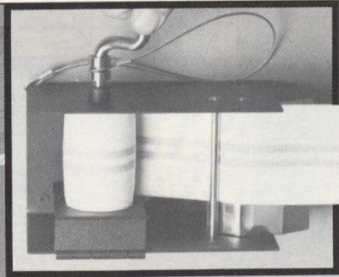
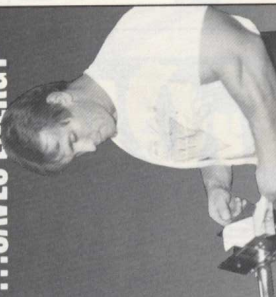
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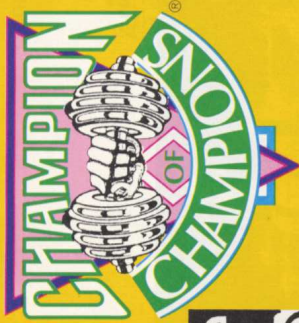


The USA Team to the IPF World Masters was handled by Tim and Sandy King (front), Sandy was very impressed with the performance of IPF Treasurer Arnold Bostrom, who helped bring a rookie squad of table help up to world meet standards in one easy lesson, ably assisted by former North American Vice President for the IPF, Bill Jamison of Canada. She also could not say enough about the enthusiasm of the fans from Argentina as well as the caliber of lifters from that country. She hopes all the competitors and fans alike are saving up for a trip to the 1993 World Masters in North Carolina, where she'll let them give lessons in "hootin' and hollerin'". Sandy would like to thank Ricky and Kim Crain for another outstanding job on the team warmups; John Inzer for the team t-shirts, to Phil Agrios, team chiropractor (top row, left) who helped everyone who asked, to assistant coach Alex Galant, to Sam Pardue and his wife Marlene. She offers special thanks to the entire team who presented her with a beautiful amethyst ring and Tim King a specimen of amethyst as well. "I have always felt that the Masters are a very special group of lifters and people in general. Tim compared the group of lifters that go with the world team to an ever expanding family - I cannot think of a better analogy. There are congratulations in order for Sam Pardue and Ben Brent, who both were awarded their Category 1 at this competition. Further congratulations to Hal Hudson on becoming a "grandpa" with the birth of his first grandson. Reports are that at only 4 months the Jr. Hudson already weighs in at 21 lbs. Looks like the makings of a good 275 lb or SHW. Congratulations to all the lifters on the USA team who competed in the World Championships - you are all champions. *Photograph above provided to PL USA courtesy of Sandy King.

BOOK REVIEW... "Braun" by Stuart McRobert.

Most powerlifters understandably do not like to read anything that is not directly related to powerlifting. In the last number of years, more and more "shooting stars" have streaked through the sport, making their attempt at a title, and, if unsuccessful, retreating to some other pursuit. In the "old days", men lifted because they loved to heave iron. They often did specific training for the powerlifts, but also did other types of lifting. Even many bodybuilders had legitimate strength which allowed them to either compete as a lifter, or at least have the same type of strength levels as most local and state level lifters. Those days are long gone. Just as high school football players in many parts of the country only play offense or defense but not both, powerlifters powerlift, bodybuilders bodybuild, and much of the love of the activities has long ago died. Stuart McRobert, the publisher of the very nice and informative little magazine *The Hard Gainer*, has published a book about the basics, about building a foundation of strength the proper way, the only legitimate way. It is a book about training our butt off on the basic movements in a manner that will get almost anyone a heck of a lot larger and stronger. The general philosophy is one that was born in the garages of Cleveland and the basements of New York City, as well as the barns of Indiana. It is the dedicated purist lifting after a hard day of manual work on the few exercises that we all know bring significant results. Braun is both a philosophical compilation as well as a very complete "how to" guide for one wishing to become a muscular and strong person. It is the story of high rep squats, heavy deadlifts, good, sound basic nutrition, and the other un-typed truths that are still the backbone of strength and health. Braun is a must for any strength enthusiast, as well as an excellent source of strength building information. Braun is available from Stuart McRobert, CS Publishing, P.O. Box 8186, Nicosia, Cyprus. (book reviewed by Dr. Ken Leistner)

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Women	SQ	BP	DL	Total
Ashley (BL)	200	85	230	510
S. Bell	135	85	220	440
S. Bell	35	35	55	105
W. McCarthy	160	75	195	430
C. Farrow	55	55	55	165
D. Vasquez	230	100	300	630
L. Butterfield	145	60	215	420
M. Yeater	185	85	215	485
M. Ginnitt	360	155	400	915
M. Green	114	114	114	342
14-15	230	140	295	665
E. Guido	190	95	230	515
16-17	330	215	345	890
I. Parent	265	170	360	795
A. Heredia	285	110	275	670
R. Colpepper	215	180	330	725
18-19	375	245	380	1000
L. Whitaker	300	160	370	830
14-15	400	275	470	1145
M. Meyers	375	240	410	1025
S. Fiedler	380	150	330	780
J. Nelson	300	150	330	780
E. Pasternak	280	185	305	770
19-20	360	160	350	870
M. Butler	530	330	550	1410
21-22	445	315	440	1200
C. Darman	375	245	380	1000
17-18	300	160	370	830
J. Gullio	190	95	230	515
M. Feany	615	315	625	1555
Men's Open Pure	230	140	295	665
114 lb.	280	170	400	850
S. Fiedler	310	165	370	845
J. Nelson	300	150	330	780
S. Chichura	300	150	330	780
E. Pasternak	280	185	305	770
R. Buckey	170	120	240	530
105 lb.	430	280	415	1125
M. Pinder	340	250	370	960
N. Clark	330	205	400	935
D. Breydell	275	195	325	795
181 lb.	290	430	530	1250
A. Barbelou	530	330	550	1410
P. Jackson	380	240	450	1070
M. Butler	360	160	350	870
D. Francis	180	125	305	610
C. Ashley	385	245	380	1010
D. Breydell	242	160	370	870
L. Behr	450	270	480	1200
T. Mueller (BL)	370	175	400	945
E. Burke	280	170	400	850
J. Cook	310	165	370	845
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L. Behr	450	270		

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wasting your time... and even more importantly, you're wasting your money.

The beauty of **HOT STUFF** is that it combines all of today's popular supplements into one jam-packed super powder. You name it and compares. You name it and it's in **HOT STUFF** — dibenzozide, yohimbe, chromium, boron, smilax, amino acids, glandulars, saw palmetto, ginseng... the list goes on and on. Over 29 items all in one. It's almost too good to be true!

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But it sure is true! Just ask any of the thousands of satisfied customers who have made **HOT STUFF** America's number one selling bodybuilding supplement. You see, besides having everything in it but the kitchen sink, **HOT STUFF** really works! No supplement in the history of bodybuilding has given better results. Try a can for yourself.

IMPORTANT NOTE:
HOT STUFF is an ever improving product. As researchers find new ingredients to benefit weight training, they too will be added to Hot Stuff.



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So instead of constantly searching for that single miracle supplement, why not use a product that combines them all in one? But can there really be such a product out there? You bet there is! And it's called **HOT STUFF**! That's right, a new concept in sports nutrition. Everything you need to keep your bodybuilding on target all in one single powder. It's so obvious once you think about it that it makes you wonder...

Why Doesn't Everyone Use This Product?
Forget about taking a bottle of this and a bottle of that. You're just

If you can make any sense out of the sports supplements market today, you deserve a medal! I'm sure you know what I'm talking about. You go to your local gym or health food store and see shelf after shelf of products all claiming to be the latest miracle for muscle building. You're confused and you try to get some straight answers from the sales clerk only to find out they're as confused as you are. So what's the answer?

Magazine Ads No Better!

If you scan through the ads in the bodybuilding magazines, you get even more confused. There's strange sounding things like yohimbe, smilax, chromium, dibenzozide, boron, glandulars, amino acids... WOW!! No wonder everyone's confused.

What's a poor weightlifter to do? You're working out hard... you want continual progress... you know supplements will help. So, like everyone else, you try some of this and some of that — spending lots of money, hoping just maybe — sooner or later you'll hit on the right product. It must be out there. Well the more you look, the more frustrated you get because...

What's Needed Isn't A New Supplement But A New Concept...
What the heck does that mean? It's really quite simple! No single new supplement can give you the results you want. You see, supplements work in harmony — one complementing the other.

POWER PEOPLE



Shawn Schiessl, age 4 months, likes to look at **POWERLIFTING USA**. If his dad, Keith, takes it away from him, he cries. "I guess he wants to be like me. I've been working out for twelve years." (Courtesy Keith)

A good six inches below parallel to the ground, he managed a 300 lb. bench while Perkins also pulled a picture perfect slow motion 225 lb. deadlift on his 3rd attempt. "Next meet Perkins will be lifted by a 1230 lb. for Perkins and Blake at 1225 lbs. Going into the 242's, Tony Prester made a 260 lb. deadlift and a second 500 lb. deadlift and also a new record in 1240 lb. total. Thanks to the 200 spectators who enjoyed the event, as well as the media, the power team was well received from a year ago in lifting technique and sportsmanlike skills, and I've enjoyed judging this contest for two years in a row. "Special thanks to Willie Austin, Michael Harris, and the Special Label for volunteering all the time. Special recognition goes to those from the scoring table Chris Bremer, W. Axel, Halverson, Steven Hooker, Dan Eades, Jim Morrison, Leo Houghton, Washburn, and Phil Stanley. Without this help this meet couldn't have taken place. Thank! Remember- it's not how you fall, but how you also like to thank Jim Pavlicek, Recreation Leader 3, for putting together and coaching this team. Without his efforts the program would not exist. (Thanks to Jim Pavlicek for these meet results!)

Biggest Bench Inside the Fence

27 Oct 91 - Monroe, WA

Wheelchair	185	250
T. Webb	198	200
M. Thompson	150	350
E. Fleischmann	275	315
L. Ingholt	165	220
C. Taylor	275	275
E. Zimmerman	210	210
S. Norman	205	290
J. Reeves	180	275
N. Goucher	300	275
TRCC's 2nd annual "Biggest Bench Inside the Fence" was a great success with 25 lifters and approximately 150 spectators. News to this competition was the lifting of a 300 lb. bench by Tony Webb lifted 185 lbs. Eric Fleischmann easily won the 148 lb. class with a 275 lb. bench press. The 165's were very competitive with Mark Kibler won the 198's with 350 lbs. the heaviest bench of the day. At the 220's Dave Johnson won with 260 lbs. All lifters showed a determination to win. The overall results are as follows: The top 100 best benchers in the world competing in the absence of powerlifting safety gear, such as bench shirts and power suits, dedicated to help lifters from all over the world by Patrice Judge, Raymond McVay, Judge, Steve Johnson, Spitzer, Field Heizer, Scoreboard Chart, William Douglas, and the TRCC's support to all involved with setting up this meet; this wouldn't have been a success without your help. (Thanks to Jim Pavlicek for these meet results)		

C. Edwards	198	325	250	440	1015
M. Kibler	400	355	530*	1285*	
A. Gutierrez	375	235	450	1060	
D. Cranson	465	295	500	1260*	
B. Perkins	445	260	525	1230*	
D. Blake	450	300	475	1225*	
Z. Castro	390	280	400	1070	
C. Preher	425*	315	500*	1240*	
E. Richard	275	275	325	875	
W. Condon	225	240	325	690	
R. Adams	230	300	375	905	
M. Johnson	275	315	425	1015	
J. Reeves	275	315	425	1015	

17 Nov 91 - Monroe, WA

Handicapped	SQ	BP	DL	Total
T. Webb	375*	350*	375	1000*
R. McVay	300	205	400*	905
T. Webb	185	160		345
R. McVay	165			165
F. Timoteo	250	180	300	740
F. Fleischmann	565*	275	660	1500*
J. Ingholt	330	215	285	830
J. Gonzalez	315	170	385	870
R. McVay	375	250	420	1045
R. McKinley	325	220	430	955
S. Norman	325	205	360	890
J. Reeves	325	205	350	880
C. Pouncy	425			425
R. Loveloy	3380	230	515*	1125*
J. Morrison	375	250	460	1085
L. Wood	375	250	460	1085

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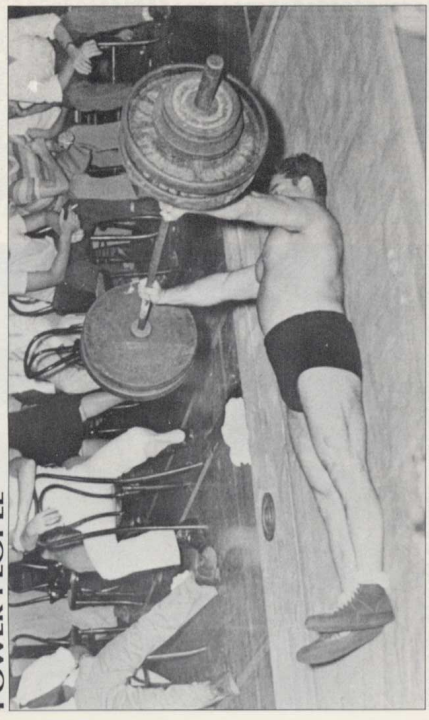
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275	B. Shuman	705	525	590	1820
275	E. Willow	560	325	570	1455
275	D. Rynback	530	400	520	1450
275	B. Miller	550	335	550	1435
275	B. LaBell	530	325	455	1305
275	P. Wrafter	440	285	475	1200
275	D. McVay	440	285	475	1200
275	W. Condon	440	285	475	1200
275	W. Condon	440	285	475	1200
275	E. Richard	275	275	325	875
275	M. Johnson	275	315	425	1015
275	J. Reeves	275	315	425	1015
275	R. Adams	230	300	375	905
275	M. Johnson	275	315	425	1015
275	J. Reeves	275	315	425	1015
275	R. Adams	230	300	375	905
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275	R. Adams	230	300	375	905
275	M. Johnson	275	315	425	1015
275	J. Reeves	275	315	425	1015
275	R. Adams				

POWER PEOPLE



54 Years Ago, world record holder Bob Samuel is shown above making a pull over on a cupping press, the precursor of the bench press, during the 1948 YMCA in Philadelphia. Bob is now 80 and is still going for records, hitting reps with the current bench press record in his age group. (Courtesy Allen Smith)

ladies took the lion's share of records this day. James Lord 14, went 10 for 10 for new age group... 24% and turned table on Mike by winning the Outstanding Master's Award. At the other end of the age spectrum, 20 year old Chris Farrell took the 181's while under the capable hand of Joe Prescott and Mike Avers did well in their first showings, going 9 for 9 and 8 for 8 respectively. Joe Hodgkins and Ron Barlow... 804 however, wasn't very cooperative on this... Women's team Awards. Looking back on this... Powerlifting Small as it was, this contest had a... of "hot" hand and helping out, 1990... Men's World Champion, 1991 World Champion Shelby... and Dan Hambley judged and National li... the holders Ernie Gilbott and Guy Beaulieu were... statistical machine Frank Guiffreda was... making numeric sense of it all. Special thanks go... out to Chris MonteCalvo of Northeast Fitness... to this meet. I'm already getting fired up about... the State Championships this spring. (Thanks to... Mark Hunter for results of this competition.)

Prince's 2nd Bench Press & Deadlift

Table with columns for gender (Men, Women), age group, and lift results (Bench Press, Deadlift). Includes names like Shuba, Starkey, Miller, etc.

54 Years Ago

ladies took the lion's share of records this day. James Lord 14, went 10 for 10 for new age group... 24% and turned table on Mike by winning the Outstanding Master's Award. At the other end of the age spectrum, 20 year old Chris Farrell took the 181's while under the capable hand of Joe Prescott and Mike Avers did well in their first showings, going 9 for 9 and 8 for 8 respectively. Joe Hodgkins and Ron Barlow... 804 however, wasn't very cooperative on this... Women's team Awards. Looking back on this... Powerlifting Small as it was, this contest had a... of "hot" hand and helping out, 1990... Men's World Champion, 1991 World Champion Shelby... and Dan Hambley judged and National li... the holders Ernie Gilbott and Guy Beaulieu were... statistical machine Frank Guiffreda was... making numeric sense of it all. Special thanks go... out to Chris MonteCalvo of Northeast Fitness... to this meet. I'm already getting fired up about... the State Championships this spring. (Thanks to... Mark Hunter for results of this competition.)

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2.3 Nov 91 - Atlanta, GA (kg)

Table with columns for gender (Women), age group, and lift results (Squat, Bench Press, Deadlift, Total). Includes names like Morrison, Booker, Barber, etc.

N.A.S.A. Winners at the Atlanta Regional

Table with columns for gender (Pure Novice, Pure Novice, Submaster, etc.), age group, and lift results (Squat, Bench Press, Deadlift, Total). Includes names like Baumann, D. Baumann, etc.

Application for Registration in Natural Athlete Strength Association. Includes fields for LAST NAME, FIRST NAME, INITIAL, DATE OF APP., STREET ADDRESS, CITY, STATE, ZIP, AREA CODE, TELEPHONE, etc.

26 Oct 91 - Fort Polk, LA

Table with columns for gender (Men, Women), age group, and lift results (Bench Press, Deadlift). Includes names like Brown, Deaton, etc.

USPF Louisiana Deadlift/Bench Press

Table with columns for gender (Men, Women), age group, and lift results (Bench Press, Deadlift). Includes names like Brown, Deaton, etc.

Battle of Cleveland YMCA 16 Nov 91 - Cleveland, TN. Table with columns for gender (Men, Women), age group, and lift results (Bench Press, Deadlift). Includes names like Trentham, etc.

27 Oct 91 - Portland, Me (kg.)

Table with columns for gender (Women), age group, and lift results (Squat, Bench Press, Deadlift, Total). Includes names like Lord, etc.

U.S.P.F. Casco Bay Open

Table with columns for gender (Women), age group, and lift results (Squat, Bench Press, Deadlift, Total). Includes names like Lord, etc.

Registration Fee \$20. Mail and make checks payable to: Natural Athlete Strength Association, 7116 Rockhill, Wichita, KS 67206. Phone: (316) 686-8748.

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Here is a 44 days supply of State of the Art Supplementation. All pills arranged in individual paks. Limitless number of important vitamins and minerals essential to muscle development. Also Boron, Orchic Extract, Inosine, Beta Sitosterol, Mexican Wild Yam, etc., etc.. All pills cold compressed and FINALLY - TIMED RELEASE. Finally supplements when and where your body needs them!!!

CTR 2100mg Amino Acid Complex 325 tablets REG-30-00 SALE \$15.00
YES!! 22 Amino Acids in Concentrated Time Released form!!! Get Aminos to the protein at the exact time the body wants to build muscle! The most advanced Amino on the lifting scene today.

YOHIMBE BARK 1500 100 tablets REG-50-00 SALE \$ 40.00
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SUPER INOSINE 100 Caps/1000mg REG-25-00 SALE \$ 13.00
OVERDRIVE Carbohydrate Energizer 3lb Can REG-15-00 SALE \$ 7.50
SUPER 100% EGG WHITE PROTEIN Tastes great! Mixes Quickly! 1lb Can REG-29-95- SALE \$ 20.00
DIBENCOZIDE 20mg Taken with Yohimbe - UNBEATABLE! 100 tabs Reg 50-00 SALE \$ 40.00
DYNO LIVER 2100mg, 31 grain, 500 tabs REG-20-00 SALE \$ 10.00
ELECTROLYTES Cramp Eliminator 100 caps REG-10-00 SALE \$ 5.00
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NASA Pacific Northwest Regional 5,6 OCT 91 - Twin Falls, ID

	5Q	BP	DL	Total
Women	310	110	290	720
Pure Novice	335	155	305	795
C. Gould	115	280	615	
B. Newgard	190	85	230	505
High School	150	55	210	415
F. Ferrell	190	85	230	505
T. Pugh	280	115	275	670
Pure Novice	245	120	285	650
R. Robinson	245	120	285	650
M. Lewis	280	115	275	670
K. Robinson	310	90	360	760
Packaging	220	115	290	645
S. Porter				
Submasters				
132	280	115	275	670
R. Robinson	225	145	260	630
V. Williams	420	250	425	1095
T. Lehter	400	260	440	1100
R. Nielson	350	245	365	960
Pure Novice	405	340	415	1160
K. Hepworth	400	260	440	1100
R. Nielson	470	315	1235	
D. Collins	325	160	310	795
J. Coy	225	150	300	675
B. Stone	405	340	415	1160
R. Soza	510	265	530	1305
R. Nielson	500	260	440	1100
Manning	305	135	310	1095
J. Squire	230	105	300	745
Natural				
181	600	350	575	1525
Terry High School	420	385	450	1175
A. Schow	325	195	315	865
D. Jump	550	280	405	1235
M. Morgan				
Pure	4135	385	135	655
G. McAdams	525	360	575	1460
P. Thompson	780	395	560	1735
275	530	275	650	1485
E. Frank				
Natural				
220	570	450	600	1620
D. Linchebe	450	400	525	1375
242	630	460	530	1620
D. Lifferty	550	275	650	1475
275D. Frost				
P. Frank	400	200	470	1070
220	225	250	335	860
J. Griggs				
D. Doyle	480	285	500	1265
Submasters	135	385	135	655
198	450	405	525	1375
P. Carey	235	225	350	810
Masters 1	480	310	550	1340
198				
D. Collins	470	315	450	1235
R. Edmann	430	280	430	1140

Best Lifter Overall: Brad Terry, Nestled in the southern portion of Idaho you'll find the hunter, fisherman, mountain climber, rock hound, sportsman, skier, sightseer, picnicer, or backpacker, or just passing through...then you'll find the lifter. Brad Terry, 4th place, is what better one to hold the Pacific Northwest Regional, this NASA employee enjoyed every moment of the meet held October 5th and 6th at the Weston Plaza Hotel. James Greene did a



D.J. White set all new New Mexico State records in the 105 lb. class at the Southern New Mexico Blowout meet. (photo courtesy N. Wassmer)

3rd USPF S. New Mexico Blowout 9 Nov 91 - Alamogordo, NM

	5Q	BP	DL	Total
Women	250	146	269	665
D. White**	259	186	259	704
S. Jim	241	146	269	656
M. Kuske	449	279	478	1206
Master 165 & up				
W. Johnson	384	205	468	1057
A. Macia	349	181	394	924
Open	314	196	331	841
Mens Open	421	246	404	1071
114				
J. Jaramillo	503	304	473	1280
132				
V. Barrotoran	463	254	454	1171
148				
J. Olcott	608	326	553	1487
C. Winowald	523	314	498	1335
C. Bates	503	314	473	1290
165				
D. Lavery	454	269	449	1172
R. Oshorn	653	326	653	1632
S. White	540	344	468	1352
275				
M. Cooper	796	444	553	1733
K. Kuntz	523	314	498	1335
A. Chavez	458	304	473	1235
** Best Lifter, Dorothy White broke all the state records in the 105 lb. class. I would like to thank B. Black for the lift and the assistance in coaching and sponsoring this meet. The Courthouse Gym is the overall team award. (Thanks to Nate Wassmer for the results of this competition).				

ADFFA SIUC Open 16 Nov 91 - Carbondale, IL

	SQ	BP	DL	Total
Women	139	280	135	740
L. Schaefer	139	280	135	740
181	200	400	250	850
S. Schraga	200	400	250	850
Mens Open	330	165	315	780
112				
R. Welch	460	230	460	1140
148				
J. Olcott	405	205	445	1115
C. Bates	340	205	445	1115
165				
S. Wright	315	220	410	945
S. Stone	300	160	380	760
M. Rogge	500	305	480	1285
B. Horroghs	500	275	470	1245
J. Jaramillo	480	305	470	1255
J. Malik	405	250	445	1100
J. Egrizio	365	265	400	1030
Black				
455	365	385	1205	
L. Walls	600	400	530	1530
L. Roderfer				

USPF Mountaineer Bench Press 19 OCT 91 - St. Albans, WV

Open Division	P. Geyer	402
R. Mackley	176	181
L. Saunders	292	319
165	198	198
181	352	220
E. Lilly	413	413
L. Robinson	413	413
R. Phillips	374	374
D. Daniel	374	374
N. Moberly	369	369
J. Reynolds	359	359
220	330	330
H. Henson	380	380
132		
Howard	413	413
D. McCormick	154	154
275		
D. Robinson	413	413
Head Referee		
Health Club, St. Albans, WV.		
In-charge: Dave Jeffrey, CAT, UT International.		
Head Judge: John Baylis, NAITL Referee, Side		
Referee: Steve Pauley, NAITL Referee, Don and Susie		
Head Usher: Steve Pauley, Referee, Don and Susie		
Speaker/Announcer: Don Handley, Outstanding		
Referee: Steve Pauley, Referee, Don and Susie		
HW's, Larry Robinson, Masters (Thanks to Paul Surpin for FAXing the results of this meet to 805-987-4275. FAXed results get Priority One)		

USA Powerlifting Federation

NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympics; High Schoolers with proof of enrollment; and inmates with paid with institution check. All memberships include a personal lifter's copy of the rulebook.

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ROY, UTAH 84067

United States Powerlifting Federation
REGISTRATION FEE \$20.00
Mail and make checks payable to:

IF UNDER 18
HAVE PARENT INITIAL

Identify that the above answers are correct and that I am eligible in accordance with the rules of the U.S. Powerlifting Federation.

SIGNATURE

PHONE: 1-800-835-5826

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TOLL FREE USPF 1-800-835-5826

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INITIAL Y N

FIRST NAME LAST NAME

STREET ADDRESS

CITY STATE ZIP

AREA CODE TELEPHONE

DATE OF BIRTH AGE SEX

EDUCATION HIGH SCHOOL COLLEGE U.S. CITIZEN

PEF CAT. I II III IV Y N Y N Y N

REFEREE STATUS ATHLETE Y N Y N Y N

REFeree's Name

Registration Fee \$20.00
Mail and make checks payable to:

USA POWERLIFTING

UNITED STATES POWERLIFTING FEDERATION
REGISTRATION FEE APPLIES TO: Special Olympics; High Schoolers with proof of enrollment; and inmates with paid with institution check. All memberships include a personal lifter's copy of the rulebook.

ADFPA National Masters

8,9,10 Nov 91 - Daytona Beach, FL



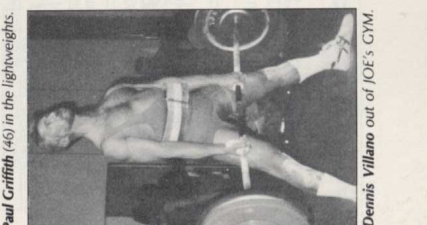
Women	SQ	BP	DL	Total
J. Jones-62	40	25	72.5	137.5
Stattenberg-39	117.5	67.5	140	325
J. Howald-42	100	50	115	265
D. McNamee-53	107.5	60	135	302.5
M. Humber-38	130	97.5	157.5	385
M. Gill-41	137.5	70	152.5	360
114				
B. Schlegel-46	152.5	82.5	175	410
J. Green-42	137.5	102.5	197.5	437.5
B. Viner-42	137.5	92.5	192.5	422.5
M. Blaire-42	142.5	72.5	150	365
132				
J. Jones-41	155	92.5	175	422.5
J. Bonds-41	142.5	100	157.5	400
148				
J. Addy-45	140	72.5	175	387.5
J. Moore-46	137.5	70	192.5	400
R. Nolan-65	100	67.5	145	312.5
156				
J. Johnson-42	232.5	140	260	632.5
B. Ball-42	205	115	190	510
T. Williams-42	165	127.5	162.5	455
D. Green-42	197.5	110	182.5	490
M. Morrison-48	160	102.5	165	427.5
M. Lawson-50	230	122.5	212.5	565
R. Dodson-52	180	110	182.5	472.5
R. Beyer-54	145	85	167.5	397.5
J. Pires-50	137.5	110	190	397.5
J. Turner-50	137.5	110	212.5	457.5
D. Giller-64	152.5	122.5	205	480
J. French-70	77.5	70	125	272.5
J. Burrows-42	210	142.5	240	592.5
N. Polatz-42	185	115	190	490
L. Ingle-42	170	107.5	190	467.5
W. Fowler-44	165	110	187.5	462.5
S. Shackelford-48	316.5	115	237.5	512.5
B. Shattell-48	118.5	112.5	200	397.5
J. Brown-49	102.5	95	205	402.5

Meet Directors Tom and Ellen Trevonah, (all photographs by Joe Pyral)

J. Nesbitt-48	152	100	220	472
J. Stevens-46	197.5	135	215	532.5
E. Fleischer-54	202.5	125	245	572.5
R. Pires-53	202.5	137.5	222.5	562.5
R. Dodson-52	197.5	157.5	210	565
H. Hamilton-61	195	122.5	240	557.5
M. Goshaw-44	232.5	140	260	632.5
P. Malone-41	215	117.5	237.5	570
R. Lovelace-40	215	142.5	260	557.5
D. Hunt-46	195	115	212.5	522.5
C. Cromb-48	162.5	135	190	512.5
R. Harding-54	165	112.5	172.5	450
D. Ramon-58	205	137.5	207.5	550
R. Kingsland-55	70	107.5	182.5	360
E. McCulloch-61	137.5	120	160	417.5
J. Milligan-43	245	192.5	235	672.5
D. Smith-43	242.5	165	252.5	660
A. DeAngelis-41	230	130	255	615
P. Camp-41	222.5	102.5	232.5	627.5
P. Rice-41	245	137.5	272.5	655
A. King-48	220	132.5	250	602.5
R. Force-48	212.5	135	245	592.5
B. Orange-46	207.5	130	217.5	555
B. Stranges-54	237.5	165	267.5	670
J. Herbison-53	202.5	122.5	227.5	552.5
R. Griffith-56	165	132.5	182.5	480
B. Remley-61	195	147.5	220	562.5
B. Rosenfield-60	160	122.5	200	482.5
W. Laidlaw-60	160	122.5	200	482.5
J. Gash-42	272.5	180	312.5	765
A. Caley-42	237.5	160	300	697.5
J. Baird-42	262.5	175	320	767.5
T. Richards-44	262.5	142.5	322.5	727.5
T. King-42	242.5	137.5	242.5	622.5
M. Halbrook-45	267.5	155	275	697.5
T. Muecke-49	272.5	150	245	667.5
L. Arthur-43	215	192.5	247.5	655
B. O'Riordan-45	202.5	147.5	230	580
B. Besson-45	187.5	130	180	497.5
E. Davis-53	325	137.5	242.5	597.5
F. Leitch-54	152.5	107.5	172.5	432.5
R. Bennett-57	220	130	217.5	557.5
B. Peake-56	220	130	217.5	557.5
C. White-57	212.5	122.5	220	555
H. Carter-62	137.5	120	182.5	440
T. Moran-66	202.5	102.5	207.5	512.5
S. Crema-69	152.5	122.5	175	450
J. Sorell-44	347.5	185	275	807.5
J. Miller-41	280	190	295	765
B. Levine-42	252.5	155	352.5	760
P. White-45	327.5	200	332.5	860
V. Villanov-48	260	177.5	372.5	810

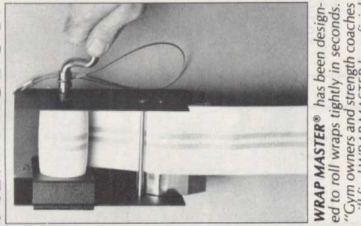
1981 National Masters Powerlifting Championships were held at the beautiful, outside National Sports Club, which, we'll be sure, was a very good year. Some of the help we were proud to receive were...

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T. Richards-44	262.5	142.5	322.5	727.5
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P. White-45	327.5	200	332.5	860
V. Villanov-48	260	177.5	372.5	810



Dennis Villano out of JOE'S GYM.

NEW PRODUCT



Recent polling 500 lbs. for Best Benchers, Ken Kratz, 2nd David Davis, and 3rd Wade Vaughan. The top three lifters overall were 1st: Casey Kenyon, 2nd: David Davis, and 3rd: Wade Vaughan. One of the reasons the meet was a great success was the presence of the new product, the WRAP MASTER. The equipment is designed to help lifters overcome their current limitations by allowing the weight lifter more time to focus on his next set. It is built with a rugged, durable stainless steel frame, stainless steel crank, and pre-set tension plate providing the ideal resistance for neat, tight rolls. It is warranted for life. For more information write WRAP MASTER, 21411 N. 11th Avenue, Phoenix, Arizona 85027 or call 602-582-0260

Winter Southern States

Open	SQ	BP	DL	Total
L. Price	520	280	520	1320
E. Hillian	300	250	360	910
A. Lopez	425	325	450	1200
A. Ugidos	340	190	365	895
T. B. Jones	620	425	540	1585
K. Harriman	550	340	525	1515
P. Wilson	550	340	525	1515
M. Martinez	640	275	590	1505
J. Uvango	585	355	540	1480
C. Velasquez	575	355	525	1455
K. Gilliam	535	285	525	1345
R. Burgess	500	300	435	1235
D. Jacobs	680	360	608	1648
R. Weng	365	290	465	1120
M. Vases	650	450	600	1700
W. Nevez	710	455	705	1870
L. Lazaro	700	510	650	1860
R. Falla	655	435	675	1765
R. Rusk	825	590	707.5	2122.5
R. Page	675	380	505	1560
Novices				
L. Gonzalez	435	230	435	1100
E. Garza	350	260	405	1015
F. P. Joseph	505	345	500	1350
P. Durand	525	440	475	1440
E. Hughes	575	350	575	1500
C. Smith	315	225	355	895
H. Bunn	550	335	580	1465

1981 National Masters Powerlifting Championships were held at the beautiful, outside National Sports Club, which, we'll be sure, was a very good year. Some of the help we were proud to receive were...

Main Street Gym Meet

Open	SQ	BP	DL	Total
J. Anderson	270	270	300	840
C. Feaster	270	270	300	840
S. Vining	200	132	132	464
R. Anderson	350	250	360	960
K. Kraft	300	250	360	910
J. Peterson	350	250	360	960
R. Anderson	350	250	360	960
D. Ludwig	325	275	355	955
N. Metzner	335	275	355	965
M. Ponce	335	275	355	965
H. Meyer	335	275	355	965
S. Hanson	335	275	355	965
J. Anderson	335	275	355	965
S. McMurphy	415	315	415	1145
R. Hock	345	285	345	975
K. Hock	345	285	345	975
W. Vaughan	415	315	415	1145
E. Stoddard	405	315	415	1135
D. Stoddard	350	275	350	975
C. Remnet	505	350	450	1305
J. Wehrhann	410	270	350	1030
D. Collier	400	270	350	1020
T. Baker	345	270	350	965
D. Seitz	345	270	350	965
D. Seitz	345	270	350	965
R. Schmidt	320	250	320	890
D. Doan	320	250	320	890
HWT				
W. Wright	455	300	455	1210

For the second straight time, a blizzard threatened the success of our meet, but Old Man Winter could not stop 36 lifters, some who came as far from the West Coast as they did with Ken Kratz for the results of this competition.

USSCA Iowa Strict Curl Classic

16 Nov 91 - What Cheer, IA

B. Quinn	530	360	535	1440
J. Donahue	385	265	465	1115
C. Hill	600	435	550	1585
J. Jara	610	330	570	1510
SHW	555	320	510	1385

W. women. Thanks to Bob Kraft for the results of this competition.

NEW PRODUCT

WRAP MASTER has been designed to roll wraps tightly in seconds will roll WRAP MASTER beneficial by allowing the weight lifter more time to focus on his next set. It is built with a rugged, durable stainless steel frame, stainless steel crank, and pre-set tension plate providing the ideal resistance for neat, tight rolls. It is warranted for life. For more information write WRAP MASTER, 21411 N. 11th Avenue, Phoenix, Arizona 85027 or call 602-582-0260

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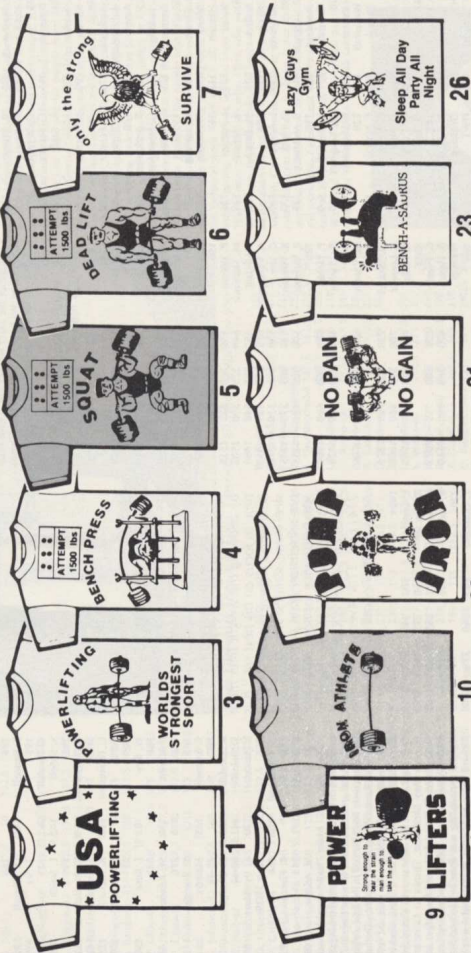
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USPF Gulf States Open Bench Press
6 Jul 91 - Baton Rouge, LA

K. Bourque 330
S. Johnson* 350
L. Milam 90
B. Carson 205
J. Kellum 570
S. Stall 380
K. Lavers 355
D. 245
K. Innopado 335
J. Norwood 355

M. Brown 350
M. Uible 320
R. Blount 325
J. Maloy-T 400
B. 165
M. 340
D. 540
K. Garrett 120
J. Babbin 380
D. 580
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P. 450

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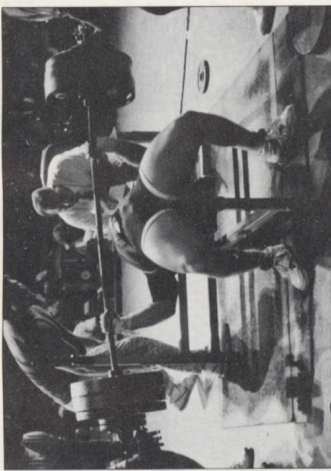
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Kellum Benchpresses HUGE! - Jesse Kellum got a 570 and tried a 595 at 198 on the Gulf Coast Bench Press Championships. (photo courtesy Fletcher).

B. Roca 400
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T. 250
K. 110
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S. 580
P. 255
M. 135
P. 300
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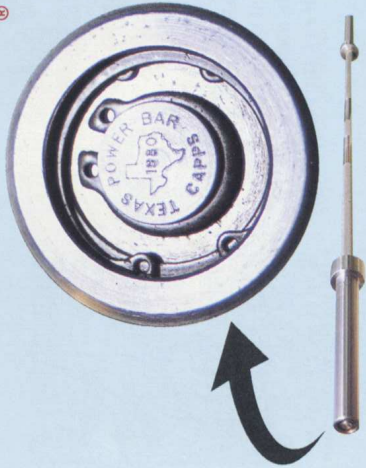
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ELITE

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The first Texas Power Bar appeared on the market back in January of 1981. It was manufactured by Buddy Capps of Grand Prairie, Texas and sold them to MAC Barbell of Grand Prairie, Texas and various other distributors throughout the US. This was the bar that was used at virtually all championship meets held in the USA since 1981. It has held up to 1000 pound squats on at least six occasions without bending. Unfortunately Buddy did not have the foresight to trademark the name Texas Power Bar. Since that time people have come out with the California, New York, Mid-West, Oklahoma, and PA-power bars. None have come close to the original. Even MAC barbell has gotten into the act. They are selling what they call the Original Texas Power Bars but are now making them themselves. In fact the name "Texas Power Bar" has almost become a generic term. Because of the above Buddy decided to try and improve on his original version. What he has done is eliminate the end caps which used to hold the sleeve to the shaft. On some bars the end caps were held by Allen head screws which required frequent tightening. Buddy's original Texas Power Bar used to have a pin in it. The new version now has a pair of internal snap rings in the end of the sleeve and Capps Texas Power Bar 1980 stamped on the end of it (see picture). This has given the bar more room to put plates on, made it more distinctive, and now you can be 100% sure you have the real thing. The bar is 28.5mm in diameter and is made from pre-stressed high alloy chrome molybdenum steel that has a tensile strength of 150,000 PSI. The bar has a center knurl on it to prevent it from sliding on the back during the squat. The sleeves are of one piece construction and are machined to 2" diameter and rotate around the bar on a bronze bushing. The bar will fit all standard size Olympic plates. As long as it is not abused the bars are virtually unbendable however, if dropped in a power rack or abused in some other fashion they can bend. If this happens you can buy another shaft for \$90.00 and put your old collars on it and presto - you have virtually a new bar. SORRY - No C.O.D. or Credit Card Orders on Bars. Shipped via UPS - call for charges



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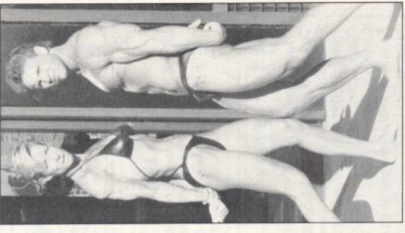
her first championship with a 595 total. April Zachars, in her first competition, finished with a 595 total. She was the only woman to lift unlimited class was Chris Gaud, who had almost destroyed the records in the class with a record 230 squat, a 150 bench, and a 730 total. In the men's open division, the competition was another wide open affair. The men's open division was dominated by Tom Barb, who had a personal record in the 132's, with a personal total of 635. Wade Anderson soon after also became a three-time winner in the 132's with an all-time record of 635. In the 150's, the men's open division was dominated by Tom Barb, who had a personal record in the 132's, with a personal total of 635. Wade Anderson soon after also became a three-time winner in the 132's with an all-time record of 635. In the 150's, the men's open division was dominated by Tom Barb, who had a personal record in the 132's, with a personal total of 635. Wade Anderson soon after also became a three-time winner in the 132's with an all-time record of 635.

APA Twin State Deadlift
 2 NOV 91 - Sharon, VT

Women	Men
148 H. Wehner 181	315* K. LeBlanc 560
Teen 260	I. Allen 440
Submaster 260	I. Barrows 550
J. Barrows 550	T. Norris 560
Master 40-49 395	T. Miller 460
Golden Master 370*	T. Fullam 640
L. Lassila 370*	T. Fullam 640

* World Record. Best Lifter: Tim Fullam. Best Bench: Tim Fullam. Best Squat: Scott Taylor. Best Deadlift: Scott Taylor. Best Total: Scott Taylor. (Thanks to meet director Scott Taylor for results)

POWER PEOPLE



John Wardell (right) is a former APF Teenage Mr. America and a former Mr. Olympia who just won the 1k and open 220 pound class at the APF North Americans. His girlfriend Pam, left, are competitive bodybuilders as well as powerlifters. They won the 1991 mixed pairs title at the Central USA Championships. Pam's 1st contest, Chad 259. (photo courtesy Wardell) at age 47.

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USPF Best of the East Bench Press
 9 NOV 91 - Salisbury, MD

Women	Men
130 W. Willey 315	175 120 205 500
140 R. Proulx 280	182.5 95 182.5 460
150 D. Callahan 270	147.5 105 402.5
160 M. Farmer 265	162 112.5 230 504.5
170 B. Hymas 265	280 160 260 790
180 J. Hymas 265	275 160 260 790
190 J. Hymas 265	280 160 260 790
200 J. Hymas 265	275 160 260 790
210 J. Hymas 265	280 160 260 790
220 J. Hymas 265	275 160 260 790
230 J. Hymas 265	280 160 260 790
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460 J. Hymas 265	275 160 260 790
470 J. Hymas 265	280 160 260 790
480 J. Hymas 265	275 160 260 790
490 J. Hymas 265	280 160 260 790
500 J. Hymas 265	275 160 260 790

USPF National Peanut Festival
 5 OCT 91 - Dothan, AL (kg)

Men's Open	SQ	BP	DL	Total
148 lb.	212.5	125	220	557.5
V. Cook	212.5	125	220	557.5

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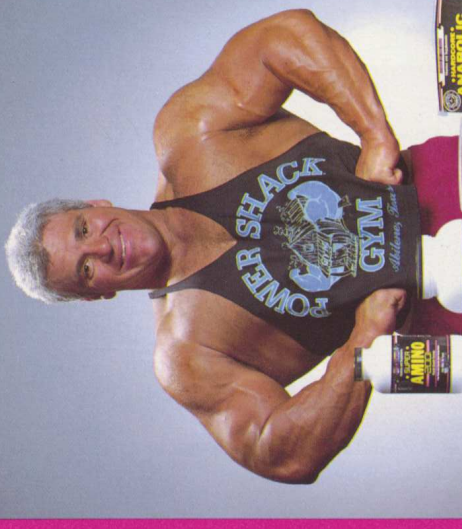
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Coming Events

- 15 FEB. Oklahoma State Meet/BPO, Kin Brownfield, 05068, OK 74447, 918-756-8822

- 14 MAR. ADFFA Alabama State Fayette Classic, Open Bench, Ted Butler, The Gym, 103 10th St., NE, Fayette, AL 35555, 205-532-7898

14, 15 March 1992

ADFFA Central Florida Meet

28 March 1992

Florida State Drug Free Bench Press

2 May 1992

Florida State Deadlift Championships

Louis Baltz, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801

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Mar. 1, 1992 - NEW DATE

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212-876-8373 or 914-328-7726.

- 29 MAR. 3rd Annual USPF Connecticut Classic (open, women, teen, masters all divisions men and women - no formulas) Dix and Debbie Kuzian, 475 W. 8th St., Canton City, VT 05010, 702-885-1888, after 7pm weekdays.
- 4 APR. USPF Maine Powerlifting and Bench Press, Mark Hunter, Box 903, Portland, ME 04101, 207-773-5022
- 4 APR. 16th Grand Open Powerlifting & Bench Press, Byron Baird, 18481 70th Gravel Ct., No. Grand, CA 95724, 614-955-9890
- 4 APR. WV Bench Press Classic IV (open, women, teen, masters, submasters, Beckley, WV), WVA, Box 523, Blainville, WV 26101.
- 4 APR. 9th Duquesne Midway Open Bench Press (open, intermediate, novice, high school, women, masters) Dave Helt, 2005 Kane St., Drexel, PA 19021, 315-982-1633
- 4 APR. Potomac Classic (open, youth, women, men), VA, Box 72, Quantico, VA 22088
- 4 APR. USPF Massachusetts State men's open, masters, submasters, women, teen, special olympics, Greg Kosloski, Box 483, Whitman, MA 02882, 617-447-6714
- 4 APR. Combined Expo Bench Press, Richard Vetro, 114 Lutz Lane, Clarksville, TN 37040, 615-647-0885
- 4 APR. USPF Indiana State Open, John DeLoach, Box 367, 4536 N. State St., Ellettsburg, IA 52620
- 4 APR. USPF Idaho VFW State Open, Robert Lutz, PO Box 112, Star's Star's Gym, 2355 Foster St., Reseda, CA, LA 91372, 318-747-1298
- 4 APR. USPF Nevada VI Power Southern Bench Press, 2 Main Road, Jim Starr, 2355 Foster, Reseda, CA, LA 91372, 318-747-1298
- 4 APR. Summer Southern States Championships, Rick Kopp, 4710 W. 4th, P.O. Box 385, Miami, FL 33153, 305-271-5552
- 4 APR. Maryland Bench Press, 396

- 4.5 APR. (one date) ADPPA High School Nationals, John Peroff, 13267 Windygate, St. Louis, MO 63146, 314-434-5818
- 4.5 APR. NASH Colorado State (Public) Richard Peters, Box 735, Nobles, OK 73068
- 4.5 APR. ADPPA Lifetime Drug Free (entry deadline 9 March) Birmingham, 396
- 4 APR. Indiana State Bench Press, 396
- 5 APR. TN State Bench Press, Eddie Cox, Elmo's Gym, 1803 Riverside Dr. 4k, New York, NY 10034, 212-781-5953
- 5 APR. WWF Connecticut Championships New Britain (PL, BP, DL - separate events), Troy Free, 2110-12 1st Ave, Box 1204, NY 10029, 212-876-8373/914-328-7726
- 11 APR. NASH Kentucky State Lexington Richard Peters, Box 735, Nobles, OK 73068
- 11 APR. USPF Maryland State College Park, Jay McLaughlin, 249 S. Riverside, Rialto, CA 92376, 714-874-6014
- 11 APR. Larry Frederick Jr Memorial Bench Press Challenge (open, women, teen) Sam Argo, North Penn YMCA, 608 E. Main, Lansdale, PA 19446, 215-368-1601
- 11 APR. MD Home Storage Contest, John Shiffert, 11 APR. USPF New York State (open, women, teen, masters, submasters, master, Frank Marano, 1500 Peachtree Ave. N., Brooklyn, NY 11226, 718-209-1010)
- 11 APR. Cornell Central Memorial Bench Press (open men & women, masters, teen), Bob Hughes, 4271 Crawford Dr., Ithaca, NY 14850, 607-855-1442
- 11 APR. USPF 3rd Annual North Coast Championships (open, class A, 14107) Fort Lauderdale Rogg, Box 020312, Ft. Lauderdale, FL 33304, 904-476-0211
- 11 APR. Coastal State Meet and Southwestern USA Poker and Freights, Open, Tom Malham, 655 Maplewood Dr., Forsyth, GA 31029, 912-994-4919 (night), 993-4550 (day)

- 29 MAR. MCI Norfolk Bay State Prison Winter Team Meet (individual and/or team quest lifts wanted, 2 weeks notice) Bruce Anderson, Box 73, Norfolk, MA 02056, 802-763-7135
- 29 MAR. ADPPA Midwest Teenage Collegiate Open (open men, teen women, collegiate men and women) Ed and Lee Riley, 214 West 111th, Chicago, IL 60628, 312-995-9660, 800-953-3445
- 29 MAR. California Tor-V USPF State Championships (open men, teen, women, submasters, masters) Gene Sals, 14100 La Merina, CA 90038, 714-994-5198
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- 21 MAR. NASH Kansas & Missouri State (Wichita or Harvest) Richard Peters, Box 735, Nobles, OK 73068
- 21 MAR. (corrected date) 26th Annual 6th Block Jay Club, Alabaha, OH 44001, 216-964-3013
- 21 MAR. Boggs' Bench in the Southern Tier (open women, open, teen, submaster, master, Mike Gattino, 990 Hudson Acres Dr., Pine City, NY 14871, 607-739-4419 after 6 PM)
- 21 MAR. USPF Rhode Island Championships (open, women, teen, submasters, and Special Olympics 1988), 4010 942-3675, 55 Western Ave., Cranston, RI 02906
- 21 MAR. USPF Ohio State Open (open men, women, teen, submasters, master, master, New Jersey) Championships and Grand State Open, John Bolt, 1424 43rd St., N. Bergen, NJ 07007, 201-617-7179
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- 28 MAR. USPF 2nd APA East Coast Drug Free Bench, Scott Peroff, 13267 Windygate, St. Louis, MO 63146, 314-434-5818
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- 28 APR. 30 MAR. Who's The Best Bench - Deadlift Squat? (different lift each day) Al Roberts, 5612 Oakton Ave., Ft. Pierce, FL 34951, 407-468-5968
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GCI North Crafion Valley Jaycee's

DEC 91 - Grafton, OH
148 lb. Total
Hansport 310 245 455 500 980
Phelps 305 265 350 500 1440
Ansel 335 215 355 905
Jordan 535 280 540 1355
Stevens 440 245 440 1125
Whitman 430 210 465 1105

161 lb. Total
Villa 565 350 575 1500*
Brake 555 305 505 1365
495 265 510 1270
198 lb. Total
505 375 600 1480
Rivera 530 315 565 1440
Shannon 525 355 550 1430
Daniels 490 275 450 1215
Jonkins 550 370 650 1570



Bart Shuman is one of the ranked lifters on this month's ADFFA TOP 20

One KILOGRAM equals 2.2046 Pounds

For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

Tenage	SQ	70	DF	DL	Total
E. Kelly	130*	90*	230*	430*	880*
D. G. White (w)	200*	100*	270*	570*	
Men					
Seniors					
T. Forsteh	425	270	475*	1170*	
R. Ward	400	250	430	1080	
Teenage					
165 lb.					
D. Boyer	300*	215	325*	880*	
181 lb.					
T. Frey	300	215	330	845	
198 lb.					
T. Forsteh	425	270	475	1170*	
4th	440*	280*			
J. Thurston	380	235	515*	1130	
Z. Ward	400	250	430	1080	
165 lb.					
T. Sawchuk	560*	300	540	1400*	
S. Mahar	300	215	400	945	
B. Carnegie	330	250	550	930	
A. Van					
Drimmel	450*	295	540*	1285*	
R. Smith	425	300	505*	1250*	
165 lb.					
E. Boyt	275*	215*	325*	815*	
242 lb.					
Special Olympics	425*	320*	505*	1250*	
W. Blackburn	135*	160*	295*		
L. Isaac	80*	95*	210*		
C. Haeffler	85*	95*	180*		
H. Ward	430*	290*	420	1140	

* - provincial record. Special Olympic placements by Schwartz. (Thanks to Hugh Ward for results)

PHI Parker for allowing us the opportunity to lift. We would also like to extend our appreciation to the following: James M. Chibson and Mike Yeko. We thank you for your help and Key Kay Feeset (credited for a job well done). This meet was dedicated to someone we love: Dr. Arnold Black of Black's Health World. We love him very high of his Back's Health but we still think very high of you. Results sent in to POWERLIFTING USA by Dwayne Askew.)

PL USA TOP 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Awards are printed in Red and Gold ink on an exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this document is \$5. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$18.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$5 per certificate or \$18.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. CA residents add 7 1/4% sales tax.

POWERLIFTING USA MAGAZINE

for USA lifters competing December 1990 to November 1991

TOP 100

148 lb./67.5 kg.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	650 Dahl, C., 372/91	410 Cuch, R., 314/91	696 Austin, D., 117/491	1636 Austin, D., 117/491
2	418 Jackson, L., 81/051	435 Meehan, W., 323/91	400 Shook, W., 373/91	1529 Conyers, T., 373/91
3	414 Millhouse, M., 286/91	432 Conyers, T., 373/91	400 Jackson, L., 81/051	1521 Dahl, C., 373/91
4	628 Hooper, W., 278/91	413 Millhouse, M., 286/91	600 Carr, J., 105/91	1520 Shackelford, N., 428/91
5	606 Shackelford, N., 428/91	396 Schachle, C., 119/91	584 Weinstein, L., 817/91	1480 Jackson, M., 323/91
6	400 Leeper, K., 298/91	385 Jones, V., 210/91	549 Kupersentin, E., 1123/91	1480 Kupersentin, E., 1123/91
7	385 Jones, V., 210/91	385 Thomas, C., 572/91	573 Brock, J., 2/91	1439 Freeman, M., 1123/91
8	567 Franklin, S., 31/91	300 Powers, W., 91/91	567 LaFay, B., 31/91	1438 Frozaglia, D., 1215/90
9	566 Kimble, D., 121/90	375 Fedthaus, M., 323/91	567 Dial, C., 373/91	1410 Hammer, E., 1161/91
10	570 Clapp, J., 420/91	375 Clapp, J., 420/91	565 Beatty, D., 121/90	1410 Augustine, S., 1012/91
11	515 Hammer, E., 1161/91	365 Frozaglia, D., 1215/90	562 Johnson, S., 518/91	1400 Weinstein, L., 817/91
12	551 Okafor, F., 1076/91	365 Simpson, D., 54/91	562 Reimold, J., 672/91	1400 Leeper, K., 298/91
13	550 Augustine, S., 1012/91	365 Steno, R., 803/91	555 Hamel, A., 1215/90	1398 Kost, R., 121/90
14	549 Kupersentin, E., 1123/91	365 Garcia, F., 827/91	551 Bove, M., 672/91	1384 Hoston, K., 672/91
15	545 Broussard, B., 115/91	363 Koo, R., 622/91	545 Pfister, F., 370/91	1388 Wodratska, C., 726/91
16	540 Byrd, G., 693/91	363 Morales, G., 818/91	545 Okafor, F., 1076/91	1380 Blair, L., 173/91
17	534 Koo, R., 622/91	360 Augstain, S., 1012/91	540 Spaha, M., 549/91	1377 Johnson, S., 518/91
18	530 Sechist, M., 121/90	358 Beasley, V., 427/91	540 Jones, V., 672/91	1370 Hamel, A., 1215/90
19	529 Warner, J., 2/91	352 Falamondo, K., 831/91	535 Johnson, S., 518/91	1364 Broussard, B., 115/91
20	525 Blair, L., 173/91	350 Paganini, M., 1076/91	535 Neiderkorf, W., 216/91	1358 Okafor, F., 1076/91
21	525 Miller, T., 113/91	350 Shelman, R., 210/91	534 Costello, G., 1076/91	1355 Casey, M., 519/91
22	525 Hill, S., 5/91	350 Pascual, J., 223/91	534 Contreras, D., 726/91	1350 Caboe, B., 7/6/91
23	525 Kiefer, D., 311/91	350 Johnson, B., 519/91	534 Frozaglia, D., 1215/91	1350 Blair, L., 173/91
24	520 Reimold, J., 672/91	345 Eaddy, R., 831/91	529 White, J., 420/91	1337 Johnson, S., 518/91
25	518 Bouillon, C., 299/91	345 Eaddy, R., 831/91	529 Bell, J., 518/91	1332 Green, R., 121/90
26	518 Whalen, R., 47/91	341 Audis, D., 726/91	525 Glynn, K., 117/90	1324 Green, R., 121/90
27	515 McLaren, R., 32/91	341 Pena, J., 91/5/91	525 Mills, N., 6/11/91	1324 Green, R., 121/90
28	515 Audis, D., 726/91	340 Bechere, R., 3/9/91	525 Blake, H., 10/19/91	1322 Reimold, J., 672/91
29	515 Gordon, T., 416/91	340 Pezz, J., 416/91	523 Sumner, E., 316/91	1322 Cousins, M., 1723/91
30	512 Johnson, S., 118/91	340 Pezz, J., 416/91	523 Jimenez, L., 262/91	1322 Cousins, M., 1723/91
31	512 Kiefer, D., 311/91	340 Garnett, K., 61/91	523 Jochem, J., 1026/91	1320 McLure, R., 32/91
32	510 McElroy, J., 472/91	340 Jackson, B., 810/91	520 Coyle, J., 768/91	1317 Fabry, J., 518/91
33	510 McElroy, J., 472/91	340 Jackson, B., 810/91	520 Coyle, J., 768/91	1311 Jones, V., 672/91
34	510 Rodriguez, J., 658/91	340 Gutierrez, D., 922/91	520 Johnson, B., 519/91	1311 Jones, V., 672/91
35	510 Reimold, J., 672/91	340 O'Hara, S., 117/91	518 Holton, C., 46/91	1306 Baulon, C., 2/9/91
36	507 Houtman, B., 276/91	336 Covin, D., 119/91	515 Cesar, J., 3/9/91	1306 Bove, M., 672/91
37	507 Kaufman, B., 4/6/91	336 Kaufman, B., 4/6/91	515 Cesar, J., 3/9/91	1306 Bove, M., 672/91
38	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
39	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
40	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
41	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
42	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
43	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
44	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
45	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
46	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
47	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
48	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
49	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
50	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
51	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
52	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
53	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
54	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
55	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
56	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
57	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
58	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
59	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
60	507 Lawson, M., 11/89/91	336 Anderson, B., 23/91	515 Delagarza, P., 5/19/91	1305 Young, D., 427/91
61	501 Brock, M., 1121/91	335 Poneto, V., 91/4/91	510 Dunkin, M., 1215/90	1290 Taylor, W., 615/91
62	501 Creighton, E., 1123/91	335 Hedrich, K., 1117/90	510 Bravard, L., 316/91	1290 Crawford, S., 424/91
63	501 Nichols, L., 121/90	335 Kinn, M., 1113/91	510 Dera, J., 413/91	1289 Cagliola, M., 323/91
64	501 Nichols, L., 121/90	335 Kinn, M., 1113/91	510 Dera, J., 413/91	1289 Cagliola, M., 323/91
65	500 Chandell, T., 113/91	330 Cahin, D., 22/91	510 Gomez, J., 1124/91	1285 Smith, A., 928/91
66	500 Leak, S., 310/91	330 Larson, C., 202/91	507 Koehler, K., 519/91	1284 Camazzaro, P., 1271/90
67	500 Leak, S., 310/91	330 Larson, C., 202/91	507 Koehler, K., 519/91	1284 Camazzaro, P., 1271/90
68	500 Boni, E., 427/91	330 Kozanok, L., 477/91	507 Audis, D., 726/91	1284 Camazzaro, P., 1271/90
69	500 Turner, S., 91/91	330 Davis, M., 414/91	507 Jackson, G.H., 921/91	1284 Camazzaro, P., 1271/90
70	500 Orlers, J., 519/91	330 Walker, A., 427/91	507 Pierce, C., 112/91	1284 Camazzaro, P., 1271/90
71	500 Smith, A., 928/91	330 Boughner, B., 422/91	507 Fijolka, K., 810/91	1278 White, A., 420/91
72	500 Smith, A., 928/91	330 Boughner, B., 422/91	507 Fijolka, K., 810/91	1278 White, A., 420/91
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82	500 Page, C., 102/91	330 Hayes, R., 518/91	505 Puckett, M., 61/91	1277 Pagani, J., 1123/91
83	500 Page, C., 102/91</			