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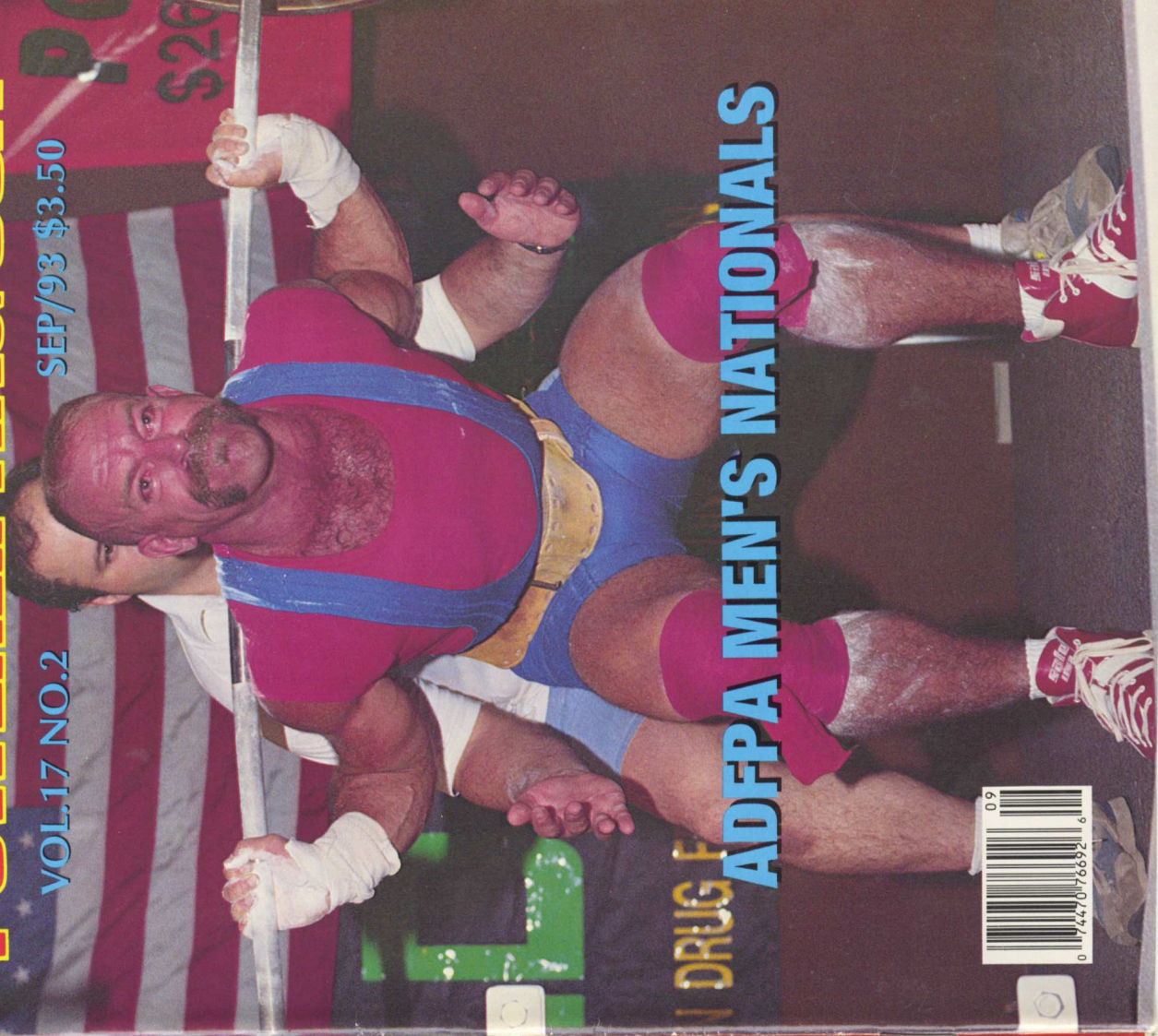
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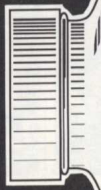
ON THE COVER..... ADPPA National 181 Champ - Rob Wagner

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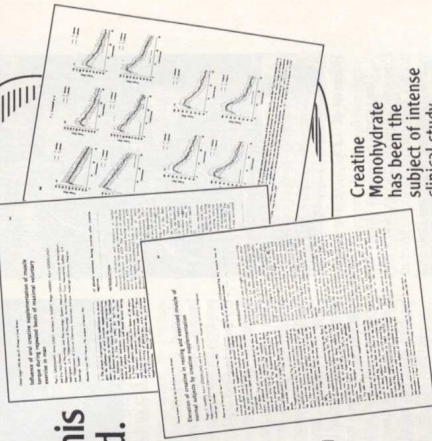
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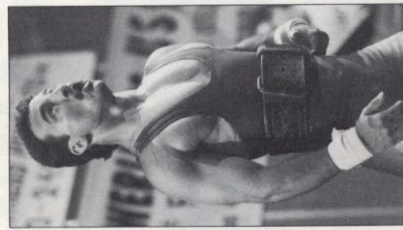
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ADFFA Men's Nationals as seen by PL USA Editor, Mike Lambert



Tim Borgia lifts out of Erie, PA.

electd President without a challenge, but there certainly was opposition for the title in the flyweights. It's hard to find such a pair of fine lifters and sportsmen in the 114 lb. class as Keith Borque of Louisiana and Doan Nguyen from the Pacific Northwest. This year's battle was close at subtotal time, but that's where Doan asserted his renowned deadlifting power, making an almost four-time bodyweight pull while Keith just did not have much going for him after his initial attempt.

In the 123 lb. division grad student Dave "Slee" Weiss continued his phenomenal run in ADFFA competition. His balanced lifting made it very difficult for his competition to find an edge on him. Andrew Lee of Redmond, Washington



Behind the Neck Press?... No, it's just the very flexible Derek Beatty getting set up for his presses en route to a perfect 9 for 9 day.

reminds one of Doan Nguyen, and given a couple of years, he may be just as successful. Jason Coaling was somewhat of a local, from Phoenixville, PA, but his relative inexperience led to a 3 for 9 day. A lot of concern was expressed as he missed his first and second deadlift attempts on merely technical reasons. Brett "Bo" Bozzelli raised some cheers from the PA aficionados, and he was able to finish the contest strong with a 7 for 9 day.

In the 132 lb. class, someone with a new name to national competition, Tim Borgia, was coached by someone who has a familiar name, Joe Oregano. Tim showed had quality in all three lifts. He missed one squat which put him out of the reach of everyone except the always dangerous puller, Miguel Castro out of Oak Creek, Wisconsin, a state which has produced many powerful ADFFA lifters. Miguel tried the terrific weight of 600 lbs., but he didn't quite get it off the ground. His 573 was a nice lift which put him squarely into second ahead of Brad Olson from the great power city of Dayton, Ohio. Tony Pallas of the seemingly ubiquitous Missing Link Power Team was next up in one of the bigger classes of the meet. Ned Cramer was the head judge for the bench presses in the

division and was quite impressive with his control of the proceedings. Mike Foggia relayed an amusing story of when Ned for some reason had Mike powered with Mike Lambert of Mike Powerlifting USA which led to some interesting conversation before Mike revealed his true identity.

In the 148 lb. division Eric Kupperstein changed the mix quite a bit when he could not get any of the squats past the judges' discretion. Derek Beatty proceeded to put together a magnificent 9 for 9 day-quality lifting. Lloyd Weinstein had an equally good 9 for 9 day, which pleased him after what he called two "sloppy" years in 1991 and 1992. He felt that he had more on each third attempt, but as Lloyd graciously put it, "Derek was superb and deserved it." A big looking Herb Blake was comfortably in third over the likes of Ken Davis and James Benemerito. John Audita and Sid Bhojwani were both on the same team (Missing Link - they're everywhere); they both had the same subtotal, the same deadlift, and the same total. Sid is one of the more widely traveled members of the Missing Link team, having been born and raised in Manchester, England, the son of an Indian gentle-

man who married an English lady. He's now living in the United States married to an American lady. Powerlifting USA was allowed to observe a lite detector drug test of Sid by a true polygraph professional, Jim Charley. Sid passed with flying colors, and it was very interesting to see how the polygraph test was structured by Mr. Charley in a manner that voids many of the criticisms some people find with this device as a means of drug testing.

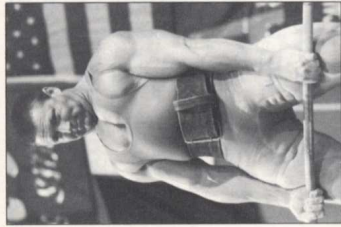
In the middleweight division we saw the return one of the ADFFA's greats, Ray Benemerito. Ray wasn't sure how things were going to turn out when he started training for this meet back in February, weighing 189. For a while he wasn't sure if he



Ray Benemerito... back at 165.

would even be able to squat 600 lbs., but things came together. He had won against one of the most well-respected lifters in the ADFFA, Martin Beavers. At subtotal, Ray readled himself for a pulling contest, but Martin inexplicably missed his deadlift by a wide margin, perhaps suffering some sort of injury. Ray went on to a very impressive total and is back on the national/international scene. In second place was a great lifter with a great name, Bob Bridges. He's only 29 and still has that tremendous weapon in the form of the deadlift, but 699 wasn't there. Mike is one of the few lifters in top level competition who does not use a bench press shirt. Joe Baca was another local favorite with a strong showing in third place just ahead of Florida's Dan Belanger who declared to the audience that his final 584 lb. deadlift was easier than he thought it would be. Perhaps he should have taken more because he was only 2.5 kg behind Braca. Joe Masher was the most local of favorites, being from Wilkes-Barre. Tom Brinkley of Fort Hood, TX, was part of the group brought up by Johnny Graham.

In the 181 lb. class the best lifter



Rich Seidal pulls in the winner.



Steve Scialpi of The Missing Link

for the lighter divisions made his entrance in Rob Wagner, one of the great squatters of our time. He had some nice lifts to go along with his big squat, which produced a total which was more than enough to handle the challenge that Greg Jones had issued earlier in the year. Greg missed his two tries at a 699 squat which put him off track. Rob seemed to have plenty in reserve. He made an easy looking American record, being 766 squat, and then allowed the time to expire on his 777 squat, which seemed well within his capabilities. He left the battle of the class to Doug Parish, but he had trouble on his final two deadlift attempts, trying to catch Jones. Joe McAvillie of New Jersey was bench press, but the squat and the bench press, but fell back in the deadlift. Henry Girard was a very fearsome competitor and is someone people are going to have to watch if he keeps coming to the Nationals.

In the 198 lb. division was Rich Winner, who before beginning his successful career in strength coaching at Arizona State University, was the pride of Pennsylvania. Rich missed a couple of squats and had to play a cagey game with Rich Seidal, who had the strength, but missed his 661 deadlift on his second

attempt for technical reasons. Seidal came back after Wenner's successful 644 and pulled the 661 he needed to win convincingly. He's long-limbed lifter, with plenty of muscle and a lot of strength to spare. Paul Fiorini of Mahopac, NY, but his deadlift put him behind. Scott Waits of San Jose, CA, was very impressive in the squat. He was one of the few West Coast lifters to make the trip, but he, too, fell back when the bar went to the floor.

In the 220 lb. division one of the crowd's favorite lifters was Johnny Graham. It is hard to believe, but the man is 41 years old. He finished an American masters record 716 squat, but they just wouldn't go. Steve Scialpi has made the move up to the 220's, although he only got about half way there, weighing in at 96.1 kg., and he also has a way to go before he matches the efficiency of his lifting at 198. His bench shirt tore on his attempt at 418 and was not able to get on track after that but when he got all the way into this class, it's going to be 800+ in both the squat and deadlift. Eric Arnold, with a new heart valve, was back on the competitive platform faster than most people imagined he could be. He missed quite a few attempts but still has the fire. Give him a year, and he will be back in the middle of things. Keith Hayes and Paul Heffern represented Ohio in the competition. Shawn Cain, who has pulled out and no artificial - just pure, slow, steady, up and down power. He was not flustered when his second attempt was overloaded to 925 lbs. instead of the 903 he called for. The error was almost repeated and, in fact, side referee Andrea Sortwell asserted himself to the point of personally loading the bar in an effort to get the lifter underway. Greg could have folded his tent right there and said "hey, I can't handle this", but he came back and got that 903 solidly, and went on to win the class by a big margin. He can deadlift too, missing 804 on grip, not power. Just before the meet, there had been a stirring of the earlier talk of a head up match between Bull Stewart and Greg, but by the time Greg got permission to compete, there was a 20 lb. bodyweight difference between the men, and too little time for either to effectively go up or down. Whether Beetle will be allowed to compete in the WDPFF world championships in Canada is an unanswered question at this point. If Greg doesn't go, then Dempsey probably will.

In the Superheavyweight division it was a pleasure to see Tom Bryce, whom we recall from his appearance at a lighter bodyweight

award in the heavier divisions which was a new lifting belt from Scott Safe. Raul Donati was once again runner-up to Bull, but it wasn't as close as it was last year. Chris Shapinkles of the Missing Link team weighed quite light in this division, only 103.7 kg., and as you can see from his missed attempts, he could have posted a much bigger total given better circumstances. Following Chris was Nick Best, representing the Weight Room team of Santa Rosa, California.

Bob Dempsey is a huge, massive man even though he has "dimmed down" to the 275 lb. division. He had a nice day, missing but one squat and passing his final deadlift, finishing ahead of Brad the Brothers Gillingham. Terry Brooks came through to split the brothers apart in the squats, and end up ahead of Karl. One of the unique features of this class was the appearance of Greg "Beetle" Lowe, who trains under conditions which few powerlifters who have ever tolerated 2160 lbs. can even imagine. He got something which he always dreamed about, but perhaps never really expected - permission to compete in this competition from the prison authorities in Graterford, PA where he is serving a long sentence for a very serious crime. Greg is one of the most physically impressive men you'll find. He's about as wide as he is tall, very thickly muscled, and he squats in a different fashion - very upright, little forward lean, and no artificial - just pure, slow, steady, up and down power. He was not flustered when his second attempt was overloaded to 925 lbs. instead of the 903 he called for. The error was almost repeated and, in fact, side referee Andrea Sortwell asserted himself to the point of personally loading the bar in an effort to get the lifter underway. Greg could have folded his tent right there and said "hey, I can't handle this", but he came back and got that 903 solidly, and went on to win the class by a big margin. He can deadlift too, missing 804 on grip, not power. Just before the meet, there had been a stirring of the earlier talk of a head up match between Bull Stewart and Greg, but by the time Greg got permission to compete, there was a 20 lb. bodyweight difference between the men, and too little time for either to effectively go up or down. Whether Beetle will be allowed to compete in the WDPFF world championships in Canada is an unanswered question at this point. If Greg doesn't go, then Dempsey probably will.

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Greg Lowe with a National Record 903 pounds on his back

in the ADFFA Nationals when they were held on the West Coast. He handled gigantic weights (an EASY 903 squat) with great precision, and he put up a massive total. Unfortunately, it might have been more except during his second attempt deadlift at 694 there was the sickening, audible sound of muscle ripping in Tom's back. Hopefully this injury will not preclude him from the world championship berth which he certainly earned over John "Binks" Binkowsky, who also showed the potential to hoist much greater weights and become one of the great superheavyweights of his time. Vae Maluli, veteran ADFFA competitor, tried some big lifts of his own, including a 909 squat. Unfortunately, he missed two deadlifts or his total would have well up there as well. Mister Rogers



Big Bull Stewart hauls up a ponderously heavy deadlift attempt.

WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For each of different strength levels, the starting poundage is specified, simply increase or decrease the training poundages in direct proportion. For example, if your lift is 400, and a strength lift for the program is 500, multiply the training poundages by 1.25 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

Leon Humphrey Deadlift Routine

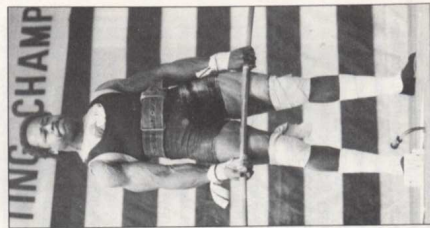
This program is intended for a lifter capable of a 600 lb. deadlift coming into the routine. This is a 10 week cycle with an expected 20-25 lb. gain.

Week 1: 135x8, 225x8, 275x4, 325x2, 375x2x2.
Week 2: 135x8, 225x8, 315x4, 365x2x2, 405x2x2.
Week 3: 135x8, 225x8, 315x4, 405x2, 430x2, 450x1x1.
Week 4: 135x8, 225x8, 325x4, 415x4, 445x1, 470x1.
Week 5: 135x8, 225x8, 325x4, 425x2, 475x1, 490x1.
Week 6: 135x8, 225x8, 335x4, 435x2, 485x1, 520x1.
Week 7: 135x8, 245x4, 345x4, 450x2, 500x1, 550x1.
Week 8: 135x8, 255x4, 365x2, 480x2, 530x1, 580x1.

Meat Day: warm up pound-ages 135x8, 225x6, 315x4, 405x2, 495x1. First attempt - 565, second attempt - 605, third - 620-625.

The deadlift, to me, is the money lift. I have had lifters beating me by 70, 80, even 90 pounds going into the deadlift, but when they look over their shoulder I'll be right behind them! Most people who have seen me deadlift say that I just walk up to the bar and pick it up. I wish it was that simple. To be able to move that bar off the floor takes a great deal of strength, three types in particular: leg strength to get the bar off the floor, lower back strength to get the weight up, and shoulder strength to lock the lift out.

That is why it is so important to do your assistance work. Your assistance work should consist of shoulder shrugs 4x5, bent over rows 4x6, stiff legs 4x6, power shrugs from rack height should be 2x from rack height 4x4, leg extension over 700 lbs. as a 198 lb.



Leon Humphrey has deadlifted well over 700 lbs. as a 198 lb.

Of Powerlifting, Politics, and Personalities Impressions of the ADFPA Nationals by Kevin Farley M.S.

I just returned from my first trip to a national level powerlifting championship. The ADFPA Men's National Championships took place July 10th-11th and were hosted by Leonard of sportsmanship can exist even at this level of competition. In a sports world filled with inflated salaries, big egos, and poor role models we powerlifters should thank the Almighty for men like Martin Beavers, Doug Parish, Derek Beatty, Bob Wagner, Willie Austin and more.

I also must say that my appreciation for contest directors took a quantum leap. After spending the past six months reading the raging debates about what federation one should lift in, and what drug tests are more appropriate, and how many lifters one should have, and how much money a meet director should make, I was beginning to become disillusioned about the directions our federations were taking. In fact, my brother-in-law had likened the state of powerlifting to that of boxing. I had to agree that I heard a lot of self-serving "Don Kings" and "Bob Anums" voicing opinions in the pages of this magazine. However, after witnessing the day of Bob and Geri Gaylor did in bringing about this year's Nationals I am feeling a little less cynical.

These two selfless individuals did everything in their power to make things special for each and every lifter. Geri even handed out free aspirin to alleviate Ray Benemore's day after aches and pains (not to mention his hangover). Future hosts for the National championships, or any contest for that matter, should attend a Gaylor sponsored meet to see how a first class operation works. From the scoreboard, to the expediting of Al Siegel, to the spacious warm up area, to a thousand other little details, this was a truly special contest.

All in all, I am much more optimistic about the chances for our sport's survival. The diversity of backgrounds exhibited by these lifters and the way they comported themselves on a national platform speaks volumes. I think these people will long outlast any division of our governing organizations. I also think they can convert some of these arm curl mavens to our sport, an influx that the sport certainly needs. Of course, I am not too sure what kind of powerlifters some of these liberal-thinking, mineral water-drinking types will make, but hey, as long as I don't have to wear Spandex, I'm willing to try a little change.

Kevin Farley

Video for ADFPA Men's Nationals

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Bob Gaylor
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 Mountaintop, PA 18707



Ed Lubinville (at right) receives the annual Brother Bennett Award

In the team competition, the Weight Room from California was third. Joe's Gym of Pennsylvania finished second. They didn't have much of a chance against the Missing Link team who were all over the place with their wild new T-shirts. They are carrying the banner of drug free powerlifting these days, and they symbolize much of what is good about the ADFPA - people having a great time showing just how naturally strong they are. That is one of the key ingredients that Pete and his many friends bring to the Missing Link concept.

We don't want to close without passing along the comments of our meet directors Bob and Geri Gaylor. They were very hospitable to the many important people who helped put the contest on. To quote Geri, "We would like to personally thank all of our sponsors for helping to support drug free competition: Cramer, Heather Hollock, and many others who ran the score tables so efficiently." It was a very nicely done National Health Products, Monolith Squat Rack, Powerlifting USA, Sharon Fitness Products, Pepsi, and Sale Power Products. Also, we know the meet would not be able to run as smoothly as it did without all of the help of the spotters/loaders, some of whom we don't know their names but TJ, Emil, and the crew from East Stroudsburg University; Jim Stone, Don Fetterhoff, Jim



National Team Champions are the Missing Link of New York (and elsewhere), Bob Dempsey (ctr.) gives the official Missing Link salute.

put up a nice bench press, and young Sean Cuhlan of New York continued the seasoning process which may bring him to the heights of superheavyweight fame. He certainly has the frame to carry the requisite bodyweight. Not least, but in terms of enthusiasm for drug free

ADFP Men's Nationals (10,11 JUL 93/Wilkes-Barre, PA	
114	SQ1 502 523 811 812 813 518 DL1 DL2 DL3 Total
D. Nguyen	391 435 446 694 402 446 427 1140
K. Bourque	385 424 446 694 402 446 427 1096
D. Weiss	380 396 407 203 264 275 672 429 462 1135
A. Lee	374 374 374 264 275 286 621 391 407 1069
J. Gosling	347 347 347 259 261 269 628 404 409 1069
M. Zurell	336 338 394 326 253 259 617 383 385 1003
T. Borgi	424 451 466 281 297 308 760 451 485 1256
M. Castro	402 440 440 242 259 264 661 329 373 1234
M. Blake	402 440 440 242 259 264 661 329 373 1234
T. Palou	402 440 440 242 259 264 661 329 373 1234
J. Dibella	402 440 440 242 259 264 661 329 373 1234
K. Wilson	383 396 429 203 225 229 622 462 501 1124
140	380 407 407 264 281 299 664 407 407 1041
D. Beatty	485 534 531 319 336 347 898 529 556 1466
L. Weinlich	468 501 523 275 303 319 843 501 551 1416
K. Blake	485 518 540 303 330 341 859 501 545 1405
J. Rememotto	479 507 509 292 300 305 788 551 579 1439
J. Audia	457 485 485 330 352 369 810 457 496 1267
S. Bhownani	457 485 485 330 352 369 810 457 496 1267
165	358 374 385 1025 617 644
R. Benemore	595 633 650 422 589 622 1642
R. Bridges	534 562 599 442 599 622 1565
M. Brown	509 549 569 409 469 500 1444
D. Blahar	509 549 569 409 469 500 1444
J. Malcher	374 394 394 315 315 529 546 1444
T. Brinkley	551 598 598 336 347 368 898 496 518 1427
J. Johnson	551 598 598 336 347 368 898 496 518 1427
J. Bower	556 600 600 330 330 330 903 523 564 1377
R. Hollings	512 594 540 259 281 286 793 529 574 1372
T. Cahill	490 529 529 330 347 369 837 473 496 1311
M. Brown	490 529 529 330 347 369 837 473 496 1311
181	611 653 666 396 449 413 1047 494 644 1644
R. Wagner	723 766 777 374 396 407 1173 622 630 1824
D. Parnell	690 729 730 352 372 380 1085 644 644 1706
J. McAllister	622 677 666 424 457 468 1135 562 566 1697
H. Girard	669 639 666 369 369 363 1030 565 563 1664
J. Johnson	503 503 503 300 300 300 931 500 500 1504
T. Schmitt	540 578 578 300 300 300 931 500 500 1504
P. Plaza	600 628 600 281 303 304 903 562 600 1482
R. Seidel	600 611 655 413 424 424 1080 631 661 1741
R. Werner	617 644 666 424 440 440 1085 611 634 1730
C. Hesse	617 644 666 424 440 440 1085 611 634 1730
S. Walls	591 622 619 349 349 349 1085 611 634 1669
J. Graham	589 622 619 349 349 349 1085 611 634 1669
R. Finn	589 622 619 349 349 349 1085 611 634 1669
P. Florio	567 600 639 352 352 353 933 595 644 1548
D. Burke	622 644 666 402 429 446 1047 479 542 1526
S. Schjold	639 710 730 391 448 448 1102 646 740 1851
S. Cain	644 644 675 413 429 440 1085 688 727 1813
E. Riley	600 622 661 402 449 449 1063 727 749 1791
N. Best	661 744 744 363 372 388 1036 639 630 1629
K. Hayes	617 644 666 418 440 444 1085 578 596 1664
A. Sequera	606 644 672 352 369 380 1025 600 628 1653
C. Thompson	573 616 622 374 396 407 992 511 641 1653
P. Helfen	683 739 739 374 402 424 1047 599 595 1653
242	755 804 827 409 479 501 1306 749 782 2086
R. Dewart	694 754 772 402 429 444 1173 672 672 1846
C. Scarpinides	660 661 705 451 479 473 1179 640 600 1780
N. Best	660 661 705 451 479 473 1179 640 600 1780
R. Alford	660 661 705 451 479 473 1179 640 600 1780
M. Logan	660 661 705 451 479 473 1179 640 600 1780
C. Grosso	660 661 705 451 479 473 1179 640 600 1780
M. Logan	660 661 705 451 479 473 1179 640 600 1780
B. Luck	660 661 705 451 479 473 1179 640 600 1780
854 969 903	451 468 468 1355 705 755 2110
R. Dempsey	755 815 832 490 512 529 1344 606 635 2000
B. Gillingham	688 710 733 490 501 512 1245 688 705 2046
K. Gillingham	600 622 626 413 424 425 1058 611 611 1846
R. Elmer	661 688 710 380 402 407 1118 611 608 1730
B. Heener	694 716 739 374 402 413 1129 584 647 1714
T. Schott	844 844 844 484 484 484
275.	
T. Brice	826 859 903 512 540 562 1456 661 646 1644
V. Malulu	804 854 900 385 413 429 1295 705 740 2028
D. Rogers	672 722 866 507 534 551 1273 606 650 1923
S. Cuhlan	670 733 956 462 466 485 1218 615 644 1873
P. Gonnoli	653 728 746 429 402 409 1218 573 644 1763

TRAINING

Westside Barbell Assesses the Buffalo Bar as told to POWERLIFTING USA by Louis Simmons



Bill Kazmaier underwent great discomfort to get under a squat bar.

Quite a few years ago, I read a story about Bruce Randall, who at one time had severely broken his leg. Not being able to squat, he did good mornings to parallel to replace his leg work. When he was able to do a parallel good morning with 350 lbs., he found he could then full squat 350. As his bent-overs went up, so did his full squat to the point where he reportedly just missed a good morning with 750—an astounding weight for such an exercise. What was also interesting to me was that he used a cambered bar. Bruce claimed that it was much more comfortable to use by fitting the contour of his massive back, for Bruce weighed 400 lbs. at the time.

This meant nothing to me then, but later I learned how a cambered bar greatly reduces the stress on not only the back and shoulders, but also the biceps. Heavy squats will destroy a bench press. I did not realize this until later as I gained upper body mass. I can recall Tim Hasser, who could bench 500 in 1970, retiring from powerlifting when we changed the lift sequence at meets from benching first to squatting first. Tim, like Bruce, also weighed about 400 lbs. and said the squat stressed his arms and shoulders so much it made it very painful, if not impossible, to lift in the new sequence. I recall Bill Kazmaier complaining about not fitting under a squat bar without much difficulty. Unfortunately, the cambered bar

wasn't commercially available yet. By 1970, we were bending our own bars at Westside Barbell because of the discomfort from good mornings and later squats.

Matt Dimel constantly complains of biceps and forearm pain from forcing his mass (390 lbs.) under a conventional Texas squat bar, which measures 56 inches inside the sleeves. (He cannot fit inside a regular power bar—52 inches inside the sleeves—at all.) I talk to many men who complain of bicipital tendinitis. They believe it results from bench pressing when actually it results from heavy squats. Small men seldom complain about this problem unless they have massive upper body development like Jose Perez and Chris Confessore.

A cambered bar can make the difference. It can make the difference between winning and losing. Training ends careers much more often than meets. The cambered bar worked for past superstars such as Bruce Randall and modern greats such as Gary Heisey with his record deadlift and Matt Dimel with his ponderous squat. The Buffalo Bar, a cambered bar sold by Iron Mind Enterprises, is a constant fixture with us on squat and back days. I am sure it will be a great asset to your training as well.

EDITOR'S NOTE... the Buffalo Bar is available from Iron Mind Enterprises, Box 1228, Nevada City, CA 95959. (see ad on page 79.)

Those of us in powerlifting know her as Stephanie Van de Weghe, one of the best female powerlifters in the country. Those of us who know her better, also realize that she is married to and is coached by Jan Van de Weghe, at one time one of the best deadlifters in the country. Fans of professional wrestling, know her as Stephanie Star, one of the up and coming female grapplers in the sport. Those actually involved in wrestling know her as one of the few women who can practice, spar, and then wrestle with men much larger than her, and hold her own, while doing so.

How does one go from numerous athletic endeavors to the rigors of powerlifting and professional wrestling. What many have asked is how someone so beautiful and feminine can be thrown around the ring night after night and survive the beating? At 31 years of age, Stephanie has accumulated a tremendous amount of athletic experience. As the eldest of four children, Stephanie focused her energies on athletics and academics in Sheboygan, Wisconsin. Her resume is impressive with numerous track and field titles and City League Softball recognition. Many of powerlifting's best female lifters have a strong track and field background and Stephanie utilized this activity as an outlet for her energies and rebelliousness.

She later pursued the study of Tae Kwon Do, eventually earning a second degree black belt in this discipline. Twice she has placed second in prestigious Tae Kwon Do tournaments, taking it no less seriously than she does powerlifting. Presently, she has moved onto the study of a new discipline of karate called Shito Ryu, a more aggressive form of combat art that seems to suit her well. As her various physical activities hardened her body, she hit the weights to assist her development and also placed in a number of bodybuilding competitions. Most of her training was centered on developing more power for her martial arts training, however, when she met Jan, her focus changed. While watching some of the guys powerlifting at the Body Shoppe Gym basement, she thought "this is wild!" To say she was bitten by the powerlifting bug was an understatement.

It was the intensity of the training sessions that intrigued her and she asked Jan for some tips. The fact that she did not need the dietary discipline required of competitive bodybuilding was also a major plus. "I discovered something very unique

about a powerlifter's diet, THERE ISN'T ANY!" which was right up my alley. I finally found everything I was looking for in a sport. Strength, intensity, self determination, camaraderie, and food! Actually, that statement needs to be expanded upon. When I spoke with Jan on the phone one evening, complaining that I hadn't had time to eat and still needed to train at 10:30 that night, Jan, with almost too much pleasure in his voice, informed me that they were just getting ready for a dinner of steak, chicken, two vegetables, baked potato, and salad. This is actually quite a well balanced diet and it's important that everyone understand that Stephanie eats well and moderately. It's Jan that visits Ralph Raola and me in 1983, we had a very nice post-lifting meal, a typical New York Italian dinner consisting of spaghetti, meatballs, chicken, salad, and numerous other dishes. No one could recall seeing Jan for a while and with some concern, Mike Bridges said, "Maybe

More From Ken Leistner



'Stephanie Starr' is Stephanie's ring name

someone should get up and see if he's okay". In the deepest recesses of Ralph's living room, Jan was seated in front of a platter of chicken remains, bones piled at least six inches above the plate, the result of perhaps twenty or thirty pieces of chicken that just happened to find their way into his mouth! As Jan explained, "Hey, I've been training pretty hard guys".

With the same intensity with which she attacked martial arts training, Stephanie tore into powerlifting and the rewards have been forthcoming. Her titles include a world record squat (469 in 1988), and the total 148 (1174). She has been first place winner at the ADFPA Women's Nationals and Best Lifter, first place at the Y Nationals, first at the APF Junior Nationals with the Best Lifter award, second in the APF Seniors, and two second place finishes at the Worlds. Needless to add, she is the APF, USPF, and ADPPA State record holder in all three lifts.

There is no doubt that having Jan coaching her is a big plus. He is one of those lifters that lots of people know or know about and was a heck of a competitor in his own right. He has a very fine coaching "knack" and Stephanie is but one of his trainees who has shown the results of his tutelage. Like many lifters, Stephanie cycles her lifts over a twelve week period. She starts her squats with sets of twelve reps and eventually reduces to three weeks of doubles prior to a major meet. She squats with no wraps and with the bar in olympic style the first six weeks of the cycle, then brings the bar down on her back, and begins using her suit and straps. The deadlift begins with sets of five and reduces to two weeks of two reps. She does not deadlift the week before the meet, preferring to give her back some rest. When needing to back off a bit or get additional rest, the twelve week cycle can take sixteen weeks of preparation.

Some of the assistance work

that has been productive includes pause squats - 2x5 reps following high bar squats; dumbbell bench press, presses both in front of and behind the neck after bench pressing; and deadlifts from a platform - 3x8 reps, after regular deadlifts. Stephanie always tries to work quickly, and do all reps properly so that each workout contributes to her conditioning and strength. Her purpose is not to go through the motions and lift a particular weight simply to lift it. Her platform demeanor and style reflects this.

Like most lifters, Stephanie would love to win the national and world titles, but feels that being able to compete with the best is very gratifying. She has tremendous respect for all competitors in all organizations and enjoys meeting them, and traveling to meets. Meeting others with similar interests and dedication have given her memories that will last her the rest of her life.

At present, Stephanie is studying Police Science at a local college. Once this is complete, she will pursue a career in law enforcement. She fills much of her time in the wrestling ring too. As she said, "You can think what you want, but unless you go through what I've been through, you find out real quick that not just anyone can do this". I never had that thought, but Stephanie pointed out that learning how to fall was, of course, necessary, but - Gee - you still had to take the fall, take the hit, and generally, take a downtown physical beating! While this is taking place, and it can be painful, you have to show emotion, demonstrate showmanship, and entertain thousands of people who expect you to do the job and do it correctly. The fact that Stephanie is one of the few women in the game that have to wrestle men makes the job tougher and more demanding. She's been rewarded with the 1992 Nu-Age Wrestling Federation Woman Of The Year title which is more well earned than most will ever know.

For this very accomplished athlete and woman, what comes next? Concentration on her school work, with the same discipline and dedication given to everything else, the continuation of her quest for an APF National and World title, mastery of her martial arts, and the further development of her personal life. If the future resembles the past, Stephanie will have many more accomplishments to look back upon. It is unusual to have a combination of talent and drive but Stephanie has it and knows how to work hard with what she has.

Dr. Ken Leistner

Confessions of a Female Powerlifter

as told to PL USA by Cindy Morrison



So you want to be a female powerlifter. Well, I'm all for that, but there are a few things you need to look forward to. Over my 5 year powerlifting career I have experienced the "GOOD" with the "BAD" involving both genders. Having competed in approximately 35 powerlifting events, I've seen a few incidents that would make my mother gasp for air! First of all it takes a certain attitude to compete along with a bunch of, as the majority sees them - barbed, sweaty, aggressive men who breath heavily. (Gee, I knew I liked this sport for some reason!)

A lady must be willing to accept being part of, and in the presence of, this type of atmosphere and learning to ignore half of the events that occur in the warm-up room. You know - Man Stuff. With the right attitude one can make this into an enjoyable experience; one that you'll never forget. Believe me! You must have a care-free type sense of humor.

However, I'm sure you will also find that your male counterparts are very ready, willing and able to offer their assistance and expertise as best they can. I cannot remember a power meet where I ever lacked support from a male powerlifter. Male powerlifters are the Greatest! I have found most male lifters to be very enthusiastic and always eager

have some compassion for what our society and former generations have implied in forming their opinions.

One of the most interesting aspects of powerlifting that I have found is travelling afar to competitions. You may find that people you encounter are very amazed at the fact that a woman would travel such long distances to lift enormous amounts of weight! Travelling alone, as I always have. Think about it. This type of behavior is a bit out of the "normal" to them.

I guarantee you will receive a lot of negative as well as positive responses for participating in this chosen sport. I have always accepted both as a compliment and enjoy creating a positive from a negative. Powerlifting has taught me the power of positive thinking among other things, and if you decide to be involved in this sport for any length of time I'm sure you will benefit from this as well.

Expressing to you my experiences is not intended to discourage you but rather to encourage you to try your hand in one of the most exciting and exhilarating sports that exist today. Powerlifting can be very rewarding and a lot of fun if one has the right attitude. Besides, all of us ladies already know that women are the stronger sex. Right?

Cindy Morrison

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TOP 100

For 114 lb./52 kg. USA lifters competing in results received from July 1992 through June 1993.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	507 Dumber, C. 7/31/92	330 Hollyfield, C. 10/16/92	473 Hill, P. 7/31/92	1173 Hill, P. 7/31/92
2	457 Garcia, H. 7/31/92	314 Dumber, C. 6/18/93	473 Clay, J. 4/18/93	1173 Garcia, H. 7/31/92
3	434 Hill, P. 7/31/92	314 Dumber, C. 6/18/93	473 Clay, J. 4/18/93	1173 Hill, P. 7/31/92
4	424 Hill, P. 7/31/92	314 Dumber, C. 6/18/93	473 Clay, J. 4/18/93	1173 Hill, P. 7/31/92
5	407 Nugent, J. 9/26/92	270 Tran, V. 11/21/92	430 Carter, T. 4/3/93	1047 Nugent, J. 9/26/92
6	402 Jeffrey, M. 7/31/92	407 Smith, K. 5/2/93	430 Carter, T. 4/3/93	1047 Nugent, J. 9/26/92
7	381 Thomas, R. 3/4/93	248 Weisinger, J. 7/93	407 Nugent, J. 9/26/92	1008 Jeffrey, M. 7/31/92
8	381 Thomas, R. 3/4/93	248 Weisinger, J. 7/93	402 Zala, M. 10/4/92	955 Small, K. 12/12/92
9	381 Thomas, R. 3/4/93	248 Weisinger, J. 7/93	402 Zala, M. 10/4/92	955 Small, K. 12/12/92
10	381 Thomas, R. 3/4/93	248 Weisinger, J. 7/93	402 Zala, M. 10/4/92	955 Small, K. 12/12/92
11	363 Vera, J. 10/10/92	242 Jeffrey, M. 7/31/92	390 Braun, S. 3/20/93	960 Au, B. 11/7/92
12	355 Kuntz, M. 2/20/93	242 Jeffrey, M. 7/31/92	390 Braun, S. 3/20/93	960 Au, B. 11/7/92
13	355 Kuntz, M. 2/20/93	242 Jeffrey, M. 7/31/92	390 Braun, S. 3/20/93	960 Au, B. 11/7/92
14	355 Kuntz, M. 2/20/93	242 Jeffrey, M. 7/31/92	390 Braun, S. 3/20/93	960 Au, B. 11/7/92
15	355 Kuntz, M. 2/20/93	242 Jeffrey, M. 7/31/92	390 Braun, S. 3/20/93	960 Au, B. 11/7/92
16	355 Kuntz, M. 2/20/93	242 Jeffrey, M. 7/31/92	390 Braun, S. 3/20/93	960 Au, B. 11/7/92
17	355 Kuntz, M. 2/20/93	242 Jeffrey, M. 7/31/92	390 Braun, S. 3/20/93	960 Au, B. 11/7/92
18	355 Kuntz, M. 2/20/93	242 Jeffrey, M. 7/31/92	390 Braun, S. 3/20/93	960 Au, B. 11/7/92
19	355 Kuntz, M. 2/20/93	242 Jeffrey, M. 7/31/92	390 Braun, S. 3/20/93	960 Au, B. 11/7/92
20	355 Kuntz, M. 2/20/93	242 Jeffrey, M. 7/31/92	390 Braun, S. 3/20/93	960 Au, B. 11/7/92
21	309 McArthur, B. 10/15/93	235 Weir, D. 10/15/93	360 Becker, L. 6/92	860 Pak, D. 11/7/92
22	325 Kuntz, M. 2/20/93	235 Weir, D. 10/15/93	358 Walker, S. 8/22/92	859 Martin, B. 12/5/92
23	325 Kuntz, M. 2/20/93	235 Weir, D. 10/15/93	358 Walker, S. 8/22/92	859 Martin, B. 12/5/92
24	325 Kuntz, M. 2/20/93	235 Weir, D. 10/15/93	358 Walker, S. 8/22/92	859 Martin, B. 12/5/92
25	325 Kuntz, M. 2/20/93	235 Weir, D. 10/15/93	358 Walker, S. 8/22/92	859 Martin, B. 12/5/92
26	325 Kuntz, M. 2/20/93	235 Weir, D. 10/15/93	358 Walker, S. 8/22/92	859 Martin, B. 12/5/92
27	325 Kuntz, M. 2/20/93	235 Weir, D. 10/15/93	358 Walker, S. 8/22/92	859 Martin, B. 12/5/92
28	325 Kuntz, M. 2/20/93	235 Weir, D. 10/15/93	358 Walker, S. 8/22/92	859 Martin, B. 12/5/92
29	325 Kuntz, M. 2/20/93	235 Weir, D. 10/15/93	358 Walker, S. 8/22/92	859 Martin, B. 12/5/92
30	315 Phan, S. 3/11/93	213 Rod, W. 7/18/92	350 Herrera, D. 2/20/93	835 Herrera, D. 2/20/93
31	315 Phan, S. 3/11/93	213 Rod, W. 7/18/92	350 Herrera, D. 2/20/93	835 Herrera, D. 2/20/93
32	315 Phan, S. 3/11/93	213 Rod, W. 7/18/92	350 Herrera, D. 2/20/93	835 Herrera, D. 2/20/93
33	315 Phan, S. 3/11/93	213 Rod, W. 7/18/92	350 Herrera, D. 2/20/93	835 Herrera, D. 2/20/93
34	315 Phan, S. 3/11/93	213 Rod, W. 7/18/92	350 Herrera, D. 2/20/93	835 Herrera, D. 2/20/93
35	315 Phan, S. 3/11/93	213 Rod, W. 7/18/92	350 Herrera, D. 2/20/93	835 Herrera, D. 2/20/93
36	315 Phan, S. 3/11/93	213 Rod, W. 7/18/92	350 Herrera, D. 2/20/93	835 Herrera, D. 2/20/93
37	315 Phan, S. 3/11/93	213 Rod, W. 7/18/92	350 Herrera, D. 2/20/93	835 Herrera, D. 2/20/93
38	315 Phan, S. 3/11/93	213 Rod, W. 7/18/92	350 Herrera, D. 2/20/93	835 Herrera, D. 2/20/93
39	315 Phan, S. 3/11/93	213 Rod, W. 7/18/92	350 Herrera, D. 2/20/93	835 Herrera, D. 2/20/93
40	315 Phan, S. 3/11/93	213 Rod, W. 7/18/92	350 Herrera, D. 2/20/93	835 Herrera, D. 2/20/93
41	303 Green, R. 6/26/93	200 Aguirre, J. 8/22/93	341 Street, E. 7/31/92	815 Moore, J. 8/22/93
42	303 Green, R. 6/26/93	200 Aguirre, J. 8/22/93	341 Street, E. 7/31/92	815 Moore, J. 8/22/93
43	303 Green, R. 6/26/93	200 Aguirre, J. 8/22/93	341 Street, E. 7/31/92	815 Moore, J. 8/22/93
44	303 Green, R. 6/26/93	200 Aguirre, J. 8/22/93	341 Street, E. 7/31/92	815 Moore, J. 8/22/93
45	303 Green, R. 6/26/93	200 Aguirre, J. 8/22/93	341 Street, E. 7/31/92	815 Moore, J. 8/22/93
46	303 Green, R. 6/26/93	200 Aguirre, J. 8/22/93	341 Street, E. 7/31/92	815 Moore, J. 8/22/93
47	303 Green, R. 6/26/93	200 Aguirre, J. 8/22/93	341 Street, E. 7/31/92	815 Moore, J. 8/22/93
48	303 Green, R. 6/26/93	200 Aguirre, J. 8/22/93	341 Street, E. 7/31/92	815 Moore, J. 8/22/93
49	303 Green, R. 6/26/93	200 Aguirre, J. 8/22/93	341 Street, E. 7/31/92	815 Moore, J. 8/22/93
50	303 Green, R. 6/26/93	200 Aguirre, J. 8/22/93	341 Street, E. 7/31/92	815 Moore, J. 8/22/93
51	295 Lo, M. 1/7/92	187 Stinson, T. 6/76/93	320 Johnson, C. 3/11/93	770 Pridemore, T. 6/17/93
52	295 Lo, M. 1/7/92	187 Stinson, T. 6/76/93	320 Johnson, C. 3/11/93	770 Pridemore, T. 6/17/93
53	295 Lo, M. 1/7/92	187 Stinson, T. 6/76/93	320 Johnson, C. 3/11/93	770 Pridemore, T. 6/17/93
54	295 Lo, M. 1/7/92	187 Stinson, T. 6/76/93	320 Johnson, C. 3/11/93	770 Pridemore, T. 6/17/93
55	295 Lo, M. 1/7/92	187 Stinson, T. 6/76/93	320 Johnson, C. 3/11/93	770 Pridemore, T. 6/17/93
56	295 Lo, M. 1/7/92	187 Stinson, T. 6/76/93	320 Johnson, C. 3/11/93	770 Pridemore, T. 6/17/93
57	295 Lo, M. 1/7/92	187 Stinson, T. 6/76/93	320 Johnson, C. 3/11/93	770 Pridemore, T. 6/17/93
58	295 Lo, M. 1/7/92	187 Stinson, T. 6/76/93	320 Johnson, C. 3/11/93	770 Pridemore, T. 6/17/93
59	295 Lo, M. 1/7/92	187 Stinson, T. 6/76/93	320 Johnson, C. 3/11/93	770 Pridemore, T. 6/17/93
60	295 Lo, M. 1/7/92	187 Stinson, T. 6/76/93	320 Johnson, C. 3/11/93	770 Pridemore, T. 6/17/93
61	275 France, J. 11/21/92	181 Richardson, 10/24/92	315 Thompson, M. 11/22/92	744 Mitchell, C. 2/20/93
62	275 France, J. 11/21/92	181 Richardson, 10/24/92	315 Thompson, M. 11/22/92	744 Mitchell, C. 2/20/93
63	275 France, J. 11/21/92	181 Richardson, 10/24/92	315 Thompson, M. 11/22/92	744 Mitchell, C. 2/20/93
64	275 France, J. 11/21/92	181 Richardson, 10/24/92	315 Thompson, M. 11/22/92	744 Mitchell, C. 2/20/93
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66	275 France, J. 11/21/92	181 Richardson, 10/24/92	315 Thompson, M. 11/22/92	744 Mitchell, C. 2/20/93
67	275 France, J. 11/21/92	181 Richardson, 10/24/92	315 Thompson, M. 11/22/92	744 Mitchell, C. 2/20/93
68	275 France, J. 11/21/92	181 Richardson, 10/24/92	315 Thompson, M. 11/22/92	744 Mitchell, C. 2/20/93
69	275 France, J. 11/21/92	181 Richardson, 10/24/92	315 Thompson, M. 11/22/92	744 Mitchell, C. 2/20/93
70	275 France, J. 11/21/92	181 Richardson, 10/24/92	315 Thompson, M. 11/22/92	744 Mitchell, C. 2/20/93
71	270 Brown, J. 3/27/93	180 Medina, S. 5/29/93	303 Cooke, B. 3/13/93	722 Balchmide, S. 5/1/93
72	270 Brown, J. 3/27/93	180 Medina, S. 5/29/93	303 Cooke, B. 3/13/93	722 Balchmide, S. 5/1/93
73	270 Brown, J. 3/27/93	180 Medina, S. 5/29/93	303 Cooke, B. 3/13/93	722 Balchmide, S. 5/1/93
74	270 Brown, J. 3/27/93	180 Medina, S. 5/29/93	303 Cooke, B. 3/13/93	722 Balchmide, S. 5/1/93
75	270 Brown, J. 3/27/93	180 Medina, S. 5/29/93	303 Cooke, B. 3/13/93	722 Balchmide, S. 5/1/93
76	270 Brown, J. 3/27/93	180 Medina, S. 5/29/93	303 Cooke, B. 3/13/93	722 Balchmide, S. 5/1/93
77	270 Brown, J. 3/27/93	180 Medina, S. 5/29/93	303 Cooke, B. 3/13/93	722 Balchmide, S. 5/1/93
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79	270 Brown, J. 3/27/93	180 Medina, S. 5/29/93	303 Cooke, B. 3/13/93	722 Balchmide, S. 5/1/93
80	270 Brown, J. 3/27/93	180 Medina, S. 5/29/93	303 Cooke, B. 3/13/93	722 Balchmide, S. 5/1/93
81	259 Bauer, S. 6/18/92	175 McDowell, K. 6/12/93	300 Patterson, J. 3/20/93	705 Pankovich, J. 3/20/93
82	259 Bauer, S. 6/18/92	175 McDowell, K. 6/12/93	300 Patterson, J. 3/20/93	705 Pankovich, J. 3/20/93
83	259 Bauer, S. 6/18/92	175 McDowell, K. 6/12/93	300 Patterson, J. 3/20/93	705 Pankovich, J. 3/20/93
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89	259 Bauer, S. 6/18/92	175 McDowell, K. 6/12/93	300 Patterson, J. 3/20/93	705 Pankovich, J. 3/20/93
90	259 Bauer, S. 6/18/92	175 McDowell, K. 6/12/93	300 Patterson, J. 3/20/93	705 Pankovich, J. 3/20/93
91	250 McGee, C. 3/20/93	168 Thomsen, M. 11/22/92	290 Miller, S. 11/22/92	688 Moser, J. 7/31/92
92	250 McGee, C. 3/20/93	168 Thomsen, M. 11/22/92	290 Miller, S. 11/22/92	688 Moser, J. 7/31/92
93	250 McGee, C. 3/20/93	168 Thomsen, M. 11/22/92	290 Miller, S. 11/22/92	688 Moser, J. 7/31/92
94	250 McGee, C. 3/20/93	168 Thomsen, M. 11/22/92	290 Miller, S. 11/22/92	688 Moser, J. 7/31/92
95	250 McGee, C. 3/20/93	168 Thomsen, M. 11/22/92	290 Miller, S. 11/22/92	688 Moser, J. 7/31/92
96	250 McGee, C. 3/20/93	168 Thomsen, M. 11/22/92	290 Miller, S. 11/22/92	688 Moser, J. 7/31/92
97	250 McGee, C. 3/20/93	168 Thomsen, M. 11/22/92	290 Miller, S. 11/22/92	688 Moser, J. 7/31/92
98	250 McGee, C. 3/20/93	168 Thomsen, M. 11/22/92	290 Miller, S. 11/22/92	688 Moser, J. 7/31/92
99	250 McGee, C. 3/20/93	168 Thomsen, M. 11/22/92	290 Miller, S. 11/22/92	688 Moser, J. 7/31/92
100	250 McGee, C. 3/20/93	168 Thomsen, M. 11/22/92	290 Miller, S. 11/22/92	688 Moser, J. 7/31/92



PL USA Top 100 Achievement Awards

Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP-20, 30, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$5. We also offer a wood-grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$18.95. If you have appeared on a TOP-100 list, you are eligible. Send your name, street address, weight class, lift date (twice made), the amount of weight, and the list of that year's opponents. Send \$5 per certificate or \$18.95 for certificate and deluxe display plaque. Write to: Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7 1/4% tax).

NEXT MONTH... TOP 125s

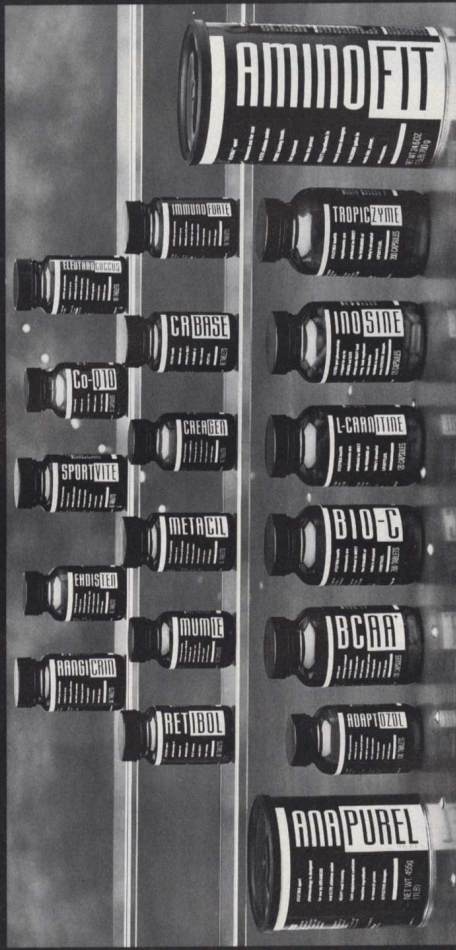
Corrections: A. Caser's name was misspelled in the ADEFA TOP 20 Bridges had a 584 squat that was not listed on the TOP 20 ADEFA Middleweights list. It should have been noted that Steve Coogins' squat of 870 was an IFF World Record in the report of the USPF Sr. Nationals. Craig Tokarski's 703 bench was not noted on the TOP 100 list for the 275 lb. class. Todd Mason was not credited for his bench of 292 lbs. in the 165 lb. class in the results published for the NASA Louisiana State Meet, Juniors Division. Jeff Douglas was incorrectly referred to as Steve Douglas in the report of the USPF Sr. Nationals. Frank "Move Something" Heams did not get his lifts of 850, 425, 675, 1950 considered in the compilation of the TOP 100 Superheavyweight list. Chris Masuica should have had his 500 lb. bench press considered on the TOP 100 SHW listing. In the results of the NASA Masters Nationals the following correction should be noted: Women's 40-49, 165 - Roberson, 105 squat, 60 bench, 122.5 deadlift and 287.5 total. Elliott Cruz's squat of 630 was noted as 603 in the results of the MCI Meet of March 27, 1993 in Norfolk, Mass. Vic Polatajev reports that he made a bench of 520 in 1979 that should have been included in the All Time TOP 100 Benches in the 220 lb. class. In the event of errors in future results and ranking lists, please send any and all corrections to "ERRORS," Post Office Box 467, Camarillo, California 93011.

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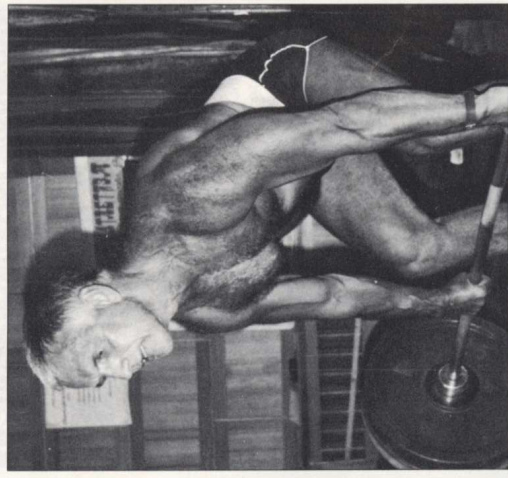
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The Natural Ergogenic Rangicrin in Powerlifting as told to PL USA by Moris Silber Md, Ph.D.



Many sport supplements available to powerlifters contain little more than sugars, protein powder, and vitamins. The most important decision in choosing a supplement often boils down to its flavor. Weight Gainers and Optimizers make the mistake of going the flavor and size route. When sales slow, the supplement is just offered in more flavors and sizes. First there was chocolate flavored powders, followed by vanilla, strawberry, and most recently pineapple. Where's the science? Powders are often an unfortunate curse to the serious powerlifter who is screaming for much more in the way of natural strength enhancement. There are better ways.

Fortunately, many Russian sport biochemists, phytochemists, and molecular biologists, myself included, have devoted years toward the research of biologically important natural supplements. One useful supplement to powerlifters is called Rangicrin. Rangicrin is derived from the antlers of male reindeer who roam the tundra of Russian Siberia. Reindeer antler has been a favorite of Russian athletes for about 15 years and is one of the most potent natural anti-catabolic/biostimulants we've ever investigated. Of special interest are the grade-A antlers of male reindeer who are seven to eight years of age. These antlers contain the highest concentration of bioactive substances, and indicate the sexual virility and strength of the animal.

There are more than two million domesticated and 600,000 wild reindeer in Russia. These reindeer migrate throughout the year, feeding on nutrient rich plants such as reindeer lichen, sedge, numerous grasses, dwarf arctic birch, and other material rich in bioactivity. The rich plant material is a major reason for the high biological activity found in the Rangicrin supplement as revealed by the Far-East Scientific Center of the Russian Academy of Sciences in Vladivostok, and the Oncology Institute in St. Petersburg, Russia. Experiments targeting Rangicrin's growth promoting and tonic effects served as a starting point for producing new sport preparations for elite strength athletes.

PHYSIOCHEMICAL PROPERTIES

The chemical composition of Rangicrin contains organic and inorganic substances, mono- and disaccharides, various nitrogen fractions, proteins, sterols, lipids, and ash. The concentration of organic substances, especially proteins and sterols, allow for Rangicrin's anti-catabolic action. The antlers also possess a large quantity and spectrum of microelements (Mn, Al, Pb, Ti, Ag, and others) which are con-

In addition to using Rangicrin as a viable natural anabolic and anti-stress supplement, it also stimulates the gonadotropic action of the body. The long-term practical use of Rangicrin and other animal based tonics and aphrodisiacs, by Russians and Asians in particular, attest to its stimulating influence on the sexual glands. This may serve as a valuable benefit to older drug-free lifters, as well as athletes coming off steroid cycles.

Rangicrin is often used as a powerful protective supplement in cases where anabolic androgenic steroid (AAS) abuse has a detrimental effect on sexual status. While I am opposed to the use of harmful and illegal substances such as AAS in sport, I'm not blind to the fact that many competitive athletes do not share a similar philosophy, and continue using the drugs to gain strength. As a preventive for these lifters, I recommend Rangicrin be used in a dosage of 2-3 tablets daily for 1-2 weeks before coming off an AAS cycle. After the cycle, the athlete should take 5-6 tablets daily for 10 days to help "jump start" the testes. Usually no objective side effects related to previous AAS use could be seen in the sexual organs during post-cycle evaluations performed on elite Russian lifters.

SUMMARY

An effective anti-catabolic/biostimulant derived from male reindeer antler called Rangicrin has recently become available to Western lifters, thanks to the efforts of the Russian/American company Atletika. It's supply has been limited, but with the recent Russian harvest, the quality and availability of grade-A Rangicrin is now quite high.

Rangicrin is often effective as a growth promoter when cycled over short periods lasting 1-2 weeks. While Rangicrin is not the sole "magic answer" to every training situation, I feel the supplement does have a wide variety of benefits (anabolic, anticatabolic, anti-stress, and gonadotropic) to the serious powerlifter who is training under a well planned heavy-load program. Rangicrin is often stacked with other supplements of anabolic and restorative action such as Ammohit and Metacil. For further information about, and availability of Rangicrin, contact Atletika Sport International at 1-800-621-2602.

Moris L. Silber, M.D., Ph.D., is a former Russian research scientist who now serves as the Director of the Atletika Research Advisory Board and as a Research Scientist in the Laboratory of Molecular Physiology at Washington State University

Powerlifters of all ages, especially older lifters, like the one above from Russia, rely on Rangicrin to help maintain strength and virility.

Presently, studies sponsored by Atletika Sport International are underway at the Research Institute of Oncology in St. Petersburg, Russia, to investigate the protective anti-stress effect of Rangicrin. These studies should lead to an even greater understanding of this potent natural anabolic/tonic.

Rangicrin is a new supplement for use by drug-free powerlifters, as a growth promoter and tonic during intense training cycles (as an anti-catabolic/anabolic), and before competitions (as a biostimulant). Because Rangicrin is a "sharp" biostimulant, its dosage is much less than other adaptogens. The cycles are 10-15 days long. As a 300 mg tablet, Rangicrin is often cycled in a dosage of 600 mg (two tablets) 2-3 times daily, to yield a natural anabolic effect during heavy-load training. In addition, Russian lifters often apply a scheme of 900 mg (1,500 mg/6-5 tablets) of Rangicrin from 20-30 minutes before a competition. The stimulating action lasts for 2-3 hours, depending on the individual lifter.

AS A GONADOTROPIC

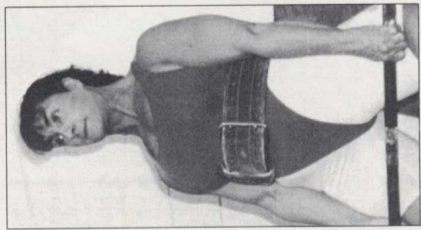
AS A GONADOTROPIC

THE BENCH

Advanced Women's Program as told to Powerlifting USA by Dawn Sharon

There are significant differences between beginning and advanced lifters. Beginners seem to make gains relatively easily, and these gains are usually quite dramatic. The advanced lifter sees gains coming more slowly and at times struggles with plateaus. This difficulty in making steady gains can be quite frustrating to the advanced lifter, and these slower gains often lead the lifter to believe that she has reached her peak. We have found, however, that this is not necessarily the case.

A lifter must not only have strength, but she must also learn how to recruit her muscles in proper sequence in order to lift maximum poundages. We call this developing a proper nerve path. When a beginner learns the basic moves for the powerlifts, she is starting with limitations to her physique, for example, lack of muscular development or coordination. Her nerve path then will be dictated by her structure at that particular time. As she progresses, she will see better muscle development, improved coordination, and increases in strength. Along with changes that occur in the lifter's physique over time, changes must also be made in her timing and delivery - that is to the specific nerve paths for each of her performance lifts. If adjustments are not made to accommodate the recent changes in a lifter's physique and relative strength levels, as she progresses through years of training where no further gains are made, there will be no further gains. In order for the advanced lifter to continue making progress, she



Dawn Sharon is in off-season training, but is still capable of massive poundages. Dawn, along with husband Asher, and Greg Reshel comprise Power Excel, Inc.

3 reps x 6 sets. Note: The initial pattern overtrains the prime movers by its volume and frequency. Peaking Pattern for weeks 8-12 workouts are twice per week.

Week 8: Workout 1- 65x10, 95x8, 115x8, 140x3, 115x10, Workout 2- 95x5x2 sets, 125x1, 150x1, 175x2x3 sets, 115x10.

Week 9: Workout 1- 65x10, 95x8, 115x5, 140x3, 115x10, Workout 2- 95x5x2 sets, 135x1, 150x1, 175x2x3 sets, 115x10.

Week 10: Workout 1- 65x10, 95x8, 115x6, 140x4, 115x10, Workout 2- 95x5x2 sets, 135x2, 150x2, 175x3x3 sets, 115x10.

Week 11: Workout 1- 65x10, 95x8, 115x6, 140x5, 115x10, Workout 2- 95x5x2 sets, 135x2, 150x2, 175x3x3 sets, 115x10.

Week 12: Workout 1- 65x10, 95x5, 115x2, 140x1x3 sets. Meet: 75x5x2 sets, 115x1, 145x1, 165x1, Open-215, 2nd-240, 3rd-265.

Please remember that in order to be your best, you must remain positive and keep a flexible attitude with regards to your training. Be willing to make changes that will not get you immediate results, but will keep you in the game for the long haul. Best of luck, and please contact me with any concerns you may have. Dawn Sharon

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Dawn Sharon - Asher Sharon - Greg Reshel

TRAINING

Partial Lifts for Partial Results as told to PL USA by Doug Daniels

Partial lifts like half and quarter squats, deadlift lockouts, and mid-range bench presses have always been a means powerlifters and other athletes of developing increased size and strength. On many occasions, lifters have increased size and strength. On many occasions, lifters have produced success by using these methods. My problem with partial lifts is that sometimes lifters fail to extract desired results from this practice and haven't a clue why. How many times have you heard of a lifter who can half squat 700 pounds who has great difficulty doing a competitive lift or a lifter who can lockout 800 pounds in the deadlift and the rack but fails to lockout 500 from the floor in competition? It would seem that something is wrong.

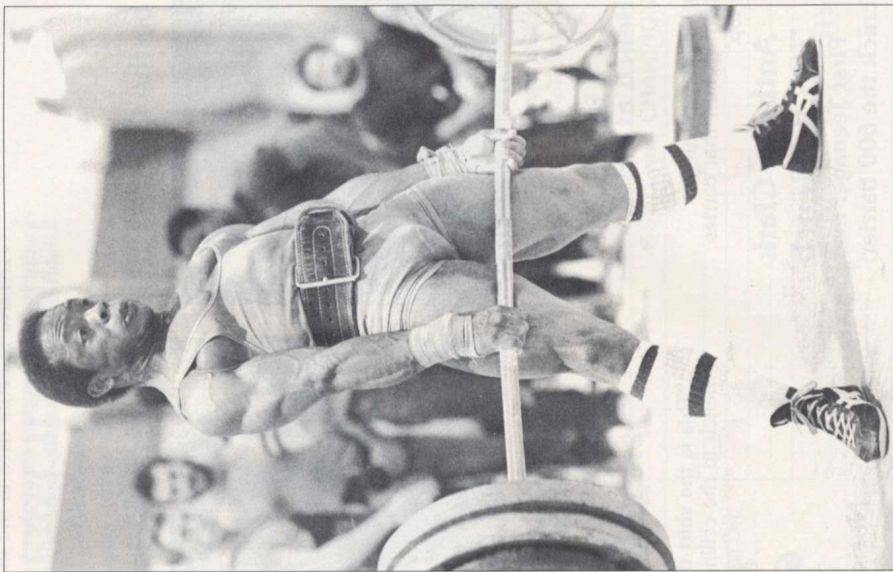
Let's start by examining perhaps the most popular partial move: deadlift lockouts in the rack. A lifter I used to train with had exceptional power and speed off the floor in his deadlift. However, he had difficulty locking out his deadlift at the top. In essence, he was limited to how much he could lockout, which was a very frustrating matter to him. His method of choice to solve this problem was heavy lockouts in the power rack. As his strength in this exercise improved, the weight he locked out reached bar-bending poundage, but, alas, come contest time, he still could not lockout what he could pull from the floor. Observing him performing these lockouts, the answer was clear to me. When he would set up to lockout the weight, he would position himself so that when he started the lockout, he straightened his legs out until he reached the final position. He was really quarter squatting the weight, not deadlifting it. His torso was already erect at the start of the pull, so no real upper back work was done. The top of his squat was easy!

A more effective method for him would be to position himself so that his form during the lockout resembled his body position during a regulation front-floor deadlift. This may not be possible, but if not, the transfer of power developed in this position would not be as great as desired. The answer,

Partial lifts can be approached similarly. The squat is a very complex movement, and the partial lift may not resemble the flow and would not be as great as desired. The answer,

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Partial squats can be approached similarly. The squat is a very complex movement, and the partial lift may not resemble the flow and would not be as great as desired. The answer,



Partial Lifts can help you lock out a heavy lift, but only if they are trained properly

in this case, would be similar also; make your partial lift resemble the complete lift as much as possible. As you might expect, the bench press is similar. When benching, the bar follows a certain path up to completion. Ideally, the bar does not go straight up; it goes up at a slight arc over the head at lockout. If you push the bar from a position that is not along that arc, power transfer, again, can be less than desired.

Another problem with partial lifts is that they can give a lifter a false sense of strength due to an amount of weight lifted. For lifters who have depth problems in the squat, this can accentuate the problems. You may become less accustomed to proper depth and have difficulty pleasing the judges at contest time. This false sense of strength may also tend to make a lifter take too heavy of an attempt at a meet, resulting in injury. Confidence is important in powerlifting, but it must be tempered with a realistic outlook. Base your confidence on success with competitive style attempts.

The injury factor is a real concern. Using heavy weights, even if for partial lifts, can expose a lifter to a higher chance of injury. The body may have not built up enough to support and handle too heavy a weight, especially if the difference in weight used is much greater than the weight used for a full lift. Heavy weights in partials should be worked up to gradually over time and not stogurned in an attempt to strengthen a weak point.

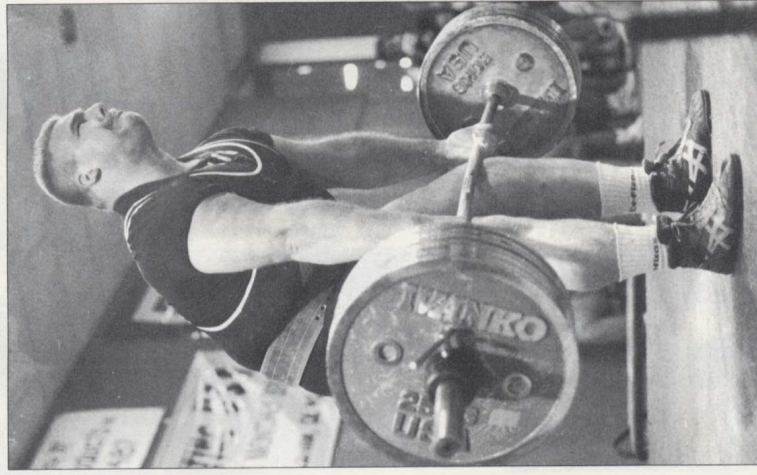
Partial lifts also may detract from technique development. As I mentioned earlier, a partial lift may vary greatly from the actual segment of the full lift you are trying to work. I find that many lifters need technique work more than they need strength work. That weakness may be a result of poor or inefficient style and not actual strength deficiency. Think about that for awhile.

I guess you came to the conclusion that I'm not a big fan of partial lifts. I know a lot of people will disagree with me on this, but if you've been partial to partials and not getting bigger lifts on platform, examine my theories and see if they fit what your situation.

INTERVIEW

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

John Binkowski Fast Rising Drug Free Superheavyweight Star Interviewed for Powerlifting USA by Bob Gaynor



Bingo! Big John Binkowski hauls up a deadlift at the 1993 ADFPA Men's Nationals, John came in at 338 in the bodyweight department.

BG: Give us some personal information on yourself?

JB: My name is John Binkowski and I live in Dolton, Illinois. I am 24 years old and currently working towards a Masters Degree from Western Illinois University in Macomb, Illinois.

BG: How long have you been training and competing?

JB: I have been training for 11 years and competing just over 2 years.

BG: John, what are your best lifts?

JB: My best lifts are 854 squat, 518 bench, 722 deadlift, and 2,028 total, all at Superheavyweight.

BG: What titles have you won?

JB: 1993 ADFPA Collegiate National Champ; 1993 ADFPA Men's Nationals 2nd Place; 1992 ADFPA Men's Nationals 2nd Place; 1992 ADFPA Collegiate National Champ; 1991 ADFPA Collegiate Nationals 2nd Place. I have also won a number of State and Regional titles. I currently hold all ADFPA Collegiate American records and Illinois State records at Superheavyweight.

BG: John, who are some of your heroes or people you admire?

JB: My heroes in powerlifting would have to be Kaz and Dane Passanella. The numbers they put up and the sheer spectacle of their size were awe-inspiring to me. The man I most admire in powerlifting is Ed Coan. He got me hooked on the sport and what could be more inspiring than the numbers he posts as a 220 pounder.

BG: How did you get started?

JB: I started lifting weights in high school to get bigger for football. I got involved in powerlifting about 5 years ago. I walked into Quads' Gym to work out while home from school. The manager pointed out this guy who was looking for someone to squat with him. The guy was Ed Coan. He got me hooked on the sport from that day on. He taught me proper techniques and set up a training program for me. Without Ed, I would never have reached the level I have.

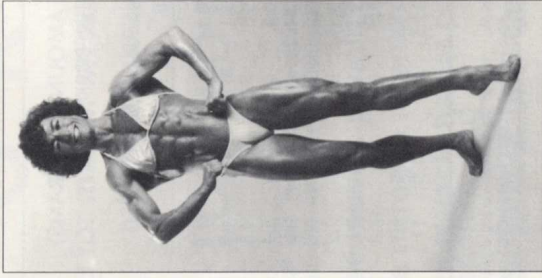
BG: What are your future goals?

JB: My short term goals include winning national and world titles and increasing my long term goal is to break Mike Hall's SHW total record. Many people say that certain people who try to impose their point of view on steroid use. record can not be touched. I hop-

The Lynne Barlow Story

as told to Powerlifting USA by her husband, Russ Barlow

It was during this period that Lynne took a job as an agency nurse in Boston, Mass. She travelled two and three days each week, a dis-



Lynne Barlow has fought off leukemia

Life brings to light many inspiring personal stories. This story is about an elite powerlifter, bodybuilder, marathon runner, scholar and person, Lynne Barlow of Maine. As all of your readers must have been, I was moved by the Matt Dimel story. I am not attempting to out-do the incredible, but I would like to relay the amazing story of an athlete's battle with leukemia.

For Lynne, my wife of 7 years, weight training began in the basement of our home in Greene, Maine. She had been running marathons and decided to take up weight training in an attempt to better her times, which had been in the 3 hour, 10 minute range. As the months passed, Lynne's strength rapidly increased and her body became extremely muscular.

After six months of training, she entered her first three-lift meet in the spring of 1986, going 220-110-275-605, a Class total at 105 lbs. Three months later at the Kennebec Power Meet, she bumped her lifts to 240-110-285-635. During this period, an amazing physical transformation also occurred. Many in the gym began to comment that she should enter a bodybuilding contest, but heavy weight training had become an athletic passion.

It was during this time that our personal relationship became extremely strong. We found a common ground, something we could share together. In our household there was never any dead air as we discussed training philosophy, personal goals and, most importantly, innermost feelings. We decided together to open a gym where the hard core could train in an atmosphere they could be proud of. We opened Flex, Inc. on October 1, 1987 and used the Vermont Open contest as a way to boost our press. Lynne squatted a 280, equalling an ADFPA national record; benched 120 and deadlifted three times her bodyweight - 305 at 101 pounds. To the best of my knowledge, this was the only drug-free 3x bodyweight deadlift that year.

The excitement of a 705 total lasted a short time before Lynne decided to test the bodybuilding waters. Her first contest pitted her in the 1987 Ms. Northern New England where she easily won her class over fourteen other women, but lost the overall title. Her first outing as a bodybuilder was encouraging so Lynne trained four months for the 1988 NPC Ms. Maine where she won the lightweight and overall title, qualifying her for the NPC Junior National Championships.

Although her passion for powerlifting was great, she began to dedicate herself to diet, aerobic activity and training five days a week.

This process takes two weeks, and without donor marrow the patient would die within 48 hours.

On the day of the transplant, called Day Zero, Lynne awoke and made the best of the situation by following her daily routine - a thirty minute ride on a stationary bike and a fifteen minute aerobic weight training workout with dumbbells. As Lynne trained, many curious doctors, nurses, residents and interns gathered to peer into her room, many of whom had ever seen a patient working out on the day of transplant.

The time came. Marrow that had been extracted from Steve's hips was infused into Lynne through an intravenous line, much like a blood transfusion. Somehow, no one quite knows how, the marrow cells from her brother migrated to Lynne's bones and "set up shop" where they went to work producing healthy new white cells, red cells and platelets. Engraftment occurs 14 to 28 days following transplant. Until engraftment occurred, Lynne was defenseless against infections and had to rely totally upon infusions of red cells and platelets from donors.

34 days after transplant, Lynne's status was changed from being a full-time hospital patient to a day-care patient. The first thing she did was to join a local gym and begin training. This was a difficult period because gains came slowly due to the large dosages of drugs such as nystatin, prednisone, progesterone, estrogen, zovirax, carafate, reglan, pepcid, nifedipine, bactrim, coumadin, moxetel, cyclosporin, cytoxan, amphotericin band total body radiation, all of which Lynne had been exposed to during her cancer and recovery.

As the dosages decreased, Lynne's strength began to increase. In March of 1991, 19 months after transplant, she entered the Maine State Bench Press Championships weighing 90 lbs. and still taking 60 mgs. of Prednisone (catabolic). She benched 125 lbs. One year later she entered her first full contest and went 220-143-253-616 at 92 lbs while still on 40 mgs. of Prednisone, an amazing feat!

Her goal had always been to reestablish her elite classification. In November of 1992 her goal was realized at the Atlantic States Open in Massachusetts. Finally off all her medications, at 95 lbs., she went 240-150-275-665. ELITE!

Today, Lynne is still off all medications, continues working toward her master's degree in nursing anesthesia, and is weight training regularly. Having gone through this "trial by fire" our relationship is now stronger than ever.

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ance of 130 miles each way. Travel, diet and training began to take its toll, mentally and physically. As Lynne began to tire, she applied for a position closer to home at a veteran's hospital in Augusta, Maine. Applicants are required to take an extensive physical exam which included a blood test. The result showed her white blood count 18 times normal.

On June 14, 1989, life in the Barlow household changed forever. The results of a repeat blood test confirmed the outrageous; Lynne, entirely, had chronic myelogenous leukemia. The only known cure was a bone marrow transplant.

Lynne's physician in Lewiston, Maine wanted to start her on an oral chemotherapy, but she decided to compete first and then begin treatment. For two weeks following her diagnosis she continued preparing for the NPC Junior Nationals in Memphis, TN. Being in a state of denial, neither of us told anyone of this diagnosis. Lynne placed 14th in the lightweight class as Linda Murray won the overall show.

When we returned home from

the leading bone marrow transplant center in the world, Doctor Marjorie Boyd of Portland, Maine, took over Lynne's care. She started her on an aggressive intravenous and spinal chemotherapy regime. Lynne was hospitalized from July 16 through August 4. During this period, she required unit after unit of blood and platelets as an intravenous catheter in her chest.

On August 18, a day before her 30th birthday, Lynne received a double dose of joyful news: her brother Steve was an excellent marrow match and she was in remission. On September 4, the entire family flew out to Seattle. Here, Lynne would undergo the rigors of a bone marrow transplant.

A bone marrow transplant is a highly technological form of treatment for leukemia and various other malignancies that don't respond to conventional treatment. To prepare the patient for transplant, high doses of chemotherapy along with total body radiation are given to destroy all the patient's diseased bone marrow and any hidden cancer cells.

O.K.G....

The Second Coming?

as told by Frederick Hatfield, Ph.D., Director Sports & Fitness Sciences, International Sports Sciences Assoc.

They say that the second time round is always better. Who are "they," anyhow? Some omniscient beings that direct the affairs of mortals from an unseen, lofty perch in the heavens? The so-called "intelligentsia" of this world? The "significant others" in our respective lives? Or, could it be the self-appointed guardians of truth and justice in the world of sports nutrition, the staff at *Muscle Media 2000* magazine? Hardly. No matter. The truth is, sometimes "they" are right, and sometimes "they" are not.

In the case of OKG (ornithine alphaketoglutarate), those mythic beings of whom we all speak, and whom we address as "they," are apparently right on the money when "they" tell us that OKG is the second coming.

"The second coming," of course, is a phrase "they" usually reserve for the eventuality of Christ's return to Earth. Not this time. This time, "they" are referring to anabolic steroids.

Wait! Time out! Haven't we heard this before? I mean, take a look at what the purveyors of that hot, hotter and hottest "stuff" chromium picolinate, vanadyl sulfate, GHB, MetRx, and the veritable cascade of other substances and concoctions brewed over the years which "they" have tried to get us to swallow (pun intended). All of these fine gentlemen have touted their stuff as viable alternatives to anabolic steroids. All have touted their stuff as... yes, "the second coming" of steroids.

Well fellow iron freaks, "they" were wrong, wrong, WRONG! Worse, they purposely misled us just to make a buck or two. You know it and I know it. So what's so different about OKG that we should believe them (the "they" people) this time?

Whoa! Burning question! In this case, "they" are the research scientists, and NOT the scrofulous marketers. (Remember, "they" say that research scientists don't have axes to grind.) For my money, the peer-reviewed research literature is almost as trustworthy a place as the Gospel to look for the really relevant prophecies of "they." Since, I can assure you, the Gospel speaks naught of OKG, the best place to look for good, reliable information on OKG is in the research literature. I did. OKG has been clinically shown to:

- 1) decrease muscle protein catabolism (Cynober, L., 1991; Vaubourdiolle, et al., 1991).
- 2) improve nitrogen retention in muscle tissue (Vaubourdiolle, et al., 1991; Jeevanandam, et al., 1992).
- 3) augment muscle tissue polyamine (PA) response (Jeevanandam,

(there's that word again!) are the only legitimate and true guardians of truth and justice, and "they" are the only ones who has the real stuff. So buy from them. It's strange that so often "they" want to be the only ones to make a quick buck in this business. Bet that it'll be at your expense.

I leave you with this admonishment:

Be careful from whom you buy OKG! There are hucksters out there (you already know who they are) who will sell you:

- 1) Useless baking powder they're calling OKG.
- 2) Ornithine mixed with alphaketoglutarate. That is NOT ornithine alphaketoglutarate! In simplistic terms, the two substances must first be mixed in water where ionization takes place (forming a compound called OKG). Then, the compound has to be freeze-dried. Ornithine is cheap, and so is alphaketoglutarate. But the compound OKG (because of the processes involved) is a bit more expensive than the two components.
- 3) Real OKG in such small doses you will gain nothing from it except an empty wallet.

The jury is still out as to how effective OKG is for otherwise healthy athletes, or in what doses it'll be most effective. However, if the research literature is any guide (and it usually is), you'll no doubt need to take something in the neighborhood of a gram of OKG for every ten kilograms of lean body weight, probably in the morning before breakfast. That means that a 250 pound man with around 12 percent body fat will probably need around ten grams per day divided into three equal doses.

By the same mathematical formula, a person weighing 114 pounds but only 4 percent body fat will need about 5 grams daily.

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APPROXIMATE AMOUNT (IN GRAMS) OF OKG NEEDED DAILY

weight	percent body fat				
	4	8	12	16	20
114	5	4.75	4.5	4.3	4.1
123	5.4	5.1	5	4.7	4.5
132	5.75	5.5	5.3	5	4.8
148	6.5	6.1	6	5.65	5.4
165	7.2	7	6.6	6.3	6
181	8	7.6	7.2	7	6.6
198	8.6	8.3	8	7.5	7.2
220	9.5	9.2	8.8	8.4	8
242	10.5	10	9.7	9.2	8.8
275	12	11.5	11	10.5	10
300	13	12.5	12	11.5	11

indeed the second coming of steroids, it's ONLY because OKG has no detrimental side effects. That means:

- 1) no more androgenic effects
- 2) no acne
- 3) no violent mood swings
- 4) no heart, liver or blood problems
- 5) no bloating
- 6) no positive drug tests
- 7) no hassles with the Feds, the cops, your friends, coach...

And it also means:

- 8) better training
- 9) better and faster recovery so you can train harder more often
- 10) better muscle building
- 11) better life, and probably a longer life
- 12) better self-esteem
- 13) better image.

Ben's sure you'll think of other benefits too. Hey, I'm not "they," so I won't say that OKG is indeed the second coming of steroids. I will say it's a safe bet to be the best alternative to steroids I've ever come across in the research literature.

In a recent issue of *Muscle Media 2000*, an article appeared touting OKG as a potential "second coming" kind of product. Then they went on to tell you that some guy in Colorado got exclusive rights to OKG. This is hogwash!

See, OKG is so hot that they're trying to convince people that THEY

are the second coming of steroids.

THE BENCH

Craig Tokarski Seminar as told to PL USA by Jon Smoker

thing he credited with his rapid rise usually settling for 4x5 with 365-405 on Wednesday. He

doesn't go real heavy because it takes too much

out of his shoulders. He also does leg curls in the

16-20 rep range with around 180 pounds. In

general, regarding bodybuilding movements, he

tends to do more of it right after a contest, and then

he gradually eliminates it as he goes through a cycle, dropping all assistance

work when he's 4 weeks out from a meet.

When training for a contest, he likes to start concentrating on a cycle

about 12 weeks out. For the first 4 weeks, he does sets of 5,

which he, along with Ed Coan and a lot of other experts, thinks are just about perfect for developing size

and strength. He usually does 3 to 5 sets on Mondays, his heavy bench

day for the week. Eight weeks out he goes to triples. The final 4 weeks

he uses doubles and a few 95% singles to finish off his preparation.

This, of course, is mainly a pectoral exercise, and he also uses flies and dumbbell benches to hit that muscle

group, pausing at the bottom of both movements. On Mondays he

does the flies, usually using very high reps, 16-20 with 50 pounds,

as he does on most of his bodybuilding exercises, to keep his muscles tight and injury-free, while not over-training. He believes mass and

strength are attained through adequate nutrition and heavy benching. Also on Mondays he does tricep pushdowns for 4x20 with 120.

He also works the biceps because it's a stabilizer muscle, once again hitting 16-20 reps. For back work he goes a little heavier, going 12-16

reps for 8 sets. He prefers pull-downs with 210-225 pounds and a narrow, reverse grip, because it

minimizes his bench/press style. For shoulder work he prefers side lateral movements because he feels that the front delts take enough of a beating from benching. He does some behind the neck pressing, but works it very light, never going over

225. He believes squatting is essential since his legs really get into his big benches, but once again, he doesn't believe in going very heavy,

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Craig demonstrates the proper form in the bench press (photo by Brian Hurley)

Iron Island Record Breaker Meet

17 Jul 93 - Queens, NY (kg)

Table with 3 columns: Name, DL, Total. Includes lifters like R. Balles, A. Tulio, etc.

new APF/WPC records judges: Dr. Ken Letinier, Kathy Letinier, Laura Dodd, Williams, Thomas...

The two main points Tokarski emphasized when addressing the subject of motivation, were to surround yourself with positive people and to never put limitations on yourself.

When training for a contest, he likes to start concentrating on a cycle about 12 weeks out. For the first 4 weeks, he does sets of 5,

which he, along with Ed Coan and a lot of other experts, thinks are just about perfect for developing size and strength.

He usually does 3 to 5 sets on Mondays, his heavy bench day for the week.

Eight weeks out he goes to triples. The final 4 weeks he uses doubles and a few 95% singles to finish off his preparation.

This, of course, is mainly a pectoral exercise, and he also uses flies and dumbbell benches to hit that muscle group, pausing at the bottom of both movements.

On Mondays he does the flies, usually using very high reps, 16-20 with 50 pounds,

as he does on most of his bodybuilding exercises, to keep his muscles tight and injury-free, while not over-training.

He believes mass and strength are attained through adequate nutrition and heavy benching.

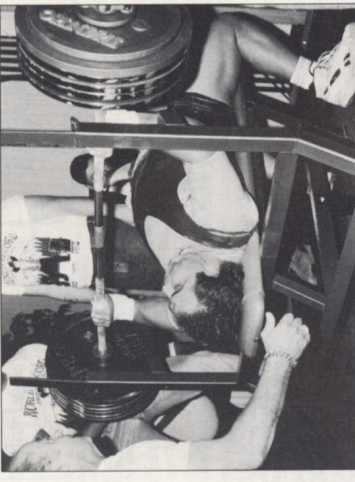
Also on Mondays he does tricep pushdowns for 4x20 with 120. He also works the biceps because it's a stabilizer muscle, once again hitting 16-20 reps.

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He does some behind the neck pressing, but works it very light, never going over 225. He believes squatting is essential since his legs really get into his big benches, but once again, he doesn't believe in going very heavy,

Record Breaking Contests



Craig Tokarski got an APF/WPC 308 lb. class world record with a bench press of 639 lbs. (Budweiser photographs by Brian Baertlein)

inally crack the 628 barrier and do it strongly, and under severe scrutiny. Tamara Rainwater-

were physically, and will be on the national scene more on this day. Her 147.5 (32.5) opener was a world record, obviously, and it was done expo-

ditively. By her reaction, it was clear that she had come more than ready to go, and she was prepared

for anything. Her 147.5 (32.5) opener was a world record, obviously, and it was done expo-

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Table with 3 columns: Name, DL, Total. Lists record breakers like D. Hatch, J. L. Chapman, etc.

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Jennifer Moser got new APF Teen Records in the squat and deadlift



Tamara Rainwater-Grimwood with a world record 336 bench (Tuite)

World Games (kg) 24.25 Jul 93 - The Hague. Table with 3 columns: Name, DL, Total. Lists lifters like C. Cognacq, E. Kolander, etc.

very little notice and training for the competition. world record performance by Cathy Miller, with

On May 8, 1993, in Elkhardt, Indiana, Craig Tokarski gave a seminar that was both rich in useful information and highly motivational.

He began with a detailed explanation of his technique while he warmed up to a 600 and then 625; this is at the starting point of his cycle.

The first thing that he stressed was the importance of taking the shirt off between attempts. He said that when you leave it on, it stretches that shirt out and gets it into a loose groove.

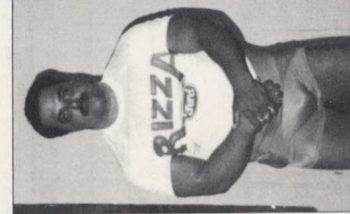
Taking it off between attempts really helps to keep it tight. He sets up with a wrestler's bridge, really: back arched, radically, feet tucked way under the bench, and then he brings the bar down to the highest point of his abs and tucks his elbows in against his side.

He wants the bar to go up in a straight line, feeling that a stair-step technique is inefficient. For all the world, it looks like a close grip bench, kind of the mirror image of Anthony Clark's reverse-grip style. It's a radical departure from his old Texas-T style and one of the things he credits with his rapid rise to success.

The belt and wrist wraps are also important elements in his technique because when used properly, they help to maintain tightness. The main secret with the belt is to notch it again once you lay down on the bench because your stomach is flatter then and you can get another notch or two, which will keep the shirt pulled down tight.

The key to wrist wraps is to have them up on the bottom of the hand to create a cast-like effect, thereby adding a great deal of stability to the wrist. The last thing he emphasized was to get a huge breath of air at the start of the lift to stay tight, expand your rib cage and have plenty of oxygen.

The second most important



Major Sponsor of Craig's lifting has been Joe Rizza of Rizza Ford

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: For about a year and a half my arm muscle between the bicep and triceps hurts and gets numb and shakes every time I bench. It has become worse lately. I have been to three doctors. The first one told me it was arthritis in my collarbone which was broken in 1976, the second doctor told me it was my rotator cuff which was slightly torn and the third doctor told me it was nerve damage in my C-5 joint muscle in my arm. Who I should listen to? I might add I have taken Naprosyn and Lidaine before workouts and after meals, but I still have the problem. I even laid off my bench press for two months, but when I went back it started hurting again. I would appreciate your response. Thank you, **Randy B.**

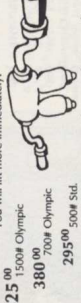
DEAR RANDY: It's difficult to diagnose your problem without examining you. It doesn't sound like any of the diagnoses involving the other three doctors, but could be a chronic tendonitis involving the brachialis muscle. This muscle lies between the biceps and the triceps and can be bothersome for lifters. Often the arm will hurt in both the bench and squat. You didn't mention if you had any physiotherapy or cortisone injections. Both might be of some use. **Mauro**

DEAR MAURO: I tore my left bicep and had it reattached. I was in a cast and then a sling for 8 weeks. I started benching and squatting light about a month ago. The doctor who did the operation told me to give the tendons 6 months before I deadlift or work the arm directly. I am writing to you because I was told that you had the same type injury and I'm hoping that you could suggest some rehabilitation work. It's been 6 months since I placed any real stress on the arm. The funny thing is I tore it playing flag football and not lifting. I am 5'10" and I weigh 230 lbs. My best lifts are 625 squat, 375 bench, and a 610 deadlift. Any help that you can give me will be greatly appreciated. **Sam T.**

DEAR SAM: I've seen many biceps tears over the years, in both bodybuilders and powerlifters. The etiology is either a direct blow on a contracted muscle or more commonly an indirect force through the tendon while performing a stressful activity. An indirect force may be violent from a very strenuous activity such as lifting or jerking a heavy weight, or subtle from repetitive less stressful activities. Yours may have been the result of a direct blow on the contracted muscle. I partially (about 50%) tore my distal biceps tendon in 1984 because I overtrained the deadlift. At the end of my last workout before the

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Worlds and in the last lift of this workout - a 695 deadlift (which I debated on doing, but did anyway since 660 had felt so light), my left biceps partially tore away from its insertion at the elbow - like so many piano strings breaking. I lifted anyway a week after the injury (in the 165 lb or 75 Kg class) for team points. I deadlifted over 600 lbs. at the meet but had to reverse my grip so that my injured left hand was now overhand and the right underhand. I decided not to get it repaired but did give the arm a rest for about four weeks before I started working it. In most cases, however, lifters with torn biceps are able to start training in earnest by five or six months or so after surgery. Since it's been six months, I'd say you're more than ready. There's no reason why you can't be doing light squats, benches and other exercises right now. These won't tax the biceps but will give you a feel for your injured arm. After about four weeks I would begin to do some light deadlifts - your grip should be reversed with your left hand overhand (similar to a reverse curl grip). This puts minimal pressure on the biceps tendon. Work up to about 350 lbs in an eight week cycle. Next do another cycle maxing out at 500 lbs. Your next cycle should take you close to 600. After that try to beat your best lift. Let pain and discomfort be your guide all through the rehabilitation period. If it hurts the left arm, slack off a bit. **Mauro**

First item for review this month is a book called the *Kelso Shrug System*, described as a practical guide for bodybuilders and strength athletes. It is written by Paul Kelso, a long-time popular author in *Powerlifting USA*. The book itself is nicely done - 2-color cover, nice artwork, and it concerns itself with the concept of using shrugs in unique ways to assist in physical and strength development. This is a result of work that has been ongoing since 1968 in Paul Kelso's mind, developing many variations of strong movements that are not commonly utilized by powerlifters, but have a lot of potential in bodybuilding as well as strength applications. It's an 'exotic' kind of assistance work and since so few people give these exercises much of a try, the average person could well derive many gains from studying this book and applying some of the principles. There's also a big section on using the Gerard Trap Bar and much on how to work with your existing bone structure and initiate growth. The book brings out many ideas from the old days which may be very pertinent to today's powerlifting training. One of the overall impressions that I derived from reading the book was that powerlifting is really an expression of the underlying desire of people to improve themselves. Paul personalizes his feelings in this regard by telling his own tale of starting out in the Iron Game. He currently resides in Japan teaching English, writing articles, and covering the Asian powerlifting scene but he does have an agent in the United States who is handling the book sales for him. You can purchase a copy of the book for \$9.95 (US) plus \$2.00 shipping and handling from Middle Coast Publishing, P.O. Box 2522 Dept. KP, Iowa City, IA 52244.

The next item up for review this month is the new book by Jim Williams, self-described, and eloquently so, as "powerlifting's greatest bench presser." He certainly was a man who moved the ultimate bench press mark well upwards in a relatively short period of time, and his marks were not approached for many, many years afterwards. Jim was assisted in writing this book by his close friend Sam Diana. One thing that should be mentioned at the outset is that if you are an English teacher, you're not going to like this book because there are many examples within it of 'creative' spelling, punctuation, sentence structure and so forth. To a powerlifting enthusiast that will be almost irrelevant, because despite those inadequacies, the spirit of Jim Williams - his intuitive knowledge, and his intuitive understanding of bench pressing comes across forcefully. Much of what Jim expounds in the book is simply common sense, but he does apply his unique reasoning to many aspects of the form and function of bench pressing, as exemplified by his rather heretical theory of training the bench press on an almost daily basis. He still has the lift in him, and talks in the present tense of doing a 770 lb. bench even though his best years are chronologically behind him. He reveals some true training secrets from his own years under the bar. One of the items (which ties in with our previous review item) is the so-called "lying shrug". Jim also explains how riding a bike also helped of dozen chapters, none of them

powerlifting's great world championship lifters on the tape, Tom Magee, who has been trying to make it as an actor in Los Angeles these last few years. Appearing bearded and quite lean, he recounts some of his achievements in powerlifting and in strongman competition. You can purchase this 3rd edition of *POWERLIFTING VIDEO* Magazine through their ad on page 84 of this magazine, and that concludes this month's powerlifting review section. (Submissions for review are welcome to Box 467, Camarillo, California 93011)

Another item for review in the video realm is the Summer '93 edition of *Powerlifter Video*, the third installment in this video magazine series. The host of the production is again Chuck LaMantia, looking relaxed and performing professionally. The tape starts out with Anthony Clark's squat workout with his own personal commentary. There are some neat special effect, wide-angle looks, of his training.

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FOR REVIEW

New Print/Video Products Reviewed by Mike Lambert

long, which cover a range of subject matter. One of the most interesting sections is what he calls his "honor roll", where Jim expresses his feelings about a number of the great figures in powerlifting. Flowing through Jim's conversational writing style is the undeniable dedication that this man had to a single lift, the bench press, and how he totally involved his mind and body in understanding the movement and achieving his goal of greatness in that field. For those who are only vaguely familiar with Jim's achievements, they are well described in the book. There's hardly any detail of the Williams' training ideology or his personal history or his layman's philosophy of strength training that goes unmentioned in this rather lengthy treatise which includes items such as workout sheets as well as very detailed workout schedules. The book is available for \$19.95 from Jim Williams, 512 Adams Ave., Scranton, PA 18510, and a whole sale price is available for dealers.

Next up for review is something that is not, I believe, available for purchase, but it shows what is going on with Pete Gison's meet and may help you decide about tapes of his future meets. Pete makes a supreme effort to get media coverage, radio and TV, for his contests and his ADFPA New York State Meet in February culminated in a very fine videotape production, covering the event in a style appropriate to, say, ESPN. The video included interviews, highlights, well edited music, etc. A tape of this quality of powerlifting meet would be among the most professionally produced ever offered for sale and I believe Pete may have tapes available from his ADFPA Deadlift Nationals, so keep an eye out for them.

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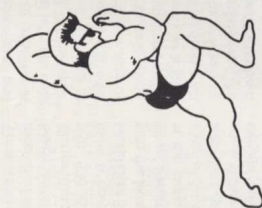
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703	TOKARSKI, C	28JUN92
670	LAIN, K	25APR92
650	ARCIDI, M	07SEP88
640	WILCOX, S	03MAY85
620	TENPENNY, J	07SEP88
614	HARDMAN, T	23OCT83
611	WILSON, D	07SEP88
611	PIECH, B	16AUG87
611	PIECH, B	21JUL90
605	HANSEN, G	23APR88
605	HITTINGER, M	25FEB89
601	MORAN, L	24JUL83
601	DONNEEN, K	07SEP88
601	WILSON, S	28JUN87
610	BENTLEY, T	17JUL88
601	THOMPSON, G	20AUG88
600	WILSON, S	07SEP88
600	KILEY, K	10AUG86
600	APRBR	10AUG86
600	WOOD, J	13NOV88
600	WEH, M	19NOV88
600	ROBINSON, J	09NOV91
600	WILSON, D	07SEP88
600	ISSAC, T	14MAR93
590	CAREY, S	27OCT88
584	PALMELLA, D	07SEP88
584	PALMELLA, D	08APR88
582	RESHEL, G	13JUN92
580	NOGALES, F	26JUN86
580	MULET, L	29AUG87
580	HAFFNER, E	10SEP88
576	PIERS, J	10SEP88
576	RYDER, K	06JUN81
575	WILSON, S	16NOV86
575	LANC, K	10APR88
575	LANC, K	10APR88
575	LANC, K	10APR88
573	PATTERSON, C	30SEP78
573	GAMBLE, J	24JUL81
573	MEDURIOS, J	02APR89
573	GAITANA, B	14MAR92
570	UPCHURCH, E	09NOV85
570	D'ARIZZO, A	21MAR93
567	JACOBS, R	10APR88
567	TULLIN, K	09JUN86
567	TULLIN, K	24OCT92
565	PONZI, S	28MAR81
565	BROWN, D	07SEP88
565	BROWN, D	22SEP91
565	NIMMONS, S	07SEP81
565	NIMMONS, B	06FEB93
562	GIVEN, R	06FEB93
562	KIDNEY, T	19AUG79
562	WILSON, S	10APR88
562	HARBOUR, A	03DEC88
562	LEATO, T	27FEB93
560	RILEY, E	07SEP88
560	ARNOLD, D	03MAY86
560	COLLINS, H	13MAR89
560	CATT, B	20JUL91
560	NAPKROWSKI, J	09AUG92
560	SEWER, J	03APR93
556	NICHOLS, W	22NOV87
556	VILANUCCI, V	17JUL88
556	MALLARD, D	14MAR92
555	BARREE, D	13JUL85
555	STICKLAND, O	08FEB86
555	CASSELL, R	03NOV90
555	POOL, D	28DEC91
555	MILLER, E	13MAR93
555	MILLER, E	13MAR93
551	WADDINGTON, D	12MAR78
551	FAMMAGLI, S	16FEB90
551	WILSON, W	10APR88
550	MERREL, J	10JUL83
550	HANVES, T	28SEP85
550	ATLAS, S	01FEB87
550	STRENGTH, S	10MAR97
550	ZUPANCI, T	12MAR89
550	SAUERHO, R	19MAR90
550	SAUERHO, R	21APR90
550	HAMMOND, R	06NOV87
550	FLORINELLI, R	06NOV87
550	HARRIS, C	14DEC91
550	ROGERS, D	03FEB92
550	UCOPI, T	02FEB92
550	ROBINSON, R	10MAR92
550	ROKANZA, J	24MAR92
545	SWANSON, W	22AUG86
545	ONEY, C	28NOV87
545	ARIZZO, A	21APR92
545	ARIZZO, A	21APR92
545	TULLAOKIA, P	21MAR92

(wheelchair, amputees, etc. not included)

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Now a few words about those great new ingredients. Well, there's Colostrom for starters — called a potent growth stimulator by The American Chiropractic magazine. You'll also find Sikadeer Antler Powder — an ingredient that contains many natural hormone potentiators, and other nutrients which can strengthen the heart, muscles and central nervous system.

There's also Radix Astragal, an oriental adaptogen herb used for energy and improved protein synthesis. We've also added another oriental herb called



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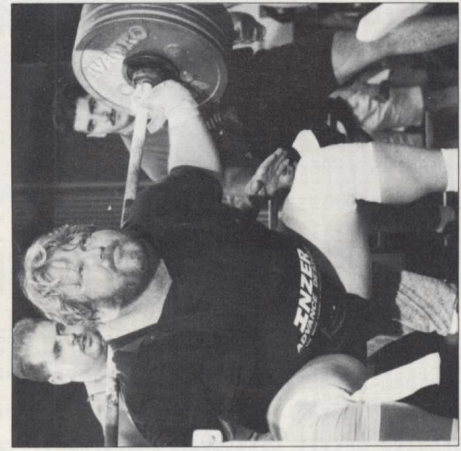
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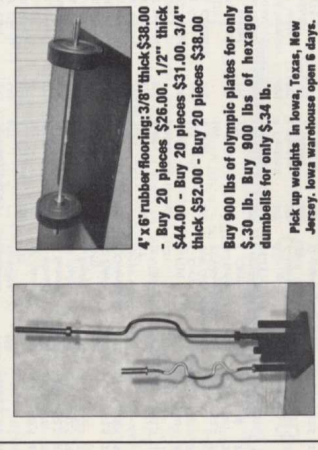


Kell Classic Champs... include, front row, left to right, Justo Baurista, Richard Green, Karen Maurer, kneeling, Joey Almodovar, Tom Piazza; back row, Jim Corsilo, Louis Loria, Steve Brodsky, Joe Kardum, Charles Privitera (Ann Tuitt)

From Island-Kell Classic II
26 Jun 93 - Oceanside, NY (kg)

Women	SQ	BP	DL	Total
L. Kardum	102.5	60	112.5	275
C. DeAngelis*	72.5	47.5	110	230
J. Tomasi**	92.5	30	95	217.5
L.14	60	42.5	75	177.5
R. Green* BL	137.5	85	157.5	380
132	125	82.5	147.5	365
165	135	82.5	147.5	365
J. Almodovar*	245	140	247.5	632.5
J. Kilcarse	200	160	202.5	562.5
R. Piazza*	175	115	225	515
181	200	165	260	625
T. Piazza	260	165	260	685
R. Stark	200	132.5	205	537.5
S. Levesque**	172.5	107.5	197.5	477.5
S. S. Yerrakada*	170	102.5	172.5	445
198	262.5	130	272.5	665
M. Carillo	255	125	272.5	652.5
198	255	125	272.5	652.5
L. Almodovar*	200	160	195	555
R. Allhouse	180	165	205	550
P. Gamplohom	172.5	107.5	197.5	477.5
M. Marowitz**	152.5	82.5	167.5	402.5
J. Kardum	317.5	190	382.5	790
J. Shaw	250	160	247.5	657.5
A. Yerrakada*	142.5	105	172.5	420
242	330	192.5	380	802.5
L. Cudraro	252.5	215	227.5	695
E. Riquel	262.5	172.5	255	695
T. Burns	250	187.5	255	692.5
G. Kardum	200	137.5	245	582.5
T. Cudraro*	200	137.5	245	582.5
G. Levesque**	182.5	160	192.5	535
J. Klubker	180	130	192.5	502.5
L. Loria*	292.5	192.5	267.5	752.5
M. K'ung	272.5	170	267.5	710
D. Abramson*	277.5	175	237.5	652.5
SHAW	382.5	212.5	335	930

...members of the Island Powerlifting Team. Masters. One of the positive aspects of the continuing growth of the Island Powerlifting Federation meets. The Island/Kell Classic drew twenty-six lifters in its inaugural event last year. This year's contest hosted 46 lifters and had close to 70 total spectators. The Island/Kell Classic drew twenty-six lifters in its inaugural event last year. This year's contest hosted 46 lifters and had close to 70 total spectators. The Island/Kell Classic drew twenty-six lifters in its inaugural event last year. This year's contest hosted 46 lifters and had close to 70 total spectators.



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ADFFA High School Nationals (kg)

Women	SQ	DL	Total
E. Schwall	80	92.5	207.5
L. Matthews	65	37.5	177.5
B. True	42.5	75	155
S. Sullivan	100	50	255
K. Ertter	67.5	27.5	182.5
M. Landis	80	32.5	187.5
N. Stevens	112.5	55	177.5
R. McMillen	40	35	125
R. Schurr	87.5	47.5	100
J. Sibbe	75	42.5	117.5
J. Hill	77.5	42.5	117.5
C. Evert	65	37.5	105
E. Patton	67.5	35	87.5
J. Wawro	52.5	25	125
L. Miller	117.5	55	150
J. Milliron	77.5	42.5	117.5
M. Garcia	95	42.5	107.5
K. Tol	82.5	45	90
C. Loeber	47.5	30	157.5
R. Lucas	47.5	30	157.5
L. Lemle	102.5	52.5	130
H. Nash	105	57.5	137.5
H. Davenport	112.5	37.5	130
K. Keenan	102.5	47.5	107.5
C. Locky	82.5	55	92.5
C. Loafman	42.5	40	90
L. Lemle	150	72.5	147.5
A. Sykes	137.5	42.5	145
M. Ushynowicz	137.5	42.5	145
J. Ray	110	50	112.5
R. Coleman	110	50	112.5
K. Cox	82.5	42.5	117.5
M. Keen	95	42.5	117.5
M. Scripper	85	52.5	100
R. McCombell	75	45	105
A. Moran	120	52.5	137.5
S. Bauer	92.5	40	125
M. Gentry	82.5	42.5	117.5
M. Strickland	80	42.5	117.5
L. Landis	102.5	55	142.5
L. Hill	127.5	75	172.5
J. Holst	137.5	75	147.5
K. Kirk	132.5	65	137.5
A. Glasburn	127.5	60	137.5
M. O'Donnell	100	75	125
S. Ladd	100	45	112.5
M. Wendell	100	45	112.5
M. Miller	85	40	102.5

Bulletin Board

...look here for organizational news and notes... In the process of moving the U.S.P.F. office from North Carolina to Texas the order forms for the Jr. National video tapes have been lost. I would appreciate it if anyone that hasn't received their tape would contact King's Gym (P.O. Box 4444, Asheboro, N.C. 27204) so that we can take care of this unfortunate situation. Sincerely, Sandy King. Any powerlifters who also practice Olympic lifting are urged to consider trying out for a berth on the USA team that will compete during September 1994 in Perth, Australia in the 10th Men's World Masters and Inaugural Women's World Masters Weightlifting Championships, which is being organized by long time powerlifting and weightlifting official Frank Lamp, who hopes for as many as 300-400 participants in the event. USA participants will wear their spots through the USWF Masters Championships, and the National Chairman of that program is Walt Imahara, 17512 W. Muirfield Dr., Baton Rouge, LA 70810. The 1993 World Masters Championships will be held in Newton, Georgia this September 7th-12th...there are powerlifters who have potential as professional boxers, according to coach John Black (not the John Black who is USPF President), who has worked with Gary Halsey and more recently Jim Bombard, who was very impressive with his 38" vertical leap - a factor which correlates very strongly with knockout power, according to research that John has conducted. Of Bombard, he says that if he loved boxing as much as he loved powerlifting, he could well have been the heavyweight boxing champion. John is looking for other, large-type powerlifters to find a prospect for boxing stardom. If you are interested, contact John Black at 4860 W. Montara Circle, Las Vegas, NV 89121.

BPF British Championships

26,27 Jun 93 (kg)

Women	SQ	BP	DL	Total
W. Westbrook	132.5	90	160	382.5
McCalmom	45-49	95	47.5	135
S. Seaborn	42.5	25	80	147.5
A. Scott	350	225	345	927.5
B. Stovon	350	225	345	927.5
M. Jordan	16-17	120	60	140
C. Banks	315	235	297.5	847.5
M. Brown	30	240	330	500
M. Brown	50-54	25	130	305
A. Boltov	370	220	377.5	967.5
F. Kabb	375	262.5	335	972.5
P. Tregloan	400	245	300	1025
J. Singh	16-17	92.5	50	132.5
D. Sharland	240	122.5	232.5	600
M. Oakley-Johnor	170	100	155	405
M. Manning	200	102.5	265	747.5
D. Isaac	225	132.5	250	607.5
T. Jones	45-49	195	105	200
A. Bencepierre	160	120	220	500
M. Duffly	307.5	190	287.5	785
P. Bartlett	190	265	760	1115
M. Murray	275	140	265	680
L. Newell	255	165	230	650
D. Jones	40-44	250	162.5	412.5
C. Crawford	19	225	145	235
S. Palmer	360	175	300	835
S. Brandon	40-44	330	197.5	527.5
F. Hudson	280	190	200	670
B. Bannagan	45-49	245	130	260
S. Allop-Hr.	215	130	235	580
L. Carney	400	200	350	950
K. Hamerton	355	200	312.5	867.5
M. Anderson	305	215	292.5	812.5
D. Beck	322.5	187.5	260	790
J. Gilchrist	40-44	240	127.5	260
M. Callimore	392.5	230	337.5	960

The ANDERSON Tape

Priceless movie reel clips from national archives, incredible video coverage of nearly all of his major lifting records, rare still photographs, personal interviews with those know both him and his records - this is THE definitive documentary video history of the unrivaled weightlifting career of the last American Superheavyweight to win a Gold Medal for weightlifting in Olympic competition. Paul Anderson, a giant of a man in life and spirit - with his stirring commitment to God and helping unfortunate youth, following his Olympic Gold Medal win, remains an inspiration to this day.

The STRONGEST MAN in Recorded History

Priceless movie reel clips from national archives, incredible video coverage of nearly all of his major lifting records, rare still photographs, personal interviews with those know both him and his records - this is THE definitive documentary video history of the unrivaled weightlifting career of the last American Superheavyweight to win a Gold Medal for weightlifting in Olympic competition. Paul Anderson, a giant of a man in life and spirit - with his stirring commitment to God and helping unfortunate youth, following his Olympic Gold Medal win, remains an inspiration to this day.

Price: \$39.95 plus \$3.50 shipping and handling for each 1 hour, 35 minute VHS format videotape (PAL available for most overseas markets) (CA residents add 7% sales tax). Send your name, address and payment check to Powerlifting USA, Box 467, Camarillo, CA 93001.

ADFFA Southern Bench/Deadlift

8 MAY 93 - Hinesville, GA

Open Bench	Masters		
B. Coleman	280	C. Barfoot	220
T. Heiter	220	T. Green	220
148	J. Geiger	300	
J. Anderson	325	V. Geiger	135
J. Geiger	300	V. Geiger	135
165	Open Deadlift		
C. Poole	330	132	
M. Gerschner	275	165	
M. Gerschner	275	165	
D. Cox	340	C. Poole	550
220	C. Daniel BL	675	
R. Hendry	390	C. Daniel BL	675
J. McRae	340	C. Daniel BL	675
R. Jackson	350	I. Murrell	550
242	R. Jackson BL	475	242
R. Jackson BL	475	242	
J. McCabe	3440	M. Williams	475
M. Williams	330	Masters	500
J. Sanders	330	Masters	500

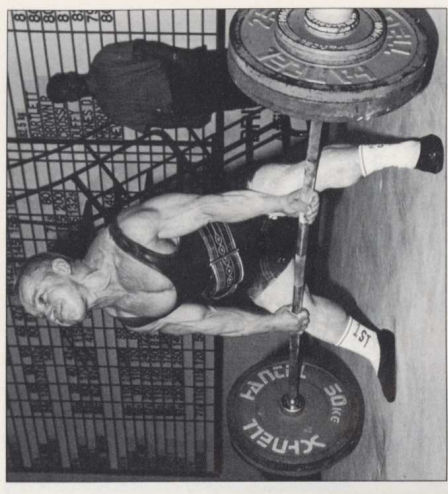
Special thanks to Jim Grizzard, Julio Cruz, Dave and my family for their support. (Thanks to Duane Ference for the results.)

USPF Drug Free Bench Press

1 May 93 - Lima, OH

Teen Light	Light	Open	
L. Hammer	215	D. Herring	300
R. Lamson	215	C. Richardson	300
C. Richardson	275	M. Mangum	275
M. Mangum	275	C. Scott	360
C. Scott	340	C. Goodpaster	360
C. Goodpaster	340	198	
198	M. Anderson	365	
M. Anderson	365	R. Naeder	365
R. Naeder	365	S. Smith	325
S. Smith	385	R. Brown	390
R. Brown	390	C. Daniel BL	675
C. Daniel BL	675	D. Herring	300
D. Herring	300	M. Hammer	385
M. Hammer	385	R. McCollow	330
R. McCollow	330	J. Bailey	245
J. Bailey	245	242	
242	J. Brown	390	
J. Brown	390	J. Douglas	355
J. Douglas	355	132	
132	132	275	
275	140	D. West	375
D. West	375	148	
148	310	SHW	475
SHW	475	T. Murray	470
T. Murray	470	D. Carter	335
D. Carter	335		

Best Lifters: Light - Galea Scott, Heavy - Dennis Murray; (Thanks to Alicia Bell for the most results.)



Alex Degovets zooms up the all time ranking list in the 114 lb. class.

In the Superheavyweight class Peter Tregloan was the only lifter to lift over 1000 lbs. total in the 10th Men's World Masters and Inaugural Women's World Masters Weightlifting Championships. At the 1993 World Championships Brian Stanger was the only lifter to lift over 1000 lbs. total in the 10th Men's World Masters and Inaugural Women's World Masters Weightlifting Championships. At the 1993 World Championships Brian Stanger was the only lifter to lift over 1000 lbs. total in the 10th Men's World Masters and Inaugural Women's World Masters Weightlifting Championships.

When Jamie Carney puts his three big lifts together we will be looking at a total in excess of 2300 lbs. The 165 lb. class saw World Champion David

When Jamie Carney puts his three big lifts together we will be looking at a total in excess of 2300 lbs. The 165 lb. class saw World Champion David



Jamie Carney squats 881 at 220 lb. bodyweight at the BPF British Championships (James Benbow photos)

POWER PEOPLE

Rank	Name	Age	Weight	Height	Strength	
1	R. Bingham	440	325	505	1360	
2	M. Warren	200	165	150	300	615
3	T. Devenour	148	120	100	200	450
4	M. Kiburg	470	310	505	1285	
5	M. Kiburg	470	310	505	1285	
6	M. Kiburg	470	310	505	1285	
7	M. Kiburg	470	310	505	1285	
8	M. Kiburg	470	310	505	1285	
9	M. Kiburg	470	310	505	1285	
10	M. Kiburg	470	310	505	1285	



Big Macks... on May 17th twin boys left and Mike Mack both squatted 200 lbs. below parallel, benched 105 lbs. and deadlifted 190 lbs. The boys are only 10 years old and are 5'5" tall and 170 lbs. with 25" thighs. They are trained by their father, New York State Masters Superheavyweight Record Holder Mike Mack Sr. The boys want to play professional football someday as either offensive or defensive linemen. Left to right, Jeff, Mike Sr., and Mike Jr. (photo courtesy Mack)

1983. One of the best benches in the A.D.F.P.A., Jeff had missed 440 by a hair. Jeff is a long time lifter and has managed a fine balance between lifting and training. Jeff is willing to trade his bench for any contest in his lifetime. Drug free division, Josh Thorburn turned in a nice top and tear-down and in between, Jeff latched up on Omaha put together a nice total with very little rest. The big battle of the day in the division, Jeff Bookchin did a fine job in the Deadlift, Tony Huerta did a fine 400 in the Deadlift. Mark baited down to the wire with Ace taking the lift and then term around and cheer for each other and help each other out. In the 165 Master, the newcomers and young lifters. It made for a lot of excitement and good lifting. We will continue to promote the ADPA in Iowa and we plan to have a contest between now and May of 1994. October 23, we plan on hosting the 12th annual big day of lifting and looks good for more. Jan 22, we plan on hosting the 13th annual big day of lifting and looks good for more. We will continue to attempt to schedule other events for the benefit of all lifters concerned. Many of the issues that have divided lifters in Iowa are being resolved and we are working on them. Only time will tell what is the best. Thanks to all who helped and lifted in our contest. (Thanks to Meet Director Michael Foglia for providing these meet results to Powerlifting USA)



ADPA Iowa Championships, 24 Apr 93 - West Des Moines, IA High School BP

Rank	Name	Age	Weight	Height	Strength	
1	R. Bingham	440	325	505	1360	
2	M. Warren	200	165	150	300	615
3	T. Devenour	148	120	100	200	450
4	M. Kiburg	470	310	505	1285	
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7	M. Kiburg	470	310	505	1285	
8	M. Kiburg	470	310	505	1285	
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Conditioning Unlimited got 2nd as a team at the USPF Georgia State Meet, left to right, bottom, Andy Stokes, Willie Simmons, Butch Sharpe, top, Randy Stokes, Charles Allen, Joe Deverville (courtesy S. Knight)

Table listing names and numbers for the Georgia State Meet, including M. Serrano (450), B. Coleman (315), D. Thompson (240), etc.

Bioren won Norway's second gold medal with his second lift. He was especially strong in the clean and jerk. He was especially strong in the clean and jerk. He was especially strong in the clean and jerk.

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CRANS MUSCLE WORKOUT Personalized Training Routine by Ricky Dale Crain. Includes items like Crain's Muscle World Cap, Power Dip Belt, etc.

USPF Georgia State 27, 28 Mar '93. Table with columns for Open, SQ, RP, DL, Total, listing athletes like D. Coleman, W. Grider, L. Brown, etc.

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The Dungeon Powerworks Slam Bench and Deadlift (Drug Free) 3 Apr 93 - Constanine, MI. Table listing names and weights for various lifts.

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Third Weightlifting Unlimited BP 132 27 Feb 93 - Winchester, VA. Table listing names and weights for various lifts.

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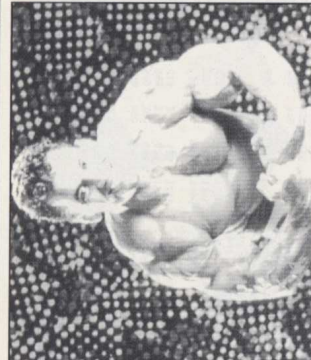
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Fred Koch, developer of the IRONMAN Training System



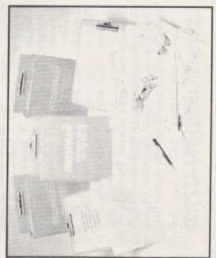
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ADFFA Northwest Open

1,2 May 93 - St. Louis Park, MN

Men's Open	SQ	BP	DL	Total
D. Abrowski	265	175	310	750
I. Annis	270	210	340	820
L. Jaques	55	320*	135	510
R. Haxmasier Bl.	500*	370*	445	1255*
D. Anderson	400	210	420	1090
A. Sofichalk	400	240	445	1085
B. Hanson	365	280	440	1085
B. Vitek	330	275	380	985
D. Baldorf	320	255	400	975
R. Dodge	330	200	415	945
J. Poplawski	405	305	480	1190
T. Mass	425	265	495	1185
D. Treat	400	340	420	1160
C. Erickstrup	550	350	550	1450
F. Sheridan	475	325	540	1340
Z. Bachmiller	500	345	475	1320
M. Edlestein	615	390	635	1640
J. Cahill	625	350	605	1580
M. Dowall	480	445	530	1305
C. Payne	480	440	530	1305
K. Bellie	545	350	505	1400
W. Cillingham	635	420	585	1640
R. Hudyma	570	390	515	1475
R. Proskany	570	390	515	1475
T. Schepner	705	515*	705	1925*
R. Bilson	600	395	630	1625
G. Reed	390	370	460	1220
W. Schmitt	345	345	415	1105
C. Reed, Jr.	390	370	460	1220
K. Skarwell	400	340	385	1125
R. Sadowksi	540	300	565	1405
Women Open				
W. LeBlanc	165*	105*	145*	415*
S. Radtke	215	160	250	625
D. Lundgren	195	165	255	615
S. Nelson	245*	140	280*	665*
L. Eason	235	140	280*	665*
W. Jaroslowski	240*	110*	240*	590*
L. Dorance	200*	110*	250*	560*
Women Master				
S. Radtke-39	215	160	250	625
W. Jaroslowski-42	240*	110*	240*	590*
W. Jaroslowski-44	200*	110*	250*	560*
Men Masters				
J. Annis-43	270	210	340	820
R. Sainati-48	355	240	505	1100
R. Healy-46	425	220	455	1100
S. Reid-44	375	235	440	1050
L. Child-46	240	220	300	760
W. Waldorf-40	480	280	480	1240
J. Todd-42	405	325	375	1105
L. Tomasi-41	355	295	340	990
D. Schmitt-40	330	225	340	945
R. Phares-43	350	185	405	940
C. Berntsen-42	485	400	435	1420
R. Child-46	270	260	365	895
D. Letendre	370	260	365	895
A. Wood-43	365	340	440	1145
M. Remus-41	375	235	455	1065
Men Grandmaster				
R. Davis-69	540	300	565	1405
J. Soudaki-54	270	170	380	820
B. Lhyre-74	125	120*	165	410
R. Briggs-50	460	265	425	1150
G. LaBelle-53	325*	265*	380*	970*
R. Markert-58	335	220	400	955
R. Davis-69	250	315*	300	865
R. Davis-69	250	315*	300	865
L. Kappeller	475*	360*	500*	1335*
Men Novice				
D. Abrowski	265	175	310	750
J. Baker	205	125	305	635

ADFFA North West Open

(photograph provided courtesy of Erin Feldges)

A. Stender	330	330	485	1145
M. Naah	175	110	170	455
M. Schumer	550	315	540	1405
J. Decowski	440	390*	500	1330
J. Frye	435	255	480	1170
C. Meyer	350	260	420	1030
B. Johnson	505*	345*	505*	1355*
B. Wickelgren	425	320	325	1070
L. Kappeller	475*	360*	500*	1335*
S. Doran	295	255	365	915
B. Healy	425	220	455	1100
J. Peck	380	260	505	1145

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ADFFA Northwest Open

1,2 May 93 - St. Louis Park, MN

Men's Open

SQ BP DL Total

D. Abrowski 265 175 310 750

I. Annis 270 210 340 820

L. Jaques 55 320* 135 510

R. Haxmasier Bl. 500* 370* 445 1255*

D. Anderson 400 210 420 1090

A. Sofichalk 400 240 445 1085

B. Hanson 365 280 440 1085

B. Vitek 330 275 380 985

D. Baldorf 320 255 400 975

R. Dodge 330 200 415 945

J. Poplawski 405 305 480 1190

T. Mass 425 265 495 1185

D. Treat 400 340 420 1160

C. Erickstrup 550 350 550 1450

F. Sheridan 475 325 540 1340

Z. Bachmiller 500 345 475 1320

M. Edlestein 615 390 635 1640

J. Cahill 625 350 605 1580

M. Dowall 480 445 530 1305

C. Payne 480 440 530 1305

K. Bellie 545 350 505 1400

W. Cillingham 635 420 585 1640

R. Hudyma 570 390 515 1475

R. Proskany 570 390 515 1475

T. Schepner 705 515* 705 1925*

R. Bilson 600 395 630 1625

G. Reed 390 370 460 1220

W. Schmitt 345 345 415 1105

C. Reed, Jr. 390 370 460 1220

K. Skarwell 400 340 385 1125

R. Sadowksi 540 300 565 1405

Women Open

W. LeBlanc 165* 105* 145* 415*

S. Radtke 215 160 250 625

D. Lundgren 195 165 255 615

S. Nelson 245* 140 280* 665*

L. Eason 235 140 280* 665*

W. Jaroslowski 240* 110* 240* 590*

L. Dorance 200* 110* 250* 560*

Women Master

S. Radtke-39 215 160 250 625

W. Jaroslowski-42 240* 110* 240* 590*

W. Jaroslowski-44 200* 110* 250* 560*

Men Masters

J. Annis-43 270 210 340 820

R. Sainati-48 355 240 505 1100

R. Healy-46 425 220 455 1100

S. Reid-44 375 235 440 1050

L. Child-46 240 220 300 760

W. Waldorf-40 480 280 480 1240

J. Todd-42 405 325 375 1105

L. Tomasi-41 355 295 340 990

D. Schmitt-40 330 225 340 945

R. Phares-43 350 185 405 940

C. Berntsen-42 485 400 435 1420

R. Child-46 270 260 365 895

D. Letendre 370 260 365 895

A. Wood-43 365 340 440 1145

M. Remus-41 375 235 455 1065

Men Grandmaster

R. Davis-69 540 300 565 1405

J. Soudaki-54 270 170 380 820

B. Lhyre-74 125 120* 165 410

R. Briggs-50 460 265 425 1150

G. LaBelle-53 325* 265* 380* 970*

R. Markert-58 335 220 400 955

R. Davis-69 250 315* 300 865

R. Davis-69 250 315* 300 865

L. Kappeller 475* 360* 500* 1335*

Men Novice

D. Abrowski 265 175 310 750

J. Baker 205 125 305 635

Christine Moorman benches 160 at the School's Out Open (Baertlein)



Christine Moorman benches 160 at the School's Out Open (Baertlein). Moorman, a senior at the University of Illinois, set a new state record for women's 160 lb bench press at the School's Out Open in Everett, WA. She was the first woman to reach 160 lbs in the state. Moorman is a three-time state champion and a two-time national champion. She is also a member of the national team.

USPF Schools Out Bench Press
12 Jun 93 - Everett, WA

Teen Men

198	J. Queen	325
199	P. Lopez	270
200	M. Durfley	230
201	M. Durfley	230
202	P. Lopez	230
203	K. Edwards	450
204	K. Edwards	375
205	M. Moser	375
206	K. Edwards	375
207	D. Bell	290
208	M. LeDoux	290
209	M. LeDoux	315
210	E. Field	315
211	E. Field	315
212	E. Field	315
213	B. Cooper	450
214	B. Cooper	390
215	B. Cooper	390
216	J. Ackerman	375
217	K. Dudley	385
218	Masters	260
219	P. Hondo	260
220	P. Hondo	235
221	P. Hondo	655
222	M. Magruder	375
223	M. Magruder	275
224	M. Magruder	275
225	L. McLaughlin	275
226	L. McLaughlin	275
227	R. Spalding	220
228	M. LeDoux	290

NASA Open Meet
24 Apr 93 - Lompoc, CA

Wt	DL	Total
123	175	315
135	185	375
150	195	450
165	210	510
180	225	585
200	250	650
220	275	725
240	300	810
260	325	890
285	350	970
315	375	1050
350	400	1150
390	425	1260
435	450	1380

"Barbil" - 45 year old Bil Hess pulls a 600 pound deadlift at the NASA Lompoc Open. (B. Hess)

As the meet progressed, so did the spirit of the lifting to each other. A special thanks must be given to the referee, Mark Gustafson (staff), meet coordinator and NASA certified referee and director and NASA certified referee Sharon Hudson (staff), and the present Mark Gustafson, Head Referee, and the present Mark Gustafson, Head Referee, and the present Mark Gustafson, Head Referee.

UBPP 5th Central California Bench
21 Mar 93 - Fresno, CA

Women	Men	Wt	DL	Total
155	J. Carril	315		
165	H. Auseri	295		
175	J. Koster	400		
190	R. Herrick	390		
200	R. Herrick	390		
210	A. Torres	335		
220	J. Koster	435		
230	M. Ashworth	370		
240	T. Jimenez	360		
250	D. Monroe	280		
260	T. Jimenez	480		
270	S. Nichols	460		
280	C. Kneel	310		
290	A. Flores	197	242	439
300	D. Valdez	350	350	700
310	M. Armistead	350	275	625
320	R. Salom	305	N. Burnett	475
330	M. Burnell	300	T. Skarby	415
340	A. Burnell	300	T. Skarby	415

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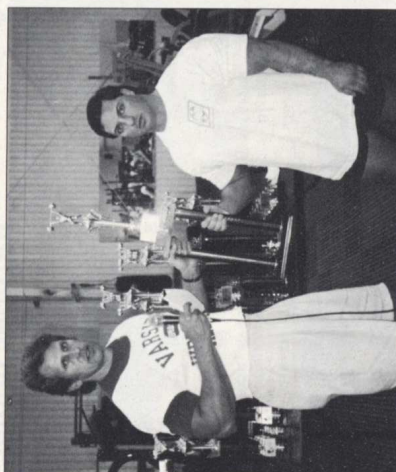
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I certify that the above answers are correct and that I am eligible in accordance with the rules of the U.S. Powerlifting Federation.
SIGNATURE X

3 Apr 93 - Rapid City, SD

L. Smith	300	450	750	
K. Macalek	305	350	655	
C. Walsh	310	320	655	
M. Grimsmyer	242	295	510	805
C. Adberg	340	455	795	
C. Weymouth	350	440	790	
M. Parker	350	475	825	
D. Jacobsen	250	410	660	
R. Irbay OL	485	550	1035	
K. Ortiz OL	555	640	1195	
S. Hughes	385	580	965	
D. Wasmers	400	665		
D. Wasmers	225	465	710	
Women				
L. Williamson-148	225	300	525	
L. Williamson-132	125	225	460	
L. Walker	125	240	365	
C. Kretsch	125	240	365	
Outstanding Lifter BP/123: Teens-Damion Collins; 35-50: Knut Ortiz; Light: Tony Carver; Submaster 35-50: Knut Ortiz; Light: Tony Carver; Submaster 35-50: Knut Ortiz; Heavy: Knut Ortiz; Light: Carlos Rojas; Team Awards: BP 6 DL: Weight Room; BP-Wyoming Team. (results from Weight Room.)				



Meet Director Gordon Weir, at left, presenting Mark Welch his award at the 11th Mississippi State Bench Press Championships, where he took 1st place in the 220 lb. class with a lift of 500 lbs.

11th Mississippi State Bench Press

1 May 93 - Jackson, MS

Open	M. Hudson	500		
Women				
M. Powell	3260	SHW	545	
J. Jackson				
J. Walker				
R. Laney				
M. Weir	500*			
B. Shinn				
R. Comick				
D. Pothol				
K. Kennedy				
H. Henderson	470			
A. S. Sibley	group of about 50 lifters	172	320	650
competed in the 11th Annual Mississippi State Bench Press Championships in Jackson, MS. A 132 lb. crowd of over 200 people watched several new state records fall. The winners were: R. Laney (242 Masters (SHW) Teen 1989-91); Karl Franch (242 Masters (SHW) Teen 1989-91); Jeffery Jackson (275) and competed in the 11th Annual Mississippi State Bench Press Championships. Records were set in the 165 lb. class by John Vining. R. Coons				

APA "Drug Tested" DL Nationals

18 Apr 93 - Port Charlotte, FL

Women			
R. Laney	555		
N. Tessler	200		
A. Pospol	200		
I. Fitzgerald	380		
D. Orr	265		
C. Vasquez	255		
D. Pothol	255		
K. Buser	210		
B. Sherwood	350		
C. Sibley	475		
C. Sibley	320		
K. Gaskell	510		
P. Jackolin	485		
P. Fyre	245		
R. Morelli	650!		
E. Pasternak	360		
E. Ramirez	300		
B. Moore	675*		

m- Masters world record, 1-Teen world record, 1-Open world record. *FL state record. Meet Director Gordon Weir presented the trophies to Nancy Tessler set a woman's masters 48-44 record by lifting 240 and weighing barely over 100 lbs. She is the only woman to lift 240 lbs. in the open class. Rich Laney of Sarasota, FL, set a new drug free world record with a 570 pull in the 165 lb. division. Beau Moore set a new state drug free FL record with a 675 lift in the 220 lb. division. The way up with 705 but due to technicalities with the lifting quality was high at this meet. All lifts and the award designed specifically for this competition were not available anywhere else in the US. Best lifters were: R. Laney, N. Tessler, A. Pospol, I. Fitzgerald, D. Orr, C. Vasquez, D. Pothol, K. Buser, B. Sherwood, C. Sibley, C. Sibley, K. Gaskell, P. Jackolin, P. Fyre, R. Morelli, E. Pasternak, E. Ramirez, B. Moore.

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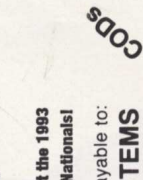
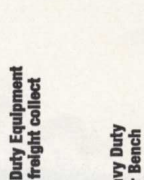
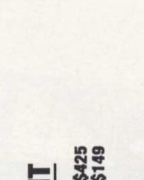
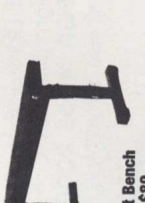
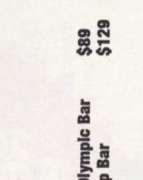
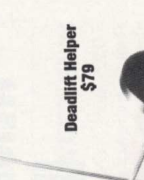
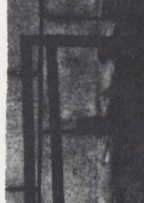
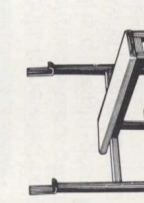
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willing to put themselves and their careers on the line. Those that do are usually the ones at the top.

Let me warn you about something, too. Once you start taking such risks, your whole life changes. Every day is exciting and new. You learn who you are and what you can become. It's magic.

During my career, I've heard a lot of athletes say things like, "I'm not going to compete in that meet or against that guy. I don't want to look bad." The hell with looking bad! What's wrong with looking bad now and then? I enjoy a lot of things that I do badly. Some of my most rewarding and meaningful moments in my life have occurred when I looked bad. In fact, what I consider one of my greatest accomplishments in my life I looked absolutely foolish doing. What did I do? I climbed the Great Wall of China. Now I know what you're thinking: "Blasto, what's the big deal about that?" Thousands of people climb the Great Wall every day. Even young children have climbed the Great Wall. I know, but none of those people are suffering from extreme acrophobia. Let me tell you, when it comes to heights, I have about as much courage as an Iraqi soldier after thirty days of bombing. I get scared half to death even if I just jump a little too high. Consequently, climbing the Great Wall was a monumental task. In case you've never seen the Great Wall, it's a million miles high. At least that's the way it looked to me. I'm not ashamed to say that I was completely petrified, and as soon as I started climbing it I became even more terrified. When I got halfway up the wall, I actually got down on my hands and knees and started crawling. The other people who were climbing were laughing and poking fun at me. Some of them even stopped and took my picture. As frightened and embarrassed as I was, though, I didn't quit. Slowly but surely I crawled one step at a time until I reached the very top of the wall. I know I looked bad, but I climbed the wall and, in the process, faced and won over my fear. I'm really proud of that; as I said before, it's one of my greatest accomplishments.

The risk that I had taken was great, at least for me, but what had I learned was even greater. I learned that I could be anything I wanted to be, provided that I had the courage to suffer a little, struggle a little, and work a little. I also learned that happiness comes only when we push our hearts and minds to the furthest reaches of our capabilities, and that the meaning of life is to matter, to be all that you can be. Then and only then, can you go into the stars. *Judd Blasiotto, Ph.D.*

(article continued from page 17)

or five. We were in the mountains for a week's vacation. It was dark outside, and my mother told me to stay away from the lake. Of course, when she told me that, that's exactly where I wanted to go. So, as soon as she turned around I was off to the lake. She came down after me and told me to go back up to the cabin. Then I heard my dad say, "I still remember his words." Let him go. You told him about the danger, let him find out for himself." As soon as she let me go I hauled butt back down to the lake. I couldn't have been down there more than five minutes when I accidentally walked off the back end of the dock. On the way down I hit my head on a rowboat, opening up a nice gash on my head. The next thing I knew my Dad was pulling me out of the water. I know my mother's heart was in her throat, and I'm sure my dad was eating his heart out too, but they knew that if they restricted me from living life fully, I'd never grow. All growth involves risk. I'll say this too, experience is the best non-directive teacher you'll ever have. It's a beautiful thing - real magic. It will give you the skills to deal with reality, the courage to live life to it's fullest. Like I said, magic.

You know, there's one thing I'm certain of: if you don't have the "guts" to put yourself on the line now and then, your chance of success is limited. I firmly believe that in order to reach the top, an athlete has to know how to live on the edge. He has to enjoy the element of risk and danger just a bit. I'm not talking about taking needless, senseless, uncalculated risks. "Bungee jumping" from 10,000 feet or attempting a 500 pound squat when your personal best is 300 pounds proves nothing except that you have the intelligence of a turp. What I'm talking about is intelligent, calculated risk-taking in which the action in question is a risk that has a legitimate cost-reward relationship. As I've already mentioned, I believe that, in order to reach the pinnacle of your field, you have to learn to live on the edge, to enjoy the element of risk and danger - at least to a reasonable degree. Look back through the annals of time, and I think you'll find that people who had the courage to take a chance, who faced their fears head-on, were those who shaped history. The people who played it safe, who were afraid to take a risk - well, have you ever heard of them? Sports are full of great physical specimens, but there is a real shortage when it comes to athletes who are willing to play their game with reckless abandon. Athletes who are

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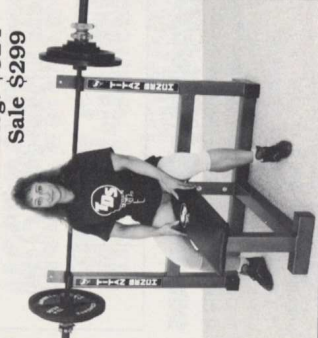
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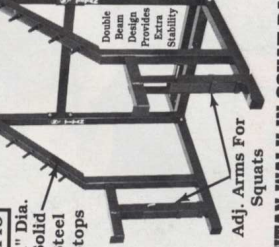
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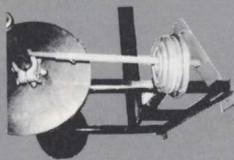


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Diagram 1

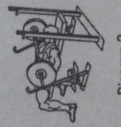


Diagram 2



Diagram 3

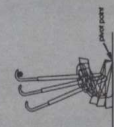


Diagram 4

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 Bob Moore 644-2727

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 No late entries will be accepted

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November 7th, 1993
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12 APR, ADPA Central States PL, BP, Dead Power Co., UALR Athletics Dept., 2801 S. University, Little Rock, AR 72204, 510-569-5167 (day) or Larry, NY 982-7668 (night)

24 APR, 12th ADPA Drake Valley Festival/Meat/America Bench Press, Deadlift, and Iron Men Extraneous (3 yr., lifeline, masters, submasters, women, Jr., collegiate, special olympic, teen), Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313, 515-246-1524

14-15-16-17-18-19, Iron Men Extraneous, Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313, 515-246-1524

7 MAY, 1st Carol Champs Jr. & Men's Bench Press (open, men, Novice, Master, 40+, 50+), Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313, 515-246-1524

17-18 SEP, USPF World Championships, Edinboro, PA 16710, 814-338-6449

5-6 OCT, ADPA National Bench Press, Bob Gagnor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 or 474-6111

8-9 OCT, ADPA National Bench Press, Bob Gagnor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 or 474-6111

12 NOV, 2nd Annual 300+ & Bench Press Bachelors (open, men, masters), Marshall/Veteran, 895 N. Boyshorn Rd., W. San Jose, CA 95112, 408-275-6449

P.S. when writing a meet director for information ALWAYS include S.A.S.E. (Stamped, Self-addressed Envelope), (except for Canadian foreign meets) for the meet director to return an entry blank or other information to you, and if you desire to telephone a meet director, include a telephone number and a fax indicated a specific time to call his number and DO NOT CALL THE MEET DIRECTOR COLLECT.

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1-3 APR, ADFA Lifetime Drug Free Nationals, Brian Washington, Box 20042, Baltimore, MD, 21284, 410-944-2866

2 APR, Best of the Northeast VII (BP-DL separate contest - open, women, teen, masters), Carl Secker, 24 Jefferson St., Warren, PA 16365, 814-725-5942

9 APR, 4th Annual Iron Men Extraneous (3 yr., lifeline, masters, submasters, women, Jr., collegiate, special olympic, teen), Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313, 515-246-1524

16 APR, NASSA Tropicana/University of Arkansas Championships

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Oregon Open Bench Press
24 Apr 93 - Hoodriver, OR

123	B. Klein	250	S. Simpkins	148
124	T. Brown	180	C. Schauf	125
148	D. Laube	350	C. Bergstrom	155
155	J. Roberts	190	J. Roberts	150
145	L. Evenden	265	Heavy	145
175	C. Lane	370	R. Riddle	175
170	R. Peare	370	R. Riddle	170
115	R. Peare	370	R. Riddle	115
110	R. Peare	370	R. Riddle	110
114	R. Peare	370	R. Riddle	114
114	R. Peare	370	R. Riddle	114
155	J. Keenan	435	J. Keenan	155
190	S. Reyes	345	S. Reyes	190
150	D. Millet	345	D. Millet	150
140	B. Hager	420	B. Hager	140
240	M. Olivarez	365	M. Olivarez	240
210	J. Bergstrom	415	J. Bergstrom	210
180	B. Padilla	390	B. Padilla	180
280	P. Kayadeth	390	P. Kayadeth	280
245	M. Heuberg	325	M. Heuberg	245
235	J. Chavez	325	J. Chavez	235
270	J. Lanzler	320	J. Lanzler	270
215	R. Wyers	440	R. Wyers	215
285	A. Tusa	415	A. Tusa	285
255	K. Brown	510	K. Brown	255
315	J. Vining	505	J. Vining	315
230	R. Whitaker	305	R. Whitaker	230
365	C. Chouhar	350	C. Chouhar	365
305	M. Eagles	360	M. Eagles	305
345	C. VanWyk	325	C. VanWyk	345
310	J. Diaz del Leon	315	J. Diaz del Leon	310
310	High School Women	310	High School Women	310
114	McCain	148	McCain	114
90	Warner	135	Warner	90
155	Heavy	115	Heavy	155
155	Bekdis	90	Bekdis	155
110	Neibon	110	Neibon	110

Best Lifters: Overall Men: Jonathan Byers, Mas-
cop, David Johnson, Women: Lynn Rose, High
School Women: Lynn Rose, Lynn Rose, Lynn
Women-Agri Warner: Team Trophies High School
1. Milwaukee, 2. Hood River Valley, 3. The Dalles;
Adult Open: 1. Better Bulky, 2. Multnomah, 3.
High School District for providing these meet results.)

2nd Steve's Gym Bench Press
8 May 93 - Elkhart, IN

340	Natural	340	G. Homola	340
330	B. Ramsey	400	T. Liffick	330
400	R. Reed	375	R. Reed	400
350	D. Currie	350	D. Currie	350
365	K. Luczkowski	245	M. O'Brien	365
360	M. O'Brien	245	M. O'Brien	360
360	G. Williams	240	G. Williams	360
325	A. Ball	198	A. Ball	325
150	Black	148	R. Black	150
300	L. Boshoven	275	R. Frece	300
132	Men	132	T. Van Thomas	132
165	Wider	165	M. Wider	165
240	R. Salvagni	275	J. Ball	240
400	S. O'Kelly	305	S. O'Kelly	400
315	M. Bogart	375	M. Bogart	315
325	J. McNeill	400	J. McNeill	325
625	C. Tokaraki	400	C. Tokaraki	625

Ice-Skating Championships: Steve's Gym Bench Lifters: Non-
Shawn O'Kelly, Special thanks to Big Lou, Mike
Bogart, Greg Simmons, Steve Wider, Phil Abbott,
John Szawski, Ben Horner, and Jenny Albert.
(Thanks to Jon Smaker for providing the results.)

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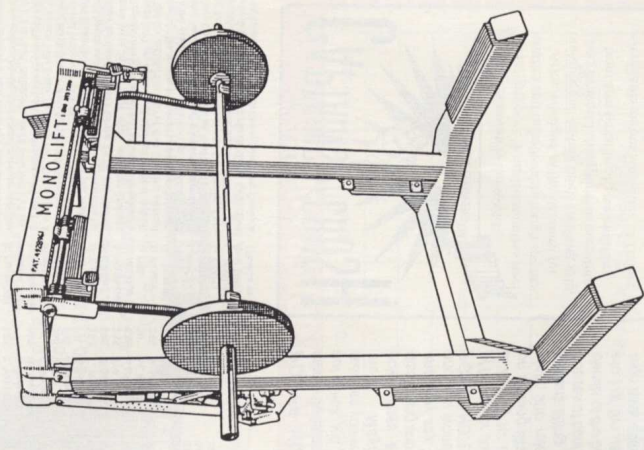
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Metro Omaha-Council Bluffs, BP
3 Apr 93 - Council Bluffs, IA

- Natural 132
- T. Ho 295
- B. Heck 215
- S. Douanagara 225
- A. Ligouri 200
- Novice 215
- T. Lonergan 315
- L. Ligouri 225
- J. Droggett 200
- 198 198
- J. Webb 495
- Z. Olney 245
- D. Lubjigen 345
- D. Droggett 335
- 220 220
- 242 242
- 415 415
- Masters 40+
- SWW 480
- L. Liddell 450

A special thanks to all the lifters who showed up...
Council Bluffs Press Classic. The 132 lb. lifters...
natural's saw Tom Lonergan win with his 315...
198's saw some good benching with Jeff Webber...
405 bench and Brian Tipperoy coming out with a 1st...
Dopel's own gym member Cal Jacobs benching a...
huge 480 on his second attempt to beat out LC...
was 500 lbs. to win, but the torque made trying...
in the masters congratulations go to Louis Ligouri...
who had the best overall squat formula with...
to Tom Ho, and best Heavy to Cal Jacobs. Con...
gratulations to both of them on jobs well done. The...
winning team was West Ninth Street Gym (Tom...
Ho, Tom Lonergan, Rick Olney, and Larry Cook), A

huge thank you to Virgil Pickett, owner of the...
facility to host the meets. Thanks to Virgil's son, his...
partner, Jim, and to his wife, Therese, for doing...
health and good lifting (results courtesy Jeff Baird)

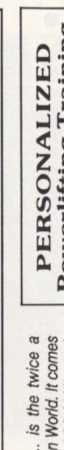
- APF Clifton County YMCA BP
24 APR 93 - Wilmington, OH
- Women 169
 - C. Platz 310
 - W. Tong 125
 - T. Vanderpool 275
 - A. Kirby-147
 - 120 181
 - M. Monroe 370
 - T. Miller 345
 - C. S. 235
 - Young 104
 - 375
 - S. Peck-134
 - 260 198
 - S. Cable-145
 - 250 D. Wall
 - D. Hamer-145
 - 255 N. Grimsley
 - M. K. 130
 - 155
 - F. Young 370
 - Master 40-44
 - B. Bayless-275
 - 430 R. Nauder
 - 355
 - 325
 - 228 Edelman
 - 450
 - E. Freeman-181
 - 335 L. Simmons
 - 435
 - J. Vest-173
 - 310 K. Peterson
 - 430
 - M. 390
 - T. Carothers-169
 - 280 R. Gallard
 - 360
 - M. 300
 - W. McCollow
 - 330
 - R. Wayne-204
 - 450
 - B. Coyne-208
 - 340
 - T. Vanthon 440
 - Masters 55-59
 - 310 W. Andrews
 - 415
 - T. Panche-184
 - 240
 - 275
 - 190 M. Tate
 - 490
 - S. Mount
 - 460
 - 290 B. Bayless
 - 430
 - B. Matthews
 - 385
 - 285 308
 - 480
 - C. Monroe
 - 270
 - D. Lillie
 - 345
 - 225 SHW
 - 490
 - D. Hammer
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