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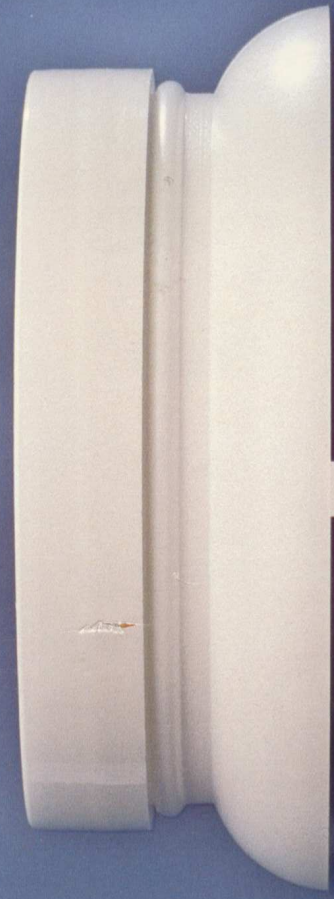
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Heads
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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success... through their own love for the sport... this is their magazine!

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ON THE COVER..... Paul Anderson (courtesy Larry Coleman), Jr. World Champ Bob Eucker (Herrick), and Shane Hamman.

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A GREATER STRENGTH

Remembering the Patriarch of Powerlifting

PAUL EDWARD ANDERSON

October 17, 1932 - August 15, 1994

A Tribute Written by Herb Glossbrenner



Throughout recorded history, and long before, the quest for greater physical prowess has inspired men to strive to reach the utmost capacities of human physical achievement.

We as powerlifters all revere strength. The focus of purpose is the substance of progress. Our goals whether it be mind, body, or spirit give our life purpose and meaning. A Walter Lippmann quotation says it best: "Only the consciousness of a purpose that is mightier than any man and worthy of all men can fortify, inspire and compose the souls of men."

To who among the elite in strength does powerlifting owe its heritage? Who leaves behind a legacy that will be marveled for generations to come? He is one man named Paul Anderson. He was my boyhood inspiration along with countless others. As a 13 year old I witnessed Paul's astounding strength on a mid summer's afternoon in a movie theater. So enraptured was I that I sat through the movie twice so I could see the Motion picture newsreel three times. From that day on my hero-worship became an obsession for the strongest of all men. It has lasted my entire life, and I feel the same way today. I have been often been accused of glorifying Paul. Guilty as charged, but being a statistician I have never exaggerated or attributed more to Paul than what in my heart I believe he has done.

Who among the vast collection of history's most magnificent strongmen deserves the undisputed title of the strongest there ever was or will ever be? I really believe Paul Anderson is the strongest man who ever lived. If there was anyone stronger before recorded history then his feats are lost forever in the mists of time.

Let us see what some of the greatest strength lords of our era have said about Paul:

Chuck Ahrens - (as told to his closest friend John Orsini, 1977 148 lb. World P/L Champ) "I could do 310 in a standing one arm side press with a dumbbell. Paul could do it for reps with ease."

Anthony Clark: "It's sad to see such a great lifter go. He was so upright, and just, and did so much to help the kids. Now he's in a better place."

Ed Coan: "Though I never met him personally until the Strength Symposium in Florida, I saw films of him lifting in his heyday, with such absolute ease it was astonishing. Using his strength to benefit others is something that should make all powerlifters proud. What a great benefactor to mankind."

Jan Cole: "My love and respect

rest of the World at that time. His exploits planted a seed, and Paul became the inspiration worldwide for what we call powerlifting today.

Paul's mainstay was protein foods. He consumed enough milk daily to keep a dairy in business just by himself.

Yes, no question about it. Papa Paul was the Patriarch of Powerlifting in recorded history. In 1953 before AAU officials, Paul squatted with 830.5 when only Heppburn (CAN) his last year as an amateur in 1956, he was handling routinely 900 lbs. for reps.

After winning two national titles and becoming world champ in Munich, Paul weighed between 340 and 360 lbs. His body measurements were enormous - neck and biceps - 24", chest - 58, waist - 46, forearms - 16, and calves - 20. His thighs measured a stupendous 36 inches in circumference. The secret to Paul's incredible leg strength may have been that his quadriceps tendons were three times the size of a normal man.

Becoming Olympic champ was a foregone conclusion. The Russians wanted no part of him and withdrew their heavyweight Medvedev (100 lbs. behind Paul's best and doubled up in another category). The Melbourne, Australia newspapers said Paul was the only assured gold medalist. All he had to do was show up to claim his medal after first going through the formality of doing the lifts. Paul came down with a strep infection a few days before he was to compete. Antibiotics were ineffective. His fever climbed to 104 degrees, and the infection spread to the inner ear, affecting the canals which control the body's balance. Paul became very dizzy. The doctors refused to allow him to lift, but he fooled them by gobbling large quantities of aspirin to reduce his fever.

When he did make it finally to the Nationals, he astounded all. He earned a trip to Russia that summer and captivated a sell-out capacity crowd in Moscow's outdoor amphitheater in Gorky Park. In the Russian training hall there were nothing but platforms and chalk boxes and their shiny chromed barbells. Paul found a secluded corner and used a chinning bar to construct squat stands. He loaded up over 700 lbs. and did sets and reps in the squat. He helped rewrite the training philosophies of the Russians and the

rest of the World at that time. His exploits planted a seed, and Paul became the inspiration worldwide for what we call powerlifting today.



Paul toyed with his attempts in the Olympic Lifts (courtesy Coleman)

1,000 with the aid of hooks. Paul was built for benching and actually did far more than his 627. Paul had a special safety device that would protect him from injury. He told me but asked that not reveal it because in the past few years his credibility has been the target of publicity seekers trying to discredit him. He felt his reputation had been tarnished through.

I talked with Paul in regards to his squatting depth some time back. He said he did 1,115 rock bottom. The 1,230 was right at parallel, no supportive equipment, no belt, nothing.

As a professional Paul far exceeded his best Olympic style lifts as an amateur. When Vlasov finally broke his amateur three lift total record with 1184.9 lbs. at the 1960 Olympics, Anderson tested himself in his training quarters that same day and did 424.4 press, 347.2 snatch, and 424.4 clean and jerk to total 1196. He only took one clean and jerk and then finished his workout.

Paul was the first to lift from the

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Paul was the first to lift from the

eyes.

Once on the Ed Sullivan show in the late fifties Paul lifted a carousel loaded with people. Signals got crossed and the entire cast of the show climbed aboard as well. With twenty million viewers watching on live TV there was no backing down. Paul just had to lift it. With a monumental exertion of superhuman strength, lift it he did. A modest educated estimate of the total weight was in excess of 7,000 lbs.

Paul once admitted to me he may have lifted even more when once at his Youth home in Vidalia he hoisted up the rear end of a hay wagon loaded down with two huge horses.

Paul used the earnings of his strongman acts to raise money to build a Christian home for wayward youth. He was true to his word fulfilling his promise for a lifetime commitment to do God's work. He spread the word of the Omnipotent Being's majesty with over 500 speaking engagements a year punctuated by feats of strength unrivaled by a host of the greatest strongmen past and present. Paul kept up his rigorous schedule for over 17 years. Sometimes he would drive all night to perform talks and turn around and drive back with little or no sleep.

A little known fact about Paul is that he was the first amateur to clean and jerk 200 kg. (440.9 lbs.). He did 440 in winning the US Nationals in 1956 in Philadelphia. This is unofficial because the barbell was never weighed. The audience stormed the stage and the barbell was rolled behind the curtain. The Mr. 'A' Physique event proceeded immediately. Curiosity got the best of Paul and he ambled over to the site the following day. The still loaded barbell still sat there untouched.

Accompanying Paul were the US Teams two lightest champions: Vinci (123) and Berger (132) did an impromptu two-man clean and jerk with it. Then they put the barbell on the scales - 443! (So Paul really made the 200 kg. four years before Ashman and Vlasov - 1960). Incidentally, the two little guys went on to win the Olympic gold in Melbourne as did Paul.

Paul married his childhood sweetheart Glenda Garland in 1961 and together they realized Paul's dream for the youth home.

Along with his strongman acts Paul also tried his hand at professional wrestling and later boxing. In those days they didn't pay so much. His speaking engagements and demonstrations were much better for fund raising.

Paul's amateur W/R Standing Press record of 409 stood for seven years before it was beaten by Vlasov



Paul was a Big Man... physically and spiritually. (courtesy Coleman)

(URS) with 415. When the Russians came to visit in 1958 at the third team match in Madison Square Garden, Paul - now being a professional - performed after the amateurs were done. He was humming at 390 and clean and pressed 424 for 2-1/2 reps. He was going to surpass all the records, but for every minute after midnight, Hoffman had to pay plenty, so that was the end of that. In Birmingham, AL, on March 30, 1963, at one of Paul's exhibitions he became the first man in history to clean and press 200 kg (440.9 lbs.). It was a strict press. Zhabotinsky, the 6'5" 350 lb. 1964 Olympic champ was the first to match this as an amateur on June 18, 1967. It was four years later and the beginning of the cheating heave-ho style which brought eventually an end to this lift in 1972. It simply was voted out of existence.

Paul was an uplifting speaker. He didn't need a microphone. His booming voice could be clearly heard in the largest auditorium. Paul enjoyed surprising audiences. Sometimes to demonstrate his flexibility he'd put his foot up on a table and do the hurdler's stretch in a ballet-like move. He was quick and agile, and after first checking the stability sometimes would spring from the floor in a flat-footed leap on top a 30" table. This was no problem since he had a tremendous vertical leap. He could do over 10 feet in a standing long jump. Once for fun



Paul improvised to come up the heavy duty gear he needed. His need for equipment was as much ahead of his time as his lifting was.

he ran a challenge 40 yard sprint against the W/R holder of the 440 Yard dash at the time. Jim Lea spotted Paul 10 yards and barely overtook him at the finish line.

Anderson was a great believer in the free enterprise system. Once after a demonstration he signed autographs for a group of students. Finally Paul realized one of the boy's had been through the line several times. When confronted by Paul the lad confessed, "I believe what you said about free enterprise, Mr. Anderson" He remarked, "I'm

after driving all night he stopped at a hotel to catch forty winks. "I forgot to unfasten my seat belt and realized it when I was dragging the car behind me." One serious young fellow came up afterward and asked Paul if that was really true.

Once after four or five speaking engagements and hopping planes, Paul arrived in Atlanta. He drove from there to Vidalia dog-tired and looking forward to crawling in bed. Then he remembered he'd promised to attend a football game that some of the youth at his home were playing in. It was 100 miles in the other direction. They had waited for him; and despite his fatigue, he went. They arrived in time to see one of the boys injured on a play.

He was rushed to the hospital, paralyzed with a brain concussion. They rushed the youth to Macon 60 miles away and operated for a blood clot. He was given a 50-50 chance of survival. Each staff member volunteered to stay, but Paul declined. He stayed because his name is on the sign. The boy miraculously recovered.

Once dog-tired awaiting a flight, Paul took a quick nap. He found a seat next to a busy corridor near the gate where he would board his plane. He fell immediately into a deep sleep. His head drooped to a position which caused snoring. It evidently escalated to a grand crescendo. He jumped in the middle of a great snort and leaped to his feet. Just

metal at the 1956 Melbourne Games.

Paul found Jesus about that time and dedicated his life to God. He wanted to do something positive with his new-found notoriety and decided to become a professional strongman. He would generate money by touring the country and use the proceeds to establish a youth home for kids who were troubled, alone or orphaned. Simultaneously he would preach the Gospel. Paul put together a strongman act and hit the road, traveling from town to town, criss-crossing the country, performing at county fairs, church groups, weightlifting contests - wherever he could find an audience that appreciated displays of power.

I saw him perform in the mid-1950s in what was a typical rendition of the Anderson road show of the era. At the conclusion of a local Olympic lift meet, Anderson, weighing 360 at a height of 5'8", strode to the platform to begin with a demonstration of the clean & overhead

Paul Anderson, The King is Dead... another tribute to Paul Anderson by Marty Gallagher

Paul Anderson is dead at 61. Strength athletes everywhere should pause a moment to mourn his passing. Called the father of modern powerlifting, Andy was instrumental in defining, legitimizing and popularizing the three powerlifts. His enthusiastic support aided powerlifting's survival at a time when that survival was in doubt. Having the backing of a champion with Anderson's impeccable credentials helped beat back a movement to kill the young sport.

Not everyone wanted powerlifting to survive. Many individuals in the Olympic lifting community felt that powerlifting would siphon off the available talent and lead to the ultimate death of Olympic lifting in this country. Better to strangle the fledgling sport in it's crib rather than legitimize it, they darkly intoned. As it turned out, they were right. Powerlifting did siphon off the lion's share of tal-

spheric level of raw power. Finesse and technique be damned. The Dixie Derrick, as his fans called him, discovered that huge size and strength gains could be developed by handling immense poundage in varying rep ranges in full and partial movements. His workouts were marathons and his eating copious. He instinctively felt protein fueled his gains and rebuilt his muscle. His food intake was as legendary as his lifting. Bob Hoffman related that a European lifting junkie he saw Anderson consume 14 quarts of whole milk in addition to eating vast quantities of food. Paul lifted big, ate big, rested big and he grew big.

His exploits soon reached the ears of the Olympic Lift establishment and he was encouraged to try his hand at the only legitimate weight sport of the time. Although he was awkward and possessed next-to-no technique on the clean and snatch, his pure horsepower was beyond belief. He skyrocketed to the top of that sport and garnered the highest honor of them all; an Olympic gold

then talk to the crowd over the public address system. His stage patter was equal parts weight training, God, the virtues of hard work and unadulterated patriotism. His message was direct and honest. He'd lift and talk, lift and talk. Dressed in combat boots, a bathing suit and a tee-shirt, (no lifting belt) as if it were 135, it wasn't a big deal to him; after all, this was just another whistle stop. It was a big deal to us in attendance; this was above the existing world record and he had a lot left over!

He then proceeded to repeat the procedure in the squat. Lift and talk, lift and talk. For his last set they placed every weight they had in the locker and he squatted 900 with no suit, wraps or belt; just a bathing suit and a tee-shirt. Incredibly, he took off his boots and did the lift wearing brown socks! Again, no big deal, he had to perform in Philly tomorrow night, Trenton on Saturday and he wasn't about to kill himself on any one night. We were

thunderstruck then - and we still are now.

Big Andy, the Dixie Derrick, tried repeatedly to get reinstated by the Amateur Athletic Union. He wanted to lift in the Olympics in 1964, 1968 and 1972. These were his peak strength years and he was itching to battle the Russian behemoths Zhabotinsky, Vlasov and Alexeev in a cold war showdown for strength supremacy. Unfortunately, the AAU never wavered and Anderson remained banned for the money he had received from his strongman shows and professional wrestling bouts. Coincidentally, the Russians idolized Anderson.

He had traveled to the Soviet Union in 1956 as a last minute replacement on the US team and lifted in Gorky Park in front of 5000 people in a USA/USSR weightlifting meet. His international debut could not have been more auspicious; he shattered the world record in the press by 70 pounds. The lifted, seen-it-all Russian Olympic jaded, semi-it-all were in turn stunned into awe-struck silence and then a moment or two later, after the shock

then a meek-looking well-dressed gentleman wearing a homburg passed in front of Paul. A leaping, snorting 375-pounder must have scared the wits out of him. He let out a shriek and tossed his umbrella and briefcase in the air. Paul turned and nonchalantly as possible and hurriedly entered the gate to board his aircraft. Behind him, he heard a lot of talk and the sound of a crowd gathering around the hysterical little man. Paul never dared to look back.

Around 1978 Paul's health began to deteriorate. Few knew that Paul suffered from Bright's Disease as a boy. At the ripe old age of six he lapsed into a coma. The doctor said he was done for. After an all night prayer vigil Paul awakened. The doctors considered it a miracle but said Paul would not live to see his 12th birthday. They missed it by fifty years, but it caught up with him in his mid forties. Sometimes between speaking engagements he'd spend most of the night trying to pass a marble-sized jagged kidney stone. He found relief after this ordeal and with great intestinal fortitude, found the strength to fulfill his public obligations. This went on for months. Finally he had an operation, and they removed almost 300 varied sizes of kidney stones. Kidney failure came, and Paul's condition became critical. He got a kidney transplant. It was donated by his only sister Dot and was only 60% compatible. It was necessary

wore off, went into a wild frenzy. They could not have been more amazed had this "oversized, South-ern bumpy" sprouted wings and began to fly figure-8's over the crowd. The Soviet press dubbed Anderson "the wonder of nature" and the Soviet coaching establishment immediately began constructing squat racks and bench press equipment to mimic his training. Prior to the Anderson era, 0 lift conventional thinking was that continual practice on the three lifts (press, snatch and clean and jerk) were all that the athlete needed too do to improve. Anderson razed that temple and ironically the radical philosophic departure his training represented was far better received behind the Iron Curtain than in his own country where his training innovations were generally dismissed. The laudatory "wonder of nature" bestowed upon him in Russia became a derogatory "freak of nature" in the USA. Most experts felt Anderson was a genetic marvel and his training methods were not applicable to normal athletes. Such was the pity; time has totally vindicated

to take strong medication to curtail rejection. It caused destruction to the nerves of the inner ear. He lost his balance and couldn't stand let alone walk. Another side effect was the loss of strength in his lower extremities. Paul became wheelchair bound.

Nine times he was at death's door. His colon burst, causing peritonitis. Later on came a total hip transplant. It was the result of the auto accident which plagued him his entire life. It never took successfully and Paul suffered from sciatica (pinched nerves in the spinal cord) on a daily basis the last few years of his life. Every day he bore excruciating pain. Like Job of the Bible's Old Testament during his years of physical suffering - not once did he waver in his faith - it remained steadfast to the end. It must have been a horrible ordeal, and especially disheartening to one whose physical strength once had reached a level almost beyond belief.

His wife Glenda amplified Paul's convictions. She, with her love, courage, and faith in God helped Paul bear his greatest challenge. Their only daughter Paula was a gift of love from God. Her father's faith in the Almighty reiterated her own. She dearly loved him and will carry on his convictions in the Baptist seminary.

Paul Anderson's life was and is a living testimony. The stately two story white frame house on a 52

Paul Anderson's methods.

In the 1970's Paul Anderson's mighty body betrayed him. The strongest collection of sinew, muscle, flesh and bone God ever assembled in one body began to wither and die. Like Achilles, seemingly invulnerable, Anderson had a weakness: long dormant and festering. Bright's disease is a kidney ailment that Anderson contracted at birth. In the 1970's this insidious disease reared it's ugly head and struck the mighty Andy down. He lost it all in a short period. It was if he was caught in some Faustian bargain. As if God had told him, "Look, I will give you power and strength beyond that of mere mortals. You will reap notoriety and fame, you will win acclaim and be revered, they will call you a wonder of nature". But I will revoke this gift when you are still a young man and call you unto me early."

Paul Anderson has been called home. We shall miss him. Marty Gallagher

Paul Anderson's life was and is a living testimony. The stately two story white frame house on a 52

Paul Anderson's life was and is a living testimony. The stately two story white frame house on a 52



A Great American... Paul Anderson speaking at the Gator Bowl

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The STAR of the SHOW as told to POWERLIFTING USA by Marty Gallagher

The outstanding performer at the 1994 USPF Senior nationals was not one of the Iron Immortals: Coan, Karwowski, Austin, Ganti, Clark, Bell or Goggins. The year old kid who captured the imagination of everyone in attendance. He did so by exhibiting intensity and humility which manifested itself in world record level lifting. The star of the show metamorphosed - like a caterpillar becoming a butterfly, from a boy into a man - in a gallant, but losing effort.

Shane Hamman had been totally overlooked in all of the pre-meet hoopla surrounding the Anthony Clark/Ed Coan "Showdown." The showdown fizzled, but Shane Hamman sizzled. He came within a milli-second of pulling one of the greatest upsets in the history of the sport. The manner in which he conducted himself - before, during and after the competition - conveyed a much larger and more interesting story, a legend...

Anthony Clark has been untouchable over the past few years, both in terms of package lifted and competitions vanquished. Billed as the "strongest man in history" (see his Toka Flex ad) Anthony was, proverbially speaking, Sonny Liston, Mike Tyson, and Larry Holmes rolled into one. Shane Hamman came within a hair's breadth of becoming Clark's Muhammad Ali, Buster Douglas, and Michael Spinks. Not to detract from Clark's status, but anytime a journeyman athlete like Hamman rolls up his sleeves and wrestles a legend back to mortality, it makes for a tale worth repeating.

Clark had a bad meet. He opened with 881 pounds in the squat and lost his balance on his opener. On his second, he could not stand up. On his third attempt, he made a do-or-die guisy lift. Still, 881 is a long way from 1,025 and a little of the lustre was gone. As Shane strode out for his opening squat, a weird thing happened; the crowd cheered as if Madonna and Mel Gibson had just strolled into the room arm-in-arm. It was disconcerting; this was supposed to be Anthony's backyard. Now granted, Anthony had a lot of vocal fans and a lot of terrific support, but when Hamman walked to that barbell for his opener with 903, the roar was deafening.

Cries went up from all parts of the audience. "G'ya some, Shane!" "Tear it up, Big Dawg!" It was a



Shane Hamman at the bottom of his new IFF World Record Squat. (Wagner photo)

harbinger of things to come. Needless to say, Hamman smoked 903. Smoked is an understatement. Vaporized would be more appropriate. Hamman simply un-racked the weight and did an absolute free fall with 900 pounds. Imagine dropping from a standing position into a full squat as fast as you possible could, then rebounding when your ass hit your calves and standing erect - all inside of two seconds. Imagine doing it with half-a-ton and you now have the exact mental image of Hamman's squat technique. It was death-defying. When he bounced back out of the hole with that 903, skeptics became converts. The crowd gasped when he destroyed 959 pounds on a second attempt. Incredibly, for the grand finale, he decimated 986 pounds on his third for an IFF open men's world record, shattering Dwayne Felt's decade old record. Cries of "1050!", "one more!", and "4th attempt!" filled the ears. The kid was on a mission, and the squat was only the first third of his plan.

Hamman now had the crowd in the palm of his hand. He is the possessor of one of the best psyches in the game. He puts one in mind of Karwowski or Kuc. He literally had tears in his eyes as he set up to squat. I sat ten feet in front of him, dead-center, on each of his squats. Close scrutiny of his face revealed tears in the man's eyes as he prepared to lift. Whether tears of joy, rage, or rapture is purely conjecture, but the irrefutable fact was there; emotion welled in the man's eyes; he was called on something

attempt, and narrowed the gap. Hamman took 699 on his second attempt, and narrowed the gap.

When Clark failed to negotiate 733 for the third time, a buzz ran through the hall. "Did the kid have chance?" "Was there any hope?" No one really paid too much attention regarding his chances up until this point; everyone assumed Clark's lead to be insurmountable. Kilo charts suddenly appeared in all parts of the hall as people feverishly calculated what was needed to overtake "the strongest man in history."

The buzz broke into a raucous cheer when 738 pounds was called for the win. "He! This was possible!" The most vocal, enthusiastic, wild, and aggressive crowd powerlifting has ever witnessed in ten years stood and yelled itself hoarse as the man/child stood in the rear of the platform, gazed upward and began to gesture wildly. He was calling upon God to help him pull this weight. Hamman visibly shook;

tremors of emotion shot through his body as his handers exerted him over the chalk box. Tears welled, adrenaline coursed, electricity ran around the auditorium like heat lightning. He strode to the barbell full of purpose and power.

Lifters, spectators, officials, coaches, and medical staff stooped, stood and yelled. Time seemed to cease as the moment of truth was at hand. The volume of audience participation was so great that even I yelled at the top of my lungs. I could not hear my own voice over the roar of the crowd.

Hamman cast his tear-filled eyes heavenward as he stood over the bar. I saw him mouth a prayer. He bent and set his grip. The most powerful legs in the world exploded, and the weight was torn from the platform. Upward the bar flew, past the knees and up those 38 inch thighs the barbell inched towards lockout. The head referee raised his hand to give the down signal. The bar ratcheted into lock-out. The referees arm fell and the word "Down!" actually left his mouth.

Sometime, in that milli-second between the hand signal and the verbal completion signal, the barbell tore loose and crashed to the platform. The crowd collectively moaned. The battle was over. Hamman grabbed his head and winced. He quickly composed himself, acknowledged the crowd, and strode off with his head held high. A class act in defeat and undoubtedly, as we will see many, many times in the future, he will be a class act in victory.

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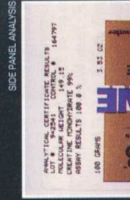
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INTERVIEW

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

B.G. Give us some personal information.

J.M. My name is Jamie Moller. I am 21 years old. I reside in Champaign, Illinois. I am currently enrolled in the Corporate Fitness Program at Western Illinois University in Macomb, Illinois.

B.G. How did you get started?
J.M. I started lifting weights as a sophomore in high school to get stronger for football. When I got to Western, I met a member of the W.I.U. Powerlifting Team who introduced me to Roger and Judy Gedney. They are the people who got me started in powerlifting.

B.G. How long have you been training/competing?

J.M. I have been training with weights for six years and been competing for three years.

B.G. What are your best competitive lifts?

J.M. 810 Squat, 523 Bench, 639 Deadlift and 1973 Total.

B.G. Jamie, what are some of the titles and records you hold?

J.M. 1993 I.P.F. Jr. World Champion, 1993 U.S.P.F. Jr. Nationals (Champion of Champions), 1992 Omni 41 Classic (Best Lifter), 1992 A.D.F.P.A. Collegiate Nationals (Best Lifter), 1991 S.I.U. Open, 1991 A.D.F.P.A. Teenage Nationals, 1991 A.D.F.P.A. Collegiate Nationals. I also have won other State and local titles all at 275. I hope the W.D.F.P.F. Teen World Record in the Bench at 275, A.D.F.P.A. Teenage Records at 275, U.S.P.F.

JAMIE MOLLER

as interviewed for Powerlifting USA by Bob Gaynor



Jamie was injured at the 1994 ADFFPA Men's Nationals, but took some attempts in the squat and deadlift so he could try for a record bench

Jr. National Squat, Bench and Total Records, and A.D.F.P.A. Collegiate Squat and Total Records at 275.

B.G. Give us a breakdown of your training methods.
J.M. Right now I am in the off season so I am doing high reps, mostly form. My routine is like this: Monday: Bench Press: 3-5 Sets 10 Reps of Bench Press, 2-3 Sets of Cambered Bar Press and 2-3 Sets of Dips to failure. Tuesday: Squats: 3 Sets of 10 Reps of Squats, 3 Sets of 10 Step-ups and 3 sets of 10 reps with one legged leg press.

B.G. What are your feelings on steroid use?

J.M. I feel that steroid use is a very personal thing. I myself am lifetime drug free. I don't look down on steroid use, although I do feel that without the drugs the champions would still be the champions. One thing people overlook is the training of these athletes. You cannot do it on steroids alone. You have to have the desire. I have known many people that have used steroids and they all have been great people.

B.G. What are your views on drug testing?

J.M. I feel that the testing meth-

ods have come a long way. There are still many ways around these tests. The main thing about it is the people that are on drugs shouldn't enter drug free meets. There are other federations for that.

B.G. Jamie, do you follow any special diet?

J.M. While at 275 my diet was "everything" I could find. Now my diet consists of oatmeal, chicken, pasta, rice, vegetables and fruit, and an occasional cup of no fat yogurt.

B.G. What advice would you have for beginners?

J.M. I will tell you that powerlifting isn't about winning, it's about doing your best. Trophies will come. Always strive for your personal best, not trophies. Listen to your coaches. They won't steer you wrong and most importantly, get to know your fellow lifters because powerlifters are the coolest people.

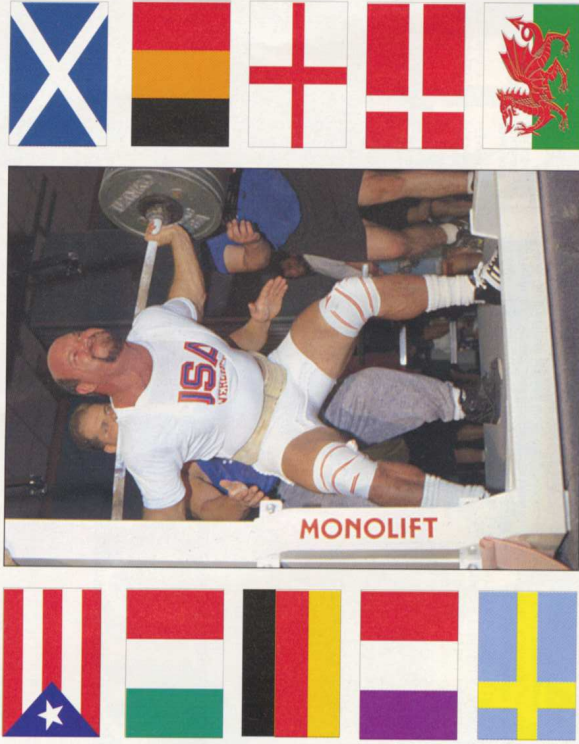
B.G. Are there any other comments you would like to make?

J.M. I have many thanks, so bear with me. First, I would like to thank my family, (Mom, Dad, Tinton and Beef), without your support and love I can go nowhere. Thank you Roger and Judy Gedney for your guidance and support. Next, I would like to thank John "Bink" Binkowski. You have meant more to me as a friend and partner than you will ever know. A special thanks goes out to my best friend, Mark "Hes" Hestak, who has been there with me since the beginning. I know he'll be there to the end. "Thanks Hes". Many thanks go out to my friends who have supported me. Thanks: Scott, Rich, Tom, Bruns, Rose, Nikki, Jen, Walt, Mike and Kevin. My final thanks go out to my teammates at the I.P.F. Juniors, especially Red, Tony, Matt J., Scott, Larry, and the Big Man Jeffery Lewis. Last, to the hardest working powerlifter I have ever known, Mike Waller, "Keep working Mike, you'll get there buddy."

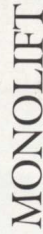
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USA All Time TOP 100 Deadlifters-114
compiled by **HERB GLOSSBRENNER**

500	THOMPSON, R	02DEC89
490	GREEN, BILL	13MAR92
490	HILL, P	17FEB80
485	CASTRO, M	21JUL80
485	CASTRO, M	21JUL80
485	CASTRO, M	21JUL80
485	CASTRO, M	21JUL80
474	CLAY, G	18APR93
474	CLAY, G	18APR93
468	FIELDER, C	07JUL90
468	NGUYEN, D	06JUN92
460	PATERNITI, N	27MAR82
457	HEATH, D	09JAN82
452	TONS, C	01AUG81
452	TONS, C	01AUG81
452	TONS, C	01AUG81
446	BRIGHTWELL, R	10JUN81
446	BRIGHTWELL, R	10JUN81
446	BRIGHTWELL, R	10JUN81
446	BRIGHTWELL, R	10JUN81
446	CARLOS, H	24NOV91
446	BORQUE, K	06JUN92
446	SNELL, K	14MAR92
441	YOSHIZU, D	10OCT81
441	YOUNG, A	21AUG82
441	YOUNG, A	21AUG82
441	YOUNG, A	21AUG82
440	KUSICK, T	16JUN79
440	KUSICK, T	16JUN79
435	STOUDI, L	05JUN82
435	THOMAS, R (F)	17FEB88
435	THOMAS, R	17FEB88
435	VERA, J	14APR90
435	ELLIS, M	04APR81
435	MORRIS	20MAR85
435	ULCH, E	14MAR87
435	ULCH, E	14MAR87
435	CHAMP, M	21FEB76
430	TRAN, L	84
430	HALL, B	MA94
430	KEEL, C	18NOV89
430	CARVER, T	03APR93
429	MCLAREN, R	28MAR82
429	SCHMIDT, J	05JUL86
429	HOWARD, M	28MAR87
429	STANFORD, F	04DEC93
425	MILLAN, E	26AUG78
424	JACKSON, B	12FEB86
424	HARTMAN, M	01DEC89
424	HARTMAN, M	01DEC89
424	SCHLEGER, R	01MAY82
418	SHIO, M	06JUN80
418	ADAMS, L	80
418	MORGAN, J	24MAR84
418	WILLIAMS, R	07JUN86
418	WILLIAMS, R	07JUN86
418	MORAN, M	20APR91
418	PROKUNO, F	20MAR81
418	PENZANO, F	17JAN84
418	JAKUBOWSKI, P	26APR80
415	ANTINORO, T	17JAN87
413	PEARSON, E	20MAR81
413	SNYDER, S	01JUN85
413	LEONARD, A	16JUL94
410	ROSE, M	17JAN81
410	ROSE, M	17JAN81
410	ZEGLA, G	24JAN81
410	SENGER, W	02JUL86
410	REICHERT, J	08JUL89
410	KIMBERLIN, B	30MAR91
407	ESCOBEDO, H	05JUL82
407	MESKEW, K	12JUN82
407	HARDEK, B	31JUL82
407	NEELEY, J	27APR84
407	NEELEY, J	27APR84
407	PADOVA, J	06JUN86
407	HARTIN, J (F)	13APR79
407	HORN, V	13APR79
402	SHEPHERD, P (F)	24SEP83
402	CAMPBELL, E	24MAR84
402	JONES, MAIK (F)	11MAY85
402	KIM, H (F)	01MAY85
402	MOORE, D	19DEC87
402	CHAPIN, L	30APR88
402	RUPPEL, B	13AUG88
402	ZALE, M	04OCT92
400	HOPKINS, R	73
400	PICKLE, D	26MAY90
400	DIER, J	14MAR87
400	FRANKLIN, H	23APR88
400	CONNOLLY, S	10NOV90
396	CHUN, L	17OCT82
396	CUNHA, S	17OCT82
396	FERRERA, M	02MAR83
396	FERRERA, M	17DEC83
396	HUMPHREY, B	07JUN86

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ALL TIME COMMENTARY... Roger Thompson has the distinction of being the only US man to pull the big Five at flyweight. Now we head down the stretch listing the 100 best Americans of all time in the deadlift. Runner-up Green is a virtual unknown did this runner-up 490 lift in a high school meet a couple of years ago. Former National champ John Redding ranks ahead but just a few months over prestigious prison-puller Castro. Viet Tran from Vietnam rounds out this great quintet.

Phil Hille can rejoice knowing that no other dwarf in history could match his deadlift ability. If Stanaszek (POL) with his monster sub-total could stroke 479 as did Phil he'd have a whopping 1377 total. Think about it, but don't get the big head, Phil.

Twenty-three surpassed 200 kg (441) and 25 were over 440. Diana Rowell in 27th leads the women's brigade. No less than 5 ladies invaded the male dominated ranks. The only two just off the list on date comeback are: Steinfeld in 1986 and Carrie Grafam (F) in 1991.

Believe it or not, 200 USA men have done 170 kg (374.8 lbs.) at this diminutive bodyweight-- amazing!
Next month are the 123s. Prepare yourself for a quantum leap into the further most regions of Lamar Land. **Herb Glossbrenner**

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At Westside Barbell we are always trying to increase our back strength. When I first heard of the Safety Squat Bar, also known as the Magic Leg Machine, I bought two. By looking at the bar, it was obvious that it would work differently because it was cambered forward. It places the weight in front of the body's center of gravity. It was clear to me that it would work much like a front squat. Therefore, I knew it would help pulling power, by teaching correct body position. It was true that it works the legs to some degree, as advertised, but it works



Jerry Obradovic is one of the guys at Westside Barbell Club who try out the new training ideas devised by lifting guru Louie Simmons.

the back to a great extent, from top to bottom.

To test the bar's merits, five of us trained with the Safety Squat Bar twice a week, while five others did not. The five that did not use the bar made their usual progress, while the five that used the bar did something very peculiar at the meet we all attended. Only one of the five bar users made more than their opener. Although they felt very strong, their balance was off. One lifter missed his squat at the very top; he just

could not lock out his knees. The bar had apparently changed our groove. We realized this and had only good results from then on.

However, the big surprise was its effect on the deadlift. All five lifters that had used the bar made personal records in the deadlift. We had noticed a dramatic change in our spinal erectors, especially the increased thickness down low, near the tail bone.

I have seen this bar put 100 pounds on a squat and deadlift in less than a year. We strongly believe that success in the squat depends on the back and hip strength of the lifter, and this is what this bar seems to do best - strengthen these muscle groups. I know the bar is advertised as building leg strength, which it does, but if you have correct form, it will develop the hamstring group and the glutes, which is where true squat potential lies. This is something I discovered years ago, and now I had proven it by first-hand

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is to do them without holding on to the bar at all. Not as much weight can be used because they are harder to do this way. A spotter can help control the bar and prevent it from windmilling.

We also found that women can handle a higher percentage of their regular squat weight than men with this bar. This is apparently due to their different structural leverage.

We will use the Safety Squat Bar as our major exercise in the workout, follow this with back raises, and finish with reverse hypens.

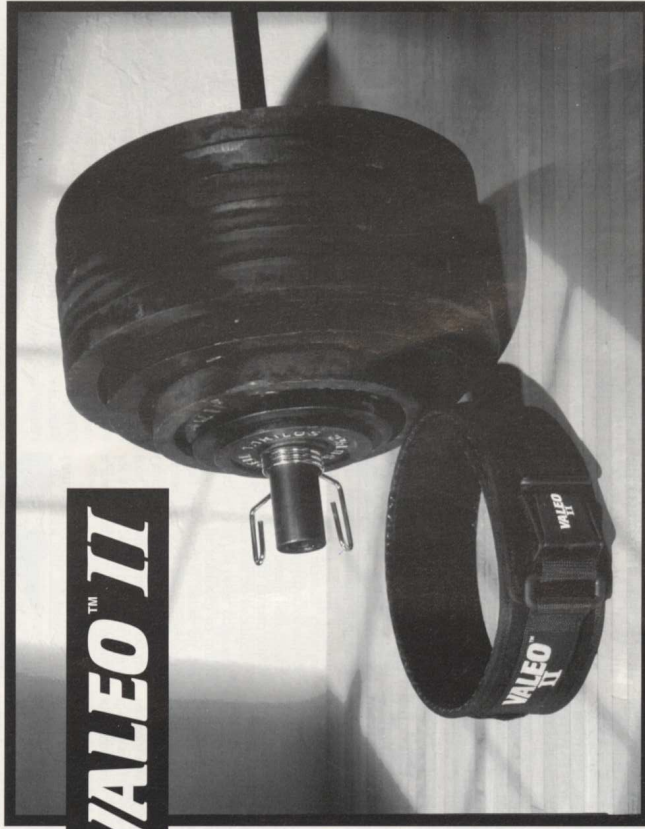
The bar is also great for Hise shrugs, an old but effective exercise for building upper body size. Done with a regular bar, this exercise can be very uncomfortable. However, this is not the case with the Safety Squat Bar, with its well-padded yoke.

If you are looking for a stronger back and a bigger squat and deadlift, I strongly recommend buying a Safety Squat Bar for your facility as soon as possible. It serves as a great alternative to the sometimes boring leg and back exercises you usually do for strength. It has done wonders for the lifters at Westside.

The Safety Squat Bar is available in several models, from Ralph Cepinsek, 130 Barnhill Rd., Hollister, CA 95023, 408-637-0797. See his ad on page 36.

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Post-Seniors Impressions as told to Powerlifting USA by Marty Gallagher



Lamar eases into a 617 deadlift

When the enormity of the weight necessary to over-take Ricks was calculated, we (the three coaches handling Dan) looked at each other slack-jawed. The silence was brooding when someone said, "Look, this is impossible; let's let him try 727 and call it a day." I mullied it over. The expeditor yelled, "We need Austin's next attempt, now!" "No," I said. "Give him 744, if we lose, we lose going for the title!" With a certain dourness and a lot of second guessing the attempt was handed in.

Austin, who had been sitting quietly, centering himself, was summoned. "It's time Dan!" I said. He leapt from his chair, chalked-up and strode towards the platform. Suddenly he stopped dead in his tracks. "Give me some power Marty!" He bent at the waist and clenched his fists, doubled up, as if in pain. I too went over and slammed my head next to his. The sides of our faces touched. I felt another body slam into his other side, it was Pete of Titan Sports, Dan Austin, Pete and myself touched heads and held hands. "Give me some power Marty!", his voice was cracked with emotion. "Dan, you are the finest lightweight lifter in history; now it's time to become the world's greatest middleweight! You can vantage this weight!" "YES! I CAN!", he yelled as he sprung erect, spun and faced the bar. He strode out onto the platform and in front of a packed house screaming itself hoarse, he vaporized the weight. It was divine, it was surreal, it was powerlifting nirvana. It was a lift for the ages.

LAMAR GANT
The greatest lightweight lifter in the world returned from a two year hiatus to recapture the 132 pound title in a casual, offhand fashion. You could almost detect a Lamar Gant yawn as he won his class, best lightweight lifter and the champion of champions award; he was (formula-wise) the outstanding lifter of the 1994 USPF Senior Nationals.

It was an awesome and yet anti-climactic performance. It was a superb lifting effort and yet strangely infuriating, like watching Miles Davis or Eric Clapton give a uninspired performance. You are thrilled to see a powerlifter of Lamar's stature lift, yet disappointed when he seemingly coasts to victory. Like Carl Lewis flinging his hands into the air 25 yards prior to the finish line.

Lamar took one squat, 501; made a 286 bench press and pulled

thru a 617 deadlift. He took a total of six attempts and won the Outstanding Lifter award with about as much emotion as walking out to stage the morning paper off the sidewalk. His approach to dominance is, and has been, controversial. This year was no exception. Gant has been pushed only a few times in his twenty year career; notably Precious McKenzie and Joe Bradley. In his defense, Gant had had his share of injuries and with 20+ years of national and world titles under his belt, understandably might not have the same fire-in-the-belly he had as a twenty year old. Coincidentally, his greatest lifting came in the heat of real competition; real competition.

Mr. Gant can still win a national title - and be declared the greatest lifter over the likes of Coan, Bell, Thomas, Karwowski, Clark, Goggins, Austin, Hile and Anderson - without breaking a sweat. And this while posting a total damn near 200 pounds under his best. I am sure that if some young fire-ball were to suddenly appear Gant would undoubtedly rise to the occasion. Lamar needs this type of a challenge to re-energize himself. He still has that 700 pound deadlift to complete at 132 before he hangs it up. Lamar can train sporadically throughout the year, get serious a few months before the Nationals or the World Championships and still crush the best the planet can offer - this is the true benchmark of his greatness.

Who amongst us, thrust into similar circumstances, would do things any differently? How many world titles, national titles, champion-of-champion awards and world records can a man win before the thrill of victory becomes stale and

556. He missed 567 on his third attempt and had a lackluster (for him) 1460 sub-total. Things were definitely amiss in the deadlift. Coan opened with 749 to cinch the win. He jumped to 821 and the hamstringing. "Forget it, it's not Furnas as he left the platform. For the first time in nearly a decade, Ed Coan had lifted in a powerlifting meet and not set a single world record.

Some serious post-meet discussion and analysis left the distinct impression that Coan will seriously consider lifting in the 242 pound class next year. His weight had been as high as 231 pounds during his training and gaining weight seemed a hell-of-a lot more logical than losing 11 pounds of muscle to make weight as a 220'er. "I seem to be getting bigger. This year, for the first time, I had some difficulty getting down to 220. Maybe my body is trying to tell me something." A healthy Ed Coan at 230-235 pounds would be the ultimate lifting machine.

Two years ago Coan hit his historic 2400 total weighing 220 pounds. His best training lifts, 975 squat, 585 bench press and 900 deadlift (for a deadstop double) add up to 2460. These lifts were made at a 225 pound bodyweight. Coan,

at a full 235 pound weight, would certainly seem capable of lifting 1000 - 600 - 920. Nothing is far-fetched about those numbers. A 2520 total for a 235 pound man would be beyond imagination! But then again, Coan has redefined "beyond imagination" for us many times before.

KIRK KARWOSKI
Captain Kirk Karwowski puts one in mind of the story about the great baseball player who was confronted in a bar by a fan. "You should be ashamed of yourself; you are a role model athlete to kids all over the country," the fan admonished. Stubbing out his Marlboro and downing his shot of Jack Daniels the hall-of-famer retorted, "I ain't no athlete, I'm a ballplayer!" And Kirk is certainly a powerlifter.

Like a hyperactive kid, Kirk is everywhere at the Seniors, much to the consternation of his coaches and friends. I remember glancing to the rear of the auditorium at around 11am on Saturday while handling Dan Austin; there was Karwowski gesturing feverishly to a group of fans. "Damn him, he should be in his hotel room resting." I remember crossing, "Water helps flush the rest of the field. Coan, shaking his head, looked at me. "He always seems ready to spin out of control - but he always comes through." I didn't have to ask him who he was referring to. It was astounding.

performance. It was astounding. Kirk underwent a total physical transformation this year. After existing his whole life on Big Macs, Twinkies, Seven/Eleven beef burritos ("They rule!") and beer, Kirk actually went on a diet. Low-and-behold, the blubber melted like a glacier in the Caribbean and Karwowski ended up weighing 250 with a 34 inch waist, veins, and a set of muscles that left him looking like Vic Richards. The decision was made to lift at 242 at the Nationals and we tried to keep it quiet. No sense in alerting the competition.

Kirk crushed. He set two IPF world squat records, 893 and 914. He backed it up with a 518 bench (pushing 529 to within one inch of lock-out) and deadlifted 760 to finish with a 2193 total. He barely missed a 777 deadlift that would have broken John Kuc's 14-year-old IPF total record. Not a bad day's work for a guy who probably had 200 conversations and probably spent fifteen hours on his feet over the two days preceding the lifting. Ed Coan summed it up best. After witnessing the ease with which Kirk dispatched the Mighty Goggins and the rest of the field, Coan, shaking his head, looked at me. "He always seems ready to spin out of control - but he always comes through." I didn't have to ask him who he was referring to. It was astounding.

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Karwowski trying a world record.

fervisly to a different group of fans. This is the flesh-and-blood definition of coaching exasperation. Switch to another scene; Kirk is five pounds overweight with less than 24 hours to weigh-in. He is drinking copiously from a half gallon bottle of water. "What are you doing Kirk? I thought you were five pounds over? So why are you drinking water like a camel after a desert crossing?" With great conviction he retorted, "Water helps flush the rest of the field. Coan, shaking his head, looked at me. "He always seems ready to spin out of control - but he always comes through." I didn't have to ask him who he was referring to. It was astounding.

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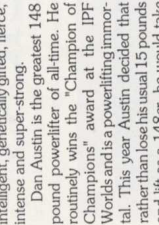
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DAN AUSTIN
There always seems to be an epic battle (or two) at this meet. Last year it was the Bell-Anderson-Herring dogfight at 198. This year it was Clark-Hamman and Ricks-Austin.

David Ricks is the three-time IPF world champion. He has been the dominant middleweight lifter in the world, unassailable - up until this meet. Ricks, a Navy officer, is intelligent, genetically gifted, fierce, intense and super-strong.

Dan Austin is the greatest 148 pound powerlifter of all-time. He routinely wins the "Champion of Worlds" award at the IPF Worlds and is a powerlifting immortal. This year Austin decided that rather than lose his usual 15 pounds and lift as a 148er, he would take Ricks on as a Middleweight. The lines were drawn and the battle commenced.

Ricks out-squatted Austin, 644 to 628. A first attempt miscue forced Ricks to repeat his opening bench and eventually cost him the title. Ricks pushed 396 and then 418. Austin pushed a 369 and at the sub-total was behind the three-time world champion by a staggering 66 pounds; not an enviable position. Both men made their opening deadlifts; Ricks - 628, Austin - 650. Austin was now 44 pounds back. Ricks called for and made 650 on his second pull. Austin destroyed 699. Austin was now 17 back. Ricks called for 661 on his third attempt. At the last possible moment, he had his coach, Mike Golden, change it to 672 in an effort to confuse and rattle Austin. Ricks then strode out and made a beautiful, limit pull with the weight. Jubilation ensued in the Ricks camp. Austin looked at his coach (ours truly) and said, "Don't tell me what we need - just load it - I don't want to know!" Just as well. The weight necessary to beat David Ricks was 744 pounds; well beyond the existing world record and thirty pounds more than Austin had ever pulled in his life.



Dan Austin... trying out the 165s.

POWER SCENE

Well, last month we wrote about New York's Linda Jo Belisito, a top ADFPA lifter, homecare nurse, and (f) up and coming pro wrestler. We've got pictures of Linda Jo as "Master Sergeant Mayhem" and in lifting competition. Last month she was only a sergeant; looks like she got a promotion since then. And she's become the WWWL champion, so if this Women's wrestling TV show goes nationwide, we'll all be able to see her in action.



Linda Jo Belisito as "Master Sergeant Mayhem" (above) and as a top powerlifting competitor.

as Tina Ferrari in GLOW a few years ago on TV, for a proposed new league. Vicky hasn't been given a name yet, but that should come soon. Any suggestions from our readers and viewers?



Bert Wagner and Scott Werner

Bert "The World's Strongest Photographer" Wagner tells us that Scott Werner is moving out from Virginia to Southern California, and re-entering the security business. Scott's recovery from a knee injury is nearly complete, so he should start appearing in our Bench contests out here



Bert proving he really is the world's strongest photographer.

soon.

Bert's lifting is going well: his strength is the deadlift and he should be posting big

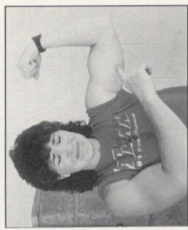


Claudia Wagner and training partner. (photos courtesy Low)

numbers again real soon, probably at the Iron Island Deadlift meet in mid-October. Bert's wife Claudia is back in the gym and training for competition lifting, in addition to her regular work

as a personal trainer.

Also on the injury/recovery list: Arizona's Betsy Ojanen. The ADFPA 176 lb. Cham-tricep has a problem with her left tricep that's reducing her bench press capabilities, but she is getting better and still totalling over 1100 lbs. When we went to shoot a squat workout with her, she showed us the injured arm.



Betsy Ojanen...an injured tricep.

Hoping the rest of you are staying healthy, 'til next time keep pumping and we'll see you on video.

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Linda Jo's certainly got the necessary strength: she holds the N.Y. State ADFPA 176 lb. Total record with 1058 lbs.

Our hostess for POWERLIFTER Video, Vicky Hembree, has also been checking out the wrestling scene recently. Vicky's been recruited by Lisa Moretti, who wrestled

Dr. JUDD

Understanding and Controlling Fear - Pt. IV

by Judd Biasiotto Ph.D., World Class Enterprises



Jeff Lewis... showed no fear of a 903 squat at the USPF Sr. Nationals

relaxed, I began in-vitro conditioning. As you have probably guessed, I used the same procedure except that instead of having the subjects visualize the anxiety provoking slides, I showed them the actual slides. If they got nervous looking at the slides, I took the slide away and relaxed them again. When they were relaxed, I would again show them the slides. I continued this procedure until the subjects could look at the slide while remaining totally relaxed for 15 seconds.

Once this was accomplished, I moved on to the next scene of the subject's hierarchy. I continued with this procedure until all the scenes on the hierarchy had been desensitized. After all of that, I then got the subjects together and showed them the movie in its entirety. It went great - no fear, no panic, just sheer unadulterated relaxation. Which just goes to show you that fear and anxiety can be controlled - but, of course, you already know that - right?

Now, I know what's bothering you. Why did I use an example of a movie about the devil instead of a powerlifting example. Well, that's part of your psychological training too. You see, you can't always have what you want. So get used to it.

Flooding

Another technique that can be used to extinguish fear reactions is flooding. Like systematic desensitization, flooding can be conducted through imagery or in the actual situations themselves. The procedure consists of exposing the individual to the fear-provoking stimuli directly. For example, if an individual is afraid of water, you might take him out in a boat and then throw him into the water. If the guy you throw into the water is a friend, and you prefer that he doesn't drown, it's a good idea to make sure the water is not over his head.

When he first hits the water, he's going to experience a little anxiety. Perhaps more on the order of sheer terror.

Note this is not a good technique for making friends - but an excellent method for getting rid of one.

However, after he's in the water for a prolonged period, several minutes or even an hour or more, his anxiety will significantly decrease. Of course, you have to ensure that your subject does not experience any aversive (that means bad) stimuli while he's in the water. In other words, you want the experience to be positively reinforcing. For instance, you don't want to put the individual in a situation where he might fall or might get hurt. Failure

or getting hurt would only go to reinforce the individual's fear.

Research has consistently revealed that repeated exposure to anxiety-provoking situations will gradually evoke significantly lesser anxiety and will, eventually, completely eliminate the response. In other words, by repeatedly exposing an individual to anxiety provoking stimuli, eventually the stimuli will lose their capacity to evoke anxiety.

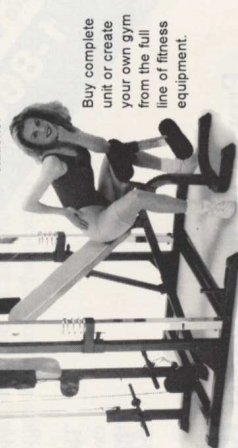
As mentioned, imagery-based flooding can be used rather than engaging in the actual situation. As you probably have guessed, the subject would first induce deep muscle relaxation and then visualize the anxiety-provoking scenario on an extended period of time - 30 minutes or more. As the treatment progresses and the individual has successfully associated relaxation with the anxiety provoking scenario, eventually he or she will be able to imagine the situation without experiencing anxiety. The stimulus that previously elicited the anxiety response will no longer do so. Moreover, the changes in the individual's anxiety response is not restricted to images or thoughts about the situation, but eventually extend to the actual situation.

Of course, the application of flooding to competing is rather ob-

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If you'll recall last month I told you I was going to give you an example of how systematic desensitization can be used to decrease fear. Well, I'm going to keep my promise.

When I was at Georgia Southern College, a movie called *The Exorcist* was released. In case you missed it, let me give you the Reader's Digest version. A little girl, Satan, demonic possession, girl head turns of 360 degrees, up-chucks green vomit, masturbates with a crucifix, kills three or four people. Then there is a priest, exorcism, movie ends, and everyone goes home scared as hell. I'm not just blowing smoke here. The movie was so frightening that thousands of people across the country developed a myriad of psychological problems. If you haven't seen the movie, let me give you a little advice - don't see it. It's just that frightening.

Sixteen students at Georgia Southern who saw the flick found it to be a significant emotional experience. That's right - it scared them bone-deep. Every one of them experienced insomnia, extreme fear and anxiety. Of course, being the great American hero that I am, I came to their rescue, saving each one of those poor kids.

How did I help them? Wolpe's systematic desensitization program. First, I got a slide presentation of the movie from the film company. Then I had each student come to my office individually. Once there, I hooked the subject up to a physiograph so that I could monitor the individual's heart rate, blood pressure, muscle tension, and galvanic skin response. Of course, all of those measurements are biochemical indicators of arousal. After I had the subject all wired up, I flashed the first slide up on a large screen. It was the slide of the little girl no make-up, no green vomit, no crucifix - just the little girl. BAM!

Immediately the subject's heart rate, blood pressure, muscle tension, and galvanic skin response increased significantly, indicating that he was experiencing considerable physiological arousal. After I recorded the subject's physiological response to the slide, I then asked the subject to rate the slide on a scale from one to ten, with one being slightly anxiety provoking and ten being extremely anxiety provoking.

I followed the same procedure for each slide. Within a period of less than two weeks I presented the slide presentation in the manner described above three different times to each subject. At the end of the two week period, I sat down and constructed an anxiety hierarchy for each subject using both the

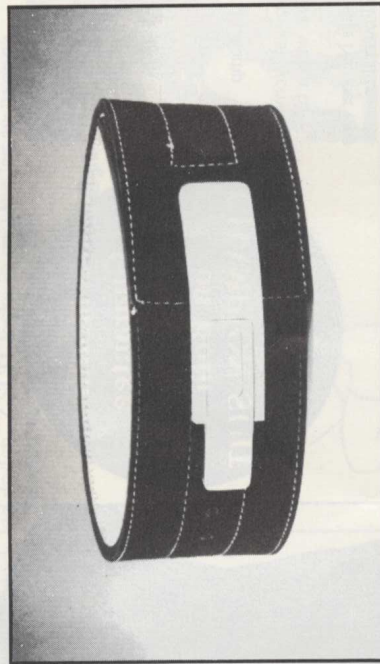
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There is no way to word this column so that some won't be offended. It should be remembered that more than most, I have great respect for strength in all forms. I enjoy odd lift contests and feats of strength, such as The Event in Evansville, Indiana each May, olympic lifting contests, arm wrestling tournaments, and of course, powerlifting. My comments

in Milo magazine, decrying the use of so much supportive equipment and how it has bastardized powerlifting and its records received the expected responses from the powerlifting community, and of course, the expected supportive comments from the rest of the strength community.

One of the things we have seen as Ralph and I continue to host numerous APF sanctioned meets each year, is the one lift specialist, they aren't squatters or deadlifters, to no one's surprise. My wife was discussing

the "rise" of the one lift meet and the one lift lifter. While many great bench pressers like Chris Confessore and Tamara Grimwood are also great powerlifters by anyone's standards, there are many who specialize in the bench press to the complete abstinence from the other lifts. Kally, who it must be remembered, was one of the best female lifters year in and year out in her day, lamented the fact that so many records are now held by one lift specialists throughout the many organizations. It is my contention, and this is the offensive part, that if one competes as a powerlifter, they

More From Ken Leistner

injuries and soreness in areas that may not be related to the area of "specialty" that a one lift lifter concentrates on. Again, nothing wrong with doing one lift, training for it, and then being really good at it but it just isn't the same as being a three lift competitor.

Normally, I would not have much to say about this but there are some who continue to write to me to inform me that I am "missing the boat" in not recognizing them as one of or "the best of all time" at what they do. This happens to be my perspective; when you make your lift after suffering from holding the bar on your back for the squat, knock yourself silly getting through the tension of "staying in the meet" in getting that first squat in, and then also return after your bench press to heave some heavy weight off the floor, talk to me about greatness. Can one be "great" in the bench press? Certainly, and many are. However, let us again keep perspective. These men and women are great bench pressers, not great powerlifters. I can appreciate and respect the sacrifice and hard work that goes into having any outstanding lift, or athletic accomplishment. This does not mean, as one specialist told me, that they are "doing close to what Coan is doing". Believe me, no one is doing close to what Coan, Kanowski, Grimwood, or many others are doing, not if you're just doing one lift! The aforementioned, and so many like them, are at or near world records while doing all three lifts. While it is true that a one lift meet allows them to also have an advantage while going for a record, they are still spending the entire year training for all three lifts and intermittently, dependent upon their competitive schedule, doing them in meets.



Big Bench Doesn't Mean No Big Total... as ADFFPA SHW Champ Joe Onosai has demonstrated.

There is nothing wrong with specialization. I am glad to have competitors in our bench press contests and the popularity of the meets that Ralph directs is such, that we have to have both a winter and a spring time bench meet to satisfy the demands from the area lifters for continuous bench press competition. However, if one is going to be a one lift lifter, don't confuse yourself with a competitive powerlifter who has to train for the demonstration of strength in three distinct lifts, who has to try to do their best lifts while performing all three lifts in the same day, and who has to cope with

800 pounds and his deadlift, hampered by leverage disadvantages, was at least decent, being in the high 600s and low 700s overall, his totals would still place high today. The fact that he was just a heck of a lot better than anyone of his time in the bench press, did not diminish the fact that he was an excellent squatter and one of the best overall lifters at the time. That he worked all of his lifts hard was obvious, as one must to lift well in all three.

How does one compare this to a lifter who only has to train for one lift and in fact, any not train for anything but the one lift specialization?

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WORKOUT of the Month

The deadlift is my favorite lift. I feel the deadlift is the most important lift in a contest. You can make up some big poundages with a good deadlift. I feel that most people overtrain their deadlift. Here is a program that is designed for a 500 pound maximum deadlifter. With this routine you should be able to add 20-30 pounds on to your maximum deadlift.

In this routine we will deadlift once a week. This routine is based on a 12 week cycle. Deadlift on Fridays or Saturdays.

Week 1: Deadlift - 145x10, 195x5, 235x3, 285x1, 325x10, 325x10 - no belt is to be used; Box Deadlift - (6 inch box) 235x10 - overhand grip, touch and go. Hypers - 1 set to failure. Crunches.

Week 2: Deadlift - 145x10, 195x5, 235x3, 285x1, 345x10, 345x10 - no belt. Box Deadlift - 245x10. Hypers - 1 set to failure. Crunches.

Week 3: Deadlift - 145x10, 195x5, 235x3, 285x1, 325x1, 365x8, 365x8. Box Deadlift - 285x10. Hypers - 1 set to failure with 20 lbs. Crunches.

Week 4: Deadlift - 145x10, 195x5, 235x3, 285x1, 325x1, 385x5, 385x5. Box Deadlift - 265x10. Hypers - 1 set to failure with 25 lbs. Crunches.

Week 5: Deadlift - 145x10, 195x5, 235x3, 285x1, 325x1, 375x1, 405x5, 405x5. Box Deadlift - 275x10. Hypers - 1 set to failure with 25 lbs. Crunches.

Week 6: Deadlift - 145x10, 195x5, 235x3, 285x1, 325x1, 375x1, 425x5, 425x5 - do the heavy sets with a belt. Stiff Leg Deadlift (no box) - 285x8 - regular grip. Hypers - 1 set to failure - 30 lbs. Crunches.

Week 7: Deadlift - 145x10, 195x5, 235x3, 285x1, 325x1, 375x1, 435x5 w/ belt, 435x5 w/ belt. Stiff Leg Deadlift 295x5. Hypers - 35 lbs. Crunches.

Week 8: Deadlift - 145x10, 195x5, 235x3, 285x1, 325x1, 375x1, 415x1, 445x3 - belt and suit, 445x3 - belt and suit. Stiff Leg Deadlift - 305x5. Hypers - 40 lbs. Crunches.

Week 9: Deadlift - 145x10, 195x5, 235x3, 285x1, 325x1, 375x1, 415x1, 455x3 - suit and belt, 455x3 - suit and belt. Stiff Leg Deadlift - 315x5. Hypers - 40 lbs. Crunches.

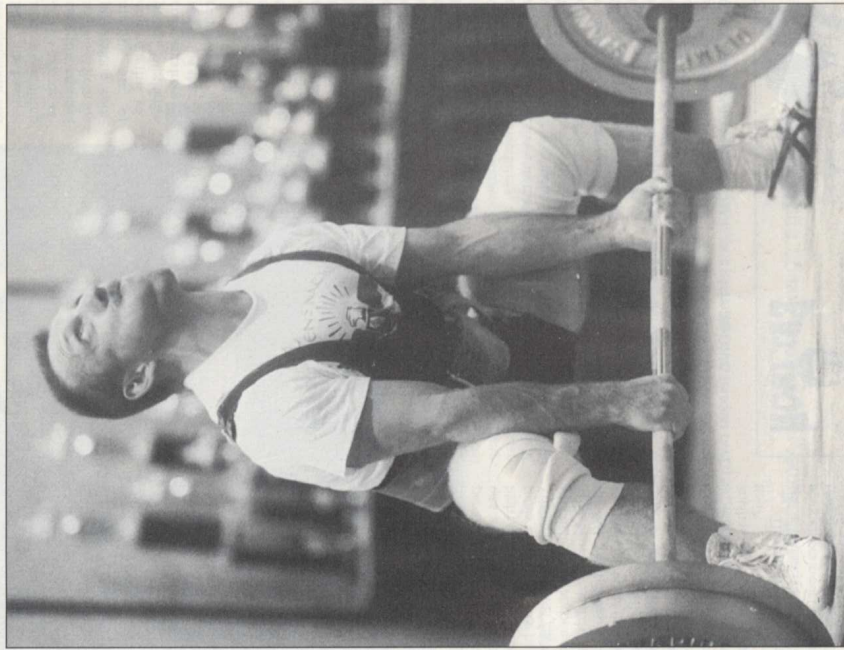
Week 10: Deadlift - 145x10, 195x5, 235x3, 285x1, 325x1, 375x1, 415x1, 465x3 - suit and belt, 465x3 - suit and belt. Stiff Leg Deadlift - 325x5. Hypers - 45 lbs. Crunches.

Week 11: Deadlift - 145x10, 195x5, 235x3, 285x1, 325x1, 375x1, 415x1, 475x3 - suit and belt, 475x3 - suit and belt. Hypers - 50 lbs. Crunches.

Week 12: Deadlift - 145x10, 195x5, 235x3, 285x1, 325x1, 375x1, 415x1, 485x2 - suit and belt, 485x2 - suit and belt. Hypers - 50 lbs. Crunches.

Rest the week before the meet. At the contest, your 1st attempt should be 485, 2nd attempt - 515, 3rd attempt - 530.

Pat Payne Deadlift Routine



William "Pat" Payne at the '91 American Drug Free Powerlifting Association Men's Nationals

This routine doesn't include a lot of assistance work. I feel you don't need it if you work hard on your main lift.

Remember to always have a coach or training partner watch your lifts. They might see something wrong with your form which you may not realize. I am blessed with good coaching and training partners, especially my wife, Sue Payne, and my House of Payne teammates: David Anguish, Harlan Armistead, Prentice Carter, Buster Carter, Bruce Thomas, Steve Conum, Randy Pirtle, Jeff Hanville, Danny Payne, Travis Denton, Jay Klutz, Danny Dealmet, and David Alderson.

Good luck with this routine. I feel it will add 30 lbs. to your deadlift.

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Ask the Doctor

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

DEAR MAURO: I am 41 years of age, light framed, 5' 10" tall and currently 192 pounds. I was a competitive powerlifter from 1977 to around 1986 with best lifts of 590/355/610 at 181 (a few meets were at 198). I have never taken steroids.

I consider myself to be in excellent health although I am trying to loose a few pounds. Recently I have been doing a typical bodybuilding workout and some running. My interests are merely to look and feel good, though I may consider some masters competitors (powerlifting) in the future. My questions are about the current crop of supplements now available, such as anti-catabolics, amines, herbal formulas, etc. I have never taken anything of the kind, except for a few protein drinks and vitamins.

First off, does anything really work? I would like something to help retain muscle mass while losing fat. Also, what about side effects? In other words (at my age), assuming they work, do I really want to begin something that's going to change my metabolism when it's been going the same for 41 years.

My own family doctor does not take ANY of the modern bodybuilding supplements seriously and says that at best all they'll do is act as extra food would - at worst, maybe cause diarrhea. The guys at the local gym swear by supplements, particularly the anti-catabolics, and I was considering giving them a try. With all the wild claims in the advertising of these products, it's difficult to know what to think; each month someone seems to have a new breakthrough formula, making others obsolete.

From fellow gym members I've heard about the Twin Labs Anti-Catabolic capsules (available at GNC) and another called Met-Rx. If you have a knowledge (good or bad) of these, or other specific products, I'd like to hear about it. As I mentioned, I am mostly interested in continued good health and longevity, but would like to improve my physique. Thank you in advance for your help. Though I have never used steroids, I enjoy your column since it also covers injuries and a broad scope of topics. **Jim C.**

DEAR JEFF: Sorry to be so long in writing, but I had a few setbacks in the past few months and am only now starting to catch up on my correspondence. I'm now just finishing a comprehensive review on the available nutritional supplements.

There's a handful worth using if used properly and at effective dosages. Some of the amino acids in powder form and high doses are useful as is creatine monohydrate (20 to 30 grams per day for five days

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and then 10 to 15 or per day - should see some results in 2 weeks - if not then don't use it any more. Please call or write in a few weeks and I'll send you a copy of this supplement guide. All the best. Sincerely,
Mauro Di Pasquale M.D.

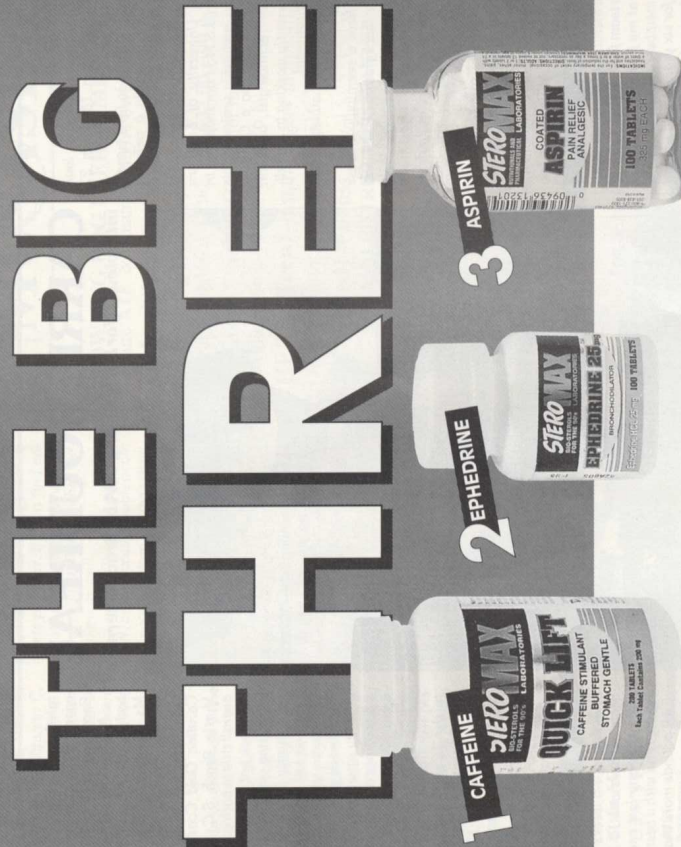
DEAR MAURO: Have you ever heard of capillary stimulating hormone? It is designed to stimulate capillary growth in the muscle tissue. If you have never heard of it, how does a person track down new drugs, or drugs in development? Do you know of any compounds that have capillary growth as a side effect?

Second, is epitestosterone commercially available? If so, under what brand names, and which countries are developing it? Sincerely, **Pat C.**

DEAR PAT: There are various substances that stimulate capillary growth. I've done a Medline search and included a copy of the results. As you can see, there are several substances that potentially could stimulate capillary growth in skeletal muscles. If you obtain any of the articles, send me copies.

Epitestosterone is not commercially available. However, it is available from chemical houses such as Sigma although you have to have some laboratory certification to obtain it. All the best. Sincerely, Mauro Di Pasquale, M.D.

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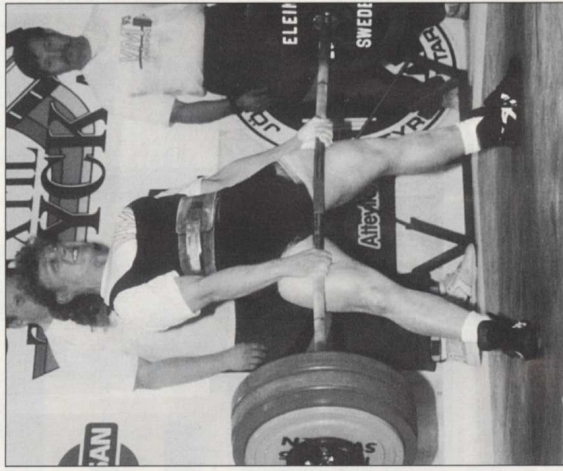
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INTERVIEW

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

CARRIE BOUDREAU

interviewed for Powerlifting USA by Bruce Citerman



Carrie Boudreau competing at the 1993 World Meet held in Sweden

BC: How old are you?
CB: Even though I do not look much older than 18, I am 27 years old.

BC: What do you do for a living?
CB: I am presently a personal trainer at World Gym, Portland, ME, and I am a full time student at the University of Southern Maine (U.S.M.) I am majoring in Biology, and am a senior in this program. I am also a Certified Surgical Technologist, but I am not currently working in a medical environment.

BC: What is your athletic background?
CB: I have a seemingly endless athletic background. I will just cover the highlights: I played Field Hockey for 8 years. I was a member of the Triple-C (Cumberland County Conference) All Star team; a member of the All-State Field Hockey Team; and most improved player on my college field hockey team for two years. I was also a member of the U.S.M. Eastern Coast Athletic Conference Championship team in 1986.

I played basketball for 5 years. I was a member of the cross country ski team for one year. I placed tenth at my first regional meet. I was a member of the track & field team for six years. I held several school records. I ran the 100m, 200m, and 4 X 100m relay. I also was a successful long & triple jumper. Other sports I participated in include: gymnastics, soccer, volleyball, water skiing and indoor track.

BC: How did you get into lifting weights?
CB: I started weightlifting when I was ten years old. I had moved to Texas, was lost and bored with my field hockey team (very few people in Texas knew what field hockey was) and I was intrigued by the sculpted muscular bodies of the women on a Muscle & Fitness magazine I saw in the grocery store. Then I met a powerlifter (Buc Henry) who agreed to teach me about weightlifting. I must have had muscular shape to start with, because before I started lifting weights, I was constantly asked if I had trained with weights.

BC: What contests have you entered and what have been the results?
CB: 1994 - U.S.P.F. NATIONAL CHAMPIONSHIPS, TX. 1st place 56K class, lightweight overall win-

& triceps. I work abdominals three days/week and calves once or twice/week.

BC: What vitamins or supplements do you take?

CB: Strength Systems Amino Acids, Chromium, Picolinate, Vanadyl Sulfate, Multi Vitamin & Minerals, Alfalfa, Vitamin C, Calcium, Magnesium, and Zinc. I also use BRAND X carbohydrate powder mixed with CYTOMAX for long workouts. I supplement my meals with Diet Fuel, Met-RX, and/or 100% Whey Protein. Ben & Jerry's frozen yogurt is the finishing touch every Tuesday night.

BC: What do you compete in the U.S.P.F.?

CB: I compete in the U.S.P.F. because of the I.P.F. affiliation. If powerlifting is ever accepted into the Olympics, I would like a chance for an Olympic Medal. I also enjoy the quality and competitive lifting both at National and World Meets. The number of participating lifters and their countries is presently higher in the I.P.F. than in any other federation. When I won my weight class in Sweden in 1993, I was competing against 17-19 other women in the same class. Winning over that many competitors, and knowing that 70 countries

were represented, really means a lot.

BC: What are your plans and commitments about Powerlifting?

CB: I would like to find sponsors for my competitions so I may continue to compete internationally, and at more than one or two meets per year. If I can find adequate sponsorship, I would like to try competitions in other federations as well.

I will continue to powerlift until I am physically unable or am too poor to afford the gym dues. My goals for 1995 are to Deadlift 500 lbs. at 123 lbs. bodyweight, and to get the squat and bench press world records in the 123 lb. class.

I think powerlifting deserves more media attention. I have a lot of friends and relatives who are anxious to see me on T.V., and are shocked when I tell them a National or World Championship is not televised. If the public was more educated and involved in our sport, it would be more popular and the athletes would get the respect they deserve.

I'm forming a 35+ year old Women's Team at World Gym to get more people involved in the sport. I hope that all powerlifters who love the sport teach others about its great benefits.

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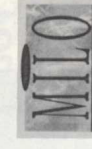
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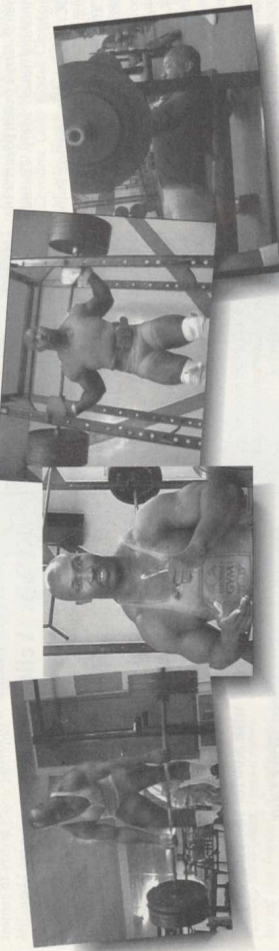
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I remember when I was young and indestructible, I could use and abuse my body and still count on bouncing back for more. Now in my late 30's, this is not quite the case. I'm sure most of our over 30 readership share this memory. I still have bounce back ability, but nothing close to my late teens and early 20's. Aches and pains just seem to last a lot longer, and I tire a little quicker than I used to. As a powerlifter grows in years, he must take into account the effects that age can have on his training as well as general health. In this article, I'd like to outline a few pointers that can keep our over-30 set recording PR's just that much longer.

The lessening of your recuperative ability is the major effect of aging. There are two things we can do to fight back; first, increase our recuperative ability and second, stress it less. Increased attention to nutrition is a sure-fire way to increase your recuperative ability. Strive to eat more high quality, low fat, high fiber foods like fruits and vegetables, while eating less fatty foods like red meat and desserts. As we age, the body's metabolism slows and fat is burned at a slower rate. Nutritionists have recently proven what we have all known for a long time, that alcohol consumption is detrimental to our health and fitness. The body processes alcohol before fat. This can lead to increased body fat levels while not increasing the actual intake of fatty foods. I am not recommending complete abstinence, but moderation is the best and most agreeable way to go. For insurance, a high quality vitamin-mineral supplement should be taken daily. Fish oils, such as cod liver oil, has been shown to actually decrease joint pain. Try taking these before bed to avoid any embarrassing moments in public.

Most powerlifters don't do much, if any, aerobic work like running and biking. When we're young, fitness may not be a concern, but it should be as we mature. Not only will adding aerobic work to your routine burn more fat, but it will also increase your recuperative ability and aid your power training. I am not suggesting training for marathons; moderation is the key here. Add 2-3 days a week of low or non impact aerobic work like stationary biking, swimming, or stair climbing. If you chose to run or jog, use good shoes and if possible, run on a treadmill with a shock absorbing track. Too much impact will add up on your knees and back over time.

Don't go overboard with aerobic work. Try to work up to 2-3 sessions of 30 minutes or so. Most experts believe it takes 15 minutes or so of aerobic type work before

STARTIN' A special section dedicated to the beginning lifter

The AGE FACTOR as told to POWERLIFTING USA by Doug Daniels



Henri Soudieres knows how to compensate for the age factor. On his 88th birthday, August 5th, weighing 180 pounds, he bench pressed 170 pounds, in spite of the Parkinson's Disease that he suffers. For lifters over 40, just getting into Powerlifting, Doug Daniels advice may be just the ticket to keep them going, perhaps as long as Henri!

body fat starts to burn. Keep the activity at a level that allows 30 minutes in duration. There is no need to really push hard; a gently, consistent pace is best.

Our training must be adjusted also. Train less is the bare bones answer. The volume and frequency of heavy training must be reduced. Training each lift once per week may be an answer. In a previous article of mine, I speculated if most lifters deadlift once a week and

prosper, maybe we could bench and squat once weekly and prosper also. If each lift was trained once a week, the body would have more time to recuperate between workouts and results would continue. Less training would also allow more time for the aerobic work I suggested earlier.

More frequent layoffs would also be a good idea. Take one week off from the weights every 12 weeks to rest both the body and the mind. If

you are suffering from an injury or chronic soreness, take an unscheduled layoff to heal up. The number of competitions should be reduced also. Fewer competitions would require less time spent with maximum weights that can threaten your body with fatigue and injury.

While you may decrease the amount of training, I would suggest you increase the amount of reps you do, especially in the off season. Do more sets in the 10-15 range. These can stress the body less and hopefully allow a better form. Finishing off with a high rep set of 20-30 reps would pump the muscles with refreshing blood, aiding recuperation. More warm-up sets and reps may be required to get loosened up. Old warm-up progressions may not work anymore. Re-evaluating your warm-up methods may mean instant gains to some lifters. Back to good form for a minute. Since we tend to recover from injuries slower as we age, this would demand better attention to exercise form. Too many unnecessary injuries occur due to bad form. Hopefully a mature lifter would not be tempted to lift too heavy a weight with suspect form just to soothe his ego. The side benefit of better form is increased work on the targeted muscle groups which should mean better results.

Another suggestion would be to reconsider the weight class you compete at. Carrying around excess weight might not be too bad at a young age, but it can be dangerous to an older lifter. High blood pressure and cholesterol levels are real health risks. Try to compete and train at an efficient weight. A good diet and increased aerobic work can help drop the pounds and increase your efficiency.

Getting older does not mean the end of a lifting career. However, it should mean re-evaluating your training practices and lifestyle. Train smarter and eat better. Devote time to increasing your aerobic system. Depending on the lifting association you subscribe to, you may be eligible to lift in masters or submasters events. These will pit you against other sharing the same fate. A recent TV show told of Michael Jordan's extensive training to avoid the ravages of age on his basketball skills. Mike would spend 2-3 hours, 6 days a week, just to delay Father Time's wrath. We don't have \$40 million of endorsements yearly riding on our lifting performances, but it shows how even the greatest athletes of recent times must make adjustments in his training to keep on top. Training and competition can be very challenging and rewarding, but you must continually make adjustments in your training to assure long term success.

TRAINING

This month we are going to close our upper back training series by showing you one possible way to peak your bench press for a three lift meet. You will be using upper back accessory exercises to increase your stabilization in the bench press. The trick is to work your bench press and upper back accessory work into your program in such a way that you maximize your bench press without hurting your peak for the other two lifts. What follows is one such peaking program. The description that follows shows the overall arrangement of training days and highlights the bench press and upper back accessory work. We are assuming a 280 lb. bench going into the program. You will train for 7 weeks and train 4 days each week. The training pattern should follow: Monday - Bench and Accessory; Tuesday - light Squat & Deadlift; Wednesday - Off; Thursday - Upper Back Accessory; Friday - Off; Saturday - Squat Bench & Deadlift; Sunday - Off.

Upper Back Training to Peak Your Bench Press for a Three Lift Meet

as told to POWERLIFTING USA Magazine by Greg Reshel

end to end with palms facing your head. 3 sets of 12 reps.
 2. Bench Press (280 max) warm up then, follow the set and rep plan shown in the upper table (below).
 3. Decline Pullover/Tricep Extension - begin with bar on chest with 12-16" grip. Keep elbows bent as you carry the bar over your chest and chin and lower to a point slightly lower than the top of your forehead. Drive the bar up and over your chest to full extension of the arms. Lower bar to chest and begin again. 4 sets of 8 reps moderate to heavy. Cut to 2 sets week 6 and cut weight in half on week 7.
 4. Barbell Front Raises - hold bar with competition grip 6" out from your body at the height of your lower rib cage. Keep bar 6" out from your body as you raise the torso as you raise dumbbells out

Monday Bench Press Set/Rep Program (upper table)

	Set #1	Set #2	Set #3	Set #4	Set #5	Set #3
Week 1	3 x 5 @ 165	2 x 8 @ 135	1 x 15 @ 115			
Week 2	3 x 3 @ 195	2 x 5 @ 175	1 x 15 @ 125			
Week 3	3 x 2 @ 205	3 x 5 @ 185	1 x 15 @ 135			
Week 4	2 x 2 @ 225	3 x 5 @ 185	1 x 15 @ 135			
Week 5	1 x 1 @ 215	1 x 1 @ 225	1 x 1 @ 235	3 x 5 @ 185	1 x 15 @ 135	
Week 6	1 x 1 @ 215	1 x 1 @ 235	1 x 1 @ 255	3 x 3 @ 185	1 x 15 @ 135	
Week 7	3 x 1 @ 185	1 x 10 @ 135				

Saturday Bench Press Set/Rep Program (lower table)

	Set #1	Set #2	Set #3
Week 1	2 x 1 @ 205	8 paused reps @ 155	1 x 15 @ 115
Week 2	2 x 1 @ 205	8 paused reps @ 155	1 x 15 @ 115
Week 3	2 x 1 @ 205	8 paused reps @ 155	1 x 15 @ 115
Week 4	2 x 1 @ 165	8 paused reps @ 155	1 x 15 @ 115
Week 5	2 x 1 @ 185	8 paused reps @ 155	1 x 15 @ 115
Week 6	2 x 1 @ 205	8 paused reps @ 155	1 x 15 @ 115
MEET!	115x6x2 sets	155x3	195x1
235x1	Open @ 265	2nd @ 285	3rd @ 300

to side 4 x 6 reps. Drop weeks 6 & 7. Saturday Squat, Bench & Deadlift
 Bench Press warm up like a meet then follow the set and rep plan shown on the lower table (below).
 Try this as part of one of your fall meet cycles and let us know how your lifting goes at the meet.
 Good luck and if you have any questions please contact us at Power Excel - 2807 South Superior Street - Milwaukee, WI 53207 - (414) 769-1211

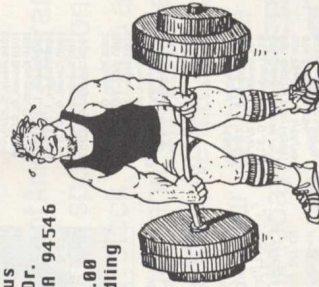
NOTE - POWER EXCEL - is now offering a catalog of workout routines that you can choose from. Select the type of workout that best suits your needs and we will tailor it to fit your numbers and circumstances. Pick a type of routine: bodybuilding, three week minicycles, four week minicycles, six week minicycles, peaking, strength, power, foundation, rehabilitative, and many more, that interest you and we will customize that routine to meet your specific needs. POWER EXCEL is now putting you in the driver seat and organizing your training in a catalog. We are always available for questions, coaching, or advice. Give us a call and let us send you our catalog of training routines so you can make the most of your training time right now!

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Strength & Speed Ratings

1994 fun fact book. Did you know that a man in his 60s did an official squat with 680 pounds? Or, a man in his 60s dead-lifted 733? A 73-year old benched 460? Do you know the best lifts of shotputters and discus throwers? Records for ages 7-180 + percentile marks (compare yourself by age) in powerlifting, weightlifting, & track & field events. Plus articles about cancer tossing, Basque lifting, martial arts, curls, chinups, firewalking, situps, + much more. 175 huge pages. Order from: Education Plus 18584 Carlwyn Dr. Castro Valley, CA 94546 Dept. P
 Only \$14.99 + \$2.00 shipping & handling Calif. add \$1.20 sales tax.



For Review..... we begin by looking at the Summer 1994 edition of POWERLIFTER VIDEO MAGAZINE which starts out with a Gold's Gym workout with Ron Fedkiw, who hits 465 x 2 1/2 reps without a bench shirt, and later declares his intentions to take on Ed Coan. This is followed by more footage of Kirk Karwowski squatting big in training, as in 840x4, and pulling 700x5 without a belt. There's footage of Tamara Rainwater-Grimwood's history making 402 bench press, as well as Chris Confessor's 662 bench weighing 222. John Inzer talks about lifting belts, and there's some coverage of the ADFPA Women's Nationals. A segment of Tee Meyers' fine training video on the deadlift is also featured. Jon Aronberg is interviewed, and the 630 bench of Blake Galliano (in the 308 lb. class) at the Cowtown Bench Press meet is shown. Jay Schroeder gives some neat tips on the one arm dumbbell bench press and "guided" deadlifts. Oh yeah, Dr. Ken has some comments about "counterfeit" lifts in Powerlifting. Supplement Reality is a new feature by Mike McCormick, and USPF President Peter Thorne provides his imitation of Jimmy Paletchka, with a forfeit assisted bench press of 1300 lbs. All in all, more fine video entertainment from Ned Low. It's hard to believe he's already put out 7 video issues in the series, and with some of the new footage he's recently obtained, more great issues are on the way. (see ad on opposite page for ordering information). Next up is a short video we received on "How to Prevent Injuries and Improve Game Performance" which is a new look at training tables, which have been around since the 1940s, but are now finding application in the training of such athletes as masters powerlifter Gordon Olson, who found that use of the tables enhanced his recuperation and got his lifts back moving up once again. The 7 different tables help to increase range of motion, develop joint strength, reduce injuries, and work muscles you don't normally reach with the usual weight room exercises. For more information, contact Body Care Health & Fitness, 125 E. Betteravia, Suite E, Santa Maria, CA 93454, 805-349-2227. Our final video entry this month is the Ken Lain training video put out by M Sports Productions, which has a broad series of tapes out on athletes in various sports. The tape has video footage of several of Ken's past records, and is a very professional piece of video workmanship. Ken emphasizes 5 major training factors, including a program matrix, which is quite easy to understand and apply. Ken comes across just as he is, a fine Texas gentleman who is dedicated to the Iron Game and to making people stronger. Ken offers up some very unique flexibility tips and you'll be surprised at how he raves about the squat as an exercise to help your overall body development. His diet plan - simple and to the point - is like almost everything in this video, which shows you how Ken went from a 525 bench to 725 in just 2 years. For further information, see the ad elsewhere in this issue of POWERLIFTING USA or contact M Sports Productions at 1-800-274-6254. Marie Dalloway, Ph.D., whose work we reviewed in the June 1994 edition of PL USA, has a new book out called "Reflections on the Mental Side of Sports" which is a collection of articles that the author has written, divided into three areas: defining mental training in sports; describing mental training methods; and defining the role of mental training in the overall development of human potential. The author references athletes and situations from many sports to illustrate her general theories on the subject. One way or another, to be successful in powerlifting, you will need to master many of the skills noted throughout this book, and this straight forward summation of the subject matter, by a widely published author, could be just the key you need to break through to a new level of performance. The book is available for \$14.95 plus \$2.00 shipping from the Optimal Performance Institute, 320 W. Medlock Dr. #205, Phoenix, AZ 85013, 602-274-1889. Our final entry in this month's column involves a new book from Human Kinetics Publishing entitled "Conditioning with Physical Disabilities" by Kevin F. Lockette, and Ann Keyes. This area should be and often is a "soft spot" for many powerlifters - and the book extensively profiles many types of disabilities and indicates how conditioning efforts might best be applied in each case. The book is filled with photos, tables, and descriptive text on all aspects of this activity, and powerlifting is dealt with along with a wide spectrum of other sports activities. If you've ever wanted to train someone with a disability, this is the resource you need to have by your side. The retail price is \$22.95 and for ordering information contact Human Kinetics, 1607 N. Market St., Box 5076, Champaign, IL 61825, 217-351-5076. Mike Lambert

USPF President's Message

I am pleased to be able to serve as the USPF President and I am looking forward to working with the new Executive Committee. In contacting the members of the Executive Committee I have seen a new excitement about the USPF. This new group is eager to begin working for the good of the USPF. Fighting and bickering has no place in our agenda and won't be tolerated.

I am carefully reviewing the leadership positions that are appointed by the President. I intend to fill these positions with people who are willing to work for the continued growth and betterment of the USPF. I also plan to work even closer with the State Chairman to insure that athletes wishing to participate in a USPF sanctioned competition have the opportunity within their own state. If there are those who would like to serve as a meet director on the local level, or any level, please let the USPF National Headquarters know what we can do for you. My goal is to see a State Championship in every state and Region competitions in all eight regions.

I want to take this opportunity to thank Gil Thompson for a great Men's and Women's National Competition in Houston, Texas. Gil worked hard to insure a quality meet, and his hard work was evident. There were some of the World's greatest lifters at this championship. I would like to see this unity reflected in many more USPF competitions.

I remind you that you do not have to listen to rumors or hearsay anymore. If you don't find an answer in the USPF Newsletter, or in this column, please call or write the USPF National Headquarters. There is a rumor abound now that a new federation is being organized. Isn't it interesting that when a lifter tests positive for banned substance use and is disciplined, a new federation is born.

I will be submitting questions to the USPF Newsletter on issues I want to hear from the membership on. As you know, your input on the Bench Press Rule did make a difference. Please continue to make your concerns known. Be sure to keep your membership card current to be able to participate in these vital issues.

The USPF has had a significant membership increase during the last year. I believe this is due to the fact that we are listening to the athletes; have made progress in the area of drug testing (and we will continue to strengthen this program); and are offering more information than ever before to our membership. For the first time the USPF has a true National Headquarters working exclusively for the USPF. I appreciate the fact that the USPF is better organized than ever and my thanks go to the USPF staff.

I stay in touch with members of the IPF and I am pleased that the IPF

and the USPF now have the best working relationship there has ever been. IPF Executives have been most helpful to me and I appreciate the prompt attention they give the many questions I ask.

At the beginning of our Bylaws it states under Purposes and Objectives "The purposes and objectives of the Federation are to encourage, improve, and promote amateur Powerlifting in the United States." I believe these are the purposes and objectives I will follow.

USPF NATIONAL HEADQUARTERS MESSAGE

USPF Membership has shown a marked increase in the last year. We are looking forward to further growth in the years to come. Information will be available to our members and attention will be paid to what you want from the United States Powerlifting Federation.

Two of the 1995 National Championships were voted on at the National Committee Meeting in Houston - 1995 Men's and Women's Nationals and High School Nationals. Bids for other USPF National meets are being accepted by the Bid Screening Committee and will be presented to the Executive Committee for approval. 1995 Men's and Women's Nationals will be held in Baton Rouge, Louisiana, July 21-23. Paul Fletcher is the Meet Director. 1994 High School Nationals will be held in Beckley, West Virginia, date to be determined. John Lilly is the Meet Director. A new Executive Committee has been selected. We are looking forward to working with this positive group of individuals.

The National Headquarters is working with USPF State Chairmen and Meet Directors. We encourage Meet Directors to get your sanction applications in early so the meets can be publicized, the National Headquarters can get your helpful information, and referees can be procured.

The General Secretary of the IPF has requested that all communication from any USPF member of official go through our President only. The working relationship between USPF and IPF is stronger than it has ever been. USPF members and officials are asked to honor the request of the IPF in the submission of USPF/IPF matters.

Members wishing to take a State, National or International referees' examination, or members wanting to be reinstated as a referee, should write or call the USPF National Headquarters office (P.O. Box 2170, Kilgore, TX 75663, 800-500-9727) for information.

The 1994 USPF Referees' Handbook is now available. Send \$20 to your USPF National Headquarters, P.O. Box 2170, Kilgore, Texas 75663. This price includes a subscription for 2-years' updates.

We have had requests from members for a membership that is longer than one year. We no longer offer a three-year membership available only through the National Headquarters office at a cost of \$55. If you want to take advantage of this special membership fill out the membership application found in this issue of Powerlifting USA and send it into the National Headquarters office.

From Randy Blackmon, Executive Committee Member II and International Category II Referee:

Anytime a lifter sets a new record, regardless of whether it is state, American or National, the lifter is responsible for letting the meet director or the head referee in charge know at the time of the lift that a record has been set, then filling out the record application, having the proper official fill out their part, then send in the application and the money due for the certificate to the proper records registrar.

Also, when members fill out their USPF membership form, they need to state on the form whether or not they are a referee, if so are they State, National, Cat.

For Cat II, are they a U.S. citizen, are they a high school student or are they a college student? This is important for the National Office to know as well as the state chairmen. This is a good way for the state chairman to know who they can call if they need referees in a certain area.

FROM THE USPF NATIONAL REFEREE'S COMMITTEE. The USPF referees are the very best referees in the sport. The tests involved to become a State or National referee are the most comprehensive. A good referee must be not too strict, but not too lenient. In other words, follow the rules and be fair and consistent.

For those of you who have an interest in becoming a state referee, here is a general outline: A. Anyone in the sport is eligible to take the test. B. The test consists of a written and a practical exam. You must score 90% or above on both to pass. C. Both tests must be observed by at least 1 national referee. D. Practical consists of the applicant sitting at an adjoining platform to a referee and judging 50 squats, 50 deadlifts, and 50 benches. Results are then compared. E. The most important thing is to get the rulebook and study.

National and State referee tests may be taken at any clinic or meet as long as the test proctor is the State Chairman or his appointee. National test proctors shall be approved by the USPF Referee's Committee and Test Coordinators. Call or write your National Headquarters if you have any questions.

From the USPF Drug Testing Committee: UNITED STATES POWERLIFTING FEDERATION DRUG-TESTING PROGRAM POLICIES AND PROCEDURES.

1. INTRODUCTION Doping is the administration to one's body of banned substances or of substances via banned methods. Doping threatens the dignity of amateur sport, public support of the USPF, and the health and well being of athletes. For these reasons, the USPF has established this drug testing program ("program"), the intent of which is to deter doping in sport.

2. DOPING PROHIBITION Doping is prohibited, and this prohibition is based on the banning of certain pharmacological classes of agents and of certain doping methods. A finding of a banned substance, its metabolite or a related substance in any bodily specimen or use of a banned method constitutes doping, regardless of the purpose for which the substance was administered or the method that was employed.

3. ADMINISTRATION The program shall be administered by the USPF Drug Testing Committee, which shall have authority to promulgate procedural regulations, consistent with these policies and procedures, for the effective and efficient implementation of this program.

4. BANNED CLASSES AND METHODS; RESTRICTED SUBSTANCES 4.1. Banned classes include stimulants, narcotics, anabolic and anabolic steroids, diuretics, peptide hormones and analogs. 4.2. The banned methods include blood doping and pharmacological, chemical and physical manipulation of bodily specimens. 4.3. Local anesthetics and corticosteroids may also be banned, depending on the manner in which they are used. 4.4. Athletes are responsible for the consequences of any substance taken. If in doubt, the USOC Drug Control Hotline (800-233-0393) should be consulted.

5. SANCTIONS 5.1. Sanctions shall be imposed, if appropriate, in accordance with the regulations of the USPF. The USPF has adopted the following suspensions for positive doping-control results. 5.1.A. Anabolic agents, amphetamine-related and other stimulants, cocaine, caffeine, diuretics, peptide hormones, narcotic analgesics and designer drugs: - 15 months for the first offense, - 3 years for the second offense, - life ban for the third offense. 5.1.B. Ephedrine, pseudoephedrine, phenylpropranolamine, etc., (i.e., sympathomimetic amines): - A maximum of 3 months for the first offense, - 2 years for the second offense, - life ban for the third offense. 5.2. The USPF will recognize as POSITIVE a T/E ratio of 10.1 or above. A T/E ratio of 6.0 and below will be considered NEGATIVE. T/E ratios in between (6.1-11 through 10.0-0) will be considered NEGATIVE with the stipulation that lifters testing in that range be excluded from ANY World Team and World Record consideration. Also, all awards, points and records earned by that athlete during the competition at which his/her positive doping was determined will be forfeited and declared invalid. Approved at USPF Executive Committee meeting, July 18, 1994.

1995 USPF Men's and Women's Senior Nationals Update #1

The 1995 USPF Senior Nationals (TEAM USA qualifier for the World Games) will be held at the Hilton Hotel in Baton Rouge, Louisiana. The National Meeting will take place on Thursday, July 20, 1995. Lifting will begin on Friday, July 21 with lightweight men and women and continue



Paul Fletcher, who has competed in several USPF Senior Nationals will be conducting the event in Baton Rouge, Louisiana for 1995.

through Sunday, July 23, culminating with the heavy weight men and women. Specific sessions will be announced at a later date. At this point men and women are scheduled to lift in different flights of the same session. All of the women lifters that I talked with at this past Senior Nationals in Houston indicated that they liked this grouping. If you have any suggestions or concerns about this topic or any other ideas please feel free to leave me a message at 504-753-8586 or call the USPF Headquarters at 1-800-500-9727. I will not print entry forms until later this fall. This is an excellent opportunity for the lifters to have some input, within the guidelines, as to what type of event they would like to lift in.

This past year's event hosted by Gil Thompson saw standing room only crowds on Saturday and Sunday, as well as several weight classes with over ten lifters and some with fifteen!! It has been quite some time since a Seniors has been this big. I would like to continue this trend and have set my goal to attract 200 of the best men and women lifters in the country to compete at the 1995 Senior Nationals.

I have renegotiated my contract with the Hilton Hotel to increase our room blocks to nearly 200 per night. There is no doubt that this hotel will book to capacity so book early!! The Hilton Hotel will provide a free shuttle to and from the airport (about 15 minutes down the interstate). The Hilton will also make a breakfast and lunch buffet available during the week and weekend. The room rate is \$63.00 per night and you may place as many in the room as you like for this rate. A free meet t-shirt will be given for each room key that you show at the lifter registration table (one shirt per room). A lifter registration table will be set up on Thursday at noon and continue through Sunday at noon. Lifters will sign in and pick up their credentials at this location.

Lifters can expect 6 fully equipped warm-up platforms each located on two sheets of 3/4 inch plywood and covered by 1/2 inch rubber matting. Lifters and meet staff will also find two courtesy tables in the warm-up room. These tables will be stocked with water, a high carbohydrate drink (Gatorade, Quick Kick, Powerade; I am currently pursuing a sponsorship in this area with Quick Kick), and fruit trays. A chiropractor and sports massage specialist will also be provided in the warm-up room.

We are planning to make this the biggest and best event in the Powerlifting World in 1995. Make plans to be there to lift, spectate, or help. If you wish information on sponsorship or vendor space you may call me at 504-753-8586. If you will be in town and wish to help give me a call me I will update you on my plans for meet staff. Look here for another update next month. In the meantime good luck and remember post your qualifying totals early (or win your weight class at the State Meet). See you in Baton Rouge!!! Paul Fletcher

Application for Registration in UNITED STATES POWERLIFTING FEDERATION										
Last Name	First Name	Initial	Y	N	Renewal	Club Name				
City	State	Zip Code	Area Code/Telephone							
Birth Month	I	II	III	IV	PF	CAL	IPF	GAL	NA	STATE
Current USPF Classification	Referee Status	High School Athlete?	Y	N	Y	N	Y	N	M	F
		Collegiate Athlete?	Y	N	Y	N	Y	N	M	F
		U.S. Citizen	Y	N	Y	N	Y	N	M	F
		DATE ISSUED BY	DATE OF BIRTH	AGE						
<p>Note: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High Schoolers with proof of enrollment; and inmates when paid with institution check. All memberships include a personal lifters copy of the rule book.</p>										
<p>Registration Fee \$20.00 Mail & make checks payable to: USPF OFFICE - 1-800-500-9727</p>										
<p>UNITED STATES POWERLIFTING FEDERATION P.O. Box 2170 Dept. M, Kilgore, TX 75663 \$55 for 3 years</p>										
<p>I UNDER 18 HAVE PARENT INITIAL I certify that the above answers are correct and that I am eligible in accordance with the rules of the U.S. Powerlifting Federation.</p>										
SIGNATURE X										

CPU Men's Canadians
20-22 May 94-Sherbrooke, NS(kg)

Bench press	open	BP:	Scott
48kg	Halerman/Manitoba		
Men's Jr			
50kg	K. Doyle	145	
C. Rogers	J. Wells	100	
75kg	82.5kg	120	
D. Thurman	90kg	170	
H. Hammond	J. Hall	170	
100kg	Best lifter: C. Rogers	100kg	
Women's Jr	110kg	140	
S. McGill	77.5	185	
Team point:	NovoTeam points: 1	185	
NovoTeam	2	160	
152.5	3	130	
82.5kg	125	100kg	
J. Fraser	167.5	175.5	
T. Nichols	162.5	155	
K. Dickel	142.5	125kg	
S. Powell	140	Alexander	
V. Downey	T. Young	110kg	
S. Halerman	185	36	
100kg	185	Columbia	
R. Gibbs	185	24	
G. Belya	175.5	36	
110	175.5	36	
S. Doucette	185	36	
Team point:	1	Ontario	
127.5	2	110	
110	3	110	
E. Leblanc	215	97.5	
67-5kg	135	220	
R. Marshall	200	140	

Sonny Alexander squatting 688 for a new CPU Canadian 40-49 Masters record in the 275 lb. class. (photo courtesy Sonny Alexander)

B. Graham	190	140	215	545
B. Hillier	205	—	—	—
75kg	R. Hayes	282.5	145	362.5
100kg	V. Vankesteren	267.5	152.5	282.5
125kg	R. Hindley	235	130	252.5
J. Baxter	A. Karimannas	225	140	240
R. Doorn	207.5	175.5	247.5	385
B. Doyle	207.5	175.5	247.5	385
M. Nadreau	200	120	220	540
82.5kg	R. Fogger	242.5	142.5	247.5
K. Payne	230	165	255	650
M. Nichols	225	135	237.5	620
G. Hawley	225	135	237.5	620
S. Powell	210	137.5	250	597.5
MacPherson	232.5	—	—	—

S. Alexander	213.5	172.5	260	745
S. Thompson	90	50	140	280
L. J. J. J. J.	—	—	—	—
R. England	182.5	110	212.5	505
K. Lahbani	170	130	175	475
R. Truchon	167.5	110	185	462.5
R. Barley	165	105	195	465
K. Gillard	165	85	190	440
H. Harding	150	115	200	465
Women's-Master	82.5kg	80	47.5	100
227.5				
S. Thompson	155	100	190	445
75kg	145	65	160	370
100kg	190	90	190	470
125kg	145	65	160	370



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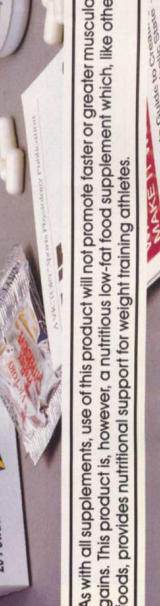
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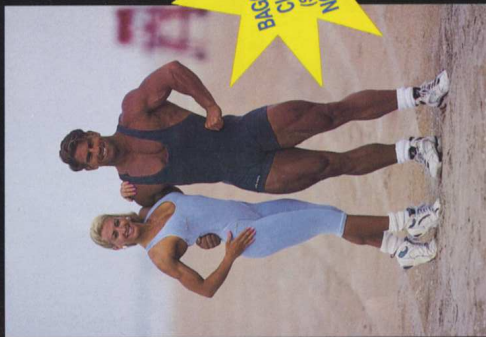
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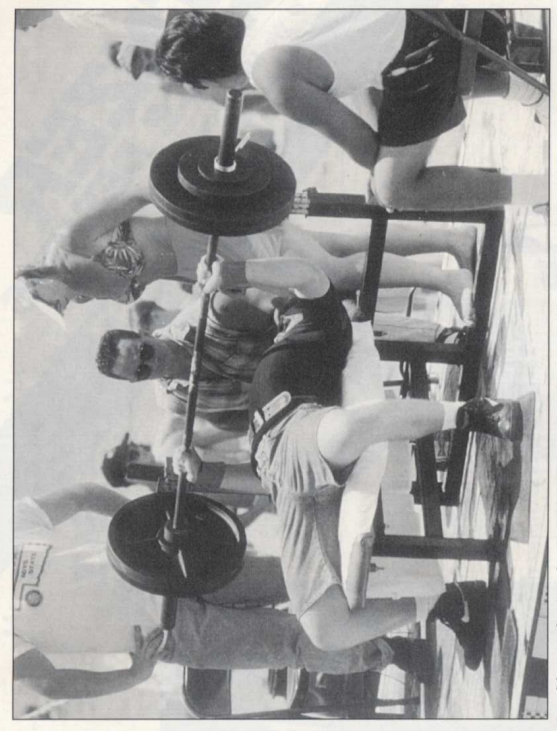
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NASA Eastern OK bench Press 4 Jun 94 - Eufaula, OK

The 1994 Eastern OK Bench Press and Talent Contest was held at the Eufaula Civic Center in Eufaula, Oklahoma...

At 220 bodyweight for a new NASA American record, a third attempt lift of 630 lbs. was barely missed...

Japanese Masters Nationals 20 May 94 - Tomakomai City (kg)



Benching on the Beach... in Oklahoma... a fun day was had by all at the NASA Eastern Oklahoma Bench Press Championships...

Men's 550, 56 kg Class - Hideaki Inaba, 56kg Class - Hiroaki Fushimi, 67.3kg Class - Yoshinobu Tomiaga, Yoshida for providing the results of this contest.

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K. Brockmeyer 123T 65T 153T 345T
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B. Genere 280 155 370S 80S
130 lb/160
D. Sullivan 235 175 290 700
154.25 lbs
L. Evans 235 175 315 725
176.25 lbs
B. Bullman 235 175 315 725
W. Jaroslawski 270M 125M 275M 670M
Over 176.25 lbs 275M 165M 385M 825M
Women's Masters
S. Radlike 210M 175M 240M 625M
176.25 lb/160
Teams: Northwest Racquet, Swim & Health Clubs
- 1st Place (Open), St. Olaf College 1st Place
(Notes): Congratulations to the following lifters
for their outstanding performances: International
L. Bucholtz 435 310 475 1220
J. Tomlinson 435 310 475 1220
C. Corniller 325 315 375 1015
J. Todd 220.25 lbs
515 310 500M 1535
C. Ruiz 280m 410 1055M
242.50 lbs
D. Letendre 425 340 500 1265
J. Ferguson 425 340 500 1265
M. Wood 425 340 500 1265
M. McQuire 425 340 500 1265
Mens Grand Masters
W. Omondson 405M 240 432M 1080M
220.25 lbs
C. Labille 325m 250m 370m 945m
242.50 lbs
J. Clark 200 180 325 705
K. Davis 250M 300AM 325M 875M
Police & Fire
148.75 lbs
P. Schramm 560SP 305 480 1345P
242.50 lbs
D. Walker 470 325P 440 1235
410(M) 290(M) 450(M) 1150(M)
200.25 lbs
J. Doveski 390 310 455 1155
200.25 lbs
M. Schumer 485 395P 550 1430
M. Meyer 540 300 510 1350
365 280 410 1055
242.50 lbs
P. Buckley 575 415 550 1540
275.50 lbs
T. Dahoff 500 335 540 1375
122.25 lbs



John Schraub had a tough day at the ADFFA Men's Nationals this year, but took the Best Heavy Lifter Award at the ADFFA Texas State

K. Schaub 207.5 150 375 730.5
S. Greff 255 165 242.5 662.5
Rosenberg 207.5 140 227.5 575
45-49
J. Porter 217.5 132.5 215 570
25 160 65 345
50-54
Aron 180 117.5
Troy 475
190 125 190 305
100 Open Cks II BP
242.5 175 212 629.5
Prelim 320 260 267.5 787.5
Masters 50-54
B. Garza 220 165 200 585
125 Master 50-54
115 170 50 335
19-19
Walk 205 147.5 227.5 580
J. Vela 215 160 237.5 672.5
D. Garcia 265 167.5 240 627.5
1st - state record. Best lifter: R. L. Williams, hvy; J. Schraub, Squat; G. Kaiser, hvy; J. Schraub, BP; L. Williams, hvy; S. Warr, DL; L. J. Burfield, hvy; J. Schraub. (Thanks to Tom North for these results!)

ADFFA Texas State

25,216 Jun 94 - San Antonio, TX
Open-60kg
D. Burfield 140 115 157.5 412.5
75kg
Barfield Jr 150 132.5 195 467.5
L. Williams 220 185 205 610
C. Kaiser 237.5 137.5 227.5 602.5
D. Emery 175 110 182.5 467.5
M. Mosher 205 147.5 227.5 580
M. Peck 175 100 185 460
82.5 Open
M. Schumer 200 147.5 222.5 570
C. Kaiser 185
S. Warr 175 125 197.5 497.5
T. Dahoff 185
127.5
90 Open

The A.D.F.P.A. has been, is, and always will be committed to offering the drug free athlete the best arena to compete in. Not everyone is going to like to agree with what takes place. If there is something you don't like, work to change it. Express your feelings and make your ideas known. This is the only way to make a positive contribution to our organization.

The current A.D.F.P.A. administration is committed to follow the rules. None of us agree with all the rules, but until they are changed we must follow them.

As a closing statement, let's work together to finish up 1994 on a positive note. If we all commit to this, the A.D.F.P.A. will grow.

Bob Gaynor, A.D.F.P.A. President

American Drug Free Powerlifting Association, Inc. "The Healthy Alternative" in today's world of powerlifting, a lifter must decide which of the many organizations to support. Choose the ADFFA because we are the finest powerlifting organization in the world today. WHY ARE WE THE BEST? DRUG TESTING Every ADFFA meet requires drug testing, either polygraph, urinalysis or blood tests. In addition, the ADFFA does extensive out-of-contest testing. All national and American record setters are tested.

NEWSLETTER The ADFFA has its own newsletter which is sent to all registered ADFFA members six times a year. Besides informational articles, a schedule of upcoming competitions and meet results, it also includes top lifter rankings for all divisions (Men, Women, Teens and Masters). **INTERNATIONAL COMPETITION** The ADFFA is a member of the World Drug Free Powerlifting Federation which sanctions a Men's and Women's World Championship, as well as a Master's World Championship and a World Bench Press Championship. These international meets have been held in England, France, Canada, Australia, Poland, as well as the USA.

COMPETITIONS The ADFFA sanctions about 200 meets a year with ten national meets: The Men's, Women's, Masters, Teen, High School, Collegiate, Lifetime, Bench Press, Deadlift and the Police and Firefighters Nationals. Each of these meets is held individually in order to guarantee the prestige that each competition and each lifter deserves. **HISTORY, TRADITION AND PRESTIGE** The ADFFA was founded in 1981, making it the oldest established powerlifting organization in the USA. Since then our membership has grown to over 5,000 members. Our national championships are among the most prestigious meets in the world today. Many of the world's best lifters are members of the ADFFA and many of the world's past powerlifting champs have come out

A.D.F.P.A. Corner

of retirement to lift in the ADFFA. If you are looking for drug free competition, where quality and ethics are the focal point, the ADFFA is the choice for you. If you have never used strength inducing drugs or have been drug free for at least 36 months, consider joining the ADFFA by filling out the application in this issue of Powerlifting USA. Mail it with your check or money order to the national office.

From Bill Ennis, ADFFA Vice-President: The ADFFA is looking for corporate sponsors for 1995. For details, contact Bill at (703) 989-9482. Attention Gym Owners! Sell ADFFA merchandise in your shop! For wholesale pricing information, contact Bill Ennis.

ADFFA Sports Medicine Committee The ADFFA national governing body established the Sports Medicine Committee at the 1994 Men's Nationals in Chicago this past July. Dr. Michael Harle was appointed chairperson of this committee. The first competition will be for the WDPFF World Powerlifting Championships to be held September 16-18, 1994 in Minneapolis, Minnesota.

Several purposes for establishing this committee are as follows: 1) To form the basis for providing professional and necessary care to the powerlifter at national and international competitions of the ADFFA/WDPFF; 2) To allow a forum where ADFFA members can ask sports medicine related questions and receive answers; 3) To allow future research into powerlifting and strength training; 4) To work with the Testing and Drug Education Committees of the ADFFA. There are endless possibilities to this committee and what it can do. If anyone has any ideas/questions about this new committee or would like to be a member of this committee, please call Dr. Michael Harle at (414) 833-7844. If any meet directors would like to have doctors and other health professionals at their competition to take care of athletes, please call the aforementioned telephone number.

ADFFA Collegiate Committee The ADFFA national committee passed both agenda items pertaining to Collegiate lifters. First, the qualifying totals for both men and women collegiate lifters was lowered to help stimulate the number of lifters at future National Collegiate Championships, yet still keeping the prestige of competing in the competition. Look for the new totals in upcoming PL USA's.

Secondly, the national committee invited lifters to support the ADFFA through Sgr. Jim Cope and Lt. Hynes. This has provided us with many resources that will enable us to run high quality meets. We are scheduling a state championship for November to be the only ADFFA National championship in

lowed by the AZ Open in February/

A.D.F.P.A. National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
National's	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
Collegiate's	665	770	900	1065	1190	1245	1340	1355	1365	1375	1385
ADFFA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFFA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFFA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFFA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
ADFFA Master's	A Total in a Sanctioned Meet										
ADFFA High School	A Total in a Sanctioned Meet										
ADFFA Women's	97	104	111	116	122	129	139	154	176	176	176+
Nationals-open & life	496	535	562	617	639	694	739	766	777	876	
Collegiate's	415	445	465	485	505	525	560	610	675	755	
Masters 35-44	347	369	391	402	419	441	468	507	562	628	
Master 45 or over	A Total in a Sanctioned Meet										
Teen (14-19)	335	355	380	390	405	425	455	490	545	610	
High School	A Total in a Sanctioned Meet										

which these foreign athletes will be allowed to compete. Also decided within the Collegiate Committee was the establishment of official All-American status. Lifters' News: We had several state zone opens this spring in the Arizona Open. Kevin Dittler set a new state record for the 570/165. Master lifter Dan Bedford also set a new state record in the squat of 300 in the 65/69, record in the squat of 300 in the 65/69, a new squat record of 350, a bench record of 225, and a total record of 985 in the 55-59; 181 lbs. class. Master Phil Mitchell set a new squat record of 350, bench record of 205, deadlift record of 410, and total record of 965 in the 54-59, 198 lbs. class. Teen Nathan McBride set a new record of 540 in the deadlift. He is 198 lbs., 17-19 years old. Mens Best Lifter was Mark Philippidis. Best Woman was Rolanda Brandon. 1993 world champion John Binkowski also competed to see how his strength was before getting ready for the Men's Nationals.

Arizona also had two women compete at the Women's Nationals in May. Mike National and World Champion Betsy Obanen claimed another national title along with a new total record. Rolanda Brandon got a taste of national competition after only 9 months of competitive training. Rolanda should have a bright future ahead of her.

Rising Stars: We have two Arizona teens who can provide training and meet information. It can also help if you're traveling and need a place to train. To get your gym in the directory, send a check for \$3.00 made out to the ADFFA or money order to: Stephanie Whiting, 4768 Barbara's Lane, Stevens Point, WI 54481.

ADFFA Arizona State News: We are working to put Arizona back on the map concerning the ADFFA. The state has been dormant for approximately 2 years. February marked the first ADFFA sanctioned meet since Spring of 1991. The Phoenix Police Dept. is becoming actively involved in supporting the ADFFA through Sgt. Jim Cope and Lt. Hynes. This has provided us with many resources that will enable us to run high quality meets. We are scheduling a state championship for November to be the only ADFFA National championship in

lowed by the AZ Open in February/

A.D.F.P.A. Corner

ADFFA Gym Directory Update: February/

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ADFFA P.O. Box 21 Mount Laurel, PA 18077 717-474-2862		
Make checks payable to: World Team DONATION CLUB REPRESENTED		
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R. Guth	200	137.5	237.5	575	D. Shiffer	307.5	185	272.5	765	
M. Proctor	152.5	215	132.5	222.5	370	R. Prosser	207.5	285	422.5	
J. Heck	152.5	215	137.5	222.5	370	Rosenbover	247.5	170	442.5	
C. Corey	152.5	215	137.5	222.5	370	R. Obercht	215	150	245	610
J. Stevens	140	122.5	152.5	315	222.5	222.5	150	205	432.5	
Bianchi	182.5	110	195	287.5	312.5	M. Shaffer	185	107.5	160	622.5
M. Keretz	167.5	115	185	467.5	275	Open	267.5	165	227.5	600
D. Mahin	172.5	102.5	170	445	M. Sheehan	185	185	231.5	582.5	
J. Brown	107.5	85	142.5	335	SHW Class I	222.5	152.5	215	625	
D. Lewis	170	107.5	170	337.5	T. McFadden	222.5	152.5	215	625	
D. Bank	195	127.5	200	322.5	SHW Open	207.5	207.5	482.5	892.5	
G. Heim	167.5	122.5	205	495	D. Rupp	237.5	152.5	215	585	
J. Brown	167.5	122.5	205	495	Head Judge: Charlie Schneider, officiate: Ned	222.5	152.5	215	625	
M. Nepp	127.5	220	300	522.5	JD Gavner, Heather Hollick, met personnel: Don	167.5	122.5	205	495	
J. Hirsch	167.5	122.5	205	495	McGowan, Mike McGowan, Mike Chesman, Don	245	177.5	215	637.5	
J. Hirsch	167.5	122.5	205	495	Tony Prosser, Don Shiffer (results: Rob Gaynor)	195	127.5	200	322.5	
J. Hirsch	167.5	122.5	205	495	ADPFA Tennessee/Mid South Classic	167.5	122.5	205	495	
J. Hirsch	167.5	122.5	205	495	11 Jun 94 - Memphis, TN/tech Press	167.5	122.5	205	495	
J. Hirsch	167.5	122.5	205	495	M. Ruble	370	640	515	550	
J. Hirsch	167.5	122.5	205	495	D. Korth	430	575	625	1190	
J. Hirsch	167.5	122.5	205	495	J. Ingram	415	575	625	1190	
J. Hirsch	167.5	122.5	205	495	D. Faulk	250	390	530	970	
J. Hirsch	167.5	122.5	205	495	J. Overder	345	475	625	1190	
J. Hirsch	167.5	122.5	205	495	W. Buckley	515	575	625	1190	
J. Hirsch	167.5	122.5	205	495	V. Hooser	360	515	575	625	
J. Hirsch	167.5	122.5	205	495	D. Franks	390	515	575	625	
J. Hirsch	167.5	122.5	205	495	J. Drake	390	515	575	625	
J. Hirsch	167.5	122.5	205	495	M. Palmer	320	475	625	1190	
J. Hirsch	167.5	122.5	205	495	J. Walker	360	515	575	625	
J. Hirsch	167.5	122.5	205	495	M. Gritz	300	400	550	900	
J. Hirsch	167.5	122.5	205	495	M. Palmer	325	450	600	975	
J. Hirsch	167.5	122.5	205	495	J. Furr	400	550	700	1050	
J. Hirsch	167.5	122.5	205	495	S. Carmon	525	675	825	1175	
J. Hirsch	167.5	122.5	205	495	R. Brown	307.5	450	600	975	
J. Hirsch	167.5	122.5	205	495	J. Rose Jr	650	800	950	1300	

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WINPF North American Champs
22 May 94 - New Britain, CT

Bench Press	242	350	550	1410	I. Bonacci	380	236	413	1030
132 Master 40-44	242	350	550	1410	R. Dodson	319	209	369	898
220 Open	242	350	550	1410	D. Crawford	473	242	501	1212
Blanchard	405	385	525	1388	J. Stevens	468	242	501	1212
148 Open	310	230	325	420	G. Horowitz	385	253	407	1146
165 Master 45-49	385	385	525	1388	S. G. White	407	253	407	1146
Walker	450	385	525	1388	C. Christman	369	220	407	992
181 Teen 14-16	205	275	370	490	R. Clayton	451	281	473	1207
181 Teen 17-19	230	325	420	545	D. Gayner	411	281	473	1207
181 Teen 20-24	275	370	475	600	J. Brown	440	281	473	1207
181 Teen 25-29	320	415	510	635	T. Conway	473	281	473	1207
181 Teen 30-34	365	460	555	680	B. Bayer	473	281	473	1207
181 Teen 35-39	410	505	600	725	M. Logue	473	281	473	1207
181 Teen 40-44	455	550	645	770	A. Wurtz	473	281	473	1207
181 Teen 45-49	500	600	695	820	J. Valchire	400	330	466	1130
181 Teen 50-54	545	645	740	865	G. Langham	400	330	466	1130
181 Teen 55-59	590	690	785	910	F. Rice	440	342	466	1130
181 Teen 60-64	635	735	830	955	R. Blaine	440	342	466	1130
181 Teen 65-69	680	780	875	1000	R. Blaine	440	342	466	1130
181 Teen 70-74	725	825	920	1045	K. Hansen	440	342	466	1130
181 Teen 75-79	770	870	965	1090	R. Hansen	440	342	466	1130
181 Teen 80-84	815	915	1010	1135	J. Spillane	440	342	466	1130
181 Teen 85-89	860	960	1055	1180	M. Miller	440	342	466	1130
181 Teen 90-94	905	1005	1100	1225	C. Doll	440	342	466	1130
181 Teen 95-99	950	1050	1145	1270	T. Dwy	440	342	466	1130
181 Teen 100-104	995	1095	1190	1315	G. Roy	440	342	466	1130
181 Teen 105-109	1040	1140	1235	1360	K. O'Neil	440	342	466	1130
181 Teen 110-114	1085	1185	1280	1405	G. Roy	440	342	466	1130
181 Teen 115-119	1130	1230	1325	1450	R. O'Neil	440	342	466	1130
181 Teen 120-124	1175	1275	1370	1495	G. Roy	440	342	466	1130
181 Teen 125-129	1220	1320	1415	1540	K. O'Neil	440	342	466	1130
181 Teen 130-134	1265	1365	1460	1585	G. Roy	440	342	466	1130
181 Teen 135-139	1310	1410	1505	1630	R. O'Neil	440	342	466	1130
181 Teen 140-144	1355	1455	1550	1655	G. Roy	440	342	466	1130
181 Teen 145-149	1400	1500	1595	1720	K. O'Neil	440	342	466	1130
181 Teen 150-154	1445	1545	1640	1765	G. Roy	440	342	466	1130
181 Teen 155-159	1490	1590	1685	1800	R. O'Neil	440	342	466	1130
181 Teen 160-164	1535	1635	1730	1855	G. Roy	440	342	466	1130
181 Teen 165-169	1580	1680	1775	1900	K. O'Neil	440	342	466	1130
181 Teen 170-174	1625	1725	1820	1945	G. Roy	440	342	466	1130
181 Teen 175-179	1670	1770	1865	1990	R. O'Neil	440	342	466	1130
181 Teen 180-184	1715	1815	1910	2035	G. Roy	440	342	466	1130
181 Teen 185-189	1760	1860	1955	2080	K. O'Neil	440	342	466	1130
181 Teen 190-194	1805	1905	2000	2125	G. Roy	440	342	466	1130
181 Teen 195-199	1850	1950	2045	2170	R. O'Neil	440	342	466	1130
181 Teen 200-204	1895	1995	2090	2215	G. Roy	440	342	466	1130
181 Teen 205-209	1940	2040	2135	2260	K. O'Neil	440	342	466	1130
181 Teen 210-214	1985	2085	2180	2305	G. Roy	440	342	466	1130
181 Teen 215-219	2030	2130	2225	2350	R. O'Neil	440	342	466	1130
181 Teen 220-224	2075	2175	2270	2395	G. Roy	440	342	466	1130
181 Teen 225-229	2120	2220	2315	2440	K. O'Neil	440	342	466	1130
181 Teen 230-234	2165	2265	2360	2485	G. Roy	440	342	466	1130
181 Teen 235-239	2210	2310	2405	2530	R. O'Neil	440	342	466	1130
181 Teen 240-244	2255	2355	2450	2575	G. Roy	440	342	466	1130
181 Teen 245-249	2300	2400	2495	2620	K. O'Neil	440	342	466	1130
181 Teen 250-254	2345	2445	2540	2665	G. Roy	440	342	466	1130
181 Teen 255-259	2390	2490	2585	2710	R. O'Neil	440	342	466	1130
181 Teen 260-264	2435	2535	2630	2755	G. Roy	440	342	466	1130
181 Teen 265-269	2480	2580	2675	2800	K. O'Neil	440	342	466	1130
181 Teen 270-274	2525	2625	2720	2845	G. Roy	440	342	466	1130
181 Teen 275-279	2570	2670	2765	2890	R. O'Neil	440	342	466	1130
181 Teen 280-284	2615	2715	2810	2935	G. Roy	440	342	466	1130
181 Teen 285-289	2660	2760	2855	2980	K. O'Neil	440	342	466	1130
181 Teen 290-294	2705	2805	2900	3025	G. Roy	440	342	466	1130
181 Teen 295-299	2750	2850	2945	3070	R. O'Neil	440	342	466	1130
181 Teen 300-304	2795	2895	2990	3115	G. Roy	440	342	466	1130
181 Teen 305-309	2840	2940	3035	3160	K. O'Neil	440	342	466	1130
181 Teen 310-314	2885	2985	3080	3205	G. Roy	440	342	466	1130
181 Teen 315-319	2930	3030	3125	3250	R. O'Neil	440	342	466	1130
181 Teen 320-324	2975	3075	3170	3295	G. Roy	440	342	466	1130
181 Teen 325-329	3020	3120	3215	3340	K. O'Neil	440	342	466	1130
181 Teen 330-334	3065	3165	3260	3385	G. Roy	440	342	466	1130
181 Teen 335-339	3110	3210	3305	3430	R. O'Neil	440	342	466	1130
181 Teen 340-344	3155	3255	3350	3475	G. Roy	440	342	466	1130
181 Teen 345-349	3200	3300	3395	3520	K. O'Neil	440	342	466	1130
181 Teen 350-354	3245	3345	3440	3565	G. Roy	440	342	466	1130
181 Teen 355-359	3290	3390	3485	3610	R. O'Neil	440	342	466	1130
181 Teen 360-364	3335	3435	3530	3655	G. Roy	440	342	466	1130
181 Teen 365-369	3380	3480	3575	3700	K. O'Neil	440	342	466	1130
181 Teen 370-374	3425	3525	3620	3745	G. Roy	440	342	466	1130
181 Teen 375-379	3470	3570	3665	3790	R. O'Neil	440	342	466	1130
181 Teen 380-384	3515	3615	3710	3835	G. Roy	440	342	466	1130
181 Teen 385-389	3560	3660	3755	3880	K. O'Neil				

POWERLIFTING USA BACK ISSUES

NASA Michigan State

Table listing athletes from Michigan State and their lifts in various categories like Bench Press, Squat, and Deadlift.

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

Table listing athletes from various states and their lifts in different categories.

MDSA Biggest Bench On The Beach

Table of lift results for MDSA Biggest Bench On The Beach event.

Application for Registration in Natural Athlete Strength Association

Registration form for Natural Athlete Strength Association with fields for personal and contact information.



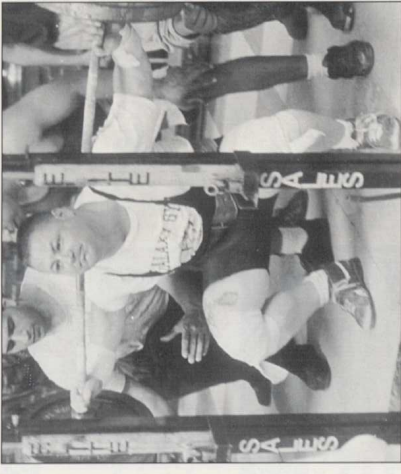
Butch Aulfluck with a NASA World Record 468 bench at the Grand Nationals. Butch, 46, recently had hand surgery (courtesy of Aulfluck)

Table of lift results for various categories, including Bench Press, Squat, and Deadlift.

Table of lift results for various categories, including Bench Press, Squat, and Deadlift.

Table of lift results for various categories, including Bench Press, Squat, and Deadlift.

NASA Missouri Regional



Steven Siegel won the 242 lb. class and the overall Best Lifter award at the ADFFA New England States Novice (photograph by A.J. Wiener)

Table listing names and weights for the NASA Missouri Regional competition, including categories like Men's Novice, Women's Novice, and various weight classes.

Table listing names and weights for the ADFFA New England States Novice competition, including categories like Men's Novice, Women's Novice, and various weight classes.



Aribert Forster pulled 694 at SHW at the Bavaria Cup Deadlift meet, with a barbeque, lots of beer and Weisswurst! (Courtesy Karl Auer)

Table listing names and weights for the SHW Bavaria Cup Deadlift meet, including categories like Men's Novice, Women's Novice, and various weight classes.

Table listing names and weights for the Intern. Bavaria Cup Deadlift competition, including categories like Men's Novice, Women's Novice, and various weight classes.

Table listing names and weights for the 12th Waialua Health Club competition, including categories like Men's Novice, Women's Novice, and various weight classes.

Advertisement for 'Beyond A Century Performance Powders'. It lists various supplements like Creatine, Arginine, and Yohimbin, along with their benefits and prices. Includes a phone number and address.

Advertisement for 'RACHEL' featuring a woman in athletic wear. It promotes 'WORLD'S #1 POWER-BODY/BUILDER AND BENCH PRESS CHAMPION' and lists benefits like 'BUILD MUSCLE MASS', 'MAKE ROCK-HARD GAINS', and 'BOOST STRENGTH, POWER ENERGY AND ENDURANCE'. Includes a phone number and address.

Advertisement for 'BOB'S CUSTOM LIFTING BELTS'. It features images of two different styles of lifting belts and describes their benefits for supporting lifting efforts. Includes a phone number and address.

Advertisement for 'FREE CATALOG!' featuring a woman in athletic wear. It promotes 'The Right Products At The Right Prices...' and lists benefits like 'BUILD MUSCLE MASS', 'MAKE ROCK-HARD GAINS', and 'BOOST STRENGTH, POWER ENERGY AND ENDURANCE'. Includes a phone number and address.

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Review; MasterTrainer Vol.3#1

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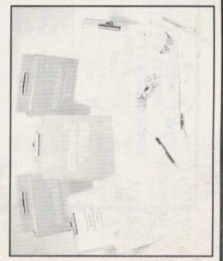
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Tim Ross, Chicago, IL

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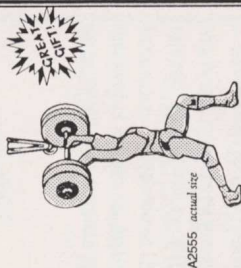
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In Memory.....

New South Wales A.C.T. Caprio Meet
6 Jun 94 - Albany, Australia (kg)

W. Jones	100	40	115	235
R. Young	150	65	170	405
F. Adams	135	65	155	355
M. Blundford	215	125	235	575
A. Hirst	245	155	242.5	642.5
L. Butler	305	300	300	795
T. Gasman	210	175	275	680
D. Johnson	240	172.5	200	617.5
J. Pappas	215	125	240	580
K. Harbort	230	140	260	630
R. Adams	260	185	265	700
R. Jones	305	240	300	845

CPA Nationals
12 Jun 94 - Magog, Quebec, Canada

Submaster 148	515	330	470	1315
165 Open	530	300	612	1442
Submaster-165	570	300	612	1442
181 Jr	435	315	480	1270
E. Lessard	530	400	630	1580
Open	550	400	630	1580
198 Open	610	400	610	1620
R. P. Bouard	675	370	510	1455
P. Bouard	575	330	500	1385
220 Jr	460	305	500	1265
G. Poulin	520	450	560	1530
Open	525	370	560	1455
C. Caplain	470	340	50	1360
Submaster				

APA World Record Breakers
20 Mar 94 - Hamden, CT

Women 114	50	110	230	410
Men 116	135	75	200	400
135 Class	135	100	175	410
D. Hogans	460	325	455	1240
L. Altherr	320	230	375	925
I. Steele	300	185	275	750
N. Wellins	550	320	550	1420
242 Class	530	315	475	1320
M. Hogan	405	315	425	945
T. Culbry	330			
R. Altherr	330			

teen world record. Best Lifters: Women-Beky Nutter; Chris Hogan, Men Light-Daren Koenig. Best Benchers: Women-Christina Joseph, Steve, and Andrew Bann. Head Judge: Joseph Steele. Side Judge: Andrew Bran and Kimberly Steele. The 1st Annual APA World Record Meet was held on Saturday, March 19, 1994, at the Hamden, CT. set three new (13-15) world records. The contest was dedicated to the United States Naval Reserve who was also the sponsor of the contest and provided the equipment for the meet. The contest was held at the Hamden, CT. set three new (13-15) world records. The contest was dedicated to the United States Naval Reserve who was also the sponsor of the contest and provided the equipment for the meet.

APA World Record Breakers
20 Mar 94 - Hamden, CT

Women 114 50 110 230 410
Men 116 135 75 200 400
135 Class 135 100 175 410
D. Hogans 460 325 455 1240
L. Altherr 320 230 375 925
I. Steele 300 185 275 750
N. Wellins 550 320 550 1420
242 Class 530 315 475 1320
M. Hogan 405 315 425 945
T. Culbry 330
R. Altherr 330

Bulletin Board... this is the place to look for organizational news and notes - IPF Vice President for North America, Stella Herrick notes that the **NACACI Bench Press Championships** will be held on October 29th and 30th, with open and masters divisions, under the direction of Conrad Archangel, Kwartez 19-B, Curacao, Netherlands Antilles (FAX 599-9 657706). Stella emphasizes that this is an OPEN contest and what a unique location to start this new series of international events within NACACI (North America, Central America, Caribbean Islands)...

USPF Seniors Drug Test Results...
The following lifters were tested and the results of their drug tests were negative at the 1994 USPF Men's and Women's National Championships in Houston, Texas, Alizier, Bettina; Austin, Dan; Bell, Gene; Boudreau, Carrie; Clark, Antony; Coan, Ed; Conyers, Tony; Corson, Shelby; Denmon, Lori; Ferrero, Lori; Gant, Lamar; Hamman, Shane; Hile, Phillip; Karwoski, Kirk; Leveret, Ann; Sims, Raquel; Smith, Scott; Steenrod, Victoria; Street, Elizabeth; Taylor, Timothy; Thomas, Walker; Trujillo, Juanita. Received from USPF Headquarters via FAX on August 28, 1994....

Final Results of the 198 lb. class
at the 1994 ADPPA Men's Nationals are:
Ben-Saidi 305 207.5 287.5 894
Joe-Mohr 325 217.5 325.5 882.5
Vince-Kelso 187.5 125 320 820
William-McKey 272.5 165 325 760
Scott-Hill 195 155 265 510
Tom-James 295 175 265 730
Darryl-Shelton 262.5 177.5 287.5 722.5
Marty-Chapman 275 192.5 275 747.5
John-Mehall 300 150

According to ADPPA President Bob Gagnor "Please reprint 1994 ADPPA Men's Nationals Results. These are final results. Changes are because of drug testing. Only the 198 lb. class

Jim Messer has passed away at age 88. Jim ran the famous Holy Savior Weightlifting Club in Pennsylvania for 27 years, as well as competing in various Iron Game activities, including powerlifting, where he achieved National Masters Champion status, up until 1990 or so. He was inducted into the National Wheelchair Athletic Association Hall of Fame in 1992, and made to that organization at 1750 E. Boulder Ave., Colorado Springs, CO 80910. This information from Dennis Reno's Weightlifter's Newsletter, 30 Cambria Rd., West Newton, MA 02165. (\$22 for 1 yr. subscription)

D. Boyer 530 450 560 1540
R. Bould 570 390 560 1520
Master 40-44
Master 40-44
Master 40-44
D. Chase 500 340 560 1400
Open 242 500 340 560 1400
Master 60-64
P. Villavea 600 490 600 1550
Delmar Heights 600 490 600 1550
Dalton 600 490 600 1550
Villavea (Thanks to J M Berggren for results)

CAPO Queensland Championships
5 Jun 94 - Australia (kg)


90kg	230	155	240	625
N. Sironan	240	150	235	625
S. Howe	165	130	210	515
100kg	265	170	285	720
D. Crane	220	135	240	590
R. Hardy	190	150	230	570
S. Hamblett	230	160		
110kg	250	160	220	630
K. Herbert	200	130	240	570
125kg	275	180	310	765
Kovacic	265	220	240	725

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Power People



D.D. Nichols is 5'11" and weighs 275 lbs. He is a powerlifter/bodybuilder from Tuscaloosa, Alabama. D.D. has been lifting weights for more than 18 years due to his small size and strength at 17 years of age. At 18, D.D. was Alabama's private school all-time best bencher. D.D.'s most recent bench contest was July 30, 1994, a USPF sanctioned meet at Don's Gym in Huntsville, AL, where he bench pressed 615 lbs. D.D. came in 2nd at the USPF Jr. Nationals in 1987 in Kansas City, Missouri. His squat was 771, bench 573, and deadlift 716 for a total of 2060. He has been Alabama State Champion 3 times in the 275 class and also a multi Region III champion, including his last Region III win in April 1993 with a 2150 lb. total, including an 800 lb. deadlift. While D.D. is asked why he does all the bodybuilding training, he says he not only wants to be strong, he wants to look strong also. D.D. has competed in many bodybuilding contests at a bodyweight of 260 lbs. with a bodyfat content as low as 4.5%. Nichols has the best Muscular Arms in America contest with a 23 1/8" arm. He is also a professional strongman lifting trucks, he also does strength exhibitions for children's charity associations. D.D.'s squatting has done somewhat over the years to knees surgery from football injuries, and his near future goal is go bench press 700 lbs. (story and photos courtesy of Tonya Renae).

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Remembering Jeff Wright...
Far too often in our day to day affairs, we go through life without a full appreciation of those who are important to us. Often it takes some kind of significant emotional event to break us out of our mundane daily rituals. Unfortunately, sometimes these events are tragic and we spend a great deal of time trying to rationalize them. Such was the case last March, when I received a phone call with the news that one of my best friends, Jeff Wright, had passed away. You can imagine my shock, because Jeff was only thirty years old.

Because powerlifting is such an individual sport, it is often times easy to become self absorbed. Our entire world revolves around our most recent total or our latest workout. We are only as worthy as our latest challenge. At the same time we tend to minimize, or forget about, those who are close to us until it is too late.

I first met Jeff Wright in 1983 at one of Gary Benford's VMCA National Meets. We immediately hit off because of our similar interests. Somebody once said that a friend is someone in whom you see yourself. Well, I believe Jeff and I were such good friends despite the miles we lived apart, because we saw a lot of ourselves in each other.

One thing that Jeff could have been on this earth a little longer, so many

others could have been enriched by lifted, or help out other lifters to do his association. He was one of the their best. He was never too busy or most unselfish, caring, modest and self absorbed to help younger lifters, and there are many which he had a tremendous positive influence on.

Since Jeff passed away seldom does a day go by that he is not in my thoughts, in some manner. Probably the aspect of it all that bothers me the most, as I'm sure it does all his family and friends, is the ultimate finality of losing someone you care about.

There will be no more late night phone calls, where we touched on everything from training to family, to our own unique philosophy of life. No more calls, where we touched on everything from training to family, to our own unique philosophy of life. No more calls, where we touched on everything from training to family, to our own unique philosophy of life.

Jeff, I know that I speak not only for myself, but for your wife, Tracy, your family and all of the others who have touched, we will miss you desperately. I know you have made a lasting positive impact on me and so many in a much better, much happier place. God bless you, and thanks for everything.

John Ware

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John Ware

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The Custom Series

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Style C. Double thickness smooth leather. Available in single or double prong. \$65.00

Style D. Single thickness, heavy leather. Double prong recommended. \$29.00

Style E. Double thickness with smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$65.00

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Two-Tone Belt. Any two colors. Style A & B only. \$65.00

The Challenger Series

The Challenger Series is our economy line of quality belts. Challenger Belts offer you the total support of double thickness leathers, and the fine craftsmanship and materials found in more expensive belts.

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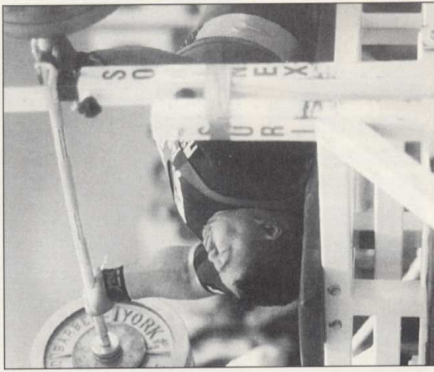
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The ballroom was packed with standing room only, and it was the most packed SHW class in many years at the 1994 USPF National Championships. A struggle for first place was happening between the junior lifter, Shane Hamman and awesome Anthony Clark. Anthony Clark had stumbled with his opening attempt squat, taking three tries to get his easy-for-him opener registered as a good lift. Shane saw his chance to beat one of the most famous powerlifters. 903 was loaded on the power bar for Shane's first attempt. Shane set up strongly with this weight, and just when everyone was expecting to see him descend carefully to below parallel position, Shane just dropped! Shane dropped to below parallel, and, BOOM!, stood back up. Most people had never seen a 'dive bomb' squat technique before. Earlier in the championships, another brand suit had blown out on several lifters. One lifter, after his suit blew, walked off the platform with his naked glutes in the emphatically laughing audience's view.



None of the blown suits were Inzer suits. Apparently, the owner of another company that supplies powerlifting equipment, who claims to have the best blowout guarantee, had been busy on the phone talking some competitors into wearing his suit. Several of these lifters came to the Inzer booth afterwards to again fit themselves into a real squat suit. Shane Hamman was wearing a very tight fitting Inzer Z-Suit, but would his suit hold up on a world record attempt of 986 with his radical 'dive bomb' squat technique? Yes! Of course his Inzer Z-Suit held up, and Hamman was successful in breaking a 12 year old IPF World Record with a super easy lift of 986 and he was good for over 1,000 pounds. Anthony Clark, outfitted with all Inzer Power Gear, went on to win the SHW class, coming from behind with a huge IPF bench press World Record. The message of this historical account is: while there are other brands of suits that may be good and could be used for a practice suit, Inzer Z-Suits and Champion Suits have proven again to be the #1 suits for performance and safety in the world. And remember, the #1 ranked powerlifter and consistently consistent Ed Coan does not get confused and fooled into wearing other than the best, but always wears exclusively Inzer Power Gear!

