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L-Phenylalanine	50 mg
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L-Serine	50 mg
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L-Tyrosine	50 mg
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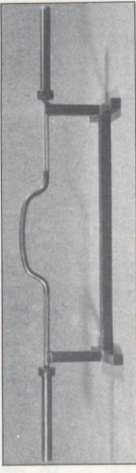
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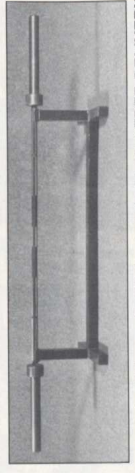
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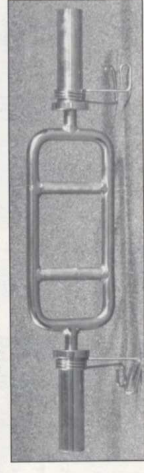
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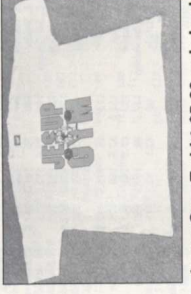
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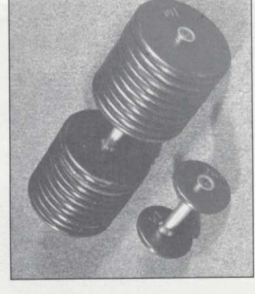
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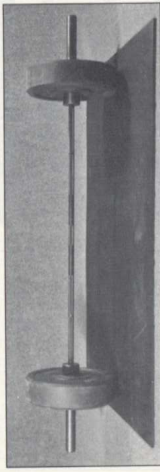
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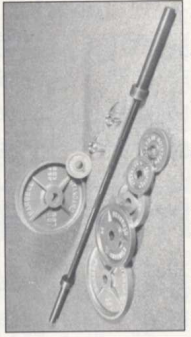
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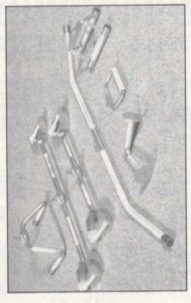
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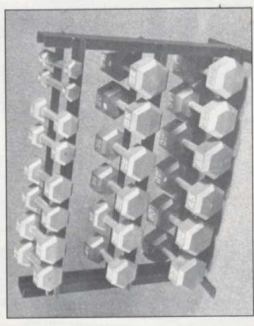
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Dr. Judd

More on Chuck Braxton excerpted from Dr. Judd Biasiotto's new book "THE SEARCH FOR GREATNESS"

I was on my way to Tennessee and I knew that Chuck Braxton was getting ready to do another of his wild stunts and once I got there I was informed that Chuck had requested my immediate presence at his place of employment. It happened that Chuck was a guard for one of the state's "finest" chain gangs, one of the worst, ranging from killers right up to ... well, killers. I was sure of one thing, if anyone could handle such a motley crew, it was BRAXTON.

I headed out to the work site, and found Chuck sitting on top of a small rock with his back to the prisoners that he was supposed to be watching. He was busy removing cakes from the prisoner's lunch bags. When he saw me, his face lit up like a Christmas tree.

"Judd, how the hell are you doing?"
 "I'm doing great... ah ... Chuck, don't you think it would be a good idea if you were facing the prisoners? Some of these guys look pretty tough. Aren't you afraid they might jump you?"
 "I hope they do, and then I'll kill every one of them little bastards."
 "Chuck, you don't have a gun."
 "I don't need no gun. I'll kill everyone of them with my bare hands."

With that Chuck faced the prisoners. "Any of you little bastards want to mess with me?"

"No, Boss!"
 After giving the prisoners a look that would turn tempered steel to jelly, he sat back down. "See, those little dudes don't want any of me. I'd kill them."

"I believe you, Chuck."
 "Yeah."
 "Say, what are you doing with all the cakes?"

"I'm getting ready for a little snack."

"Isn't that the prisoner's cake?"
 "Nah! It's my cake."
 "All those cakes are yours, Chuck?"

"Yeah, these are all mine. I let the prisoners eat them here for me in their lunch bags. They like doing that for me."

"Well, tell me about the stunt you're going to do tomorrow."
 "I'm going to blow myself up with dynamite."

"O - O - K!?"
 "Yeah! I've already burned myself up. Now I'm going to blow myself up."
 "Sounds like fun."
 "It will be. I'm going to use enough dynamite to blow up a city block."

"Chuck, you're intellectually constipated."
 With that, I left Chuck to his cakes, and went back to my bus-

myself. I'm just going to blow myself up a little. I'll be fun. You'll see."
 After Braxton got into his asbestos suit, the same model that he used in his fire demonstration, he walked out to meet his adoring fans. You would have thought the Pope had just showed up. The people were going berserk. I hadn't heard an ovation like that since I last attended a Bruce Springsteen concert. After exchanging a few pleasantries, Braxton made his way out to his coffin, a well off from the grandstands. Once there, he turned to the crowd, waved, then climbed into the coffin and pulled the lid closed. For the next 30 seconds or so there was complete silence. You could have heard a pin drop. Then came an explosion that could have leveled a small shopping center. As Braxton said, the dynamite exploded upward. Unfortunately, it also exploded him upward. He used so much dynamite that the impact literally blew him out of the hole. Any mortal man would have died instantly. Braxton, well, it just shook him up a little. He struggled to his feet, walked a few steps, then fell over again. He repeated that little routine three or four times before he finally stabilized himself on his feet. By that time the crowd was going absolutely wild.

When we got to Braxton he looked like one of those cartoon characters you just spent 15 minutes playing hell with Bugs Bunny. His hair and his beard were pointing every which way, his face was covered with black soot, and his asbestos suit was shredded. Still, Braxton had once again defied death and in the process established himself as one of the craziest homo sapiens this side of the planet Uranus... a Bad Dude!

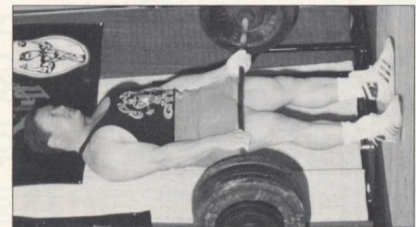
After we got Chuck cleaned up a little, we decided to go out for a bite to eat, and then celebrate. When we got to the restaurant, a little old lady, about 90 years of age, was making her way, with the aid of a cane, out the front door. Her head was facing the floor, watching every step she made. Just as she reached the front door, we were coming in.

Braxton was also walking with his head down, apparently still trying to stabilize his gait. As luck would have it, Braxton and the little old lady walked right into each other.

When the lady looked up and saw Braxton's face, she let out a terrifying scream. Braxton followed suit with a terrifying scream of his own, which just about gave the lady and everyone else in the place cardiac arrest.

"The bitch scared me", he blurted, somewhat embarrassed.

Braxton - I'm telling you, the man was B-A-D!!



Ed Coan doubled 810 in the pull.

Whoever said "you can't please all of the people all of the time" obviously didn't attend the 1992 USA Power and Strength Symposium. The event, held February 27-29 at the palatial Orange County Convention Center in Orlando, Florida was three days of non-stop excitement. Filled as something long overdue in the sport of powerlifting, no one went home disappointed. With such a wide array of talent assembled for the first time ever in one place it was hard to go wrong. Nearly 200 strength athletes and coaches attended the event. From Seattle to Maine to merry old England, they all traveled to Orlando to get insights from the best in the world.

While billed as a "training camp", roundtable discussions where the audience got to hear each speaker's opinion on different aspects of training. During individual seminars on Friday and Saturday the participants got to hear the best thinking from a diverse panel of experts. Bench press kings Ken Lain and Ted Arcidi told how they trained to crack the 700 pound mark. From Mary, Jeffrey's insights on training cycles to Lamar Gant's straight forward talk on deadlifting, the attendees got the lowdown from one world class athlete after another.

Other featured speakers included noted strength doctors Michael Yessis and Paul Ward, Chief Medical Officer for the U.S.P.F., Richard Herricks, steroid expert Cliff Ameduri, U.N.L.V. strength coach Dan Austin; world champion drug free super heavyweight Mike Hall rounded out the bill.

By Friday night, the action got hot and heavy, very heavy! Billed by the organizers as the "Friday Night Strength Extravaganza", four lifters put on record breaking and near record breaking performances. Ed Coan got the crowd warmed up by going through a deadlifting routine where he maxed out with 810 pounds not once, but twice.

The crowd roared its approval mightily at the end and accompanied electricity filled the air in anticipation of Anthony Clark's attempt



By John Sikes

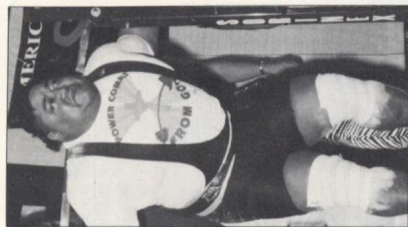
The event turned into so much more. A spirited display of camaraderie filled the Convention Center. It was an awesome opportunity to meet and talk with the world's finest. Participant Kevin Nunez, "It is the start of a rapid growth future for our great sport."

That spirit of camaraderie was not limited to the attendees. Witness something you are not often likely to see at any competition: Eddie Coan wrapping the knees of Anthony Clark before Clark attempted to break the world record in the squat. "I couldn't believe Ed would take the time to wrap my knees. That was really something special," Clark said.

Clark's sentiments were echoed by Victor Richards, the man who claims to be the biggest bodybuilder in the world. "It was so surprising to see how loose and friendly all the athletes were with one another. It's nothing like what you see with the bodybuilders," Richards said.

The speakers all gave selflessly of their time - in and out of the classroom. Nothing stood in the way of the great spirit of fellowship. "All the friction between various sanctioning groups was left outside the door," said world class lifter and speaker Mike Bridges.

Things got started with a bang on Thursday evening with two



Anthony Clark tried a 1000 lbs. at squatting 1,000 pounds. After hitting 900, the crowd shouted encouragement and applauded enthusiastically as he got ready to attempt 1,000. After having trouble steady the bar, he slowly brought the weight down to the judge's satisfaction. With a mighty surge he came up just inches short of success. After another unsuccessful attempt for such a tremendous effort.

Next up was Mary, Jeffrey who broke the unofficial record for bench pressing her own body weight (115 pounds) 35 times. Everyone counted off in unison as Jeffrey struggled mightily at the end and accomplished what she had set out to do (article continued on page 90)



Power & Strength Symposium Principals: front row, left to right, Vic Boff, Tom Ciola, Paul Anderson, Lamar Gant, Ed Coan, Mary Jeffrey, Mike Bridges; back row, left to right, Joe Marino, Dr. Cliff Ameduri, Ted Arcidi, Willie Bell, Ken Lain, Mike Hall, Dr. Michael Yessis, Hank Henry.

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Do Steroids Cause Injuries? by Brent Allen (author of "POWER RESEARCH ON THE SIDE EFFECTS OF ANABOLIC STEROIDS")

Do steroids actually cause injuries? I am going to present you with some scientific research plus popular non-scientifically proven theories and let you decide for yourself. One way to learn about a subject like this is to do experiments on animals, in this case, mice. This allows observation of the muscle tissue under a microscope. Also, such mice have more of a controlled environment. In human athletic subjects, they may have had many different types of previous injuries and training. A group of mice can be controlled from birth with all of them having the same diet, exercise program, etc. This helps tremendously with the reliability of the results. The studies I have picked out of the injuries section of my book are three on mice and one comparing a steroid using elite/national caliber group of subjects to a non-steroid using "normal weight training group."

Tendon Injuries Induced by Exercise and Anabolic Steroids
In *Experimental Mice*, H. Michna, International Orthopedics, 1987, v. 11, p. 157-162. Michna studied the effects of anabolic steroids and exercise on tendons in female mice. Exercise consisted of 1 or 10 weeks on a treadmill with a program tailored for endurance. One group of 5 mice took Dianabol (Methandrostenolone) and exercised and another group of 5 mice also receiving Dianabol did not exercise. In addition, 5 steroid free mice were used for exercising and 5 other steroid free mice did not exercise. After the study, one of the muscles of the leg of each mouse was removed (flexor digitorum longus). The results revealed the exercising-steroid using mice to have increased the amount of abnormal connective tissue (tendons), when compared to the non-steroid using groups. Michna suggested that (depending on the length of steroid use) anabolic steroids may bring about tendon injuries.

Organization of Collagen Fibrils in Tendons: Changes Induced by an Anabolic Steroid: II. A Morphometric and Stereologic Analysis. H. Michna, *Virch. Arch.*, 1987, v. 52, p. 87-98. This study looked at the effects of anabolic steroid (not specified) on animals (not specified). The animals were grouped in the following manner: 5

Group (number in group) 1 Week 15%
Steroid & Workd (5) 11%
Steroid (5) 2%
Non-Steroid & Workd (5) 5%
Non-Steroid (5) 8%

Frequency of Abnormal Developing Connective Tissue - Length of Training -
10 Weeks 33%
21%
7%
8%

TABLE 1

Group (number in group)	1 Week	15%
Steroid & Workd (5)	11%	2%
Steroid (5)	2%	5%
Non-Steroid & Workd (5)	5%	8%
Non-Steroid (5)	8%	

cause a rapid gain in body weight. Rapid gains in body weight can contribute to a lack of flexibility, which contributes to injuries. 4) Steroids can cause more aggressive type behavior, to which could cloud the judgement on "realistic" weight to use in training and in contests. This increased aggressive behavior can also contribute to bad form or simply training too much of which increases the likelihood of over-training. 5) The simultaneous use of anabolic steroids can increase the durability and/or amphetamine with change of injury.

For whatever reason(s), I believe there are more injuries as compared steroid using athletes as compared to non-steroid using athletes. The scientific information in this article supports the fact that anabolic steroids possibly develop more "abnormal" muscle/tendons, of which are more prone to injury. In addition the non-scientific theories also need to be considered heavily. One last fact to consider is a quote in the June 1991 *Physician and Sportsmedicine* by William A. Grana, a clinical professor of orthopedics and rehabilitation, who believes "Anabolic steroid use stiffens tendons, causing them to fail under less stress and less elongation." I hope the information in this article had helped you in a better understanding of this still vastly under-researched area of anabolic steroids.

If you have any comments or questions about this article or my book (see advertisement on page 80 of this issue of *Powerlifting USA*), please send them to: Research Enterprises, P.O. Box 2349 San Marcos, Texas 78667 or call (512) 353-7743.

KEY WORD DEFINITIONS:

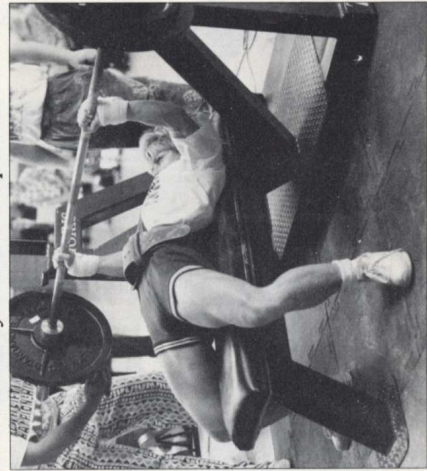
- Collagen = an elongated thread-like (fibrous) protein of great strength in various types of connective tissue such as tendons; ligaments; cartilage; and bones.
- Diuretic = a drug used to increase urine output of which helps athletes make weight.
- Morphometric = pertaining to the measurements of the form or structure of a living thing.
- Predisposition = the condition of having a tendency toward a certain action or condition.
- Rupture = a forcible tearing or disruption of the tissue.
- Stereologic = pertaining to the science or study of solids having 3 dimensions.
- Tendon = a bundle of collagen fibers which are used to connect muscle to bone.
- Ultrastructural = pertaining to the arrangement of the smallest elements making up a body.

INTERVIEW

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

MARY JEFFREY

Interviewed by World Champion Dan Austin



Mary Jeffrey benching at the 1991 U.S.P.F. Senior Nationals in Texas

30 years from now when you are telling your grandchildren about the great female powerlifters of your time, one name is sure to fall from your lips, Mary Jeffrey. She has beauty, grace, class, style and she is very, very strong. In the last four years, Mary has set broken and reset more records than any other female powerlifter. In the last USPF Sr. Nationals, she set six world records, more than that most lifters set alone in their entire career.

Dan: How did you get started in weight training?
Mary: I started lifting because some guys, mainly Ken Wheeler, at the YMCA in Bakersfield, CA needed a 114 lb. lifter to fill the slot on their team. The gymnasium team I was on worked out at the Y and to end our training we always had to do pullups, pushups, situps, and other strength movements until we couldn't do any more. The lifters upstairs used to watch us and thought I would be good at the bench. I was and I haven't stopped since. Thanks Ken.

Dan: With all your success, what keeps you motivated?

Mary: I have a need to succeed. We all need success, but more than anything I think when a person finds something they are good at and soon becomes better, and then is given the opportunity because of their involvement in that activity to travel, meet interesting people, and become politically involved, that makes all worthwhile. Secondly, I am motivated by the group of people I work out with. We have a large group that meets on Sundays to do heavy squats and deadlifts. To watch the efforts they put forth really pushes me to work that much harder. Lastly, the likes of Sisi Dolman and Carrie Graffman does a lot to move me and the weights these days.

Dan: What titles have you won?
Mary: 11 National Championships, 9 World Titles (USPF/IPP & AFWPC), New only competing in and supporting USPF/IPP competitions. #1 Ranked female powerlifter in the World. Ms. USA Bodybuilding Champion.

Dan: What is your philosophy when training for a contest?
Mary: I train 4 days a week, Sunday, heavy squats/heavy deadlifts, assistance work. Tuesday, light bench, assistance work.

Book Reviews... the supposed "secrets" of Russian techniques to apply anabolic steroids to enhance sports performance have been a subject of wide speculation for decades. With rumor and the occasional fact so randomly intermingled, a truthful view of the situation by outsiders has been practically impossible to obtain. Recently, with the broad political changes in Russian society, many avenues of information exchange have opened up, and in certain cases, key sources of information have departed Russia and come to the United States. A foremost example of this phenomenon is Mois Silber M.D. According to his recent book ANABOLIC ANDROGENIC STEROIDS IN SOVIET SPORT, Dr. Silber was "a member of the Institute of Physical Culture in Leningrad where he was responsible for research into the practical use of anabolic steroids in sport. As medical council to the Soviet Olympic team, he had full access to the latest research into most effective use of anabolic agents by elite athletes." He has brought this ultimate insiders viewpoint and knowledge to the faculty of Washington State University where he is now a research scientist at work on the development of neuro-biosensors. His book covers the history of steroid use in the USSR (as early as 1938), as well as providing never before released insights into the actual working mechanisms of anabolic steroids in the body. There is also detailed analysis of Soviet training cycles - with steroids and with other natural ergogenic agents, which are compared to American powerlifter's steroid cycles, etc. The almost cavalier ways in which Soviet athletes were able to accommodate themselves to the drug testing protocol are explained. Above and beyond the technical details, this book reveals much of the philosophy of Russian scientists and the government they worked for, in particular, how they rationalized "the central requirement of medicine - First, Do No Harm..." with their own determined research, which fueled an amazing sports machine, before changes in the use of steroids in the USSR and the political climate led to its collapse. ANABOLIC ANDROGENIC STEROIDS IN SOVIET SPORT is available from Sports Research International, P.O. Box 3339, Walnut Creek, CA 94598, 800-828-8565.

Another new book on the subject of steroids is FALSE GLORY - Stealers and Steroids by former pro football coach Steve Courson, who shocked the sports world by coming clean on steroid use in his sport while he was still playing the game (through television interviews and a major feature in SPORTS ILLUSTRATED), and two years subsequent to his retirement from the NFL discovered that he needed a heart transplant. Steve relates his experiences with some of the great names of the sport - coaches and athletes - whom he played with and against in the glory days of the Pittsburgh Steelers. His gritty quest for success is chronicled from his childhood to the Super Bowl. Steroids were just something that happened along the way, but once he got into them, the lust for physical power and the edge it provided on the football field was difficult to quench. (Steve details how he used Dr. Fred Hatfield's book, Bodybuilding - a Scientific Approach, to obtain information on how to use steroids). Steve states boldly and unequivocally that 75% of the Stealer offensive line used steroids at one time or another, while he was there, and that other NFL teams were about the same. After rejection from the Steelers, he proved to himself and the world that he could play without steroids during one of his final seasons with Tampa Bay Bucs, but even after his release he kept on using the drugs, finishing with one gigantic cycle for a bench press contest in 1988, where he made a 605 as a Superheavy. (The results of that contest were published with a photo of Steve in the December 1988 edition of POWERLIFTING USA). Then came the news - his heart had deteriorated to the point that his only realistic hope to live longer than 5 years would be a heart transplant. Additionally, much of the money that Steve earned in the trenches of the offensive line during his career was lost in bad investments, but instead of wallowing in pity, Steve went public with his problem, and contributed extensively to the U.S. Senate hearings which led to the classification of steroids as controlled substances. He shares his insight into the problems of another Stealer, Terry Long (2203 in his first and only powerlifting meet), who attempted suicide after failing the NFL's test for steroid use. Just as the book reviewed previously was the scientist's view of the steroid problem, FALSE GLORY is the ultimate athlete's view of the issue. Who else in sport has been so candid and forthcoming about this problem, naming names and reciting incidents? Steve is not too quick to jump on the bandwagon to blame steroids for everything that has gone wrong in his life, but as he waits on the sidelines of life for a donor heart that must match the massive size of his own diseased one - a match that may never occur, the implications are almost too real, a notion underscored by the last line of Chapter 11 "Many of the stories focusing on Terry Long and Lyle Alzado have romanticized the tragic glory of the doomed gladiator: the noble savage giving up his body, and ultimately his life. But to what end? That's the tragedy. There's no glory in dying for a sport". FALSE GLORY is published by Longmeadow Press at a price of \$19.95.

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Probably every article I've read about recuperation seems to deal with the latest scientific discoveries to increase our recuperative ability. If we can recuperate faster and better, we can train harder and longer and get better results. Sounds pretty good! The trouble with all these scientific discoveries is that few, if any, are practical for the average powerlifter. Complex metabolic levels and such are not something the average lifter can afford, so why read about them? Russian message techniques. Geez, if you can afford massages or get your main squeeze to give you one, you're one of a very select group. Don't forget these massages must be given in a very specific manner, rubbing just won't do. Was it cross fiber or with the fiber massage? Let's not forget saunas, whirlpools and steam. We all have them at home, so no problem, right? The latest European supplement? Come one, most Russians wait in line for hours just to get bread! I can't forget electro-muscular stimulation - got a wall plug, don't you?

So what does this leave for the average PL USA reader who wants to increase and maintain their recuperative ability (R-A) without costly analysis and techniques? A lot, actually. The key is common sense of how recuperation can be increased without having to be poked and prodded at your local hospital, spending big bucks on the latest "stuff" or electrocuting yourself.

Think of recuperation as money. We each have so much money at any time and how much we have is affected by many factors, some uncontrollable by us. Let's say you have \$100 in R-A. This \$100 must, however, be split up between normal day to day survival as well as your workouts and other external demands. If day to day survival costs you \$90, you only have \$10 left for everything else. So if you work out \$10 worth and have no other drains on your R-A, you will recuperate and progress. The next day you get another \$100 and begin external factors. The first is stress. Stress is incredible \$\$ user. If you've got something mentally stressing you, your R-A will be in turn stressed. Even if your current stress costs you \$10 and nothing else changes, your daily expenditure will be \$101 and you'll be in deficit spending. You can go on like this for only so long, so something has to change. Either your workout cost drops or you get more dollars to spend. The lesson here is, ease up on your training while dealing with stress until it's resolved.

Another external factor is your diet. If you are trying to lose weight, your \$100 could drop to say \$98,

TRAINING

Common Sense Recuperation

as told by Doug Daniels

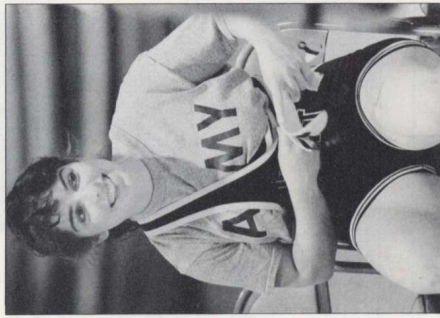
you're under the weather, cut back on your training or feel better. Training hard while ill will increase the time required to get better, as well as your chances for injury, which costs, in terms of R-A.

Adequate rest is critical. If you try to do too many things and don't give your body a chance to recharge, it will add up on you in time. Just like you can tolerate deficit spending for a short time, you can rest for only so long. This causes your survival costs to increase.

Overtraining can't be ignored. If you exceed your \$10 cost of training, all things being equal, you will soon overtrain. As you age, your R-A will decrease and your training practices will have to be adjusted. This is not to say that your days of improving are over, just that this improvement must be achieved through ever-changing methods. Some people can train harder and more often than others, due to heredity as well as health practices. You must adjust your routines around your R-A, not some physically superior easy gainer.

Now, let's explore some factors that can have a positive effect on R-A and increase those spendable \$\$ A and strokes are definitely a means of increasing your R-A. This is not an avenue that should be pursued. The medical profession tumbled on steroids years ago when they said that they did not work. Lifters, however, knew better. So when doctors said they could have bad side effects, users brought this point up, saying how could they know this when they said they didn't even work before? Evidence points in the medical profession's favor now, as does the law. In many states, steroids are treated like other illegal drugs such as cocaine. Drug-free competition is here now in force, so forget them.

I've discussed diet earlier. This is a great way of increasing your R-A. Diet fads come and go. Remember the high protein-low carb diet years



Kathy Solomon, 1989 Army Women's Team Captain, combined fitness with power (Hunter)

Your survival costs stay the same, so some other cost must drop. Many of your survival costs must drop. If certain try to lose weight to make a certain weight class. If the weight is lost too quickly or if too much muscle is lost, your R-A will drop. Training at the same level as before, the weight loss will send you into deficit spending and your strength level will drop. The trick is to take more time in cutting weight and pay more attention to what type of weight you actually lose. Maximum fat loss and minimum muscle loss should be your goal. Keep your diet low in fat and high in quality carbs and medium in protein. Regardless, your strength level will drop, but your R-A must not be over-extended for too long a period. Let's not forget a bad diet, that doesn't supply the necessary ingredients properly to repair and grow. That's short changing yourself. Even if you consume all that's necessary to grow and repair, if you indulge too much in alcohol, your body will spend precious \$\$ to process the stuff. I'm not against 12 ounce cuts, but overindulging is costly, so moderation is the key.

Illness is another external factor that can have a severe impact on your R-A. This adds to your survival costs. When you're so ill you can't train, that's one thing, but when

ago? Everybody and their brother was on that bandwagon. If muscle was made of protein; eat more protein. This myth has since been exploded. At least for now, our best bet, is moderation. Keep your consumption of alcohol and nicotine under control. If that be your vice. Remember, your body uses R-A just to process this stuff, even if the rest of your diet would make your mother proud.

One way of increasing your R-A is to improve your level of fitness. Fitness is a powerlifting magazine? No, I'm not a fan of Jane Fonda tapes or marathons, but I stand by the theory that a fit lifter can recuperate and progress faster than one that is not as fit. Weight training is strictly anaerobic and does little to increase cardio efficiency and fat burning in the body. Weight trainers too often ignore these aspects of their overall well-being. I'm not suggesting aerobic step training or long runs. Include some stationary bike riding at the end of your routine at least 2-3 times a week. Work into this slowly. For best results, cycle at low, but steady speeds and concentrate on increasing your time. If you go too hard, your fat burning mechanisms will not be activated. Fat is best burned by low intensity, long duration activity. Your body will grow more efficient in its overall processes, recuperation being one of them, and this low level of intensity will not adversely affect on power gains. This aerobic work will also serve as an important cool-down which will work wonders for your R-A. The best author I know of to get more info on fitness and what type of diet to follow is Covert Bailey. He has authored best selling books like *Fit or Fat* and the *New Fit or Fat*.

In these books, Bailey covers, in very clear and convincing terms, the importance of fitness and how to achieve it. He is not big on lifting, but what he has to say can be of great value to all PL USA readers. These books are published by Houghton Mifflin and are available at most bookstores in paperback.

I hope I gave you a little to think about and some useful, common sense info on the subject of recuperation. Our ability to recuperate from our workouts is a vital factor in long term progress in lifting. Many times discussions of recuperation are not applicable to the average lifter and thus are of little or no value. Thinking of recuperation in simple terms may seem remedial, but I think it's more applicable. Don't overlook fitness as a prime determinant of your recuperative ability. In the long run it's your best bet. But, if you have someone to give you massages, don't tell them anything about this article - enjoy yourself!

While Hugh Cassidy moves in relative anonymity in his hometown of Bowie, Maryland and the Beltway area of D.C., his influence on the sport of powerlifting has been widespread and deeply felt. Younger lifters do not remember his huge lifts done without a supportive suit, but they will remember his huge belt of any type, or knee wraps. They will not remember that he did them without the aid of designer "supplements", weird diets, or excessive food substitutes. They will not understand that he won the first official World Powerlifting Championships while leading what could only be called a normal, daily existence. Other than the fact that he had pushed his bodyweight up to 297 pounds, and had to eat and drink an awful lot to maintain that mammoth size, he was in every way, normal.

In Hugh's case, "normal" might not be an accurate descriptive term because he was and is far more intelligent than the average lifter, or average person. He is far more creative, instinctive, and resourceful. No, normal here serves to indicate that while lifting weights was an integral part of his life and what brought him great enjoyment and fulfillment, it was, like many things, no more than part of a very large picture. He has and continues to be a very innovative and effective special education teacher. The fact that an assortment of barbells litters his classrooms and he coaches his students in the finer points of various basic exercise movements makes him a bit different. That he was the first I've heard of to sponsor lifting tournaments for his exceptional children, and enhancing their self-esteem and confidence, also adds to his first steps away from "normal".

Many individuals enjoy music and perhaps sing and/or play an instrument. Hugh played bass guitar with a country swing band for years, and a rock band prior to that. When the world became an interest, he conditioned himself to sit for at least one hour every day, in order to perfect it. If nothing else, he felt, it would serve to develop his sense of discipline. He has remained married for many years, and has gotten awfully strong while using them.

Hugh believes that if one is going to be a powerlifter, one has to put the time and effort into the three lifts. While published descriptions of his programs from the late 1960s and early 1970s made this one look at today's many competitors, many are in school, do not work full time year around if at all, are in a gym or powerlifting related business. Many fail to live a well-rounded and interesting existence, spending much of their energy in the gym, or talking about little but their gym related activities. Hugh is

More From Ken Leistner



Hugh Cassidy analyzes one of his metal sculptures for some students.

Obviously different and this, more than anything else, has earned my respect.

Hugh is a general training philosophy is also steeped in an approach that is rooted in common sense and logic. He believes, first and foremost, in the basic movements. I loved his home gym for many reasons. First, he won a world title training in the garage or basement. His equipment was limited to a squat rack, bench, and little else. He has built almost all of his equipment and much of the "weight" was and is flywheels, gears, sprockets, and other odd pieces of machinery and junk that he has fashioned into functional weight training equipment. While the pampered youngsters of today might consider these implements a bit too rustic, Hugh and those who have trained with him through the years, have gotten awfully strong while using them.

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and then concentrate upon that. Hugh's article in the January 1983 PL USA, *Compulsive Power*, told the tale of Dan Tuttle. Much of it was fictionalized and much came from his own experience and feelings. This has become an extremely requested piece and is instructive as well as entertaining. While the fictional Tuttle was said to train six evenings a week, and Hugh would not personally suggest that, the metaphors for hard, consistent work ring true and accurately. So much more can be said, but as a general statement regarding training the above will have to do for now.

Perhaps Hugh would be good enough to bring Tuttle out of retirement and again regale us all with great reading, and great training instruction.

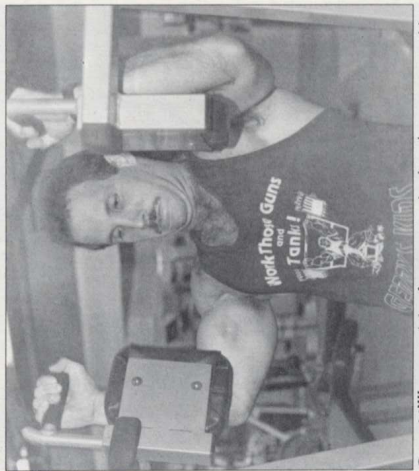
With that in mind, he suggests that one do the squat, bench press, and three lifts be done on the same training day, just as they must be during competition. While some might scream in protest that this will lead to "overtraining", or a lack of "quality work" is the way one believes this is the way one becomes conditioned to performing in a meet.

If one needs any assistance work, it should be carefully chosen, extremely limited, and should, if possible, closely mimic the lifts. In the bench press for instance, one might need to overcome a particular weakness in the lift and he might suggest a close grip bench press instead of isolated tricep work. In the deadlift, he recommends the stifflegged deadlift from the floor and his own invention, "heaves", I can best describe this as a stifflegged, high pull from waist level, a position which closely corresponds to one's top end deadlift movement, especially where a conventional style lifter would hit a sticking point.

Training a lift once a week, Hugh feels, does not give enough frequency of training on the specific movement. His suggested program would have one do the three lifts Monday and Friday, and if a third workout could be done, lighter bench presses and some selected assistance work, such as for, ab-dominals and low back on Wednes-

Power Profile

GERRY MILLHOUSE



The Gerry Millhouse story should inspire all powerlifters. Millhouse is a world-class bench presser. His personal record is an incredible 413 lbs. at a bodyweight of 145 lbs. He performed this lift at the 1991 A.D.F.P.A. National Bench Press Championships in St. Louis. A drug-free lift of this caliber at such a light bodyweight would be inspirational in and of itself, but there is much more to Gerry's story than this. Gerry was born with spina bifida. Spina bifida is a birth defect in which the spine fails to close properly. Most people born with spina bifida are never able to walk.

From the very beginning, Gerry has achieved some amazing accomplishments through tremendous perseverance and courage. Right after birth he was put into a hydrotherapy program. This helped strengthen his body and eventually he started to walk at age 6. He also amazed his doctor by learning to ride a bicycle, something he had been told as a young child that he would never be able to do. The spina bifida has left his legs in a weakened state, which forces Gerry to rely almost entirely on upper body strength during the bench press.

Gerry, a native of Plano, Illinois, started strength training 14 years ago when he entered Marmon Military Academy in Aurora, Illinois, disabled and standard bench meets

with equal success for over 10 years now. Gerry's 1991 meet results include the following: ADFFPA National Bench Press Championships - 148 lb. class - 1st place, Disabled World Weightlifting Championships - 148 lb. class - 1st place, Press Cup - 1991, World Bench Press Cup - 148 lb. class - 2nd place.

Gerry has competed throughout the U.S. and internationally in Korea and France. He is currently training for the 1992 Paralympics to be held in Barcelona, Spain during September. He credits Judy and Roger Gedney for the sound training philosophy that he learned while attending Western Illinois State University, where he earned a degree in Physical Education.

Currently Gerry works for Fitness Systems Inc. as a fitness specialist under contract at General Electric Plastics in Mt. Vernon, Indiana. G.E. Plastics recently helped defray Gerry's expenses in France by holding a fund raiser. Gerry trains at the famous Power Pit in Evansville, Indiana.

The next time you start to have negative feelings about an upcoming workout, then go and train Millhouse and then go and train with the same kind of perseverance and courage that he has shown.

STEVE BALDWIN

FOR THE RECORD

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USPF Men's Junior 14-15	USPF Men's Junior 16-17	USPF Senior National Meet	USPF California State Men's
303 M. Stage	322 J. Cunha	535 J. Cunha	534 J. Cunha
265 J. Short	319 H. Escobedo	325 C. Dunbar	323 J. Cunha
358 R. Gillen	473 G. Snyder	473 G. Snyder	473 M. Champ
928 B. Hall	1142 F. Escobedo	1142 F. Escobedo	1142 F. Escobedo
283 M. Miller	123 SQ	536 J. Cunha	540 J. Cunha
386 C. Carlson	295 F. Wilson	308 F. Higgins	325 C. Taylor
948 H. Miller	468 T. Taylor	638 L. Gant	496 G. Shublock
501 E. Poulin	501 M. Kimura	318 S. Drum	1225 J. Cunha
439 E. Poulin	502 H. Miller	307 J. Bradley	315 A. Hart
1113 E. Poulin	1267 M. Kimura	683 J. Carr	606 J. Carr
462 P. Bounds	601 J. Kellum	705 J. Jackson	562 J. Carr
326 S. Frisby	552 S. Frisby	695 D. Austin	644 J. Carr
1129 F. Gervasio	1411 S. Schneider	1714 D. Austin	1515 A. Alexander
529 R. Whitehead	584 C. Caldwell	725 R. Crain	748 A. Alexander
317 K. Lee	380 R. Sarzone	465 R. Weil	496 A. Kistner
1334 R. Whitehead	1449 R. Impastato	1863 R. Gaugler	1885 A. Alexander
675 B. Drake	675 B. Drake	843 G. Bell	705 T. Overholzer
485 R. Streeter	485 R. Streeter	540 J. Reeves	446 A. Rajal
1780 P. Roche	1780 P. Roche	2110 G. Bell	1862 J. Grudzin
758 P. Roche	758 P. Roche	860 E. Coan	788 S. Anderson
380 P. Roche	380 P. Roche	540 MacDonald	518 B. Ravenscroft
444 P. Roche	444 P. Roche	860 E. Coan	778 S. Anderson
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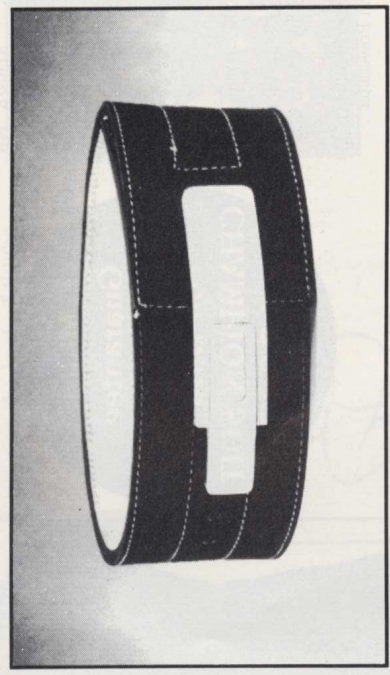
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How does a person add slabs of muscle to their frame? For some people it's a fairly easy task. It seems whatever exercise routine they do they seem to grow. For many others adding an ounce of muscle to their body is a real battle. The use of the powerlifts in your training routine is a great way to add some beef to your frame. The squat, bench and deadlift all work the largest muscle groups of the body (legs, back and chest). These are the areas that you want to work the hardest when trying to gain muscle mass. Of course, we can't all expect to build the mass and size of say someone like Steve Brodsky. To get the sheer size of these monsters requires very special genetics, but most trainees can increase their present muscle mass if they really want to do so.

When observing young lifters trying to gain size most are usually doing a six day a week bodybuilding type routine. I don't understand why anyone would do endless sets of fly's, tricep kickbacks, etc. to gain size? When one approaches one of these lifters to question why they train like this a typical response is usually, "I don't want to lose my symmetry while getting big". Well, that's a good reason but I always thought you needed some muscle on your frame before you had to start worrying about your symmetry. Another thing I don't understand is how can these lifters be training hard on a six day a week two hours per day routine? Anyway, I think young lifters with this train of thought have to take a step back and try to understand that these type of exercises and a six day a week routine is not what they need. To gain size you need to dedicate yourself to a short and intense exercise routine involving the basic lifts. You need only to concentrate on working the largest muscle groups and not your obliques or serratus.

A short and intense type of workout coupled with a proper diet will enable anyone to gain size. After you have gained all the muscle your frame can hold then one can revert back to a six day a week multi routine to work on any weak points and balance their symmetry.

Here are two basic routines that may be useful to someone trying to gain size. One is based on two workouts per week and the other is a three day week routine.

Routine #1:

Monday: Squat - warm-ups, then 65% for 6 reps, 70% for 6 reps, 75% for 5 reps and 80% for 4 reps.
 Dumbbell rows - 2 sets of 6 reps, 1 set of 4 reps, 1 set of 8 reps. Bench - warm-ups, then 65% for 6 reps,

70% for 6 reps, 75% for 5 reps and 80% for 4 reps*. Tricep extensions - 3 sets of 6 reps

Thursday: Deadlift - warm-ups, then 65% for 4 reps*, 70% for 4 reps, 75% for 4 reps and 80% for 4 reps. Shrugs - 2 sets of 6 reps, 1 set of 20 reps. Barbell rows - 3 sets of 6 reps, 1 set of 8 reps. Bench - warm-ups, then 3 sets of 6 reps with 80% of Monday's top weight. (*based off a current maximum)

You should try to add one or two reps to the last set in the powerlifts every workout, until you can do 6 to 8 reps with that weight. Then increase the weight and drop back to 4 reps. Assistance work can be handled in a similar manner. Whatever you do it's imperative that you make each exercise a little bit harder each time you do it. You can add an extra rep, add weight to the bar, cut down on the rest periods between sets, slow the actual movement down, etc. Just work successively harder every time you do that exercise.

Routine #2:

Monday and Friday: Front press - 3 sets of 6 reps. Breathing squats - warm-up then 2 to 3 sets of 20 reps supersets with Dumbbell pullovers - 3 sets of 20 reps. Bench - 10 reps, 8 reps, 6 reps. Rows - 3 sets of 6 reps. Curls - 3 sets of 8 reps.

Wednesday: Shrugs - warm-up then 2 sets of 20 reps supersets with barbell pullovers - 2 sets of 20 reps, tricep extensions - 3 sets of 6 reps. Lying leg raise - 3 sets of 25 reps. Crunches - 3 sets of 15 reps with weight

I used this same routine (#2) years ago and it was quite successful. I added close to 20 pounds to my frame in one summer between my freshman and sophomore years in high school. This is a great routine for a beginner. If you work hard and have an ample increase in calorie intake its impossible not to gain muscle on this routine.

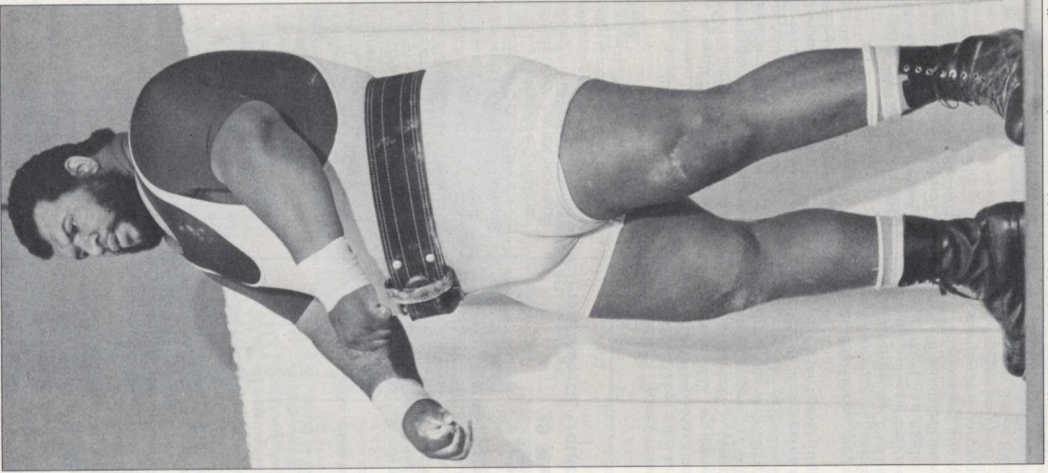
Speaking of calorie intake, it should be mentioned that your diet is extremely important. In fact, the increase in the amount of calories consumed is equally as important as the actual exercise routine. Don't worry about the amount of protein, fats or carbohydrates when trying to gain mass. The only thing you should monitor is the total calorie intake. You need to take in approximately 500 to 1,000 extra calories a day. However, this must be done on a consistent basis to gain size.

Adding size is simple; use a brief, yet high intensity routine, eat enough calories to facilitate extra growth and get plenty of rest between your workouts so the body can recuperate. Good Luck!

STARTIN' OUT

A special section dedicated to the beginning lifter

BLAST FOR MASS as told to PL USA by Tony Kamand



Mike Hall is an example of how to add great muscle mass naturally.

★ WARNING ★

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tators are trying to play off HOT STUFF's popularity. Many are using names almost like ours to confuse you even more.

And so the very thing we were trying to correct has reared up its ugly head again. The marketplace once again is full of cheap copy-cats and inferior imitations. Sure they knock off a few bucks to catch you. After all, that's all they have going for themselves. But once again, you the bodybuilder, are victims of unscrupulous supplement companies. And you are paying a steeper price than you realize. BECAUSE WHAT THESE IMITATIONS SAVE YOU IN DOLLARS . . . THEY COST YOU IN RESULTS!!!

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Carlton Cooper

Beware Of Cheap Imitations

Unfortunately, the story you have just read is absolutely true. Carlton called us personally to relate to us. Even worse, we have been hearing similar stories from around the country. How sad!! You see, this is exactly what we were trying to correct when we introduced HOT STUFF to the bodybuilding market several years ago. We were sick and tired of seeing products out there that didn't work and we became determined to bring out something that did what it said. For those of you who haven't heard — HOT STUFF went beyond anything even we expected. It was the first supplement that gave almost immediate results.

Now, in some ways, we're sorry to say, HOT STUFF's popularity may have created even more problems. It has brought copy-cats out of the woodwork. These imitations, I felt cheated.

I realized then and there that things aren't always what they seem. Sure, the formula looked like HOT STUFF. . . Even similar like it. But that's where all the talent ended.

GYM AND DEALER INQUIRIES WELCOME

The Day My Progress Came To A Halt !!

By Carlton Cooper

Hello! My name is Carlton Cooper. Although we've never met, I'm sure you can benefit from my unfortunate mistake. Hear me out.

About six months ago, my training partner introduced me to a product called HOT STUFF. He had been using it for several months and loved it. His strength and size impressively increased while at the same time he dropped body fat.

Well, I'm not one to miss out on a good thing so I took his advice and bought a can myself. What a surprise!! This "stuff" really works!!! My muscle density immediately improved . . . as did my strength. I had never seen a product like HOT STUFF before. From that point on it became a regular part of my training. Until I made one critical mistake . . .

On one of my trips to the health food store, I was told by the owner that there now were several similar products out by other companies that were supposed to be just as good as HOT STUFF. And besides . . . they were cheaper!

Well, I like to save money as well as the next guy so I bought another brand. BOY!! WAS THAT EVER A MISTAKE!! After just a few days on this product, my progress came to a halt. With HOT STUFF I always felt an immediate kick. With this cheap imitation, I felt cheated.

I realized then and there that things aren't always what they seem. Sure, the formula looked like HOT STUFF. . . Even similar like it. But that's where all the talent ended.

Needless to say, I'm back on the real stuff — HOT STUFF — and once again I'm making good progress!! Don't make the same mistake I did. It's HOT STUFF that everyone is talking about. Not some cheap ripoffs.

TWO NEW BOOKS

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

BEYOND ANABOLIC STEROIDS \$15 (US funds) plus \$1 P&H
An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic steroid substitutes (by both competitive - since most cannot be detected - and non-competitive athletes) or to enhance the effects of anabolic steroids.

Included are discussions on Growth Hormone and Growth Hormone Stimulators (such as Arginine, Ornithine, Clonidine, L-dopa, etc.), Insulin, Thyroid (Cytomed, Synthroid, Triaxan), Pregnenolone, HCG, Cyclofenil, Chlenurol, Dihydrocode, Glutathione, Carnitine, Creatine, Inosine, Stribol, Cinnacil, Boron, Chromium Picolinate, Gamma Oryzanol, Shostetox, Ginseng, Amino Acid Neurotransmitters (such as GABA, Phenylalanine, Tryptophan, Glutamine, etc.), Branched Chain Amino, Stradyne, Sydnocarb, Pracetamol, Fenoterol, Pectorates, Nutritional Supplements (Vitamins, Minerals, Bee Pollen, B12, etc.), and many other compounds.

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Also Available by Mauro G. Di Pasquale, B.Sc., M.D.

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DEAR MAURO: I recently acquired some Chorionic Gonadotropin from Steris Labs. On the box it says for parental use in cows. I thought I was buying HCG. I'm wondering if the stuff is safe to use and if it will elicit the same effects as HCG. I am also wondering if it will clear the system (for a urine test) as fast as HCG. I recently started a cycle of Anadrol 50, and about 2 weeks in experienced extreme stomach pains. What could I do to combat these pains while taking Anadrol and I am also wondering if Anadrol aromatizes easily because I can't seem to obtain any Nolvadex. I've even gone to doctors and asked them to prescribe it to me. Do I need it and if so how can I get it? Thanks, Matt.

DEAR MATT: Human chorionic gonadotropin (HCG) is slightly different from chorionic gonadotropin from cows. However they do cross react and the cow CG is somewhat effective in humans. However, because of possible antibody response to the cow CG I don't suggest you use it. Your stomach pains might be due to an Anadrol induced gastritis (most oral anabolic steroids can cause this problem, although I've seen more problems with Anavar than others). I suggest you see your doctor for ways to counteract the gastritis. If the gastritis continues, I suggest you discontinue the drug. Anadrol does aromatize and most athletes do use Nolvadex when they are on it. Nolvadex (tamoxifen) is a prescription item and therefore should be obtained through a physician, although most athletes who use it get it from black market sources. Let me know if I can be of further help. Mauro

Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your questions send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (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: I'm writing to you because I feel you could help me more than my own doctor. I've been going to my doctor for about a year or so. I started going to him because he is young and close to home. I explained to him that I took steroids and I want to have blood tests done, so that I could monitor my health. I've always had blood work done when I've been on steroids. I figured with a younger doctor he might have better insight into what I was doing. I've given this doctor everything I had on steroids, which includes all your works. I felt the more informed he was the better for me. A little background information on myself. I'm 33, I've been powerlifting for at least 15 years. I've taken steroids off and on for a good 10 years. In the early years I most likely took too much. I'm much more conservative now. My weight is about 230 lbs., I'm 5'8" and in good health. I've had my share of injuries. My question regards my thyroid. My doctor put me on Synthroid about 8 months ago. He started at a very low dose of .025 and has worked me up to .125 as of today. Now looking over my blood tests, my thyroid profiles all look to be in normal ranges. My doctor wasn't happy with the readings. So he had a anti-thyroid antibodies test done. Now these are out of range. This last test 6/1/91 was done about 11/2 to 2 months after my last steroid cycle, which lasted about (12 weeks). Now I have to go for a thyroid scan. My doctor said that he has to rule out Graves disease. I know steroids can affect BBI, T4 and T3. I've given the doctor page 10 of your book, Anabolic Steroids Side Effects. I think the doctor has this book, but I'm not sure if he is reading it. I've enclosed copies of my blood work going back to 12/89 to present. I would like to know what you make of my blood work. Is it possible that I shouldn't be on Thyroid? Any advice that you could give concerning my thyroid would be greatly appreciated. Also my SGPT and SGOT are always outside of range. I'm assuming that this is due to training. My alkaline phosphatase, and Lactic Dehydrogenase are always within range except for my 5/11/91 test. By 6/1/91 it had dropped back to within range. I don't use oral steroids. Any tips here would also be appreciated. By the time you receive this letter I'll already know the results of the thyroid scan. Any insight that you could pass on would be a great help. I would also give this information to my doctor. Thank you very much for your time, and keep up the good work. Your books are the best on the subject of steroids. Sincerely, Frank.

DEAR FRANK: Frankly I'm confused by your letter and your doctor's comments. From your lab work it's obvious that your thyroid tests are within the normal range (although low normal). I'm not at all sure that any therapy is needed - but you can be the judge of that by deciding if you feel better on the thyroid hormone. I don't see any evidence that you're suffering from Graves Disease, the commonest hyperthyroid condition. In fact, if I were to suspect any diagnosis it would be subclinical hypothyroidism perhaps associated with Hashimoto's Thyroiditis. In order that you can better understand your problem, I've included several pages on hypothyroidism and Hashimoto's Thyroiditis. Let me know if I can be of any further help. Sincerely, Mauro

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TRAINING

Mind Over Matter - Lifting Competitively Without Ergogenic Aids



Adam Nulman manages to lift big weights naturally. (Linda Finnegan)

As we all have observed, strength sports in general, and powerlifting in particular, have undergone a metamorphosis in both structure and character. Social trends and legal mandates have dictated the changes. We first observed a splintering of factors within powerlifting. The APF split from the USPF over the issue of lifter's rights. The AD-PPA was formed in a crusade against the rampant use of strength enhancing drugs. What followed was a wholesale splintering of the powerlifting structure as every faction of the sport sought to have its own identity. As of 1991, all of the major organizations have some sort of drug testing protocol in their bylaws and procedures. With Federal law dictating that anabolic steroids are controlled substances, the majority of powerlifters are now facing the necessity of training drug free.

There are many misconceptions about drug use and training to win in powerlifting. I have been researching and studying training procedures both with and without anabolic steroids over the last 6 years. I would like to share my observations and empiric conclusions with the strength community.

I have been training and competing for more than a year with an FDA approved L-Arginine complex and routine vitamins as my only form of supplementation. I believe that my existing records are attainable without the use of anabolic steroids. I see that my greatest challenge is truly believing that these lifts are possible. I must believe enough to trust in the workouts I perform and give 100% effort every time it is called for and 100% concentration every workout.

Anabolic steroids provide a heightened level of concentration, greater focus, greater intensity, as well as greater leverage and stronger muscle contractions. In every real sense, they do a lot of work for the athlete. If you are taking anabolic steroids, it's a lot easier to get motivated and to push hard on every set. Anabolic steroids allow the athlete to train with a greater load intensity. You are able to recover quickly enough on anabolic steroids to handle heavier weights on a regular basis. Provided you have a diet with moderate to high protein levels and ample calories you will be able to recover quickly enough on anabolic steroids to handle those heavy weights relatively frequently. It does not take a rocket scientist to figure out that anabolic steroids will provide a distinct advantage to any strength athlete both in training and on the platform. Any athlete that has cycled steroids intelligently can tell you the dramatic changes that they

bring to your workout programs. Fluctuations in strength, recovery, and energy levels are not as severe on anabolic steroids. This means that an athlete can predict, according to their drug cycle, their strength and intensity levels in advance. This is a tremendous advantage when attempting to win a championship or break records. There is a high degree of certainty that an expert coach can map out a simple and direct program of sets and reps and peak the workouts of an athlete on anabolic steroids. This peak will hold for 2-5 weeks and provide the athlete with a high degree of confidence on the platform.

Let's face it, folks. That is a very tough act to follow. Very few athletes that successfully compete on steroids come back afterward to compete successfully at the same level without them. You cannot train the same way and you cannot use the same mindset. To be successful without steroids, you must have a higher degree of confidence in obscure mechanisms in your biochemical structure. You must be prepared to train hard as hell for your goals only to show up on a day when you are energetically down and don't have it to give. A drug free athlete must look at their overall performance and not focus on any one day, training or competition. Overall trends in performance are

the only true indicators of improvement and potential. Any one day is influenced by so many variables that without the "buffering" effect of anabolic steroids it is unrealistic to expect a single performance as an indicator of success or failure.

Drug free athletes must consume a higher volume of carbohydrates and relatively lower ratio of proteins. The carbs should be of the complex variety but complex carbs fall into various categories of glycemic values and an athlete wishing to be lean must eat these carbs discriminately as to time of day and order within a meal. (This is a very complex subject and will be addressed in another article). For our purposes here, I need to tell you that the most important meal of the training day for a drug free athlete is the meal immediately following the workout. An athlete must take a high carb meal within one hour after finishing their workout. This high carb meal is responsible for creating an anabolic post workout biochemical state that will enhance recuperation and gains.

Training for a serious drug free athlete wishing to be competitive at the highest level is a high volume tightrope. Anabolic steroids get a lifter that "right" feeling, making it easier to control and handle the heaviest weights. A drug free lifter has 2 choices to gain this stabiliza-

tion leverage. The lifter can either gain weight or design a program stressing stabilization and muscle balancing. Gaining weight usually increases your stability but depends on a complicated relationship of bone lengths and tendon attachment angles, may increase or decrease leverage. I have found that I lift best between 188-194 lbs. If I get heavier, I get stronger - in some movements, but my leverage in the powerlifts decreases.

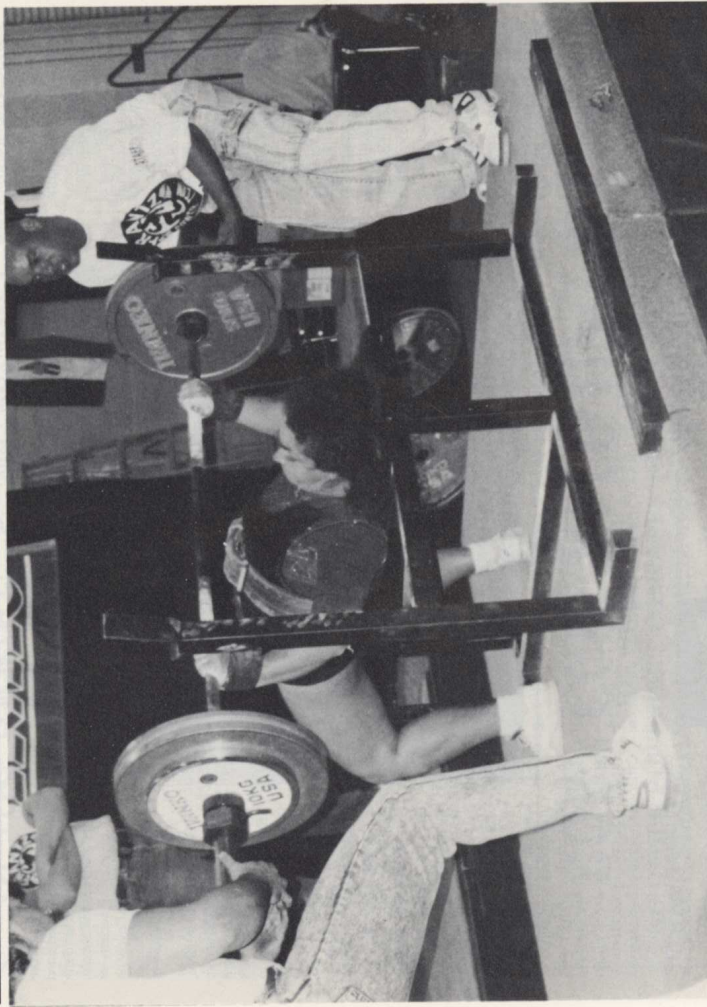
This past year I have been able to lift successfully in 4 weight classes. I spend the majority of my training time developing the size and strength of my stabilizers. These muscles stay pumped for about 4-8 weeks after I stop working them. I now work 4 weeks of stabilization (foundation work) followed by 6 weeks of power training or peaking. By cycling between these two formats, I have been able to make gains almost every cycle. The trick to successful power training is to start with a good foundation and train simple and heavy for about 6 weeks. After 6 weeks, you face decreasing stabilization capacity and a greatly reduced level of adaptation. It simply does not pay to beat a dead horse. I start over with more foundation training and let my prime movers heal for 4 weeks so that I can make the jump to the next level.

Drug free athletes must perceive the majority of their training at a 50-75% load level. Without freakish genetics or anabolic enhancement, a drug free lifter cannot tolerate a high frequency of heavy loads. The lifter must utilize 85-95% training lifts very infrequently or risk a reduction in potential. Training heavy too often will seriously decrease your performance potential.

Listen closely and I will share a training tip that works with every healthy athlete and will give you the greatest peak performance potential possible thus far. I am always looking for training routines and keys to performance enhancement. This method of "residual effect" (a phrase I first noticed in an article by World Record Holder Jeff Wagner) is the most powerful peaking tool I have found. I have been sharing information with a biochemist nutritionist and 2 molecular biologists in an effort to pinpoint the exact mechanism involved in this response. I will publish the information as soon as it becomes available. Until that time let's look at the empiric evidence.

If you first spend 4-8 weeks training a movement to volume overload, you will experience a potential surge at 5-8 weeks later if you perform a reduced load peaking cycle. For instance, if I perform (article continued on page 61)

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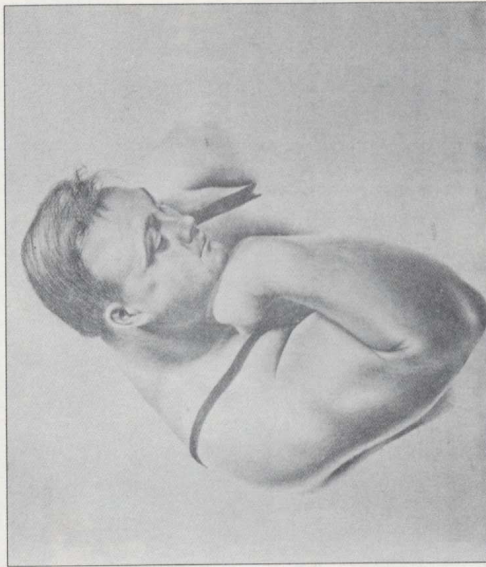
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TRAINING

Maximum Strength in Later Years by 1954 World Weightlifting Champion, Doug Heppburn



The pursuance by this writer of a planned regimen employing heavy strength oriented exercises devised to effect a maximum level of power has uncovered further critical factors that influence such a mode of training in life's later years.

I now concede that in one's later years that mind function assumes even a greater degree of prominence, constituting the primal driving force essential to the production of the super extraordinary level of energy expended when undergoing the rigors of an intense and prolonged period of heavy exercise.

Several major factors represent the criteria as to success or failure in later years of strength building and are directly responsible in producing a positive or negative incentive, as to motivation which in turn governs the eventual result of the training strength program.

Those individuals of later years, especially those possessed with a competitive nature, will find such a quality assistant to the adherence to an arduous and continuous regimen of heavy athletics. For my part I prefer to regard each training session as a private competition and further that success is dependent upon a percentage or repetition increase in all lifts each and every time I train.

Unfortunately indeed it is for some that stern reality dictates success or failure in strength building upon the

Big Doug hopes to be squatting as much as 500 when he reaches the age of 70 regarding physical prowess presently retained and that of earlier prime years. Normally, in the above instance the average "Senior Citizen" may ponder such a relationship and a resultant realization, if

one's ability coupled with the certainty as to the efficacy of heavy athletics, diet and, above all, an integrity both in thought and action. Otherwise, a state of hesitancy will diminish, or sursum, motivation, without the highest level of strength is inevitable.

It is comprehensible that a concern regarding injury could, in some instances, constitute a major obstacle to seniors contemplating the inception of a prolonged regimen of heavy exercise.

In order to allay hesitancy incurred by such a occurrence I maintain that the above supposition is, at the least, unwarranted if the aspirant is presently physically sound, the appropriate program of exercise is implemented coupled with a corresponding daily curriculum involving nutrition, etc. and the entirety is followed assiduously.

Those diligent senior pioneers of strength building whose efforts have led to fruition shall then receive the benefits of superlative health and strength and the resultant state of "well being", the retention of which, will remain for the duration of life.

(A continuation of this article will appear in a forthcoming issue of POWERLIFTING USA)

any, of such a comparison most probably would be the product of mere speculation.

Conversely, in the instance of a dedicated senior strength athlete such a relationship stands forth with the utmost clarity as comparisons may be established accurate even to a fraction of a pound.

In this manner a conception may be entertained by senior athletes as to the comparative physical make up of a cross section or "norm" of society involving individuals in their earlier "prime" years and those of a later age.

Let it suffice to say that, in the chronological sense, there is considerable merit in the supposition that one's "true age" is reflected in psychological and physiological ability and not necessarily by years.

Such a supposition, if accepted, would in the opinion of this writer tend to augment confidence, incentive and resultant motivation of the senior strength athlete's regimen of training.

A further prerequisite vital to the elevation of extra heavy or record pound-

ages in later years is an undeviating confidence in one's ability coupled with the certainty as to the efficacy of heavy athletics, diet and, above all, an integrity both in thought and action.

Otherwise, a state of hesitancy will diminish, or sursum, motivation, without the highest level of strength is inevitable.

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Those diligent senior pioneers of strength building whose efforts have led to fruition shall then receive the benefits of superlative health and strength and the resultant state of "well being", the retention of which, will remain for the duration of life.

(A continuation of this article will appear in a forthcoming issue of POWERLIFTING USA)

WORKOUT of the Month

This workout is designed for a lifter who has a maximum lift of 400 lbs. coming into the routine. It can be used for a 12-14 week cycle prior to a competition.

Week 1: warmup 135x10, 225x6, 275x10-12 reps for 3 sets.

Week 2: warmup 135x10, 225x6, 275x12-15 reps for 3 sets.

Week 3: warmup 135x10, 225x6, 250x3, 285x10-12 reps for 3 sets.

Week 4: warmup 135x10, 225x6, 250x3, 285x12 for 3 sets.

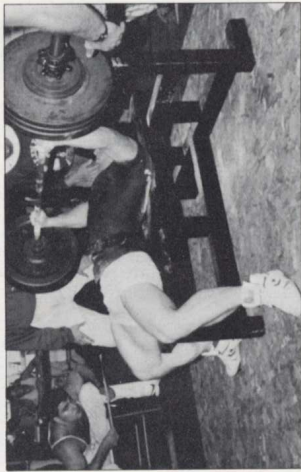
Week 5: warmup 135x10, 225x6, 250x3, 295x10 for 3 sets.

Week 6: warmup 135x10, 225x6, 250x3, 305x10 for 3 sets.

Week 7: warmup 135x10, 225x6, 250x3, 315x8-10 reps for 3 sets, warmdown 225x10, 135x10.

Week 8: warmup 135x10, 225x6, 250x3, 315x8-10 for 3 sets, warmdown 225x10, 135x10.

Week 9: warmup 135x10, 225x6, 250x3, 335x5 for 3 sets,



Bill Courtney has benched 490 at 165 (see Migovero photo, again)

Week 10: warmup 135x10, 225x6, 250x3, 350x5 for 3 sets, warmdown 225x10, 135x10.

Week 11: warmup 135x10, 225x6, 250x3, 375x3 for 3 sets, warmdown 225x10, 135x10.

Week 12: warmup 135x10, 225x6, 250x3, 400x2 for 2 sets, warmdown 225x10, 135x10.

Week 13: warmup 135x10, 225x6, 250x3, 400x2 for 2 sets, warmdown 225x10, 135x10.

Week 14: Allow 2 weeks prior to contest rest period)

Week 15: warmup 135x10, 225x6, 250x3, 315x1, easy 405x2 for 2 sets.

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

Week 14: warmup 135x10, 225x6, 250x3, 315x1, 405x2, 425x1 (head psyche day).

Assistance Work on Bench Day: after flat bench, do incline dumbbells - desired weight for 3 sets of 10 graduating the weight upward week to week. Following that, Pec Deck, elbows up from sides in horizontal position, knuckles out - gripping pad vertically. Desired weight for 3 sets of 10, graduating the weight upward from week to week.

Your bench day should fall on the same day every week (i.e., Mondays). You do not want to become dependent on the power shirt. The shirt is not designed for light workouts - it is for the extra push off your chest to start momentum for lock-out on low rep sets.

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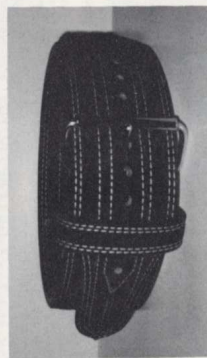
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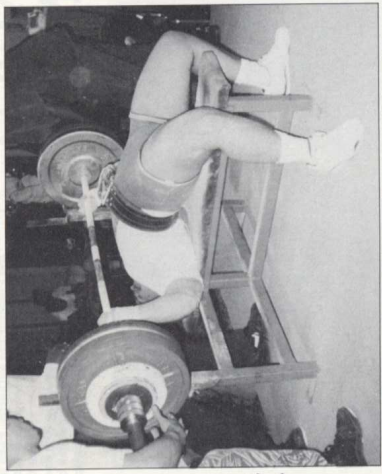
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As with all supplements, use of this product will not promote faster or greater muscular gains. This product is, however, a nutritious low-fat food supplement which, like other foods, provides nutritional support for weight training athletes.

division and set a Master's record in the quest for a perfect performance in the Master's 40-44 age division. C.J. Batten won the Master's 45-49 division and went home with a new WDPFF Master's bench record. Stewart Lofthus, 19 year old Jamie Miller did an outstanding 200 kg. bench. Jamie set World Teenage records also in the squat, deadlift, total and won the Teenage Open division. Stewart Lofthus, 19 year old Jamie Miller did an outstanding 200 kg. bench. Jamie set World Teenage records also in the squat, deadlift, total and won the Teenage Open division. Stewart Lofthus, 19 year old Jamie Miller did an outstanding 200 kg. bench. Jamie set World Teenage records also in the squat, deadlift, total and won the Teenage Open division.

WDPFF North Americans as seen by WDPFF Secretary John Petroff

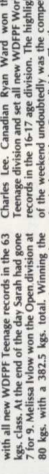


David Doan with a WDPFF World Record Bench of 485 (Petroff photos)

WDPFF North Americans	15, 16 Feb 92 - Chicago, Illinois (kg)
Women	SQ BP DL Total
104 Genley-M	125 62.5 137.5 320 5
111 White-C	100 50 135 285
115 Roun-M	112.5 70 125 307.5 5
129 Brady-M	145 70.5 157.5 372.5 5
139 Collar-T	132.5 77.5 167.5 377.5*
M. How	150 72.5 160 382.5
J. Davis-T	140 57.5 145 342.5*
SHW Wagnon-M	202.5 120 185 515 5
Men	
114 Thompson	137.5 87.5 200 425
115 Thompson	140 90 200 430
116 Pelly	102.5 55 125 282.5*
123 Higgins-M	165 132.5 200 497.5 5
F. Stovall-T	127.5 82.5 162.5 382.5**
132 Pelly-T	165 87.5 185 437.5**
E. Lofthus-M	145 100 200 445
148 Kupperstein	125 125 255 625
M. Lawson-M	145 100 200 445
149 Miller	145 100 200 445
150 Miller	145 100 200 445
151 Miller	145 100 200 445
152 Miller	145 100 200 445
153 Miller	145 100 200 445
154 Miller	145 100 200 445
155 Miller	145 100 200 445
156 Miller	145 100 200 445
157 Miller	145 100 200 445
158 Miller	145 100 200 445
159 Miller	145 100 200 445
160 Miller	145 100 200 445
161 Miller	145 100 200 445
162 Miller	145 100 200 445
163 Miller	145 100 200 445
164 Miller	145 100 200 445
165 Miller	145 100 200 445

Pelly, Eric Kupperstein took home top honors in the 15-19 age division with a 300 kg. total. Placing second was Mike Lawson who won the Open division. Mike Lawson won the Master's division and setting all new WDPFF Teenage records in the 18-19 age division was Ken Shawn Cain and Eric Kupperstein, Masters-Jim Rouse, Teenage-Jason Wojtal. Women - Judy Miller, Teenage-Judy Miller, Teenage-Sarah Callar. (Thanks to BAW Gym for the results of this competition) Dennis and Sandi Brady did their usual magnificent job in putting on their 2nd International WDPFF World Record Bench of 485 kg. (formerly the Hyatt Lincolnwood). 62 competitors from both the United States and Canada took part in the two days of competition. 33 new WDPFF World Records were set in the 15-19 age division. Starting out the first day of competition were the women and the men's weight classes from 52 kg. to 82.5 kg. In the Women's classes from 52 kg. to 82.5 kg. the winner was 18 year old Sarah Callar had an excellent day with all new WDPFF Teenage records in the 63 kg. class. She set a new WDPFF Teenage record of 7 for 9. Melissa Lofthus won the Open division at 80 kg. with a 382.5 kg. total. Winning the Teenage division was Jen Davis with a 342.5 kg. total. The men's classes from 52 kg. to 82.5 kg. the winner was 18 year old Jamie Miller did an outstanding 200 kg. bench. Jamie set World Teenage records also in the squat, deadlift, total and won the Teenage Open division. Stewart Lofthus, 19 year old Jamie Miller did an outstanding 200 kg. bench. Jamie set World Teenage records also in the squat, deadlift, total and won the Teenage Open division.

Masters Champ... Mister Ed Rubio.



Teenage Champ... Mr. Ken Wright.

Charles Lee, Canadian Ryan Ward set all new WDPFF Teenage records in the 16-17 age division. The highlight of the weekend undoubtedly was the competition in the 100 kg. Open division. The three way tie for 1st place was between Stewart Lofthus, 19 year old Jamie Miller did an outstanding 200 kg. bench. Jamie set World Teenage records also in the squat, deadlift, total and won the Teenage Open division. Stewart Lofthus, 19 year old Jamie Miller did an outstanding 200 kg. bench. Jamie set World Teenage records also in the squat, deadlift, total and won the Teenage Open division.

Laura White won at 111 pounds.

INTERVIEW

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

DAMIAN FRONZAGLIA as interviewed for PL USA by Bob Gaynor



Damian Fronzaglia is the current WDPFF World Champion at 148.

BOB: Give us some personal information on yourself?

DAMIAN: I'm 25 years old, and I live in Erie, Pennsylvania.

BOB: What is your occupation?

DAMIAN: Currently, I am the executive officer for C. Co. 1/112th Inf. PA Army, National Guard. I've also recently earned a B. S. degree in Bio Pre-Med, and I'm looking into a few different graduate programs.

BOB: How long have you been lifting and competing?

DAMIAN: I've been lifting weights for close to 14 years, and I've been competing for 8 years.

BOB: Damian, tell us how you got started?

DAMIAN: While in grade school, I was always very accident prone. For that reason, in addition to my size, I was kept from playing football by my parents. During sixth grade, I bought a 110 pound weight set with the money I earned on a paper route. By the eighth grade, my father persuaded my mother to let me play football. Throughout high school, I remained very active in sports participating in football, track, wrestling, and even cheerleading after school. I was injured from playing football. My first competition was in September of my senior year in high school. It was a bench press competition. While still on crutches from a broken foot, I pressed 250 pounds at a body weight of 125 pounds. I won first place and outstanding Erie County lifter, and I've been addicted to the sport ever since. At the meet, I met Joe Oregon who asked me to compete for his teenage team. I accepted his offer, and since that time, he's been my coach and good friend.

BOB: What are your best lifts?

DAMIAN: My best lifts in competition are as follows: At 123 lbs. 355-245-370-960, at 132 lbs. 425-315-468-1180, and at 148 lbs. 550-365-534-1430

BOB: What titles and records do you hold?

DAMIAN: 1984 - PA Teenage State Champion 18-19 and state records in the squat and bench press at 123 lbs. In 1986 - 3rd USPF Collegiate Nationals at 132 lbs. In 1988 - PA Men's ADFFA State Champion and broke the bench press state record at 132 lbs. In 1989 - 2nd ADFFA Collegiate Nationals at 132 lbs. In 1991 - ADFFA Men's National

biggest impact on my strength.

BOB: How do you train?

DAMIAN: I train five days a week for competitions. Monday, Tuesday, and Wednesday, I do squats and assistance work. Thursday, I do heavy bench and assistance work, especially tricep work. Wednesday, deadlifts and assistance work. Thursday, light squats with some assistance work. Friday, light bench with some light tricep work. My training routine is by no means etched in stone. I always listen to my body first and follow what is written on paper second. Sometimes less is better, and you have to know when to hang up the belt and pick up the remote control.

BOB: What advice would you have for beginners?

DAMIAN: Patience! Don't compare yourself with the best lifters in your weight class or the best lifter at your gym. Find an experienced lifter or coach and listen to them. Set realistic goals for yourself and compete against your best lifts. Hitting a personal best in competition can be as exciting as breaking a state record. If you're unable to find anyone to help you, read PL USA is an excellent source of information for the novice as well as the veteran lifter.

Also talk to other lifters at contests, especially the master lifters. You will be surprised at how much you can learn in one weekend. Remember, if you want to be successful, you've got to earn it yourself. Above all, HAVE FUN.

BOB: Damian, who are some of the powerlifters you admire?

DAMIAN: I admire all the lifters who are doing it drug-free. Especially one of my training partners, Mike Smith, who would give Tom Platz a run for his money for Best Legs. I also admire Fred Glass's deadlift shoes. Where did he get those?

BOB: Are there any other commitments you would like to make?

DAMIAN: I would like to thank my family and friends for all their support. And also the member of Joe's Gym, especially Mike Smith, Eric Willow and my coach Joe Oregon. And finally, I would like to thank Bob Gaynor and Mike Lambert for this interview. It is truly an honor to be featured in PL USA. If anyone would like to share other information I can be reached at 319 Southgate Drive, Erie, Pennsylvania 16509 or by calling (814) 864-2073.

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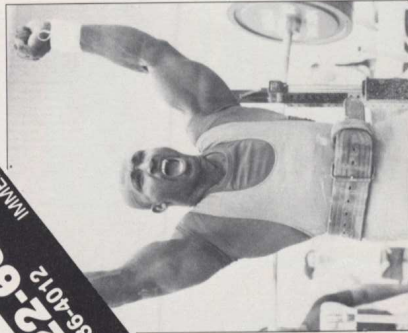
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USPF West Virginia High School
15 Feb 92 - Parkersburg, WV

Girls 9-12	Class	BP	DL	500*
L. Jeffery	137	60	181	385
K. White	121	60	181	385
A. Poellish	99	60	176	336
S. Jeffery	231*	93	214*	340*
A. Richardson	111	88	170	347
C. Sisk	99	88	170	347
A. Wheeler	99	88	170	347
123 Class	203*	77	259*	551*
S. Wilkinson	80	170	424	551*
K. Franco	99	88	203	391
M. Richmond	100	55	154	319
132 Class	137	110	264*	606*
W. Leone	231*	110	264*	606*
H. White	198	110	264*	606*
H. White	198	110	264*	606*
148 Class	137	110	264*	606*
A. Helmski	203*	99	225*	534*
H. Bailey	132	88	231*	451*
B. Lass	253	126	286	644
B. Little	170*	171	236*	485*
H. Nixon	165	77	198	440
A. H. Class	242*	121*	275*	639*

Grades 11 & 12

Class	BP	DL	500*	
114 Class	253*	165*	275*	
E. Hayes	121	93	209	424
C. Culbertson	203	225	336	727
L. Wilhite	220	181	325	727
123 Class	358	336*	402	1096*
D. Brooks	413*	225	446*	1085
R. Goldsmith	325	264	402	892
W. Stanton	311	187	385	892
148 Class	391*	253*	424*	1069*
A. Jackson	301	270	385*	986*
W. Hebb	341	225	385	953
C. Calope	270	209	275	760
D. Williams	244	198	259	699
165 Class	188	148	358	694
A. Jackson	385*	214	385*	986*
A. Lester	301	270	385*	986*
M. Hurley	281	281*	3774	936
O. Steele	325	253	358	936
J. Busham	336	225	383	925
181 Class	451*	225	451*	1229*
S. Pritt	451*	225	451*	1229*
M. Adams	220	209	347	777
E. Carter	220	209	347	777

Junior Div. Boys

Class	BP	DL	500*	
114 Class	157*	137*	225*	551*
M. Keel	184	88	220	462
D. Hazuka	143	82	209	435
J. Labor	175	143	275*	589*
M. Eggerling	209*	126	231	567
J. White	181	121	259	425
132 Class	126	88	220	435
J. Child	242*	187*	325	755*
A. Poole	192	137	330*	644
M. Bennett	181	110	253	540
M. McGinnis	170	115	270	551
S. Martin	330*	181*	330	843*
148 Class	286	176	352*	710
P. Adkins	275	165	319	660
J. Belcher	284	143	303	710
E. Horton	325	253	374	931*
165 Class	325	253	374	931*
R. Whitton	225	154	325	727
T. Moore	259	132	358	749
J. Bragg	225	198	303	727
M. Jackson	181	181	336	959
J. Hubbard	248	99	253	512
181 Class	303	209*	368*	881*
K. Morgan	325*	203	363	865
D. Mullins	275	203	363	843
B. Meadows	192	203	330	727
T. Steinbrink	165	155	270	595
J. Lucas	352	225*	402*	981*
198 Class	363	220	363	947
T. Cline	303	220	347	870
J. York	259	192	374	876
D. Greene	259	192	374	876
J. Brooks	248	214	330	793
J. R. Harrah	220	170	385	777
J. Wood	220	132	264	617
M. Horton	155	110	220	490
220 Class	292	209	341	843
B. Alley	281*	111	336	959
P. Presley	181	132	93	407
R. Griffith	325	253	418	997
J. Leonard	225*	170*	347*	744*
242 Class	341	220	418	981
D. Campbell	225*	170*	347*	744*
F. Lanning	225	275	314	815
E. Price	220	176	303	699*
T. Carter	143	121	319*	384
J. Hunt	303*	225*	325*	854*
S. Shaw	248	187	336	771
A. Winner	248	187	336	771
J. Winchell	248	187	336	771
Senior Div.				

Florida High School Championship
22 Feb 92 - Fort Charlotte, FL

Women	SQ	BP	DL	Total
T. Minotte	175	80	245	500
J. Ayers	90	60	150	295
123 Class	150	70	205	425
M. Ramage	95	60	155	310
K. Ayers	90	70	145	305
132 Class	230	100	335	665
D. Curran	90	60	145	295
148 Class	245	90	280	615
H. Farrow	240	95	270	605
B. Vasquez	105	65	150	320
M. Joiner	190	90	245	525
181 Class	115	115	270	500
M. Yeater	350	260	425	1035
J. King	325	225	480	1030

Florida High School Championship
22 Feb 92 - Fort Charlotte, FL

Men	SQ	BP	DL	Total
A. Heredia	310	140	300	750
D. Whitaker	380	180	365	925
148 Class	425	185	415	1025
E. Burke	305	180	400	885
S. Friedler	310	165	355	830
L. Natterm	310	165	355	830
F. Small	250	200	300	750
165 Class	455	275	425	1155
R. Rowe	390	240	375	1005
T. Moreno	390	240	375	1005
J. Cooper	340	235	400	975
J. Cook	355	185	430	970
J. Sturgeon	300	195	500	845
181 Class	475	330	425	1230
G. Cole	350	260	425	1035
D. Ross	325	225	480	1030

USPF Winter Bench Meet
11 Jan 92 - Dunkirk, MD

Women's	BP	DL	500*
S. Abbott	200	165	275
K. Roberts	165	165	330
J. Brooks	175	175	445
A. Walker	140	140	375
C. Bell	140	140	375
R. DiBlattina	140	140	375
R. Change	280	280	740
M. Massey	280	280	740
M. Purcell	260*	198	410
D. Corridan	260*	198	410
181 Class	405	305	710
B. Caribon	405	305	710
D. Christ	290*	220	510
B. Fowler	350	250	600
S. Smith	250	250	600
M. Sherman	360	360	920
M. Hubbard	360	360	920
M. Alfer	105*	242	347
W. Evans	70	170	240
132 Class	132	132	364
C. Bartholomew	132	132	364
K. Roberts	165	165	450
S. Fowler	165	165	450
Open 148	290	148	438
L. Christ	280	148	428
J. Palmer	280	148	428
181 Class	385	280	665
B. Leach	385	280	665
Restaurant overlooking the Chesapeake Bay and			

Team Awards

The Girls Team Champions were the USPF W. Va. High School Powerlifting State Champions, coached by Mary Jeffrey. The Jr. Division Boys Champions were the Princeton Tigers by 2 points. The USPF W. Va. State Team Champions were the USPF WV State Team Champions, coached by Carmel Hughes. The USPF W. Va. State Team Champions were the USPF WV State Team Champions, coached by Carmel Hughes. The USPF W. Va. State Team Champions were the USPF WV State Team Champions, coached by Carmel Hughes.

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USPF Open Bench Press Classic
9 Feb 92 - Hyattsville, MD

Women	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200
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Milk, the meet announcer; Robert, Sam, Michael Scheiman, Eugene Julien and Larry Phillips, the referees; Richardson, Douglas, David Lee, Joey Williams, and special appreciation goes to... (the facility manager) whose tireless efforts provided the much needed, but all too often... behind the scenes help. (Thanks to Larry Phillips for the results of this competition).

Drug Free Bench Press Contest
23 Nov 91 - Meadville, PA

Women's Open	370	260	470	1100
Men's Open	740	460	770	1970

198 R. Parga 445 335 475 1285
199 S. Gardner 350 250 315 915
200 K. Plummer 390 280 385 1050
201 J. Anderson 405 340 500 1345
202 W. Williams 410 330 370 1110
203 C. Balkman 405 280
204 M. Schmitt 570 265 450 1285
205 B. Wood 345 230 330 840
206 R. Scarano 310 170 380 860
207 S. Kang 525 300 490 1315
208 M. Bly 300 215 350 960
209 C. Lewis 365 275 350 990
210 M. Knapp 365 280 400 1045
211 M. Knapp 280 180 320 780
212 J. Smith 300 215 355 870
213 A. Adams 455 285 480 1220
214 Annis 315 230 355 900
215 Schiller 535 300 555 1390
216 Chong 575 295 515 1360
217 Schimmel 300 275 460 1235
218 Wang 575 310 540 1425
219 S. Johnson 535 345 490 1370
220 Hurdla 365 275 350 990
221 Schmidt 280 180 320 780
222 L. Cooper 620 385 660 1725
223 E. Seybold 2650 160 285 705
224 L. Chavez 465 225 425 1115
225 S. Good* 235 245 300 780
226 M. Chafin

Univ. of New Mexico Spring Meet
8 Feb 92 - Albuquerque, NM
Women 165 130 210 525
Men 350 195 415 960
E. Seybold 250 215 280 745
L. Chavez 2650 160 285 705
S. Good* 465 225 425 1115
M. Chafin

4th East Coast Bench and/or Deadlift
15 Feb 92 - Hopatcong, NJ

Men	205	140	335	680
Women	105	70	165	340

10th ADPPA Shenandoah Open
1, 2 Feb 92 - Mauretown, VA
Women's Lgwt. 280 150 290 720
Men's Lgwt. 320 120 275 625
K. Ryan

Nick Theodorou... founding board member of the ADPPA, won Best Lifter at the East Coast Deadlift meet with 505 at 146 (Courtesy of Nick Theodorou).

Rice, Team Trophy... Joe's Gym, accepted by Ted... (Thanks to Jerry Gerner, Director, for results)

Japanese National Bench Press
16 Feb 92 - Hamamatsu City (kg)

Men's	580	340	600	1520
Women	280	180	320	780

10th ADPPA Shenandoah Open
1, 2 Feb 92 - Mauretown, VA
Women's Lgwt. 280 150 290 720
Men's Lgwt. 320 120 275 625
K. Ryan

Nick Theodorou... founding board member of the ADPPA, won Best Lifter at the East Coast Deadlift meet with 505 at 146 (Courtesy of Nick Theodorou).

Rice, Team Trophy... Joe's Gym, accepted by Ted... (Thanks to Jerry Gerner, Director, for results)

USPF Open Bench Press Classic
9 Feb 92 - Hyattsville, MD

Women	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200
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Milk, the meet announcer; Robert, Sam, Michael Scheiman, Eugene Julien and Larry Phillips, the referees; Richardson, Douglas, David Lee, Joey Williams, and special appreciation goes to... (the facility manager) whose tireless efforts provided the much needed, but all too often... behind the scenes help. (Thanks to Larry Phillips for the results of this competition).

Drug Free Bench Press Contest
23 Nov 91 - Meadville, PA
Women's Open 370 260 470 1100
Men's Open 740 460 770 1970

Univ. of New Mexico Spring Meet
8 Feb 92 - Albuquerque, NM
Women 165 130 210 525
Men 350 195 415 960

ORGINAL POWER BAR

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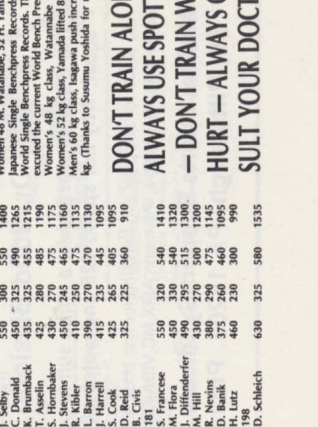
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Kim Raso benched 150 at the East Coast Bench/Deadlift Meet (Pyr photo)

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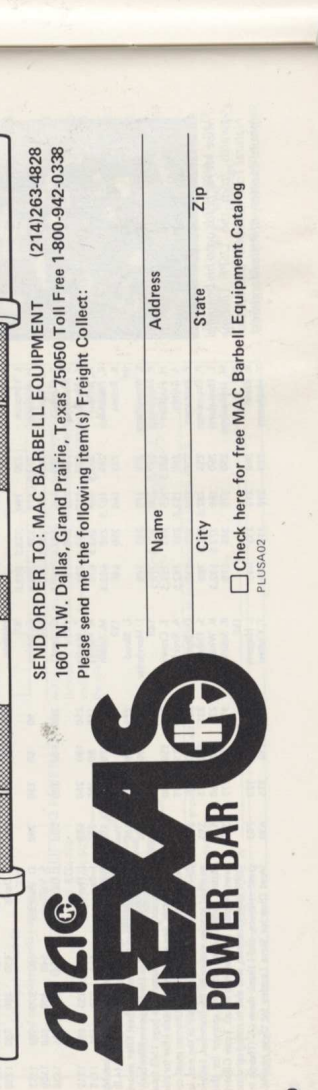
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APA North American Bench Press
25 Jan 92 - Lancaster, PA

133	Salamater	305	155	120	195	470
132	D. Aquino	360	175			
131	M. Sauer	360	170			
A. Boyce	200*	100	227.5	130	190	547.5
T. King	100	240	190			
T. King	198					
D. Wood	175	142.5	192.5	515	515	
M. Peniston	165	92.5	197.5	455		
F. Stipa	240					
C. Brown	370					
R. Sautter	355					
A. Boyce	200					
148	K. Fidler Sr.	355				
149	C. Sautter	355				
L. Schaffer	180	220	125			
C. Confessore	685**!					
S. Kuppert	300					
T. Kuppert	400					
D. Lawson	170	207.5	115	240	592.5	
T. Shihait	440		185	110	175	470
Open	170					
R. Farenbach	315	242	137.5	397.5		
R. Farnish	225	548*	112.5	97.5	207.5	417.5
E. Katch	500					
C. Anderson	500					
L. Thomas	105	420	257.5	155	257.5	670
J. Rigous	420					
J. Smith	365					
S. Van	200	27	182.5	192.5	282.5	757.5
J. Mumma	545*					
B. Umberger	245					
Open	390					
E. Scaevans	430					
F. Hofer	375					
J. Eberon	290					
S. Mester	450					
C. Koller	365					
181	T. Rainwater	255**	372.5	290	345	917
182	M. Roberto	500*				
M. Encin	315					
R. G. B. C. Riedy	410					
Light Wt. Best Lifter, H. Heavy Wt. Best Lifter.						

The North American Bench Press meet was a big success. The caliber of lifting was fantastic. The meet was held in a beautiful setting. The highlight of the meet was an incredible 605 lb. bench press performed by Chris Confessore weighing in at a huge 215 lbs. You can look for big lifts from anyone who helped make this meet a huge success. A special thanks goes to Gary Heisey and John Schaeffer of Winning Factor Productions for sponsoring the meet. Winning Factor Productions more excellent meets run by the Winning Factor Productions coming in the near future. (Thanks to Barry Erb for the results of this contest)

USPF Oklahoma State
15 Feb 92 - Henryetta, OK (kg)

Junior	SQ	BP	DL	Total
L. McDaniell	100	92.5	177.5	370
148				
A. Choate	105	95	150	350
149				
150				
D. Hugh	232.5	182.5	272.5	687.5
C. Nail	172.5	155	172.5	410

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181	Novice	405	390	515	1310
B. Sauerick	405	390	515	1310	
M. Hill	445	265	440	1170	
182	Novice	525	385	530	1440
B. Sauerick	405	390	515	1310	
P. Cascando	405	390	515	1310	
M. Hill	445	265	440	1170	
183	Novice	450	365	500	1315
M. Hill	445	265	440	1170	
184	Novice	330	160	335	825
M. Hill	445	265	440	1170	
185	Novice	530	315	520	1365
K. Wagner	400	280	480	1160	
M. Howard	400	280	480	1160	
186	Novice	530	315	520	1365
M. Hill	445	265	440	1170	
187	Novice	570	320	500	1395
N. Malozzi	400	280	480	1160	
188	Novice	530	365	560	1455
E. Morrison	400	280	480	1160	
189	Novice	520	285	500	1305
T. Abode	400	280	480	1160	
190	Novice	585	355	575	1515
R. King	540	340	540	1425	
A. Butler	540	340	540	1425	
191	Novice	585	355	575	1515
R. King	540	340	540	1425	
192	Novice	500	340	450	1290
J. Zaczko	430	290	510	1230	
193	Novice	520	320	480	1005
R. Dembender	320	285	400	1005	

NASA New Jersey Regionals
28, 29 Sep 91 - Milltown, NJ

132	SQ	BP	DL	Total	
M. Edimion	405	265	435	1105	
A. Schmeddell	310	175	335	820	
133	Novice	475	255	450	1180
V. Brown	420	280	450	1150	
R. Rawn	325	180	360	865	
M. Maittel	475	255	450	1180	
V. Brown	420	280	450	1150	
R. Rawn	325	180	360	865	
M. Maittel	325	180	360	865	
134	Novice	520	305	500	1325
C. Marques	485	290	465	1240	
135	Novice	485	340	505	1330
P. Cano	520	305	505	1330	
136	Novice	210	135	270	615
C. Craft	485	290	465	1240	

Mark Maittel age 14, competed at the N.A.S.A. New Jersey Regionals.

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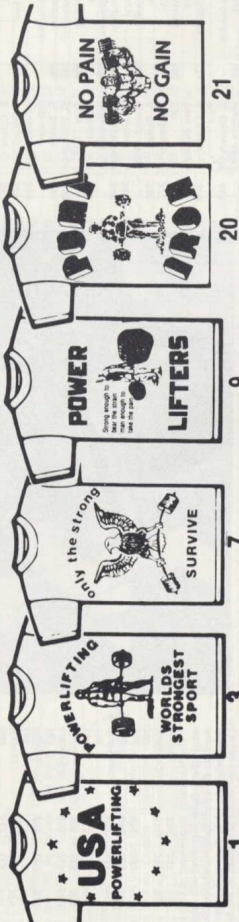
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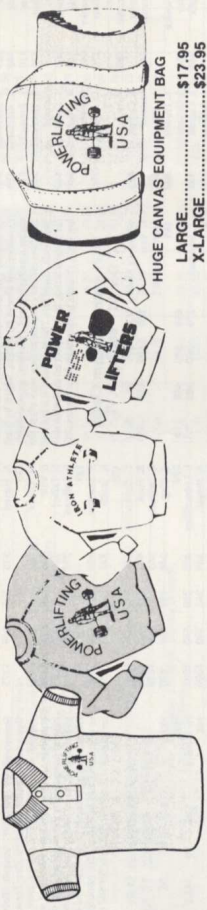
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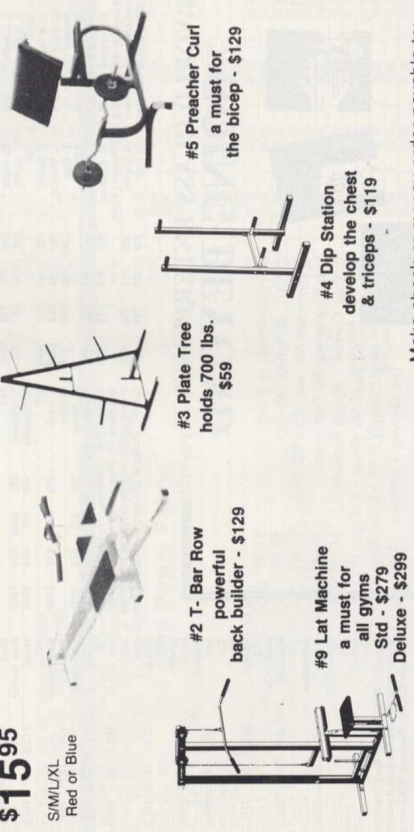
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W. Whitney 200 400 600
J. Moser 265 405 570
E. Rodenberg 210 330 540
200 Carlson 350 480 830
M. Tacklet 300 450 750
J. Lindsey 265 405 670
H. Halenem 205 350 550
M. Courtick 220 465 685
S. Arnold 205 385 600
M. Graham 175 325 500
SHW 300 500 800
R. Petrusa 280 360 640
M. Drazo 285 400 625
J. Crane 225 400 625
K. Steele 145 230 375
Best Lifters Team Trophy 1. Springfield High,
2. Wadsworth High. A special thanks to all the
spotter, judges, loaders, and scorekeepers. A
very special thanks to the anonymous donors who
made this trophy possible. (Thanks to Les Cheney for the results)

ADPPA California Deadlift
16 Feb 92 - Stockton, CA (kg)
Teens 14 & 15 yr old 150
16 & 17 yr old 180
18 & 19 yr old 212.5
200 M. Masfird 212.5
J. Hubery 180 185
67.3 J. Kermas 255
J. Stanley 215
L. Becker 177.5
75 C. Gigliano 262.5
A. Johnson 200
Z. Clark 262.5
S. Clift 239
A. Finn 180
J. Rosine BL 317.5
R. George 240
R. Seymour 175
L. Griffith 250
J. Waters 242.5
D. Baker 220
B. Meyer 292.5
L. Real 235
R. Eum 250
D. Smith 205
110 M. Kautz 242.5
B. Sink 190
L. Newman 212.5

Best Lifter (lightweight division) - Todd Ackerman, Best Lifter (heavyweight division) - James Rollins, Best Team - Jim's Gym 62 Powerlifting Team, Most Trophies - Joe Bernazzani, Joe Ranzazzo, Bill Grotzenath, Mike Mooney and Dave Van Brocklin, Spotter/Loaders: Joe Bernazzani, Lee Ticer and Steve Franklin, Paul Klemperer & Joe Ranzazzo, Drug Test Officer: Joe Ranzazzo. Special thanks to Joel Kunz for use of the Body Shop Gym! (Statistics courtesy of Joe Ranzazzo)

215 127.5 227.5 570
200* 130 202.5* 527.5
150 110 175 435
200.5 120 182.5 465
150 110 175 435
200.5 120 182.5 465
300 185 397.5 72.5
255 165 322.5 655
225 425 655
240 160 237.5 637.5
A. Wagner 210 140 220 570
D. Lemperj 195 115 195 305
B. Strang 237.5 170 260 667.5
D. Davis 200 155 210 565
C. Maki 132.5 132.5 402.5
120 65 135 320
C. Savoiano 105 52.5 127.5 280
N. Sullivan-64 120 70 152.5 342.5
P. Davis-56 107.5* 70* 122.5* 300*
A. Ballenger-58 110 55 130 305
S. Stedillo-55 77.5 35 97.5 230
A. James-45 25 65 60 150
132.5 132.5 402.5
140 70 140 350
142.5 67.5 125 335
109.5 145 202.5 545
155 87.5 185 427.5
Waters, Larry Malle, George Crozier, Bill Grotzenath, Joe Ranzazzo, and Joe Ranzazzo, Junior Johnson, Leori Roal, and Joel Salzano. (Thanks to Dave Van Brocklin for the results)

Northeastern Ohio High School
29 Feb 92 - Akron, OH (Top 5)
Girls BP DL Total
L. McDuffie 120 300 425
S. George 175 155 230
K. Kenehy 65 135 200
Boys
J. Myhar 155 325 480
M. Turner 160 240 400
N. Smart 115 245 360
B. Greene 200 360 560
B. Rutherford 190 350 540
M. Smart 195 345 500
P. Hoffman 210 295 505

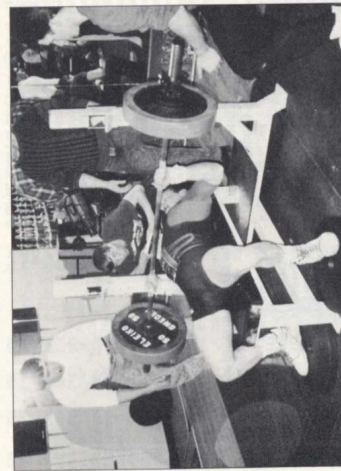
132 170 190 250
C. Gustafson 195 350 550
D. Diddich 180 330 540
E. Silber 150 180
M. Helma 230 425 655
D. Clifford 225 425 655
J. Argueta 215 375 600
R. Ranzazzo 170 350 520
L. Jannusch 240 425 655
C. Vatare 230 425 655
D. Spachner 210 375 600
J. Carrire 200 350 520
R. Pettenuzzo 260 425 655
A. Goldstein 220 425 655
B. Aslan 420
D. Borzell 225
L. Zelasco 260 275
J. Marks 250
J. Siro 230
Maine West-Mark Zelasco, Maine South-Mark Helma, Best Lifter Coaches: Maine West's Bob Adams, Team: 1. Maine East, 2. Maine South, 3. Maine West, 4. Maine East, 5. Maine West, 6. Maine East, 7. Maine West, 8. Maine East, 9. Maine West, 10. Maine East, 11. Maine West, 12. Maine East, 13. Maine West, 14. Maine East, 15. Maine West, 16. Maine East, 17. Maine West, 18. Maine East, 19. Maine West, 20. Maine East, 21. Maine West, 22. Maine East, 23. Maine West, 24. Maine East, 25. Maine West, 26. Maine East, 27. Maine West, 28. Maine East, 29. Maine West, 30. Maine East, 31. Maine West, 32. Maine East, 33. Maine West, 34. Maine East, 35. Maine West, 36. Maine East, 37. Maine West, 38. Maine East, 39. Maine West, 40. Maine East, 41. Maine West, 42. Maine East, 43. Maine West, 44. Maine East, 45. Maine West, 46. Maine East, 47. Maine West, 48. Maine East, 49. Maine West, 50. Maine East, 51. Maine West, 52. Maine East, 53. Maine West, 54. Maine East, 55. Maine West, 56. Maine East, 57. 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APF PRESIDENT'S MESSAGE

The American Powerlifting Federation has made a point of standing for the rights of the individual lifter. These rights include but are not limited to officiating, to enjoy the fruits of their many hours of training without putting their careers and reputations in jeopardy, to seek personal fulfillment without undue duress and regulation. At this time the APF is encouraging all powerlifters to express their views on the state of our sport and to express their opinions on what the APF can do to help our sport move forward into the 1990's in a more cohesive and focused manner. The APF is encouraging all meet directors to get involved and put their bids in for all state and national contests. Please get your bids in by June 30, 1992 so that we can formulate a complete schedule of lifting for the 1992-93 season before the close of the APF Senior National Championships in Pittsburgh, July 25, 26. The APF is actively pursuing meet directors wanting to put on Class II meets, Teen meets, High School meets, and Open Meets with Master Divisions. Our athletes deserve a full complement of contests.

I have been receiving numerous letters from athletes all over the U.S. and I would like to thank you all for your interest and concern about our sport and for taking the time to write to me. First of all, the vote was overwhelmingly in favor of contesting the 1992 Senior Nationals as a nine lift meet. We are following majority opinion and using a nine lift format for this year's contest. The consensus opinion concerning the qualifying totals for this meet was that the APF should maintain Elite qualifying totals to retain the prestige and high level of competition that is synonymous with this meet. The APF wants you to know that we listen and include the athlete's viewpoint as the basis for our decision making process.

I would like to take a moment to address the authors of a number of anonymous letters that I have received recently. If you feel that strongly about the opinions you espouse, I would think that you would wish to stand behind your opinions by signing them and offering a return address so that I may reply. I am hearing opinions similar to yours everyday and I may be able to clarify APF policy in answer to your letters. Please do not be afraid to offer a return address and to sign your work. All opinions are welcome and considered. Please remit all correspondence including all bids for meets to: Greg Roshel, APF President's Office, 2197 S. Kimmick Ave., Suite 501, Milwaukee, Wisconsin 53207



Edward Elias trying a 315 at the Glory and Power Bench Meet (Pfeister).

Glory and Power Bench Press

16 Feb 92 - Pittsfield, MA		9 Feb 92 - New London, CT		4th CT-RI Open Bench	
WOMEN		WOMEN		WOMEN	
N. Bessette-184	215	L. Pezullo	105	I. DeJons	265
M. Masters	155	S. Tompkins	160	K. Murphy	240
M. Williams	140	C. Seligson	330	M. Lannan	320
M. Walker-241	300	P. Arace-237	340	M. Lannan	315
Reynolds-250	300	C. Brody-187	250	S. Brown	235
Submaster		R. Sophia-127	165	S. Mueller	340
E. Long-400	400	R. Sophia-127	165	I. Furo	310
E. Long-400	400	R. Sophia-127	165	D. Buono	290
T. Salvatore-190	275	T. Teon	145	J. Martin	405*
Open Heavy		P. Nhim-165	305	M. Lejone	350
Bornstein-167	290	R. Souza-166	145	M. Lejone	350
C. Bell-192	355	R. Souza-166	145	M. Lejone	350
Falowski-218	365	Women		B. Seik	410
L. Torrelli-200	310	D. Massey-130	115	S. Scatiero	350
S. Ford-176	195	Witherell-112	95	I. Lemoin	410
L. Torrelli-200	310	over 23		B. Dechaine	370
P. Arace-237	340	N. Howe-125	135	T. Longobucco	360
M. Walker-241	330	N. Howe-125	135	D. Figenick	360
M. Walker-241	330	N. Howe-125	135	J. Kosrari	300
Open light		M. Reps	119	M. Cottrell	455
M. Pettit-163	340	Most Reps		D. Drapau	415
E. Elias-156	305	M. Reps		M. Latham	225
B. Guffins-167	290	M. Reps		M. Souza	460
R. Pelley-151	250	M. Reps		L. Ventura	365
D. Kelly	23	M. Reps		P. Farrell	435
Novice		M. Reps		D. Thomas	385
Bornstein-167	290	M. Reps		M. Crockett	505
L. Torrelli	14	M. Reps		M. Salverno	360
Outstanding male lifter: Glen Besset. Outstanding female lifter: Valerie Shove. Meet Director: J. Pfeister. Sponsor: American Powerlifting Federation. Judges: Pfeister, head, Naimin, side, and Naimin. D. Balgordan and Jim Ramondino. Excited crowd of 200 people joined in as the lift and it took four sets to find out who was the 3rd and 4th places. (Thanks are due to Frederick Pfeister for the results of this competition.)					

Savannah Open Bench

29 Feb 92 - Savannah, GA	
114	C. Padova
C. Hunt	375
E. Williams	290
R. Redfern	290
K. Rooder-1	280
M. Stinson-1	145
M. Stonef	70
123	A. Yearby*
14	C. Emice
14	R. Hardy
M. Tomano	280
T. Jones	200
T. Jones	200
J. Janowski-1	145
165	L. Brewer
M. Babus	350
R. Green	305
H. Hudson	290
R. Williams	250
K. Farrell	210
L. Hayes	385
Meet Director: Howard Cohen. MC: Michael Cohen; Judges: Ann Leevert, David Jones, Earl Moore, and Jay White. (Thanks to Meet Director Howard Cohen for these meet results)	

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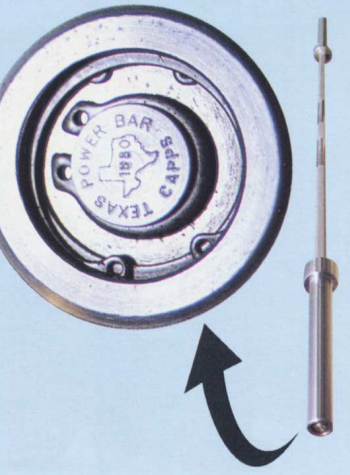
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The first Texas Power Bar appeared on the market back in January of 1981. It was manufactured by Buddy Capps of Texas. He manufactured the bars and sold them to MAC Barbell of Grand Prairie, Texas and various other distributors throughout the U.S. 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 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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(article continued from page 11)

Finally, Hank Henry, a 66-year-old bodybuilder and powerlifter, known as the "Ageless Wonder", thrilled the audience by shattering the unofficial bench press record for the over 65 set. He nailed 370 pounds, and came very close to 380.

The highlight of the 1992 USA Power and Strength Symposium was certainly saved for last. To describe the Paul Anderson Tribute Dinner as emotional is the understatement of the year. Words don't seem enough to describe Anderson; Olympic Champion, Guinness World Record holder, dedicated lifelong humanitarian and a strongman supreme. He has battled a kidney related illness for almost 10 years and as recently as the previous week had been hospitalized. But once he was wheeled up on the stage and greeted with a five minute standing ovation, a big smile crossed his bearded face.

The ceremony got underway with an invocation by the president of the Fellowship of Christian Athletes General Richard Abel. Some humorous anecdotes were shared by Pat Williams, General Manager of the Orlando Magic basketball team and Morris Weissbrodt, the man who introduced Paul to Olympic lifting.

"When I first met Paul he had an interesting way to train. He told me, I squat every other day, all day, I told him he should give some of the other lifts a try." That incredible leg strength which Anderson developed over 1,100 pounds, a feat yet unmatched. A video retrospective of Anderson's career was shown highlighting everything from his hilarious appearance on the Groucho Marx Show to his strongman feats (plunging a nail through a board and lifting a table loaded with the heaviest men around) to being the "father figure" for his boys at the Paul Anderson Youth Home. The event reached an emotional zenith when event organizer Tom Ciola read the inspirational poem from the plaque presented to Anderson by Pat Williams, General Manager of the Orlando Magic. A quick scan around the room revealed quite a few very large men holding back the tears as the "Strongest Man of the Century" award was presented to Anderson. It was that kind of night.

According to organizers, plans are already underway for next year's event. "We're going to make a few changes," Ciola said. "We'll hold it over a weekend and feature more old time strongman feats such as ball bending and pulling automobiles. We know this year will be hard to top, but just come and see... we'll

do it." Already scheduled to make a return engagement is Anthony Clark who will attempt to break Anderson's Guinness World Record back lift of 6,270 pounds.

For more information contact, USA Power and Strength Symposium, 719 Kirkman Road, Orlando, FL 32811 or call (800) 472-0008.

From a Participant... "I am writing in reference to the USA Strength Symposium held in Orlando on Feb. 27-29th. I think it should be brought to the attention of all powerlifters just what a fantastic experience it was. When the likes of Ed Coan, Dan Austin, Lamar Gant, Mike Bridges as well as many others are brought together, expectations tend to run high, but this symposium even surpassed my own expectations and most everything the credit must be given to Tom Ciola who organized the event. He did a first class job in putting together a weekend full of interesting seminars and exhibitions. Credit should also be given to Willie Bell and all the volunteers who worked their butts off during the seminars and lifting exhibitions. Lastly, the guest speakers should all be commended for presenting interesting and education seminars, as well as answering any and all questions during their free time through-out the weekend. Most even offered to watch us lift and critique our form in a temporary gym set up in the Convention Center. To be able to ideas off all these national and world champions made the even worth the trip down. If all goes well and Mr. Ciola has the symposium again next year, I strongly recommend any lover of the iron game attend this event. It is well worth any money or time that will have to be sacrificed to make the trip and once again I would like to thank Mr. Ciola and all the guest speakers for a truly memorable weekend."

Niles West Powerlifting 3 Mar 92 - Skokie, IL

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M. Javahrad	115	135	225	475
132				
E. Mendosa	220	175	225	605
M. Davino	300	245	350	895
N. Lovera	160	145	205	510
P. Chell	145	125	205	475
165				
B. David	465*	350*	505*	1320*
T. DeLisi	250	195	335	780
S. Morton	300	210	275	785
D. Kocak	285	225	275	785
242				
J. Vagalis	335	235	315	885
230				

* school record. Best Lifter: Bill David. Medals and trophies were given to top place lifters. Special awards from SAAS were lifters and lifters who have spoken out against drugs in sports. (Thanks to Mike Collier, founder of SAAS, for the results.)



Geneva Williams of Louisiana Tech with a 181 lb. collegiate record 440 deadlift. (All photos by Dr. Talton)

(1992 U.S.P.F. National Collegiate article continued from page 9)

line team showings. Talk of a multiple association Collegiate Nationals for 1993, the 25th anniversary of the USPF, is being discussed. In reality, after the Collegiate All-Service Championship at West Point last November brought the USPF and ADPFA together on the lifting platform, it is a sentiment supported strongly by the Collegiate National Committee of the USPF, the National Collegiate Committee of the ADPFA, and the National Collegiate Committee of the IFBB. The national efforts and congratulations to all the participants for excellent competition and sportsmanship. Until next year, Bill Skis, (thanks to Bill for the results and his excellent write-up.

Tennessee State Meet 7 Mar 92 - Murfreesboro, TN

	SQ	BP	DL	Total
T. Green-138	290	205	800	660
C. Hughes-116	245	195	615	615
D. Tatum-128	185	100	200	485
R. Willis-132	200	95	200	495
123 Class				
181 Class				
I. Bell	570	380	590	1540
J. Gosh	570	400	590	1560
H. Widwick	525	245	555	1325
198 Class				
R. Bowman	555	375	565	1495
H. Bunker	500	275	455	1230
A. Still	335	225	350	910
230 Class				
D. Tosage	680	380	640	1700
J. Weaver	575	425	650	1650
S. Warren	480	355	490	1325
242 Class				
C. Vigos	620	355	620	1610
D. Bennett	500	375	600	1525
C. Stewart	470	275	585	1335
J. Drake	470	335	450	1255
I. Brown	335	185	400	920
R. Magnuson	175	135	275	585

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	714	123	132	148	165	181	198	220	242	275	SHW
Men's Contests	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
ADPFA Nationals	600	700	750	850	900	950	975	1000	1050	1075	1100
ADPFA Teen 14-15	650	750	825	950	1025	1065	1100	1165	1180	1225	1250
ADPFA Teen 16-17	665	770	900	1045	1095	1165	1275	1300	1315	1330	1350
ADPFA Teen 18-19	981	1064	1146	1394	1527	1642	1731	1824	1890	1946	2033
USPF Sr. Nationals	788	953	1085	1289	1399	1488	1570	1653	1700	1725	1758
Women's Contests	97	105	114	123	132	148	165	181	198	198+	
APF Sr. Nationals	579	623	667	711	749	909	981	1053	1130	1190	
USPF Sr. Nationals	518	562	601	639	672	744	760	778	826	870	
ADPFA Women's	97	104	111	116	122	129	139	154	176	176+	
Teen/Masters 35-44	347	369	391	402	419	441	468	507	562	628	

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A.D.F.F.P.A. NATIONAL COLLEGIATES

7-8 Mar 92 - Austin, TX (kg)

Women	97 lb.	104	110	116 lb.	122 lb.	128 lb.	134 lb.	140 lb.	146 lb.	152 lb.	158 lb.	164 lb.	170 lb.	176 lb.	182 lb.	188 lb.	194 lb.	200 lb.
J. Brooks	246	315	355	395	435	475	515	555	595	635	675	715	755	795	835	875	915	955
M. Boyle	245	310	350	390	430	470	510	550	590	630	670	710	750	790	830	870	910	950
K. Miller	245	315	355	395	435	475	515	555	595	635	675	715	755	795	835	875	915	955
M. Contreras	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165
M. Pike	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
A. Chauvin	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190
S. Phoenix	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190
S. Phoenix	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170
K. Lindsey	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175
P. Palmer	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
K. Beckwith	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235
K. O'Brien	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225
S. O'Brien	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225
C. Barton	192.5	85	147.5	425														
M. Pike	175	122.5	187.5	487.5														
D. Lombardo	150	105	172.5	427.5														
A. Yoon	162.5	105	160	427.5														
V. Moore	180	97.5	182.5	480														
B. Haddock	155	102.5	175	432.5														
C. Azza	157.5	105	167.5	430														
M. Johnson	220	132.5	220	572.5														
C. Niedbalski	215	135	192.5	542.5														
B. Kinerson	172.5	107.5	205	485														
M. Johnson	275	157.5	240	627.5														
R. Zuber	240	140	242.5	622.5														
J. Straman	235	147.5	227.5	610														
N. DePaolo	230	150	220	600														
D. Niedbalski	262.5	167.5	235	665														
G. Taylor	250	145	237.5	632.5														
A. Casillo	230	145	237.5	632.5														
E. Willard	235	130	262.5	627.5														
S. Salus	232.5	132.5	240	625														
D. Schindler	227.5	137.5	235	590														
M. Rogge	227.5	137.5	212.5	577.5														
G. DeHerrera	197.5	155	212.5	565														
B. Ray	260	142.5																
R. Horriops	270	162.5	272.5	785														
K. Scroggs	240	147.5	230	617.5														
M. Gibson	240	130	237.5	607.5														
J. Bernal	292.5	192.5	272.5	757.5														
S. Wagner	250	180	245	675														
C. Schneider	260	175	237.5	692.5														
L. Rodeffer	245	140																
M. Hartle	245	140																
J. Marquee	245	140																

UT team-mate Rustin Zuber held on to second place with a lift of 272.5 kg. The 181 class was the monster of the meet with 12 competitors. Garret Taylor of Trinity University proved no match for the other 11. Max Lichwitz out of the University of Texas at Austin was the best deadlift of the class. He was followed by Alfred Castillo of UT Pan Am, former national champion Keith Scroggs of Texas Tech showed up at 198 to take another lift of 183 lb. The 181 class was the monster of the meet with 12 competitors. Garret Taylor of Trinity University proved no match for the other 11. Max Lichwitz out of the University of Texas at Austin was the best deadlift of the class. He was followed by Alfred Castillo of UT Pan Am, former national champion Keith Scroggs of Texas Tech showed up at 198 to take another lift of 183 lb. The 181 class was the monster of the meet with 12 competitors. Garret Taylor of Trinity University proved no match for the other 11. Max Lichwitz out of the University of Texas at Austin was the best deadlift of the class. He was followed by Alfred Castillo of UT Pan Am, former national champion Keith Scroggs of Texas Tech showed up at 198 to take another lift of 183 lb.

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