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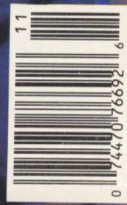
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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport...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

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ON THE COVER..... Bull Stewart (Heavyweight Best Lifter) in the center, Doan Nguyen (Men's Northwest Cup Winner) at left, Ray Benemerito (Men's Overall Best Lifter) on the top right, and Bettina Altizer (Women's Northwest Cup Winner) bottom right - all from the WDFPF World Championships.

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WDFPF WORLDS

as seen by *Powerlifting USA Editor, Mike Lambert*

For the 3rd time, the WDFPF/ADFFA has journeyed to the Twin Cities for a major championship, with pleasure, because Meet Director Erin Fiddiges is the Host with the Most when it comes to facilities (what a scoreboard), organization, and the human touch in dealing with so many from so far around the world. The number of lifters who turned out was disappointing, with the French not coming this time, the consolidated Australians apparently going with the IPF, and 11 lifters from 7 countries (including the US) entered but not appearing.

No bench shirts were allowed under WDFPF rules, however, many world records were attempted. First up for the women - probably the smallest shield carrying policeman in California - and one of the strongest in the world - Shirley Scheffer. Those 12 hour shifts and "man with a gun" calls put her off her best lifts, but she did put that record deadlift on the books.

Paula Kovalchik likewise made only 4 good attempts, lifting alone, but Yueh Chun Chang had even less good fortune. Jacqueline Davis had a nice day, though, topped with some sizzling world record deadlifts, but USA teammate Samora Brown-Dixon had to go 3 tries to get a squat in.

Bettina Altizer took on the record book once again, and her efforts earned her Best Lifter honors, as well as the beautiful crystal Northwest Cup for the women competitors, based on her 104% of the world record performance.

Michelle Stevens hauled up a 457 world record deadlift to end her day of lifting, and she was joined on the victory platform by Carole Lynch of England. The close match

between Helen Williams of England and the USA's Michelle DeCenaro. They are both such fine athletes that it took limit and beyond final deadlift attempts to separate them.

Many time drug free champion Betsy Ojanen overcame her mysterious arm malady and tied some world records, as did young Nikki Avey, Julie Schulz finished up with a good day for the Superheavy title.

In the Men's division, Doan Nguyen of the USA took the other crystal Northwest Cup for the men with his 103% of the world record lifting, which actually exceeded team buddy Andrew Lee in the next weight class up.

Brad Olson had programmed himself for a world record total in the 132s, and stretched to make it on his final pull. Mohammed Khan of England was so jet-lagged that he had to pass on the awards ceremony and picked his up the following day.

At 148, ADFFA National Champ Anthony Conyers did not respond to the invitation to be on the USA team (per ADFFA President Bob Gaynor), so Derek Beatty jumped in to give his best shot against the Russian Possokhin, whose eyes danced as he rocked from side to side, before his deadlift prowess gave him the final say in the 148s.

At 165, drug free star Ray Beneniento did not get the big squat he hoped for, and did some great deadlifting instead, however, his 1620 total earned him not only Best Lifter for the lighter men's classes, but Best Lifter for all the men's classes and a beautiful ornamental cup brought to the championships by the Polish team. The



Helen Williams of Great Britain



Betsy Ojanen's new squat record



Fired Up!... Nikki Avey at 198.



Julie Schulz... 479 squat at SHW.



Samora Brown-Dixon & awards.



World Record DLs by Jacquie D.



Andrew Lee topping off his win.



Brad Olson... 500+ in the squat



Possokhin pulls in the win at 148

165s had a good turnout, with Adrian Blindt (row of Plymouth, Massachusetts) representing England in 2nd.

At 181, Greg Jones, a savvy competitor, had to deal with the challenge of Valeri Nikkiche of Russia, an exceptional deadlifter. Greg coolly timed out his 677 deadlift attempt, and then made it strongly on his last attempt, while the Russian's extreme wide stance efforts failed.

USA lifter Rich Seddai did not appear for the competition, leaving the 198 title to Canada's John McMurren, who continued the suspense when he took 3 tries to get a squat on the board.

At 220, there was some competition, as ADFFA National Champ James Morton put himself 94 lbs. down after the squats and benches to veteran Ukrainian powerman (his warmup shirt said "Grow... or Die!") Vlad Ivanenko, who was with the first group of Russian powerlifters who ever competed on US soil back in 1990. Morton reversed the deficit big time, with a nice 744 deadlift, but showed he had plenty more where that came from with a WDFPF world record 766 that was a magnificent lift. England's Leslie Pilling was a not to distant 3rd.

In the 242s, one of the real attractions of drug free lifting, Andrew "Ball" Stewart was on hand with his new series of videotapes, as well as a full media coverage team from ACMI, which hopes to put Bull into the mainstream of American sports marketing. Bull was not going to disappoint their faith in him, and after not getting a hard fought 804 record squat, he came back with fire in his eyes and did it for the record.

With no bench shirts allowed, Bull took it easy on his injured pec, but cranked it up again in the deadlift, with 3 consecutive WDFPF World Records, culminating with a

slow, hard effort with a tremendous 815 pounds, finishing with a smile, and he kept smiling all the way to the presentation of his Best Lifter award, where he almost got a cramp in his dimple waiting for everyone to get their pictures of him.

Lykov was another Russian who came to Rich Peters' Grand Nationals in Atlanta back in 1990, and Andrews is another Brit who lives in the USA, working in Computer Science at Carnegie-Mellon in Pennsylvania.

Nazarov and Rowland had a friendly tussle in the 275s, which ended when the big Irishman Simon couldn't manage the winning pull of 705, and Serguei became the second Russian to pick up a gold.

Beau Moore of Tampa, Florida had to lift alone in the 319 lb. class, but got a new world record in the bench press (without a bench shirt) anyway, and then bumped up the official WDFPF standard in the total with his 705 and 727 deadlifts.

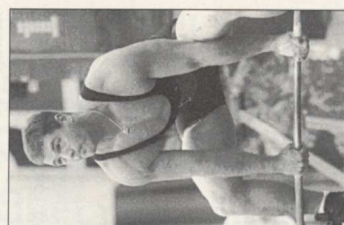
In the Superheavy weights, the United States had 355 lb. Joe Onosat of Hawaii with lots of fans in attendance, and joining him was 342 lb. Howard Thomas of Wales from Russia... Sergei Alexeev. Both Joe and Howard got in some nice squats, but the Russian stumbled with his first attempt. He then went to 793 for a lift that looked like it weighed 135... the crowd buzzed because it was so easy. From there, he jumped way up... to 881, a WDFPF World Record. The anti-mated Russian, who speaks little or no English, did the same... another easy, up and down success. He was wearing a minimal belt given to him by Scott Safe just before the lifting began and NO TIGHT LIFTING SUIT... just a loose Russian lifting singlet. WDFPF President Ken Smith wondered aloud why some enterprising suit manufacturer wouldn't sponsor this guy a suit.



Greg Jones grinds it out at 181



198 lb. Champ... John McMurren



Jim Morton pulled a 766 at 220



Andrew Dexter of Canada got a World Teenage Record in the Bench

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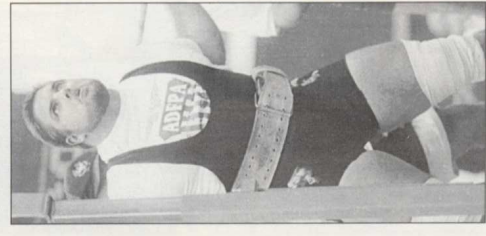
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Nazarov took a gold for Russia



Large & In Charge... Beau Moore



We Should Salute Him... instead of the other way around... Director Erin Feldges at the banquet

749), but at that meet he was reportedly so nervous that he stumbled with almost every attempt.

When PL USA statistician Herb Glossbrenner read about this guy's lifting in POWER HOTLINE, he instantly declared that this lifter is actually the son of Russian Olympic lifting great Vasily Alexeev. Herb had heard an interview in which Vasily said that one of his sons had been dabbling in Powerlifting (both Swedish world champ Lars Noren, not the very best, olympic lifter in the Superheavyweight division) and His previous competitive PR squat, at the WDPFF Europeans, was a

year's salary that he is right on the spot. Sponsors of this great event were Northwest Raquet, Swim and Health Clubs, Cybex, Pro Source Fitness, Farhat Fitness Services, Infinity Fitness Systems, Berne Scale, Holiday Inn North, Great Clips Moore Lake, Powerbar, SAFE USA, and Subway at Moore Lake.

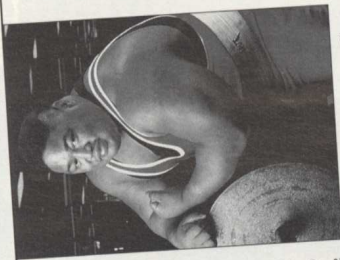
The meet site at the Moore Lake Club is simply spectacular - huge, immaculately clean, a couple of dozen fully equipped power racks to warm up in, etc., etc. Meet Director Erin Feldges scheduled a banquet after the competition, and the early autumn weather was perfect for the outdoor affair. Erin made some very heartfelt presentations to some of the good friends (Public Relations - Lisa Kohn, Facilities Management - Tom Baranick & Ruth Behn, Meet Managers - Mike Patermeier and Jon Kemming) who helped him out at the competition, but he is the one who is owed great thanks. The ADFFA, the WDPFF, and Powerlifting in general is greatly blessed to have someone like Erin committed to a magnificent effort like this. Thank you very much, sir.

WDPFF Worlds/17-18 Sep 94/Moore Lake, MN											
Women	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	Total
97	209	234	234	110	96	96	419	319*	341*	350*	661
104	259	259	286	143	159	159	429	270	297	297	699
111	310	324*	324*	170	404	404	501	352	374	374	854
116	309	303	344	148	159	165	462	352	369*	374*	837
122	347	347	347	126	137	143	490	347	369	374	859
129	396	418	429*	215	320*	320*	644	347	402	448	1047*
139	402	402	448	154	165	165	567	407	435	457*	1025
145	319	319	319	137	148	164	468	308	325	396	795
154	374	396	407	181	192	198	600	396	418	440	1041
DeGronaodus	363	385	402	170	187	192	595	402	429	446	1025
176	424	464	451*	192	215	226	666	385	385	429	1096
198	402	429*	454*	159	170	176*	600	374	402	418	1019*
198*	440	451	454*	253	264	275	727	384	396	443	1124
200	407	435	446	226	237	237	661	391	451	454*	1113
114	380	402	443	275	304	275	677	394	391	424	1102
132	418	407	504*	275	308	340	815	418	406	496	1311*
148	330	352	374	165	176	187	540	429	429	457	992
148	308	308	349	206	208	349	837	540	584	600	1438
165	406	540	544	308	319	325	859	540	567	578	1438
165	429	446	462	242	253	259	699	507	509	529	1229
165	406	446	446	325	347	362	948	633	671	680	1620
165	314	330	336	314	330	336	881	584	606	629	1487
165	341	358	374	275	286	292	793	551	559	573	1366
165	209	250	250	584	462	465	...
165	396	440	448	1058	661	677	677	677	677	677	1735
165	363	374	385	1003	661	746	739	664	664	664	1664
165	303	308	308	344	344	344	694	407	504	...	1102
165	292	308	344	694	407	504	1102
220	677	723	723	396	407	446	1085	608	710	744*	1829
220	385	467	407	1179	617	650	650	650	650	650	1796
220	363	385	385	1024	639	683	706	683	706	706	1708
220	325	352	360	881	534	589	600	471	471	471	1471
220	325	352	360	859	501	534	566	1394	1394	1394	1966
220	369	391	402	1146	760	793	815	1462	1462	1462	1966
220	374	405	396	1035	661	683	705	1719	1719	1719	2094*
220	396	407	418	981	606	647	744	1587	1587	1587	2094*
220	325	352	360	881	534	589	600	471	471	471	1471
220	325	352	360	859	501	534	566	1394	1394	1394	1966
220	396	413	440	1096	659	659	639	1735	1735	1735	2050*
220	374	385	396	1035	639	661	705	1697	1697	1697	2050*
220	510*	534*	554*	1322	705	727	2050*
220	485	529	529	1366	661	705	727	2094*	2094*	2094*	2094*
220	512	534	554*	1311	686	732	768	2000*	2000*	2000*	2000*
220	341	363	374	1135	639	694	705	1879	1879	1879	2000*

Alexeev went deep with his squats - had no tight suit on to stop him

"I Believe I Can Bench Press 800 Pounds,"

Says World's Strongest Man, Anthony Clark.



To All My Loyal Fans,
 Many of you have been asking me what my lifting plans are for the future. Let me tell you what I've got in mind. First of all, I'd like to push the all-time powerlifting total to a level that will remain unchallenged for years. Maybe 2,650 lbs. or more. After that, I want to retire from three-lift meets and concentrate on my favorite lift — the bench press.

You see... I have a dream and I have it often! In this dream, I see the bar loaded to 800 lbs. Then I lie back on the bench with all the spotters in position. My heart is pounding and the adrenaline is flowing. Then, at my signal, this ponderous weight is handed to me. I lower it to my chest in one smooth motion. At the sound of the head judge's voice... I raise my swiftly press the weight to lockout position. The crowd cheers... I raise my clenched fist in triumph as I go where no man has ever gone before. Is this the dream of a crazy man? I don't think so. In my heart, I really believe I can bench

press 800 lbs. Here's why:
 First of all, I believe in myself and my abilities. Over the years, I have learned how to reach inside of myself for that spark of motivation that keeps all champions focused on their goals.

Also, I am willing to pay my dues in the gym. I like to train and I like to train hard and heavy. No one can ever set world records without enjoying what he is doing. I really enjoy powerlifting.

Another important factor is that I have found a supplement company that I really trust. I'm sure by now, most people know that I have put my whole support behind Hot Stuff Sports Supplements. I think their products are head and shoulders above anything else on the market. Right from the start, I was a user of the original Hot Stuff. Recently, I've been using the new Hot Stuff Double X and it's really AWESOME!!! I think it's absolutely the greatest supplement I have ever tried — even better than the original one.

And one final point. Over the years, I have learned to tap into a power much greater than Anthony Clark. This power is there for all of us and it costs nothing. It's the power that comes from believing in God.

God bless you all for your continued support.

NEWS FLASH!

Anthony sets new record of 740 lbs. on Sept. 4, 1984. Near miss with 755 lbs.

type of lifting surface over another, bring these too. Just make sure that using a different shoe to better grip the platform will not upset your squatting. Bring extra socks too. Changing your socks after every lift may be refreshing. Bring a spare belt, but you can leave it in the car or room if there's too much to carry to the meet area. Just have it available. Towels and toiletries can be valuable, especially if the meet area has shower facilities for after the contest. A warm-up suit can be comfortable to wear between lifts.

Icy Hot rubs may be brought along in case of injury and to lessen any pain or stiffness you may have or could develop. Aspirin or another pain reliever can be a life-saver. The caffeine in some may also act as a slight stimulant.

Some lifters use ammonia capsules before a lift. I'm not sure if this helps, but if you believe in using ammonia, don't forget to bring some. Way back, in our crazy days, our team brought a quart bottle of ammonia. Other lifters could always tell when our team was there. Just be careful.

There are a lot of things for a lifter to remember to do and bring to a contest. Forgetting anyone of them can not only result in anxiety, but missed lifts as in the case of the lack of a spare squat suit. Be organized in your meet preparation. Don't let all that hard training and attention to diet go to waste because of a mental error. Planning beforehand is part of your contest preparation. Learn from your experiences and from the experiences of others before you.

From Ken Smith...



The WDPFF President made it known at the WDPFF Worlds that he was concerned with ADFFA lifters competing in the Championships of IFF affiliated federations, as well as appearing in photos with non-ADFFA/WDPFF Powerlifting Champs. To quote him "I feel that it is vital for the future of the WDPFF that its top lifters, most of whom are American, set an example by being seen to have decided which side of the fence they wish to sit on."

STARTIN' OUT

A special section dedicated to the beginning lifter

Pre-Contest Checklist

as told to Powerlifting USA by Doug Daniels

card or the money to purchase one at the competition. Bring enough money to pay for your motel room, food and gas. A credit card is very helpful in such situations.

Many lifters bring food and beverages to consume during the contest. As we all know, contests can seemingly last forever, so bring a cooler with fruit and Gatorade type drinks for starters. One word of advice on food. Many lifters try to eat a big breakfast, high in carbs, etc. like pancakes. I would not eat anything for breakfast that you are not used to eating normally. Something out of the ordinary, even if it makes nutritional sense, may wreak havoc on your digestive system during the meet, ruining all the training you have done. Generally, food available at a meet, especially at gyms, is bad at best. In that case, you may want to bring a sandwich or two. If your meet is at a motel or hotel with a restaurant, you may be able to get something there between lifts.

The most important thing to remember to bring to a meet is your lifting gear. It's critical you have a backup or spare for things like squat suits, bench shirts and knee wraps. These can tear while you are warming up or lifting on the platform. Not having a backup suit or shirt can spell disaster. A good tip is to wash your squat suit and bench shirt before the meet. This will not only make it more user-friendly, but it will leave them just a bit lighter for the meet.

Most meet directors supply chalk for the platform. As the meet goes on, the chalk tends to get used up or to disappear. This can leave you with no chalk for some of your attempts. I suggest bringing your own chalk in Tupperware type container and keep it out of the view of other competitors or you'll lose it. Baby powder for your thighs in the deadlift is great to have around. Again, keep it out of view in your gym bag when not using it.

Bring the shoes you will use for each lift. If you have a pair of squat shoes that you find are better for one

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Have you ever had that haunting suspicion that you forgot to bring something very important to a contest, during your drive to the meet? I'm sure at least some of you have had this feeling. Though we can never be 100% certain that we have covered all the bases, we can prevent ourselves from becoming obsessive-compulsive about what we may have forgotten.

The first place to start in preparing for the journey to the meet is to review the contest application form. Check the date and time to be sure when the meet starts as well as when weigh-in is for the weight class you will lift in. Some weigh-ins are the night before, some are the morning of. A very important thing to notice and keep in mind is the time zone and meet is in. Potentially, the meet could be on Central Time, while where you live it's Eastern Time. This is a problem here in Northwest Indiana, where our corner of the state is sometimes one hour behind the rest of the state, and it can make a big difference.

You may also want to call the meet director a few days prior to the meet just to check if the meet is still on. A few years ago, Jim Vrabadia and I went down to Southern Indiana for a meet, only to find that the meet had been canceled. The meet director had not informed us. This only

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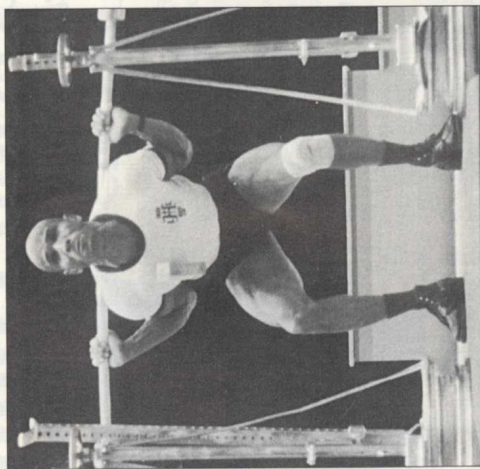
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Has Powerlifting Become a Mockery of Strength?

a strongly held opinion by Herb Glossbrenner



Back in '73... Don Blue lifted in the World Championships with a t-shirts, shorts, army boots and one knee wrap. (photo by Jim Pope)

Physical prowess is alluring. From the dawn of mankind, the goal has always been to reach and surpass our limited concepts regarding the upper edges of human endeavor. The mystique of human strength captured me early on. I recall as a nine year old noting an article in *Readers Digest* entitled "The Worlds Strongest man" which concerned the reigning Olympic Lifting heavyweight kingpin John Davis. He had lifted 402 lbs. overhead. The notion made my head swim. I had some concept of the magnitude of this feat of strength. My father, a contractor, made me a homemade barbell to quell my boyish enthusiasm. It consisted of two paint cans filled with concrete with a hollow pipe serving as the bar. It weighed twenty pounds. I struggled to put this minute mass over my head and after I did so came my question. It was the only relative comparison I could think of. What would this 20 lbs. feel like to the Worlds Strongest Man? I recall my father's reply vividly: "Like a toothpick to him, son."

My fascination with strength re-emerged from time to time. I remember an old TV series called "Super Circus." It featured Sealtest Dan, the Muscle Man. He glugged down a glass of Sealtest milk, smacked his lips, flexed his big biceps and then cleaned and pressed a two hundred pound barbell. Wow, I thought. Later on, he drank another glass of Moo Juice and pressed 250. My adrenaline was really chugging by now. I couldn't wait for the next commercial. I just knew Dan Lurie would come out and do 300, but the half hour show was over. I thought he might do it the following week, but he never did. Boy, was I disappointed. There were other stars along the way, like the Charles Atlas course I clipped out of a comic book. All that dynamic tension stuff didn't work for me. I felt cheated.

Next came the TV series - **SUPERMAN**. I could hardly wait for each episode. "More powerful than a locomotive... able to bend steel in his bare hands". I made a cape, drew an "S" on the back, and ran hyperactive all over the neighborhood, heaving baseball sized "boulders" with my "bare hands", bending every coat hanger I could find into pretzels. This fascination lay dormant until I was thirteen. It was then that I saw Paul Anderson on a movie newsreel. I was bitten by the power bug and it has gnawed at me unceasingly ever since.

I started my own lifting career just about the time organized powerlifting emerged. I alternated my lifting between O/L and P/L. Sometimes I would compete several weeks consecutively breaking a PR of some

ally lying on the floor. The bench came later) back in the Forties. What about the deadlift? This represented the greatest expression of total body strength.

Back in those days powerlifting wasn't as technical as it is now. Bounce it up. Hump it out, hitch it. I recall a strong squat and deadlift from Minnesota - Ed Ammerman - whose humpback style made my back ache just watching him. Eventually guys learned to keep the butt down. Those who used a combination of legs, hips and back soon were lifting more.

To be sure, there were big lifts passed which I thought shouldn't have been. I remember witnessing one epochal deadlift. He got it over his knees, supported on his thighs, vibrated, hitched, jerked and nudging it up. Everyone - even the officials - wanted him to have it - three whites.

There were questionable squats as well. One particular behemoth had the widest shoulder spread I've ever seen (I never saw Ahrens). He wedged his immense carcass (340 plus) under the biggest squat ever tried in national competition, then using the favorite cliché of Mike Lambert - "He lowered himself into a position that was somewhere in the na-na land of too high and too low and stood." After the chorus of cheers died, the loquacious announcer interjected: "that wasn't a squat, it was a dipply-do." The comment enraged the masochist lifter and five guys restrained him. Seeing this announcer took off his glasses and stood up. It was hilarious.

Meanwhile, out on the West Coast, a lovable rascal name of Tom, read that Sears was having a bedding sale. He went and stocked up on a supply of sheets. No, he didn't belong to the Klan, but had something else in mind. He bound himself with these and wrapped tightly yards of Ace bandages. Next came a bicycle tire around his rolly polly waist. He waddled out and squatted his way into immortality. If he could have cashed in on this prototype of today's modern lifting suit, Tom Overholzer would be a millionaire today.

National powerlifting chairman Don Haley was flabbergasted. Out came the rulebook, but there was no chapter concerning bedsheets. You couldn't dislike Tom, he was such a jolly agreeable chap. He just wanted the first and biggest piece of that forbidden pie. And he got it. The following year the Seniors were in York. Tom entered knowing very well that they would be laying for

(article continued on page 94)

One-arm alternate dumbbell curls with 150 pounds! It's a Herculean exercise that requires superhuman strength, power and endurance. The kind only Jimmy Pellechia, the world's strongest powerbuilder, possesses. The kind only new advanced Power Fuel™ from TWINLAB can help give you.

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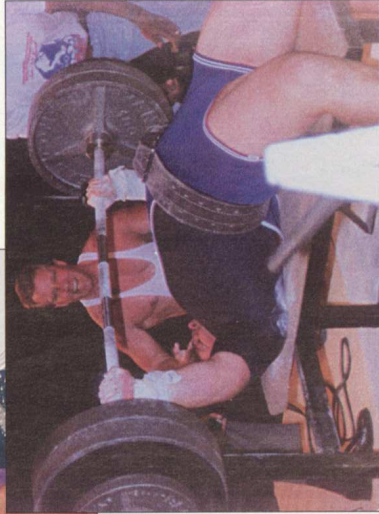


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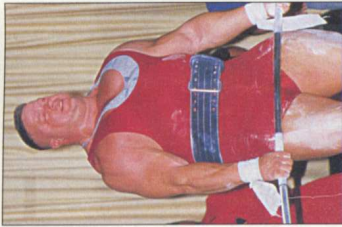


BIG LIFTS!!!

Jonathan Byers got a new AD-PPA 275 lb. class record bench press of 610 lbs. (below, in a Barbara Talmadge photo) at Rick Mezoff's West Coast Open, held on September 4th in Seattle, WA



Anthony Clark got a new all time world record in the bench press at the APA Temple Hills Meet on September 4th (above, in a photograph provided courtesy of Ellen Chaillet). He made a 739 and just missed an attempt at 751, a bodyweight of 344 lbs. Anthony has decided not to retire and plans to compete at APA/WPA contests in the future.



Hank Hill's debut as a Super-heavyweight took place at the USPF Central California Championships on September 24th in San Luis Obispo. The 309 pounder opened with 804 in the squat, made 859 next, and finished up with 903. He benched 501 and then went to work in the deadlift, where he topped off his 9 for 9 day with an 815. Meet Director Gene Estrada (who arranged for us to get the photo of Hank, above) remarked that Hank, who trains at Magnum Power in Garden Grove, has very little bodyfat for a Superheavy.

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In a previous *Powerlifting USA* article, I outlined the properties and use of a Russian sport supplement called *Rangricin* which is used as a short course natural anabolic, as well as a pre-competition biostimulant. *Rangricin* is an extract of non-ossified Reindeer antler which is rich in natural growth hormones, polypeptides, and microelements which act as analogs to human anabolic and anti-catabolic compounds. Much of the research conducted on *Rangricin* occurred in Russia during the past ten years. In the past two years, important sport pharmacology research has been conducted at the N.N. Petrov Institute of Oncology and the Research Institute of Physical Culture in St. Petersburg, Russia. Sport biochemists and molecular biologists have studied compounds from animal, vegetable, and ma-

ALCES V
New Generation Biostimulant and Growth Promoter During High Intensity & High Volume Training as told to PL USA by Morris Silber, M. D., Ph. D.

rine life in great detail. The goal of this search was to locate new biologically important substances which can act as natural growth promoters in the well trained athlete.

As a molecular biologist in Russia, my task was to work with other sport scientists to develop the Soviet pharmacology plan which included many special natural supplements. Our goal was to both increase the intensity of training and the volume of training. One such promising compound, *Alces-V*, was developed to meet the

needs of athletes training under high intensity and high volume cycles, where fast recovery and increased anabolic activity are essential for making maximal gains in strength and muscle mass within a minimum amount of time. These "shock" cycles are useful for the well-trained intermediate and advanced level lifter.

Alces-V is vacuum extracted from the non-ossified antlers of bull elk, in their velvet stage, at the peak of bioactivity. While *Alces-V* pos-

sesses some similar properties to *Rangricin*, it over-rides *Rangricin* in several other biologically important properties.

After serum extraction, the compound is further refined to yield specific biologically important components. Preliminary results from pharmacological, kinetic and biochemical studies show *Alces-V* to be of great value to the athlete during short cycle intense training.

Bull elk feed on nutrient rich grasses and supplemental feed concentrates with high biological usefulness. The select compounds from foodstuffs forms the foundation for antler with high biological activity. The antler is then harvested in the velvet stage at about 45 days of maturity. The anabolic effect of *Alces-V* is similar to *Rangricin*. In addition, *Alces-V* is superior in regard to recovery potency, improving mood regulating sleep, and reducing fatigue during long training cycles.

Physiological Properties:
 The chemical composition of *Alces-V* is organic and inorganic substances, mono- and disaccharides, various nitrogen fractions, proteins, polypeptide hormones, nucleic acids, sterols and lipids. The high concentration of organic substances, especially peptides and sterols, account for *Alces-V*'s anti-catabolic action. The antlers also contain a large spectrum and quantity of ultratrace minerals.

Biostimulant effects: Similar to *Rangricin*, *Alces-V*: a) Increases physical and mental work capacity. b) Acts as a tonic and restorative anabolic in cases of hypotonia, increased fatigue, sexual hypofunction, climate disorders, and environmental stress. It's growth promoting function is mainly associated with a high content of useful natural steroids and microelements which function as active analogs to human analogs.

As a natural supplement with general tonic properties, *Alces-V* is classified as an adaptogen, the same as *Rangricin*, *Mumie*, *Eleutheroococcus*, *Ginseng*, and *Ekdisten*. All of the adaptogens, including *Alces-V*, act by way of increasing the general nonspecific resistance to stress.

Studying the physiological

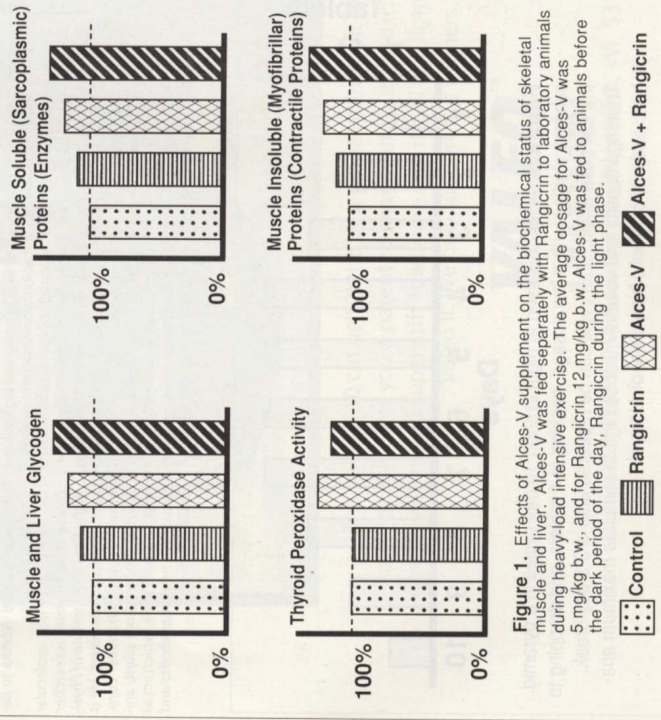


Figure 1. Effects of *Alces-V* supplement on the biochemical status of skeletal muscle and liver. *Alces-V* was fed separately with *Rangricin* to laboratory animals during heavy-load intensive exercise. The average dosage for *Alces-V* was 5 mg/kg b.w., and for *Rangricin* 12 mg/kg b.w. *Alces-V* was fed to animals before the dark period of the day, *Rangricin* during the light phase.

period used in the training cycle, length of use) the results in increased muscle mass and strength, and a loss of body fat, will be mediocre. In our studies, we discovered that Alces-V is best taken in the evening. Day-time administration of Alces-V (before or after workouts) has negligible results. In addition, the training cycle should be short (20-30 days) and of high volume and intensity. The diet should be high in proteins as 50-60% protein, 30-40% carbohydrate, and 10% fat.

An effective Alces-V cycle is short (10 days) and is based on a pyramid use scheme, with a 3-5 day interval between cycles (Figure 3). Thus, the scheme can be introduced twice during a month of high-intensity and high-volume training.

Alces-V must be used properly within a well designed training and recovery mesocycle. For this reason, I suggest you to call Atletika Sport International at 1-800-621-2602. Atletika has worked with Russian scientists and supplied Russian athletes since 1988, and they have experience with Alces-V and how it should be used in training for maximum results. Supply of Alces-V and Rongicrin are limited due to low supply and great demand, and you should contact Atletika to determine availability.

Dr. Moris Silber is a molecular biologist and former researcher in the Research Institute of Physical Culture, St. Petersburg. He is now studying ultratrace compounds derived from plant, animal, and marine life, which act as analogs to human anabolics and anti-catabolics.

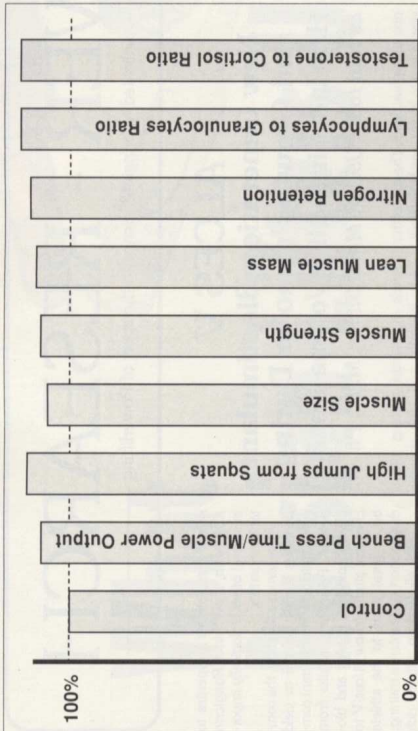


Figure 2. Physiological influences of Alces-V supplementation in advanced level weightlifters (preliminary results). A significant increase in total body lean muscle mass (fat loss) and muscle strength, steady positive nitrogen balance (anabolic effect), increased blood testosterone/cortisol ratio (anticatabolic effect) as well as improved lymphocytes/granulocytes ratio (augmented immune and stress resistance) have been continuously observed in the subjects during preliminary research studies.

functions of Alces-V we observed a number of actions that override the general effects of all known natural anabolics/tonics (Figure 1). Alces-V increases the sensitivity to homeostatic stimuli in the center of neuro-endocrine control in the brain. As a rule, hypothalamic sensitivity to homeostatic stimuli (e.g. cortisol, testosterone, thyroid hormones, and others) declines in subjects under stress, overtraining, aging, and some chronic diseases. One of the causes of this is a decline in pineal peptide hormones which govern the hypothalamic sensitivity to homeostatic stimuli. I believe that many athletes who achieve a certain level of accumulated fatigue as a result of inadequate training program design will greatly benefit from Alces-V. Moreover, Alces-V is not only restoring the pineal function and homeostatic optimum in the body, as a tonic it also helps to increase training intensity.

Alces-V, as a night-time supplement, can be stacked effectively with daytime supplements of anabolic and biostimulant action. One effective stack is achieved by using Rongicrin during the day, as a primary anabolic and "sharp" biostimulant, at a dosage of 3-5 tablets daily, for a 10-15 day cycle. Rongicrin's dosage is much lower when compared with other adaptogens. As a 300mg tablet, Rongicrin is best cycled as a dosage of 600mg (2

tablets) for 2-3 times daily, to yield a natural anabolic effect during heavy-load training. In addition, Russian lifters often apply a scheme of 900mg to 1,500mg (3-5 tablets) of Rongicrin from 20-30 minutes before a competition. The stimulating action lasts for 2-3 hours, depending on the individual litter. That's why, not less than a three hour interval should be observed between the last daytime cycle of Rongicrin, and the evening dosage of Alces-V.

Alces-V in Powerlifting is, if it isn't used properly (dosage,

supplement for use by drug-free powerlifters and other strength athletes. It acts as a tonic growth promoter and efficient restorative, with pronounced fat burning effect during high intensity and high volume training cycles (as an anti-catabolic/anabolic) and as a restorative before and after maximum efforts. Because of the "sharp" composites present in Alces-V, it is best used in short cycles.

Alces-V is not a miracle supplement that can be used haphazardly. No matter how good a supplement is, if it isn't used properly (dosage,

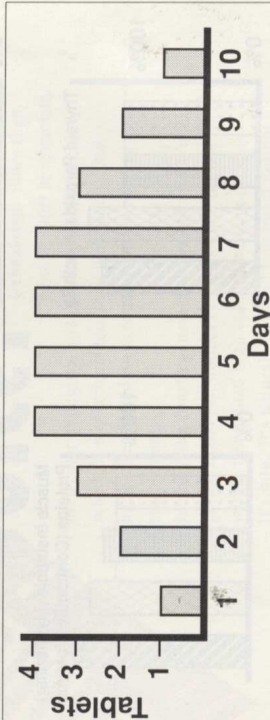


Figure 3. Alces-V is used at night in short 10 day cycles in a pyramid scheme starting with a low dosage, peaking at 4 tablets, and dropping to the low dose again. The cycle can be repeated after a 3-5 day break. Training intensity and volume must be high to stimulate maximum anabolic and anti-catabolic bioactivity of Alces-V.

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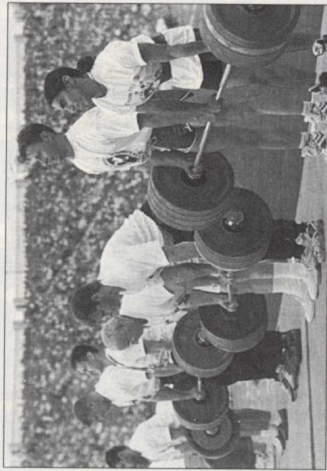
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GOODWILL GAMES

by George L. Panzak, R.N., M.S. & Timothy L. Hudson, Ph.D.



Working Together... USA/Russian teams start to pull (Zemlianchenko)

Powerlifting in the Olympic Games? Does thought of our national anthem being played while American Powerlifters are proudly decorated with a gold medal, sound too speculative? Well, fellow powerlifters, hold on to your lifting buckles, because powerlifting just made international history.

For the first time in the history of our sport, powerlifting was contested as an exhibition sport at the Goodwill Games (WGG) in St. Petersburg, Russia, on August 6-7, 1994. The WGG are the second largest international sporting event (second only to the Olympic Games). The Goodwill Games were initiated by Ted Turner, whose Turner Broadcasting Service (TBS) telecast the event to an international audience of over 250 million people. Fifty-two different countries participated in dozens of sports competitions over a sixteen day period. For the first time powerlifters were adorned with medals of gold, silver, and bronze and team USA won the gold!

Powerlifters led by Stella Herrick, vice president of the International Powerlifting Federation (IPF) played a major role in the closing ceremonies. 118 American and Russian powerlifters set a two man team deadlift Guinness book of world records lifting a total of 17,000 kg; 37,620 lbs. during the half time of the Russia vs. World All Star soccer match. Subsequently during the spectacular final minutes of the GWC closing ceremonies, all members of team USA had the honor of marching triumphantly around the stadium before 85,000 cheering fans.

By virtue of successfully executing the 37,620 lbs deadlift attempt the following records were set:

1. The heaviest weight ever lifted in a single 2-man team deadlift event; 17,100 kg, 37,620 lbs.
2. The heaviest weight ever pulled in tandem by international tandem team (one Russian & one American on each bar).
3. Largest number of international lifters exceeding a single lift; 59 Americans and 59 Russians.
4. The largest crowd ever to witness a powerlifting event or power-

future women's powerlifting. Kean competition was evident in the junior division as Holland, Grant and Esposito earned respectable totals. Godard exhibited competitive performance by edging out Aivajeb of Russia by 5 kilos in the 60kg class.

This day of competition also highlighted the "big, bad bench pressers" with Team USA competing in their first International competition. This was especially true of Robert Rusiewicz for Pittsburgh, PA. If had the pleasure of coaching him in Pittsburgh prior to the Goodwill Games, Rob took this competition in the men's open very seriously, as was clear by his spartan training lifestyle. His aggressive attitude towards handling the heavy weights in his International debut was unique for a novice. Rob's father traveled with his son to Russia and assisted Team USA.

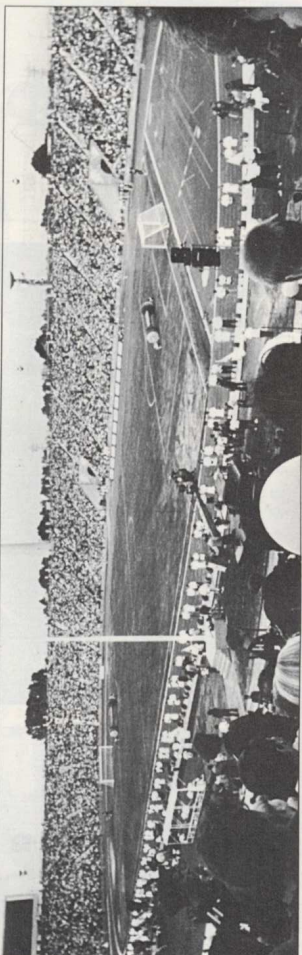
The junior division also witnessed impressive lifting by Dave Gonzalez, Brad Kelly and Matthew Lamarque. Brad demonstrated strong lifting for a junior and is close to setting USPF junior records.

The ever-enthusiastic Richard Trudeau in the master's division completed the bench press competition by edging out team member Bill Spoungale for the gold medal. He and his wife came from Corpus Christi, TX; he was coached by Paul Barbee. Rich was a model team member whose gold medal performance was honored by his carrying the USA flag while leading Team USA around the track in Kirov stadium during the closing ceremonies.

Men's master powerlifting competition was led by experienced master lifter Tony Piazza of New Orleans. Tony was one of the few USA lifters with international powerlifting experience. He captured the bronze medal. Tony had participating in prior Russian powerlifting competition in St. Petersburg and Moscow. First time lifters who competed well in IPF International competition included Rodgers, Green, Waters, Bikans and big Steve Miglaccio from Oklahoma City.

Crowd pleaser Junior Faamausili, who traveled from Hawaii, demon-

(article continued on page 84)



With the World Watching... the Russian and American 2 man deadlift teams ring the Goodwill Games Stadium running track, ready to lift.

POWER SCENE

Hey power fans, let's catch up on the action in the world's strongest sport. With a new world record in the bench of a staggering 738 lbs., Anthony Clark has already set his aim at even higher numbers. Anthony will be making another trip out west for an appearance on L.A. Live and some more videotaping with **POWERLIFTER** Video Magazine.

Ted Arcidi is also scheduled to return to L.A. later this year, and is thinking about his next moves. Could there be a head to head challenge between these two superstars? That would be great to see.



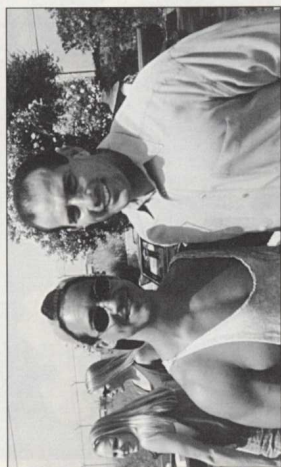
Terry Grimwood and wife Tamara going for more records.

On the women's side, world record holder Tamara Rainwater-Grimwood, having broken the 400 lb. barrier in the bench, is now gunning for even more. Tamara says she's doubled 405 in the gym, and her husband Terry, who's also her coach and trainer, says the next goal is, yes, 500 lbs! Wow!

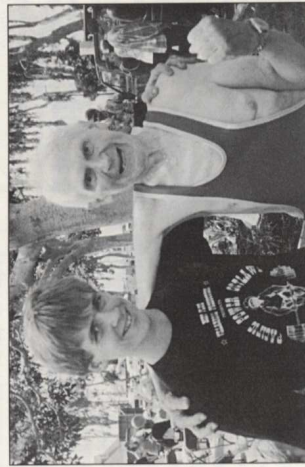
Anthony, Ted, Tamara and other world record holders get most of the publicity for their benching, but there sure are a lot - thousands - of talented, dedicated lifters all over the country who deserve some mention also. This past weekend, I drove down to Oceanside (California) to watch the ADFFA Harbor Days Bench Press, and checked out a lot of those other bench pressers.



C.T. Fletcher blows away bench press records and bench shirts.



Mark McEachren and meet announcer **Mike Paretti**. (Ned Low).

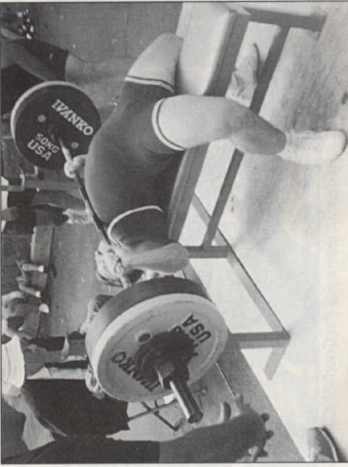


16 year old James Drake giving some tips to **82 year old Sid Taylor**.

Mark McEachren, in only his second outing as a meet director, brought out some first rate benchers, like C. T. Fletcher. C. T., who helps move the mail during the week in his work with the U.S. Post Office, moves some heavy weight on the weekends. He hoisted 601 at a bodyweight of 259, after blowing a bench shirt on his first try.

That's an improvement over his previous meet, when he blew out bench shirts on his first two attempts. Is there a record for this sort of thing?

16 year old James Drake is at almost every meet we cover in California, and is usually the youngest



Josh Williams pushing up 369.



John Ambrose, Ed Coan's buddy, decked out in his blue blazer.

lifter by many years. This time, he was 66 years younger than the oldest lifter, 82 year old Sid Taylor, who's just started competing. Hey, if Sid can get going at 82, no one's ever too old to lift.

Ronald Ayers is a Marine who probably doesn't need a weapon; he can just bench press his enemies. At 178 lbs., Ronald smoked a 462. Josh Williams, one of our loyal viewers, cranked a 369 at 183 lbs.



USMC's Ronald Ayers does some heavy lifting. (Ned Low photos).

We all know it's not just the lifters who deserve recognition. Just like the umpires in baseball, or the refs in football or basketball, the powerlifting judges play a critical role. We caught John Ambrose, one of Ed Coan's best buddies, serving our favorite sport in his natty blue blazer, white shirt, tie, and judge's badge.

Out in Oklahoma, young Shane Hamann is doing some amazing squatting. At this summer's USPF Sr. Nationals, Shane went 3 for 3, including a huge 986. And he made it look easy! If you blink, you'd miss one of Shane's squats, he goes down and back up so fast. Look for some truly incredible things from this squatting star in the coming years.

Til next time, keep pumping. See you on video... **NED LOW**

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More From Ken Leistner



Was the Controversy about how lifts are judged any different back in the days of Bill "Peanut" West than it is with the PL stars of today?

Pat Casey is a friend of mine. As well as being one of the greatest overall lifters in the history of the sport, and of course, arguably it's best ever bench presser, he is an interesting individual. There are those like myself who are traditionalists and tend to view the lifts made in the earlier era of powerlifting with nostalgia, and the certainty that they were "better" than many of the lifts now being hailed as records. Many of the lifts of yesterday will indeed never be rivaled. If one had to pause for a two second count prior to pressing the weight upward and if a squat, in order to be legal, had to be a "full squat," which may have been interpreted to mean resembling the bottom position of a squat clean, then those lifts were pretty impressive.

Needless to say, nostalgia has its place, but like all things, powerlifting of days gone by had its positives and negatives. I was reminded of this as I took a few hours from other activities, and settled in for an evening of lifting video. POWERLIFTER VIDEO Magazine has, as I've stated in previous issues of PL USA, offered the interested viewer a very good picture of what is going on in the sport from all parts of the country. The latest issue is no different. In fact, the April issue of the video is the best yet relative to production quality and interest. Watching Kirk Karwoski squat in training is a treat; strong, deep, controlled, totally in command of the weight. The tour of John Black's line gym and his always terrific lifting team profile is inspiring. Our own Ralph Raiola "coach's corner" is very instructive, and Ralph presents his ideas clearly and concisely. Soft tissue manipulative techniques for rapid injury recovery and so much more make this a treat each issue. However, it always seems to be the contest footage that gets the attention in our house. My wife Kathy and I know that the exciting squats shown from our APF NY State Meet were good squats; we were there and Kathy, known for years as a very strict international level official, was in a side chair. Due to the camera angle and the fact that the entire audience was berserk and in the way of the camera, one cannot see more than the torso of each lifter. The powerful emotions of that contest are obvious; the squatting depth is not.

In other taped contest footage, it is somewhat easier to note the legality of lifts. Because this has become the "hot" issue in powerlifting in 1994, it is worth purchasing the back issues of POWERLIFTER VIDEO Magazine, and observing all of the problems that can occur in

with another contest from that period of time. The lifting names were awesome: George Fromm, Bill West, Pat Casey, of course, Harold Love, Leningo. There were many whom I did not recognize or could not place in my mind. And like the videos of today, I saw some lifts that were incredible and some to perfection. I saw bench presses, however, that were extended unevenly after receiving many a pause. No matter what the angle of the camera, there were white lighted squats that were clearly high. Did the record squatter really get a slight nudge in the butt from the rear spotter's knee?

The point is that the problems plaguing powerlifting aren't so different than those that caused frustration decades ago. Everyone in our area used to believe that the records set in Arizona and California were "bull" because "they give them high squats." The jealousy that sprang from the California lifters dominating the magazines had much to do with that. I'm sure. There is no doubt that some of the frustration and anger felt by many of today's lifters, some of which has spilled onto the pages of PL USA in the past few months, stems from what are seen as "illegal" lifts. As I stated, if the judging is poor, it is the fault of the organization and the meet director. It is the responsibility of each organization to insure that steps are taken to certify their referees. The refs must be held accountable if their calls are, in fact, suspect. In this way, an organization can establish that the lifter will get a fair shake at all times, and that the records that all others are shooting for are as legitimate as human error can allow. There can then be widespread respect for the lifters, their records, and the integrity of the organization. While some organizations are much worse than others (some just can't even be considered due to the horrendous standards), none can claim that improvement isn't possible. However, don't shoot the lifters for this. If equipment check on the platform is lax, if high squats and barely paused unlocked benches are acceptable to the judges of the day, if isn't the lifter who should be held accountable, not if they are there trying to fulfill the requirements of the lift to the best of their ability.

Frankly, lifting is an entirely different story. In the late Sixties, one state had some fine lifters. One massive athlete in particular was the scourge of the area. The thing that darkened his accomplishments, having nothing to do with him and his abilities, was the reputation of the meets in that state to use a group of 100 pound plates that were supposedly very light. It should

be remembered that in that period of time, the cast one hundred pound plates, as sold by any of the dealers, could have been up to seven or eight pounds off in either direction. It was believed that the meet promoters in that state had, in fact, stockpiled those that were lighter by seven or eight pounds so that a six hundred pound lift could have been thirty to forty pounds light. To this day, who knows if this was true.

If light plates were used in any meet or are now being used, this is fraudulent. Certainly, there is no justification in any meet, although each organization has its own rules, for all lifters to use one bench and set of plates at a meet, while a select few use another bench and set of weights at the meet at the same time. This is naturally going to raise suspicion even if there is no cause for it. When this occurs, honorable lifters, who have spent years establishing their reputations, suffer unjustly, as does the integrity of the meet, it's promoters, and the organization who sanctions the event. When good judges consistently call squats high and a lifter goes to the meet director and says, "You've got to do something and keep me in this meet, I only have one squat left" and that meet director attempts to influence the judges by saying something like, "Hey, can't we slack off a

little here before we lose some of our best lifters", this is fraudulent. It is unfair to all of those who are doing the lifts correctly and to the judges who are attempting to do their job the best way they can.

The justification in record setting, which in part has led to the proliferation of so many organizations, has reached a new frenzy. One should work hard for their goals and be proud of their accomplishments. However, when it gets to the point where one is willing to cut corners or the rules purposely, it's time to re-examine things. If you look at the work and careers of people like John Black, Ernie Frantz, John Inzer, Al Siegel, Ralph Raiola, Pat Casey, Hugh Cassidy, and others like them, their are common threads. Some were great lifters, others merely good. In every case, they lifted for the enjoyment of the activity, and then turned around and put their energy into in some way, benefiting the sport and its participants. I'm sure they were all proud of their world, national, regional, and/or age group records but these were always secondary to benefiting the overall good of the sport and its participants. This is powerlifting at it's best, not the many legitimate and not so legitimate records that are so highly prized.

Dr. Ken Leistner

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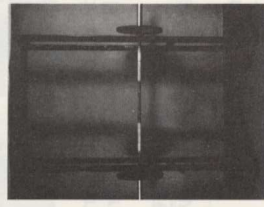
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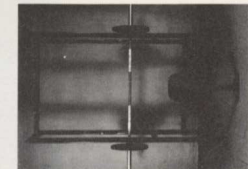
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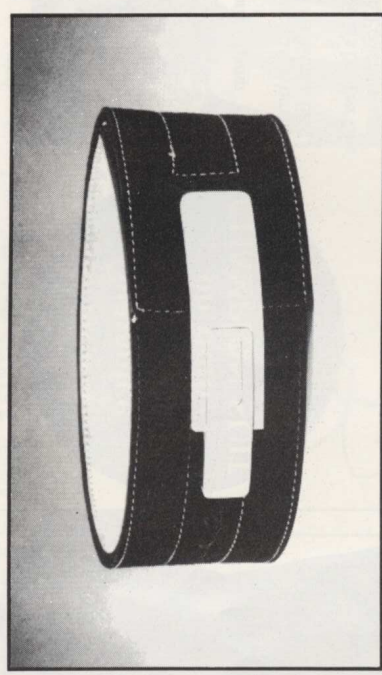
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I cry easily. In fact, I cry at everything. I boo-hoed for a good ten minutes when Elliott said goodbye to E. T. in the movie "The Extraterrestrial." I was moved to tears when Buster Douglas upset Mike Tyson for the heavyweight championship of the world only hours after his mother had died of a heart attack, and I still get choked up every time I hear Martin Luther King's "I Have a Dream" speech.

What moves me most though is when I see men and women push themselves beyond what others believe is their breaking point. When I see people succeed against the odds, I am not just talking about great men and women doing great things. Of course, that makes me cry also. Like I said, I cry at everything. When ordinary and not so ordinary human beings do wondrous and magical things with their lives. When men and women push their brains and hearts to do the farthest reaches of which they are capable. Such incidents really move me, not only to tears, but many times to action. They motivate me to be the best that I can possibly be.

Let me give you an example of what I'm talking about. Looking back on my life I would have to say that one of the most crucial developments for me was finding Elaine McCain. Few people in my life have motivated me more than Elaine. No one has made me cry as much. When we first met she was a poverty stricken black woman from Cedartown, Georgia. I was in my first year of teaching at Albany State College. I was teaching a class in Sports Psychology, and she was one of my students - a freshman.

Elaine always sat in the back of the room with her head down. At best she looked like a "rag-a-muffin." She wore the same wrinkled clothes every day of the week. Her shoes were torn at the sides and her jeans were worn paper thin. Her socks were torn, and her blouse always had an assortment of stains on it. It was her hair though that really stood out. I am not sure what the style was. It could have been plaits, dreadlocks, or even a weave. Hell, it could have been damn near anything. It looked horrible. In all candor, it looked like she combed it with a weed-eater.

In class, Elaine was super attentive. Nothing got by her. Whenever I'd say something she would write it down. In fact, she'd write everything I said down. I'd say it's hot in here and she would write that down and I would think damn, I'm really communicating with this girl. Something beautiful is happening between us; it's going to be great. She's really learning something. And then I would look at her clothes and

Dr. JUDD

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I was going to tell her that she didn't belong in college - that she was just wasting her time and money. (I know - I'm a "pompous ass.") Well, I couldn't do it. (I'm also a "cake.") After talking to her for twenty minutes - or to be more accurate after talking to the top of her head for twenty minutes because she never would look at me - I realized that she was special in many ways. First of all, as I had guessed, she was dirt poor. She had nothing much beyond the clothes she was wearing - food let alone clothes. It was sad. She was functionally illiterate. I'm serious; she could barely read or write. How she got into college I'll never know. If I had to guess I'd say she could have recognized about twenty or thirty words. What she did have though was one very special gift. She had a dream. People

remind myself of what my father told me when I was a little boy. He'd say, "don't every be ashamed of being poor. It's not what you wear, it's who you are. That's what matters." And I'd think Elaine may not have nice clothes, but she has brains.

When it came time for me to administer my first test I figured Elaine would "ace" it. After all, she had taken all of those notes. As soon as the class ended I went through the tests looking for Elaine's contact, but for some reason I felt like we were really communicating - really grooving together. I graded her test as soon as I found it. It looked like she did it in crayon. It was squibble, chicken scratch at best. I looked at it and thought, "Oh my God, brain damage." The next day I found Elaine and took her to my office. In all honesty,

who dream are people who go beyond themselves into the stars. Our history has clearly shown us that the dreams of today are the realities of tomorrow, but yet we've forgotten how to dream. Not Elaine, though - she could dream.

I remember asking her, "What do you want in life?" and she said a beautiful thing. She said, "I want to learn... I want to matter." She wanted to go into the stars and beyond.

Well, it wasn't easy for her. She earned an F in my Sports Psychology class. Actually she earned a G or an H but I cheated and gave her an A so that she wouldn't flunk out of school. She took a number of other courses from me over the next two years. I cheated for her in some of those courses, too. I know what you're thinking, but I don't give a damn. People are more important than grades. I also tried to help her with her reading and the work for her other courses. Don't misunderstand me, I said I helped her with her work; I didn't do it for her, and I didn't teach her anything. She did it all herself. People learn themselves. I'm convinced that anyone who wants to learn will learn. It just takes time and effort. Elaine put in the time and the effort. I never had a student who worked harder. She literally studied ten to twelve hours a day. She was extremely disciplined and strong-willed. By the end of her sophomore year she was reading at the tenth grade high school level, and she was passing all of her course work on her own. There was another change. She was starting to look at people when they talked to her.

It was also at this time that Elaine invited me to Cedartown so that I could meet her family. When I agreed to go, she said something to me that almost broke my heart. She said, "Judd, please don't tell my family that I'm dumb. I'm the first member of my family to go to college, and they think I'm smart."

Her words took me by surprise. At first I said nothing. Then I told her, "You're not dumb, Elaine. In fact in many ways you are one of the most intelligent individuals I know. You are going to be a success in life. Believe me, you will matter." When she got up to leave, I caught her eyes. She was smiling through a light sprinkle of tears.

My next big surprise came when I got to Elaine's home. It was the pits. It looked like a 1960 Butler building. The entire home was made of tin. The place couldn't have been more than a thousand square feet, yet it housed fourteen people. In-side there was no furniture - just beds. In fact there were beds everywhere you looked. There was even one in the kitchen. When we ate

dinner that night, we sat on the edge of a bed and ate off of TV stands.

Elaine's family was wonderful. They were loving and caring people and so full of beautiful things to share—the entire evening was magical. An experience I will never forget.

When it was time for me to leave Elaine walked me to my car. Then she said one of those beautiful things. Elaine had a way of saying a lot of beautiful things. Very simply, she said, "You see how my family has sacrificed and suffered so that someday I will matter. You see why I have to count, why I have to stand for something, why I have to make a difference?" I understood.

For the next two years Elaine drove herself unmercifully. Every time I saw her. She had her face in a book. There was no doubt that she had become functionally autonomous. She was learning for the sake of learning. I know this may be hard to believe, but she was becoming intellectually awesome. At the beginning of her senior year she took the National Teacher Examination (NTE) and scored in the top ten percent in the nation. Three months later she scored even higher on the Graduate Record Exam (GRE). When it was time for her to graduate she was by far one of the

smartest kids on the campus. I remember vividly when she walked across the stage at graduation. Her head was held high, her shoulders back and chest out. She exuded confidence and power. I thought to myself, "What a beautiful human being. What character, what endurance, what spirit." I was envious.

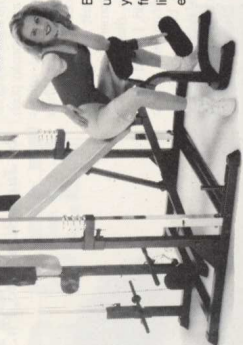
Like I said Elaine was one of my most crucial developments. She gave me some major gifts. She taught me that nothing is impossible. That you can be anything you want provided you're willing to suffer a little bit, willing to work at it, because nothing comes naturally. But if you work it will work. Elaine showed me that it doesn't matter where you start in life, but where you end that counts. No matter what you are, or where you are in life you can change. You can become better—great even. Like Elaine you can go into the stars. What Elaine taught me most though was that dreams truly are the realities of tomorrow. That if you dream and work towards those dreams you can make the impossible possible.

Coincidentally, a few months ago I received a little note in the mail from Elaine. She said one of those beautiful things. She said, "Thank you, Judd."

I boo-hooed for a good ten minutes.

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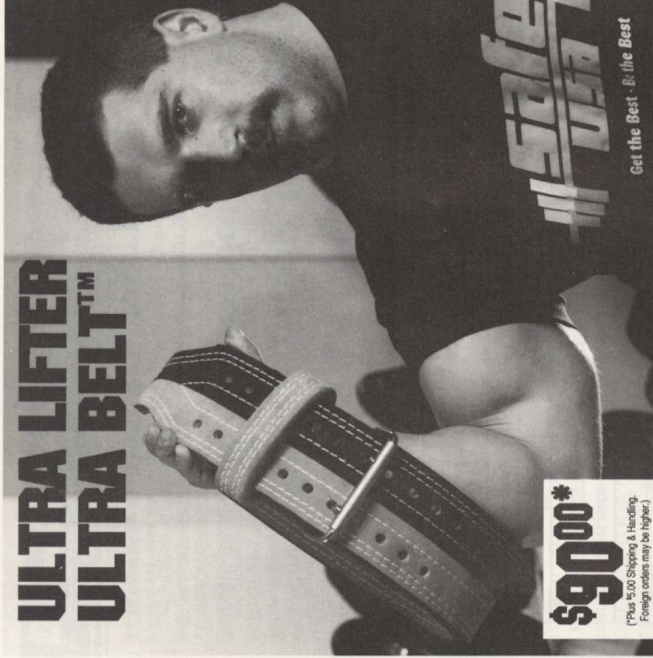
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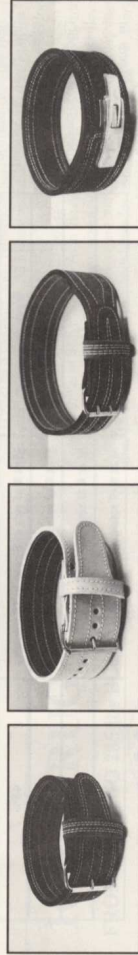
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INTERVIEW

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

BG: Give us some personal information.

PK: I was born and grew up in a small town called Edwardsville, PA. I still live in PA and am employed at Altex Industries in the Human Resources Department. I have a close-knit family that includes my mother, two brothers, and one sister. In addition, I have a great boyfriend/coach, Joe Masher, and a lot of supportive friends.

BG: How did you get started?
PK: As a child I was never very athletic, but when I reached my mid-20's, I began taking aerobic classes to maintain my weight. In 1988, I became acquainted with Joe Masher and mentioned to him that I wanted to start lifting weights. He advised that I should start on Nautilus equipment and offered to help me. After progressing to free weights, I saw someone deadlifting and was fascinated. Of course, I wanted to try to lift myself and I loved it. So, Joe began training me for powerlifting. I entered my first competition in 1989 and became hooked on the sport. Joe has been with me from "Day One" of my lifting career, and I owe my steady advancement to his coaching abilities.

BG: Do you follow any special diet?
PK: Yes, I do. In fact, I try to maintain a very strict diet. I'm sure you've heard the formula before - no fat, low sodium and low caffeine. I've cut out all these from my diet (which was a real sacrifice) and now when I order pizza it's "without cheese." I keep protein intake at a minimum and eat a large amount of carbohydrates and drink a lot of water. I'm certain that proper nutrition has contributed to increases in strength.

BG: Would you share with us your training routine?
PK: Joe and I have experimented and found that a 12 week cycle works best for me. During that cycle, I'll begin with work sets of 8 reps for the first four weeks; the middle four weeks, I'll do work sets of 5 reps; and the last four weeks, I'll do work sets for 3 reps. Occasionally I'll try a single so I get a better idea of what my

attempts will be at the meet. I train each lift once a week although at times I'll skip deadlift workout so that my back can fully recover. In addition, I work my lats, shoulders, triceps and biceps twice a week. Joe and I have incorporated pause squats and walk outs in my squat workouts; declines in my bench workouts; and when I begin a cycle, the deadlift is done off a rack rather than from the floor. After about three weeks, I begin deadlifting from a block and about five weeks from the meet; we start the lift from the floor.

BG: How long have you been training and competing?
PK: I've been training since 1988 and my first meet was in New York in August of 1989. I've enjoyed lifting in ADFFPA meets since that time.

BG: What are your best competition lifts?
PK: At the 104 lb. weight class in competition, my best lifts are a

as interviewed for PL USA by Bob Gaynor

297 squat, 170 bench, and 314 deadlift. The best total I had so far was achieved at ADFFPA Women's Nationals this past May - 766 lbs.

BG: What are your future goals?
PK: In September, I'll be competing at Worlds in Minnesota. Of course, I'd like to place first, but more importantly I would like to attain some goals I have personally set for myself. Eventually, I would like my total to be 800 lbs. In addition, I would like to hold all of the American Open records in the 104 weight class.

BG: It will take some hard work, but with Joe coaching and my commitment, I'm confident I'll reach my goals.

BG: Share with us your views on athletes can feel proud of their achievements when using steroids. Part of the thrill of competition is knowing that you realized your goals by being committed and working hard. Using artificial means is hardly rewarding. The side effects of taking steroids in itself should be a deterrent to any competitor. It makes no sense to me for someone to condition their body for ultimate performance and then strip it down with steroid use. I believe schools should increase programs on the disadvantage of using steroids.

BG: What do you feel about current drug testing?
PK: Although I realize that drug-testing is not error free, I believe it is essential to have a program



Paula at the WDFPF Worlds, where she won at 104

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TRAINING

Isometric Training:

A Forgotten Method as told to PL USA by Louie Simmons

the particular exercise (bench, squat, or deadlift) to be done on that day.

Static Method
To use the static method in the bench press, you must break the lift into six positions, starting at chest level. It is advised to exert force that is approximately 80% of your maximum effort for 6-8 seconds of work. You must gradually push against the bar until the 80% is produced. It should take about 2 seconds to reach 80%. Hold for 6-8 seconds and then release slowly. At each of the six positions, do 3-4 sets, totaling 18-24 sets.

This is a very taxing program, and for some reason isometric training slipped into obscurity. Today, only a few lifters use it to supplement their training. Chris Confessore is one who uses isometrics to set bench press records that are beyond comprehension. Presented below is a program that includes the static method, the functional isometric method, and the static-dynamic method. A power rack is needed for all three methods, with two sets of pins—one to push off of and one to push against. Always warm up with a light workout on

alone. Of course, this cannot replace regular training, but can be used to further develop your absolute strength level.

Additional Exercises
After the isometric bench press workout, you must maintain your regular diet of triceps extensions, delt raises, lat and upper back work, and hammer curls, which will make weights feel lighter in your hands.

After isometric squatting, do a few sets with about 40% of your one rep max. This will restate speed and explosive strength. Finish with abs and, of course, lower back work. Some jumping will greatly add to your workout (3-4 sets of jumps); be sure to land in the same place that you take off from. Stop jumping 2 weeks before a meet.

It is advisable to do high pulls after static deadlift work; use 35-45% of your best deadlift. Finish by working the lats, lower back, and abs. You may also add jumping to your workout. Always stretch after every workout.

As with any special strength training, isometric work is to be used for a short period of time, 3-4 weeks, then change to a different selection of exercises for the next 3-4 weeks.

There are always advantages and disadvantages to any method. The following are disadvantages, which you can evaluate for your own training: for a novice lifter, isometrics may have a negative effect on dynamic strength if not combined with a lot of speed work, which is usually missing in a beginner's routine due to training too heavy. Static work will not increase muscle mass, which may or may not be a disadvantage to the lifter, depending on whether you want to gain weight or stay in a particular weight class. Static work will only build strength at the position worked. Static work can have a negative effect on the circulatory system. Scientific research has not determined whether static or dynamic work is more beneficial for increasing absolute strength.

Isometrics are beneficial in that they can play a large role in training positions of the lifts where maximum muscle tension is not achieved - areas that will cause failure to reach your true potential.

Westside Barbell Club, 1469 Demorest Rd., Columbus, OH 43228, (614)276-0923

The static-dynamic method had been found to increase speed strength better than dynamic work

Although isometrics were made popular in the early 1960s by the York Barbell Club, numerous experiments were being conducted in the USSR concerning their value in all sports, particularly weightlifting. The results were published and brought to the states to be utilized by our Olympic lifters. Bill March had great success with isometric training, eventually doing a strict 390 Olympic press. There were many big names using isometrics to increase their lifts. Isometrics were thought to be a revolution in strength training so much so that York Barbell made a power rack especially for isometric work.

For some reason isometric training slipped into obscurity. Today, only a few lifters use it to supplement their training. Chris Confessore is one who uses isometrics to set bench press records that are beyond comprehension.

Presented below is a program that includes the static method, the functional isometric method, and the static-dynamic method. A power rack is needed for all three methods, with two sets of pins—one to push off of and one to push against. Always warm up with a light workout on

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WORKOUT of the Month

Squatting for the Beginner and Intermediate Powerlifter as told to Powerlifting USA by TONY KAMAND



Tony Kamand has squatted 845 lbs. in the 181 lb. class. (E. Davis)

WEEK 6: Skip there are no warmups for the power rack squats. Just jump right into it. Power Rack Squats - The weight stays the same throughout the cycle. However, the position of the bar will drop about one pin (a couple of inches) each week. Never go below a 30-degree angle above your parallel position. The first week starts with a position that lets you go down about 3 inches. Make sure at the final week that you are not below that 30 degree angle.

The secret on this exercise is to try to simulate your regular squat as much as possible. If you're a wide stance squatter practice pushing your hips back at the very start. Also keep your knees out as you go down. If you're a close stance squatter practice keeping your back flat and tight as you descend into the squat. Try to keep your hips directly underneath the bar.

Assistance Exercises - The assistance exercises should always be selected based on your perceived weaknesses. Many beginning powerlifters have to get out of this closest bodybuilder syndrome and not treat assistance exercises as something they should do to pump them up and make them look good. The reason for assistance exercises is to strengthen the weak links. Pick out

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

break your rep record at every workout.

Supportive Equipment - On Weeks One to Four for the regular squats use only a loose squat suit with the straps down and a belt. On Weeks Five and Six use a tighter suit (straps up on week 6) with knee wraps and a belt.

Rest and Mental Approach - you have to get plenty of rest between workouts. You only need to train two or three days a week and do no more than five or six exercises per session. When lifting heavy and intensely your body needs time to recover before the next workout. It's not important how much time you put into training, only what you put into this time.

Your mind plays a major role in your success in the squat. It is imperative that you stay 100% focused on every rep. You cannot merely just go through the motions and expect to be successful. Just because you are physically doing a squat does not mean that you are becoming a better squatter. You may get stronger, but it is a lift that requires some skill and attention must be paid to your particular form for ultimate success.

You can never allow yourself to be psyched out by a weight. This only serves to drain your mental and emotional intensity. You have to teach your mind to relax and not think about anything negative. Develop an attitude that you can do anything and that nothing can stop you. If you look at the top lifters in this sport, they all display extreme confidence, some even to a point of arrogance. This is the attitude you have to have to be successful and you'll become confident. Hey, even if you have to fake it, just do it and it will change your lifting forever. Good luck!

As a service to the readers of this magazine I will be happy to analyze individual squat technique and offer suggestions on improving technique as well as formulating a personal squat routine. Send both a videotape and photos (at various angles) of your recent heavy squat workout along with \$25.00 to Tony Kamand, 114 Oak Glen Road, Tom's River, NJ 08753.

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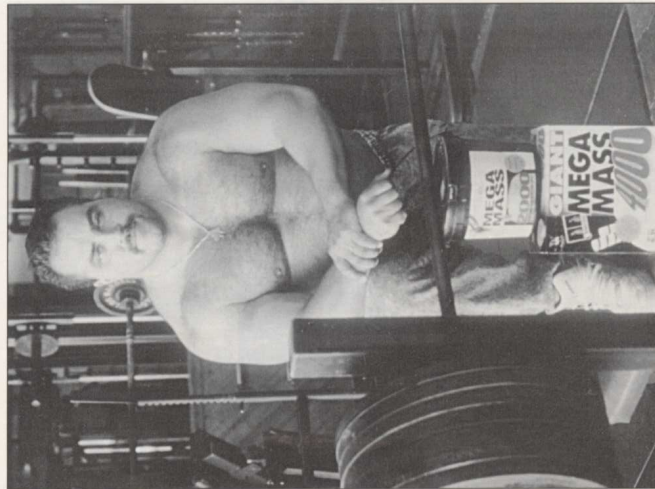
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INTERVIEW

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

CRAIG TOKARSKI

as interviewed for POWERLIFTING USA by Bruce Citerman



Craig in the gym along with his favorite Weider supplements. (J. Moles)

Chicago land where I took third

BC: Where do you live?
CT: I live in Chicago, Illinois.

BC: How old are you?
CT: I'm 30 years old.

BC: You are married. What are your wife and children's names?
CT: My wife's name is Darlene, and my son's name is Craig, Jr., and his future ambition is to become a professional wrestler or a baseball player.

BC: What do you do for a living?
CT: My occupation for the last five years is a policeman.

BC: What is your athletic background?
CT: As far as my athletic background is concerned, I think it was like my normal childhood. I played all sports - baseball, football, basketball, wrestling, hockey. Then in high school I got into the martial arts. I studied Tae Kwon Do. I got as far as a brown belt - black tip and had only two months to go to receive my black belt, but by then the iron bug had bit. I was hooked on bodybuilding, and Tae Kwon Do just wasn't enough anymore, and I looked at bodybuilding as a new and exciting challenge - a bigger challenge.

BC: How did you get into powerlifting?
CT: Well, as I said I got into bodybuilding when I was in high school. I was about 15 years old. I competed in my first bodybuilding show at the age of 17 years. I then competed in two more bodybuilding shows. The Teen Illinois at 18 where I took fourth place, and then finally the Teenage

there with my training partner, Zuhir Gazanueh, I figured with me training there on the holiday, I'd get one up on my competition since most gyms (probably 99% of them) were closed that day.

My great plan never came to be, as I got up late that day, and I wasn't able to train. The next thing I know, I'm sitting around with nothing to do, a houseful of food, and here I am watching TV with all those good food commercials. Duncan Hines Cakes, McDonald's, and so on. I'm going nuts. I'm sitting there all alone. I'm mad and upset because I couldn't work out, because - as I said - I felt that extra day of working out was going to give me that little extra edge to win, and now I had missed my opportunity.

So I say to myself, I think it's okay if you only have one scoop of ice cream, now! So here I am fighting with myself going back and forth, should I have this scoop of ice cream or not, and of course, from there on out it just snowballed. One more scoop, and then one more, until the whole half gallon was finished off by yours truly. And then a pizza, with some Pepsi-Cola, and then some more goodies. I can't even recall all of what I ate. I was like a tornado in the kitchen. After seven weeks of dieting I blew it. So after blowing the diet and the contest, I said to myself, what can I do to pick myself up? I decided to enter a local gym bench press contest cause I was always the strongest guy in the gym. At 19 years of age I decided to enter my first strength contest and as I recall I bench 450 lbs., winning the contest.

At that point on I figured maybe this is something I can do, retail when I was a Senior in high school at 17 years of age, weighing around 130-140 lbs., and I could pull a 465 lb. deadlift. Not too bad, I felt.

Although I did try to make a few more returns, but I just couldn't stay on the diet. I'd get maybe one to two weeks out from the show and then I'd blow the diet, so to regain my self-esteem, I'd go into another powerlifting contest, and I always did well, usu-

ally winning just about every contest. I entered.

After while I decided to stick with powerlifting, because dieting wasn't for me. I loved training hard and heavy, but I didn't like to diet. I mean, who does? I decided to stick with powerlifting cause it didn't matter how you looked. It depended on how strong you are. I decided to stick with powerlifting since you could have your cake and eat it to.

BC: You recently broke your own record, buy only by two pounds. Did something go wrong?
CT: As far as my breaking my record by only two pounds, that was my first goal at the contest - to get back to 700+ and to also break my record. Secondly, my goal was to break my 705 by 5 or 10 pounds or whatever, just make it more gratifying - as they say - on the cake. 724 lbs. just wouldn't go that day. It's especially hard since after my third attempt I had to follow myself for my fourth attempt, which - as anyone knows - is extremely tough - to follow yourself with only a few minutes of rest. After just benching 705 lbs, maybe I should have gone for 710, or 716, but I chose 722, little knowing that the bar was actually loaded to 724. Either way, next contest, it'll be

mine. Furthermore, it was extremely gratifying just to be back in the 700 lb. range and to break my world record. After my 703 lb. bench in 1992, I had a few bad

meets, but hopefully we all learn from our mistakes. All in all, 705 lbs. at a bodyweight of 275 lbs. was very gratifying to me.

BC: Did you ever compete in full lifts?
CT: Yes, I have. My best lifts are 800 lb. squat in competition and at 242 lbs., a 520 bench and 800 deadlift. All of these were competitive lifts; gym lifts don't mean anything.

Tiles I have won at 242 are: 1987 - Midwest Open Champion and Best Lifter via a 775-505 800 for a 2080 total, 1988 - APF Jr. Nationals champion at 242 via 800-505-770 for a 2075 total.

In 1988 I was also a member of the first ever USA Powerlifting team to travel and compete in Russia. I lifted with such greats as Ed Coan, Jeff Magruder, and Bill Nichols. I placed first in the 242 class at the meet held in Moscow where we were only give two attempts per lift. I squatted 777, benching 501, and deadlifted 733 for a 2011 total.

I competed in my first national meet at the 1986 Senior Nationals held in Dayton, Ohio. I

took sixth in the 242 class via 749-507-777 for a 2033 total.

BC: Did you change your bench press routine from what you wrote in Powerlifting USA?
CT: Yes, slightly. I do more for chest, triceps, shoulders, and back, and I now train biceps, abs, calves, and, lastly, I also do more legs now.

I haven't squatted or deadlifted in years, although recently I decided to try deadlifting and I pulled an easy 700 lbs. It made me think about getting back into full meets. I figure in no time at all I could get my squat and deadlift back to 800 lbs. With 800 and 800 in the squat and deadlift, and 705 in the bench, I'm looking at a 2305 lbs. total. Also, since I did 800 lbs. at 242, I figure at 275 I should squat more, possibly 850 lbs. Now I'm looking at 2355 pounds, not far off a 2400 lb. total. But I'm not sure if I'll go back into full contests.

BC: What are your future plans in powerlifting?
CT: I think I'll stay in the 275 class, and my main goal is to keep pushing my record at 275 and eventually to eclipse the SHW record while staying at 275 lbs, and to become the first man to bench press 800 lbs., God willing!

BC: What happened at the Bud-

weiser Record Breakers Bench Press - only 683?

CT: As far as why I only bench pressed 683 last February, Well, I figured with only seven weeks of serious training/preparation for the contest, benching 683 wasn't too bad. Bottom line is Gus Rehr, which called me seven weeks out, and said Craig, I'd like you to come out and beat your world record of 639 lbs. in the 308 class. I figured I should be able to get a 644 bench and possibly 666, and - if all goes well - 683 on a fourth attempt and, God willing, it did.

BC: Are there any other comments you'd like to make?
CT: Lastly, about all I want to thank God for giving me the strength and power. I wish to thank Ernie Watts of World of Fitness Gym where I train for providing us with the perfect workout atmosphere and all of the guys at the gym who have helped me train. Guys like John Moraguz (Fabio), Bill Sheridan (The Million Dollar Man) and Matt Konczaleka (who is always grumpy). Ernie Frantz, Scott Harrison, Joe Rizza Ford, Casiani's Pizza and so many other people, and especially Joe Weider for all of his unending help and support.

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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., Warkworth, Ontario, Canada K0K 3K0 (for reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I am 48 years old and have been diagnosed with osteo-arthritis. I have been lifting for two years. I have been taking Creatine and OKG and many other supplements - I am also taking a prescribed anti-inflammatory Voltaren 75 mg. for arthritic pain. Are there any dangers from taking these substances in conjunction with each other? I am also periodically cycling Clenbuterol Plus by Strength Systems, and I wonder about the authenticity of this product. William D.

DEAR WILLIAM: Clenbuterol Plus has no clenbuterol in it. It's OK to use the supplements you are now on with Voltaren.

Let me know if the creatine has done much for you. I'm now doing a study with three bodybuilders and three powerlifters to see if large doses of creatine monohydrate has any ergogenic effects. Once I've gathered and analyzed the data, I'll be writing up my results in DRUGS IN SPORTS. All the best. Sincerely, Mauro G. Di Pasquale

DEAR MAURO: Your normal fee is \$15. I realize, but since I am in prison, I was hoping that you would waive your fee this one time for me.

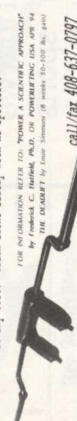
It is nearly impossible to get decent medical care in prison, and it certainly is impossible to find a physician with sports medicine background. Anytime an inmate has a sports-related injury, the prison doctor's first and only response is always the same: stop lifting; stop running; stop playing ball, etc.

I am 42 years old. I have been pumping iron for ten years using bodybuilding techniques at first and have added powerlifting to my routine lately. I work out five days a week with heavy/light days.

The problem is my left shoulder which is painful from the top of the outer deltoid down into the outer biceps. The pain would flare up when my benching would approach the 300 lb. range. It would stay sore for days. Eventually my bench would decline, and I would then rest it for a week or two. Then, it would happen all over again as I approached 300 pounds. Now it never gets better. I've rested it for 30 days this last time, but it hurts at the 205 lb. level now. Flies and curls cause pain, but behind the neck presses feel fine. Incline benches hurt,

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Included are discussions on Growth Hormone, And Growth Hormone Stimulators (Forskolin, Growth Hormone Releasing Factor, HGH, Clobutamide, Oxytocin, Synthroid, Tiazacina), Pergonal, Factivel, HCG, Cycloclim, Clomiphed, Clomid, Glutathione, Carnitine, Creatine, Inosine, Sinalax, Officialins, Boron, Chromium, Picolinater, Gamma Oryzanol, Silvester, Ginseng, Amino Acid Neurotransmitters (Acetylcholine, Dopamine, Serotonin, Endorphin, etc.), Branched Chain Amino Acids, Strychnine, Strychnine, Pyridoxamine, Folate, etc.), Branched Chain Supplements (Vitamins, Minerals, Bee Pollen, B12, Etc.), and many other compounds.

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but I can do decline benches pain-free.

My squats and deadlifts are progressing nicely, if somewhat slowly. But, it seems I'll never have a decent bench if I can't find a solution to this nagging problem.

If you could give me an idea of what my problem is and how I should treat it I would greatly appreciate it. Enclosed is a self-addressed envelope if you should decide to reply. Vern T.

DEAR VERN: It sounds as if you have bicipital tendinitis or less likely a rotator cuff injury. Without more information and tests examining you it's difficult to be more precise. I've enclosed a pamphlet on shoulder problems that you should find useful.

As a start you should at least get a plain X-ray of your left shoulder area in case there is any calcification or bony abnormality. If the X-ray is normal, you'll likely need aggressive physiotherapy and medication to help heal the shoulder. Hopefully, you'll at least be able to see a competent general practitioner for this treatment. If these modalities don't work or you run into problems, don't hesitate to write again. All the best over the holidays. Sincerely, Mauro G. Di Pasquale.

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Phil Halliwell... Best lifter at the 94 Connecticut Open. (J. Sylvia)

15th USPF SC State		23 Apr 94 - Stratford, CT	
Bench Press	12, 13 Mar 94 - Clemson, SC	5th Olymp	SQ
J. Hopkins	286	369	248
J. Reynolds	264	501*	485
L. Uysik	143	512*	1102
J. Cameron	137	639*	
Men			
Master 40-49	165	1432	
J. Abell	358	1262	
J. Morrison	358	1262	
J. Abell	341	1162	
J. Tancil	402	942	
J. Tancil	308	942	
W. Brown	385*		
Master 50+	358		
W. McAteer	358		
Junior 14-23	231		
A. Ansdroff	231		
C. Pittchard	231		
148	270		
B. Montgomery	270		
R. Ehridge	248		
165	248		
J. Abell	341		
J. Knowles	308		
318	220		
M. Nielsen	220		
J. Smith	292		
292	435*		
T. Kelly	435*		
D. Lark	407		
D. Lark	369		
M. Reeves	308		
D. Metzre	286		
S. Beckham	248		
Open			
114-132	231		
E. Jenkins	231		
231	225		
K. Hollingsworth	231		
148	286		
W. McAteer	446		
308	435		
J. Cameron	534		
J. Honeycutt	165		
Master 40-49	611*		
P. Popper	507*		
J. Beckham	540		
D. Anderson	485		
D. Hard	341		
G. Reeves	203*		
G. Reeves	192*		
R. Lockett	490		
R. Pardue	363*		
H. Pate	308*		
114-132	424*		
A. Ansdroff	292*		
C. Jordan	352*		
A. Prather	303*		
148	303*		
B. Montgomery	391*		
R. Ehridge	380*		
S. Knowles	380*		
J. Abell	462*		
181	363		
J. Griffith	451*		
J. Smith	407*		
M. Nielsen	292		
W. Doherty	286		
242	242		
D. Mack	501*		
D. Metzre	407*		
S. Beckham	440		
242	451		
B. Lever	518*		
J. Wilson	325*		
Men Open	562*		
114-132	292		
C. Jordan	325		
E. Jenkins	275		
S. Prather	303		
C. McAteer	391		
B. Montgomery	380		
R. Ehridge	380		
S. Knowles	462		
J. Abell	330		
J. Sullivan	363		
363	323		
B. Shaband	608*		
W. McAteer	473		
J. Smith	407		
J. Smith	407		
M. Nielsen	292		
198	325		
R. Pardue	622		
D. Mack	501		

USPF 1994 Connecticut Open		23 Apr 94 - Stratford, CT	
5th Olymp	SQ	BP	DL
Women Teen	135	265	400
R. Fortuna	230	105	230
K. Gragon	125	280	655
Women	185	275*	585*
T. Stevens	220*	105*	230*
C. Handell	220*	105*	230*
Teen 14-15	360*	220*	400*
C. Albert	330*	200*	360*
J. Sylvia	310	200	340
J. Debo	200	300	850
Teen 16-17	205	305	535
P. Rrell	200	320	720
181	360	230	430
A. Dvine	330	460	1020
J. Piccirillo	700	400	1735
D. Allitto	465	330	470
J. Vinc	435	225	500
R. Rivera	290	380	810
S. Beckham	235	165	375
Submaster Light	530	330	460
F. Palmer	435	345	465
D. Harding	525	350	560
M. Piccattelli	475	315	460
R. Bennett	425	270	465
J. Heres	355*	240*	390*
G. Kupa	355*	240*	390*
M. Piccattelli	520*	310*	440*
F. Demoria	480*	325*	520*
P. Ryan	440*	320*	525*
D. Bove	290	180	340
P. Ryan	255	165	375
165	300*	505*	1335*
D. Clark	470	275	475
R. Soffo	470	275	475
181	500	345*	545*
M. Sturman	505	275	475
C. Burkard	505	275	475
J. Vinc	435	225	500
J. Vinc	435	225	500
C. Raccio	575	455*	555
F. Palmer	530	300	510
P. Boivert	475	300	510
M. Kelly	440	255	500
M. Piccattelli	475	315	460
P. McDougall	500	270	470
J. Heres	525	350*	560*
C. Larkins	560	330	545
J. Wilson	500	350*	550

1988 Connecticut State Championships and the SC State Bench Press Championships were a great success. There were 115 lifters in the who were recorded in the state records for bench press. Special thanks to the referees, Dan Lark, David Player, Seth Rogers, Roger Pardue, and Bob Lark. Thanks to the officials, special thanks to the president of the Club Shane Smith and to the other people who helped the meet run smoothly. Meet Directors: Clemson WC Club via Andrew Pardue (for results).

ADPFA Towson Bench VII
 15 May 94 - Baltimore, MD
 148 Oly
 G. Petrides, Jr. 360
 R. Miller 245
 242 Novice
 K. Gauder 355
 165 Janavandi 235
 V. Means 340
 J. Bardley, Jr. 330
 D. Venn 275
 D. Venn 205
 B. Motowski 410
 165 Novice
 T. Dennis 275
 D. Zuhl 265
 W. Jones 400
 D. Morrissey 375
 L. Adkin 122 170
 R. Freeman 139 160
 P. Schor 295
 K. Collier 139 135
 E. Hyms 139 120
 P. Sembo 405
 220 Novice 350
 220 Water 50-59
 M. Sanders 375
 W. Downey, Jr. 200
 I. Vaukourpahn 110 65 130 305
 (Thanks to Brian Washington for the meet results.)

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 - Ketosaccoprate (K.I.C.)
 - Yanoxyli Sulfate
 - Chromium Picolinate
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10 Jul 94 - Wintersville, OH

Bench Press	175	Women 114	Deadlift	245
J. Thompson	150	K. Moore		
L. Steele	120	S. Lucy		
K. Dowling	148			
M. Steele	170			
	165			
132 Teen 13-16	165	K. Parashih		340
N. Fisher	150			
M. Fisher	140			
J. Martinez	170			
	165			
114 Open	270			
J. Rodriguez	270			
	270			
114 Open	305			
A. DiLascio	270			
B. Gardner	165			
	165			
148 Teen 17-19	375			
C. DiLascio	225			
C. DiLascio	330			
	225			
148 Teen 13-16	335			
J. Stenson	295			
	295			
148 Teen 17-19	360			
L. Smith	295			
	295			
148 Novice	460			
P. Yobico	260			
	225			
165 Teen 17-19	365			
	365			
148 Open	200			
M. Unger	200			
	200			
148 Novice	460			
D. Hafner	305			
	305			
148 Teen 17-19	350			
R. Batisatelli	250			
	350			
152 Open	340			
	340			
148 Teen 13-16	435			
D. Hafner	305			
	305			
148 Teen 17-19	450			
L. Hollonick	240			
	355			
148 Novice	480			
S. Feby	305			
	305			
181 Submaster	490			
T. G. McGraw	430			
	430			
181 Open	430			
T. Richards	375			
	375			
181 Teen 13-16	575			
T. Buffon	170			
	170			
198 Teen 17-19	505			
V. Spillane	280			
	280			
198 Novice	580			
K. Keller	375			
	375			
198 Teen 17-19	350			
C. Richmond	300			
	300			
198 Master	475			
E. Snider	355			
	355			
198 Grandmaster	415			
J. Keller	275			
	275			
198 Open	610			
M. Vanoone	315			
	315			
200 Teen 17-19	640			
J. Voelkel	240			
	240			
200 Novice	650			
C. Hinton	340			
	340			
200 Master	525			
J. Voelkel	365			
	365			
200 Grandmaster	550			
D. Nay	340			
	340			
200 Open	475			
B. Wilson	405			
	405			
200 Novice	500			
K. Barros	380			
	380			
200 Teen 17-19	460			
T. Brook	370			
	370			
200 Novice	550			
M. Lehter	475			
	475			
200 Open	600			
C. Young	430			
	430			
200 Novice	665			
J. Wankamyer	235			
	235			
200 Master	525			
M. Blake	360			
	360			
200 Grandmaster	620			
N. Ross	450			
	450			
200 Open	510			
SHW Open	400			
	400			

10th ADPFA New Jersey Bench Press/Deadlift and Open Power

7 May 94 - Hopatcong, NJ

Bench Press	465			
A. Blalock	400			
	400			
155	242	Master 50-59		
J. Wisa	190			
	155			
242 (30+)	325			
	325			
242 Law and Fire	465			
J. Monocchio	315			
	315			
148 (30+)	350			
	350			
242 Novice	355			
R. Prachunus	355			
	355			
242 Out of State	410			
L. Saviano	365			
	365			
275 Open	460			
R. Ferris	290			
	290			
165 Master 40-49	375			
W. Hagopian	290			
	290			
275 Law and Fire	485			
B. Goldt	320			
	320			
165 Novice	315			
C. Cowan	250			
	250			
275 Out of State	420			
F. Masera	290			
	290			
181 Open	475			
D. Ciel	365			
	365			
181 Teen	330			
	330			
181 Novice	315			
C. Holmes	275			
	275			
181 Teen	420			
J. Waldron	255			
	255			
181 Novice	475			
J. Waldron	255			
	255			
181 Out of State	385			
C. Heim	275			
	275			
181 Novice	475			
J. Dally	530			
	530			
181 Out of State	460			
R. Burlew	390			
	390			
198 Open	550			
R. Burlew	410			
	410			
198 Novice	535			
R. Burlew	350			
	350			
198 Master 40-49	535			
K. Balcerki	340			
	340			
198 Law and Fire	475			
B. Williams, Jr.	350			
	350			
198 Novice	500			
R. DePuy	325			
	325			
200 Open	620			
R. DePuy	345			
	345			
200 Novice	585			
R. DePuy	495			
	495			
200 Teen	600			
T. Walker	400			
	400			
200 Master 40-49	440			
E. Franchi	385			
	385			
200 Open	500			
T. Ferrara	300			
	300			
200 Novice	515			
J. Roskoski	400			
	400			
200 Teen	500			
S. Chalis	375			
	375			
200 Law and Fire	615			
J. Faggio	385			
	385			
200 Open	640			
T. Friland	260			
	260			
200 Novice	515			
J. Ventura	370			
	370			
200 Teen	480			
M. Witwick	275			
	275			
200 Master 40-49	410			
G. DeRitis	245			
	245			
200 Open	480			
E. Gosan	480			
	480			
200 Novice	510			
SHW	330			
	330			
200 Teen	510			
SHW	122			
	122			
200 Master 40-49	395			
J. Wisa	155*			
	155*			

ADPFA New Jersey Bench Press/Deadlift and Open Power

16 Jul 94 - Quaintanano Bay, Cuba

Bench Press	465			
A. Blalock	400			
	400			
155	242	Master 50-59		
J. Wisa	190			
	155			
242 (30+)	325			
	325			
242 Law and Fire	465			
J. Monocchio	315			
	315			
148 (30+)	350			
	350			
242 Novice	355			
R. Prachunus	355			
	355			
242 Out of State	410			
L. Saviano	365			
	365			
275 Open	460			
R. Ferris	290			
	290			
165 Master 40-49	375			
W. Hagopian	290			
	290			
275 Law and Fire	485			
B. Goldt	320			
	320			
165 Novice	315			
C. Cowan	250			
	250			
275 Out of State	420			
F. Masera	290			
	290			
181 Open	475			
D. Ciel	365			
	365			
181 Teen	330			
	330			
181 Novice	315			
C. Holmes	275			
	275			
181 Teen	420			
J. Waldron	255			
	255			
181 Novice	475			
J. Waldron	255			

5th Annual Bench Press/Beach Party
14,715 May 94 - Carson City, NV

Special Olympians	105	110	116	123	129	132	137	143	149	155	161	167	173	179	185	191	197	203	209	215	221	227	233	239	245	251	257	263	269	275	281	287	293	299	305	311	317	323	329	335	341	347	353	359	365	371	377	383	389	395	401	407	413	419	425	431	437	443	449	455	461	467	473	479	485	491	497	503	509	515	521	527	533	539	545	551	557	563	569	575	581	587	593	599	605	611	617	623	629	635	641	647	653	659	665	671	677	683	689	695	701	707	713	719	725	731	737	743	749	755	761	767	773	779	785	791	797	803	809	815	821	827	833	839	845	851	857	863	869	875	881	887	893	899	905	911	917	923	929	935	941	947	953	959	965	971	977	983	989	995	1001	1007	1013	1019	1025	1031	1037	1043	1049	1055	1061	1067	1073	1079	1085	1091	1097	1103	1109	1115	1121	1127	1133	1139	1145	1151	1157	1163	1169	1175	1181	1187	1193	1199	1205	1211	1217	1223	1229	1235	1241	1247	1253	1259	1265	1271	1277	1283	1289	1295	1301	1307	1313	1319	1325	1331	1337	1343	1349	1355	1361	1367	1373	1379	1385	1391	1397	1403	1409	1415	1421	1427	1433	1439	1445	1451	1457	1463	1469	1475	1481	1487	1493	1499	1505	1511	1517	1523	1529	1535	1541	1547	1553	1559	1565	1571	1577	1583	1589	1595	1601	1607	1613	1619	1625	1631	1637	1643	1649	1655	1661	1667	1673	1679	1685	1691	1697	1703	1709	1715	1721	1727	1733	1739	1745	1751	1757	1763	1769	1775	1781	1787	1793	1799	1805	1811	1817	1823	1829	1835	1841	1847	1853	1859	1865	1871	1877	1883	1889	1895	1901	1907	1913	1919	1925	1931	1937	1943	1949	1955	1961	1967	1973	1979	1985	1991	1997	2003	2009	2015	2021	2027	2033	2039	2045	2051	2057	2063	2069	2075	2081	2087	2093	2099	2105	2111	2117	2123	2129	2135	2141	2147	2153	2159	2165	2171	2177	2183	2189	2195	2201	2207	2213	2219	2225	2231	2237	2243	2249	2255	2261	2267	2273	2279	2285	2291	2297	2303	2309	2315	2321	2327	2333	2339	2345	2351	2357	2363	2369	2375	2381	2387	2393	2399	2405	2411	2417	2423	2429	2435	2441	2447	2453	2459	2465	2471	2477	2483	2489	2495	2501	2507	2513	2519	2525	2531	2537	2543	2549	2555	2561	2567	2573	2579	2585	2591	2597	2603	2609	2615	2621	2627	2633	2639	2645	2651	2657	2663	2669	2675	2681	2687	2693	2699	2705	2711	2717	2723	2729	2735	2741	2747	2753	2759	2765	2771	2777	2783	2789	2795	2801	2807	2813	2819	2825	2831	2837	2843	2849	2855	2861	2867	2873	2879	2885	2891	2897	2903	2909	2915	2921	2927	2933	2939	2945	2951	2957	2963	2969	2975	2981	2987	2993	2999	3005	3011	3017	3023	3029	3035	3041	3047	3053	3059	3065	3071	3077	3083	3089	3095	3101	3107	3113	3119	3125	3131	3137	3143	3149	3155	3161	3167	3173	3179	3185	3191	3197	3203	3209	3215	3221	3227	3233	3239	3245	3251	3257	3263	3269	3275	3281	3287	3293	3299	3305	3311	3317	3323	3329	3335	3341	3347	3353	3359	3365	3371	3377	3383	3389	3395	3401	3407	3413	3419	3425	3431	3437	3443	3449	3455	3461	3467	3473	3479	3485	3491	3497	3503	3509	3515	3521	3527	3533	3539	3545	3551	3557	3563	3569	3575	3581	3587	3593	3599	3605	3611	3617	3623	3629	3635	3641	3647	3653	3659	3665	3671	3677	3683	3689	3695	3701	3707	3713	3719	3725	3731	3737	3743	3749	3755	3761	3767	3773	3779	3785	3791	3797	3803	3809	3815	3821	3827	3833	3839	3845	3851	3857	3863	3869	3875	3881	3887	3893	3899	3905	3911	3917	3923	3929	3935	3941	3947	3953	3959	3965	3971	3977	3983	3989	3995	4001	4007	4013	4019	4025	4031	4037	4043	4049	4055	4061	4067	4073	4079	4085	4091	4097	4103	4109	4115	4121	4127	4133	4139	4145	4151	4157	4163	4169	4175	4181	4187	4193	4199	4205	4211	4217	4223	4229	4235	4241	4247	4253	4259	4265	4271	4277	4283	4289	4295	4301	4307	4313	4319	4325	4331	4337	4343	4349	4355	4361	4367	4373	4379	4385	4391	4397	4403	4409	4415	4421	4427	4433	4439	4445	4451	4457	4463	4469	4475	4481	4487	4493	4499	4505	4511	4517	4523	4529	4535	4541	4547	4553	4559	4565	4571	4577	4583	4589	4595	4601	4607	4613	4619	4625	4631	4637	4643	4649	4655	4661	4667	4673	4679	4685	4691	4697	4703	4709	4715	4721	4727	4733	4739	4745	4751	4757	4763	4769	4775	4781	4787	4793	4799	4805	4811	4817	4823	4829	4835	4841	4847	4853	4859	4865	4871	4877	4883	4889	4895	4901	4907	4913	4919	4925	4931	4937	4943	4949	4955	4961	4967	4973	4979	4985	4991	4997	5003	5009	5015	5021	5027	5033	5039	5045	5051	5057	5063	5069	5075	5081	5087	5093	5099	5105	5111	5117	5123	5129	5135	5141	5147	5153	5159	5165	5171	5177	5183	5189	5195	5201	5207	5213	5219	5225	5231	5237	5243	5249	5255	5261	5267	5273	5279	5285	5291	5297	5303	5309	5315	5321	5327	5333	5339	5345	5351	5357	5363	5369	5375	5381	5387	5393	5399	5405	5411	5417	5423	5429	5435	5441	5447	5453	5459	5465	5471	5477	5483	5489	5495	5501	5507	5513	5519	5525	5531	5537	5543	5549	5555	5561	5567	5573	5579	5585	5591	5597	5603	5609	5615	5621	5627	5633	5639	5645	5651	5657	5663	5669	5675	5681	5687	5693	5699	5705	5711	5717	5723	5729	5735	5741	5747	5753	5759	5765	5771	5777	5783	5789	5795	5801	5807	5813	5819	5825	5831	5837	5843	5849	5855	5861	5867	5873	5879	5885	5891	5897	5903	5909	5915	5921	5927	5933	5939	5945	5951	5957	5963	5969	5975	5981	5987	5993	5999	6005	6011	6017	6023	6029	6035	6041	6047	6053	6059	6065	6071	6077	6083	6089	6095	6101	6107	6113	6119	6125	6131	6137	6143	6149	6155	6161	6167	6173	6179	6185	6191	6197	6203	6209	6215	6221	6227	6233	6239	6245	6251	6257	6263	6269	6275	6281	6287	6293	6299	6305	6311	6317	6323	6329	6335	6341	6347	6353	6359	6365	6371	6377	6383	6389	6395	6401	6407	6413	6419	6425	6431	6437	6443	6449	6455	6461	6467	6473	6479	6485	6491	6497	6503	6509	6515	6521	6527	6533	6539	6545	6551	6557	6563	6569	6575	6581	6587	6593	6599	6605	6611	6617	6623	6629	6635	6641	6647	6653	6659	6665	6671	6677	6683	6689	6695	6701	6707	6713	6719	6725	6731	6737	6743	6749	6755	6761	6767	6773	6779	6785	6791	6797	6803	6809	6815	6821	6827	6833	6839	6845	6851	6857	6863	6869	6875	6881	6887	6893	6899	6905	6911	6917	6923	6929	6935	6941	6947	6953	6959	6965	6971	6977	6983	6989	6995	7001	7007	7013	7019	7025	7031	7037	7043	7049	7055	7061	7067	7073	7079	7085	7091	7097	7103	7109	7115	7121	7127	7133	7139	7145	7151	7157	7163	7169	7175	7181	7187	7193	7199	7205	7211	7217	7223	7229	7235	7241	7247	7253	7259	7265	7271	7277	7283	7289	7295	7301	7307	7313	7319	7325	7331	7337	7343	7349	7355	7361	7367	7373	7379	7385	7391	7397	7403	7409	7415	7421	7427	7433	7439	7445	7451	7457	7463	7469	7475	7481	7487	7493	7499	7505	7511	7517	7523	7529	7535	7541	7547
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TOP 100

For 148 lb./67.5 kg. USA lifters competing in results received from September 1993 through August 1994.

SQUAT	BENCH	DEADLIFT	TOTAL
1 685 Coopers, A. 3/19/94	518 Warr, C. 6/4/94	687 Austin, D. 1/27/93	1735 Coopers, A. 3/19/94
2 630 Conners, M. 6/22/94	423 Coch, R. 3/11/94	590 Westlund, L. 3/2/94	1609 Austin, D. 1/27/93
3 611 Perkins, T. 3/17/94	420 Thompson, J. 1/17/93	528 Spahn, S. 1/17/94	1525 Hooper, W. 6/22/94
4 589 Davis, F. 10/23/93	400 Thompson, J. 1/17/93	528 Spahn, S. 1/17/94	1488 Stead, S. 9/17/93
5 589 Davis, F. 10/23/93	396 Millhouse, G. 3/4/93	575 Mills, J. 11/1/93	1487 Beatty, B. 7/16/94
6 575 Austin, J. 11/27/93	390 Gay, R. 1/23/94	575 Jackson, F. 4/9/94	1475 Rhone, W. 5/28/94
7 575 Austin, J. 11/27/93	380 Sardo, D. 7/29/94	567 Broadhurst, H. 3/17/94	1438 Blake, K. 4/1/94
8 565 Beckman, P. 4/30/94	375 Thomas, W. 11/20/93	567 Broadhurst, H. 3/17/94	1432 Ohafer, F. 3/17/94
9 556 Ohafer, F. 3/17/94	375 Marjotta, M. 12/4/93	562 Okafor, F. 3/17/94	1430 Endry, B. 8/21/94
10 556 Ohafer, F. 3/17/94	375 Moye, J. 6/29/94	562 Endry, B. 8/21/94	1425 Franzblau, D. 8/21/94
11 555 Clarke, J. 11/1/93	370 Augstadt, C. 3/27/94	559 Harrison, J. 1/17/93	1416 Peasants, J. 3/17/94
12 555 Clarke, J. 11/1/93	370 Augstadt, C. 3/27/94	559 Harrison, J. 1/17/93	1416 Peasants, J. 3/17/94
13 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
14 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
15 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
16 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
17 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
18 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
19 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
20 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
21 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
22 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
23 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
24 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
25 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
26 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
27 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
28 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
29 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
30 551 Vaughn, E. 1/22/94	370 Augstadt, C. 3/27/94	556 Jackson, G. 5/22/94	1410 Temmerman, G. 5/22/94
31 525 Smith, M. 3/19/94	322 Stewart, S. 12/4/93	537 Thomas, E. 4/9/94	1345 Beaman, P. 4/30/94
32 525 Smith, M. 3/19/94	322 Stewart, S. 12/4/93	537 Thomas, E. 4/9/94	1345 Beaman, P. 4/30/94
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34 525 Smith, M. 3/19/94	322 Stewart, S. 12/4/93	537 Thomas, E. 4/9/94	1345 Beaman, P. 4/30/94
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61 485 Thomas, A. 4/1/94	336 Surface, P. 8/6/94	505 Burton, O. 7/16/94	1255 Dufrencois, P. 10/23/93
62 485 Thomas, A. 4/1/94	336 Surface, P. 8/6/94	505 Burton, O. 7/16/94	1255 Dufrencois, P. 10/23/93
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91 460 Lane, D. 10/16/93	320 Pease, R. 10/9/94	485 Woodrask, C. 7/29/94	1210 Jefferson, K. 12/4/93
92 460 Lane, D. 10/16/93	320 Pease, R. 10/9/94	485 Woodrask, C. 7/29/94	1210 Jefferson, K. 12/4/93
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100 460 Lane, D. 10/16/93	320 Pease, R. 10/9/94	485 Woodrask, C. 7/29/94	1210 Jefferson, K. 12/4/93

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NEXT MONTH... TOP 165s

Corrections: The lifts of Mr. Pizzobello were not included in the results of the WNPF Region 4 Championships in the 220 Notice in Powerlifting, Bench Press, and Deadlift. His lifts were 475, 335, 500, 1310. The lifts of Susan Douglas were left out of the results of the 111 lb. class at the ADFFA Women's Nationals. Her lifts were 242, 121, 253, 617 for 3rd place. She entered the meet at 104, but weighed 49.2 kilos, and her name was added to the end of the 111 lb. class scoreboard, after the teenage lifters, and it was not included in the meet results. From Tom Trevorah... in the Sept. issue there was an inter-view on me adn I made a remark about the bench shirt in regards that I did not like them. I would like to be known that the only dislike being, I have the fear of my face being covered and I need someone to put the shirt on and off "quick" - otherwise great". There was an error in the results of the USPF Senior Nationals in the 220 lb. class. David Childers should be listed as 5th with a 1675 total, and Robert Dyer at 2nd with 1763. Danny McMillan was not credited with his 500 lb. bench press in the 220 lb. rankings for the ADFFA. We make errors on the compilation of these lists, sometimes the compilation are submitted with errors, and sometimes the results of a given contest are not submitted at all. Any and all of these possibilities can lead to errors on the lists, but we encourage you to please send corrections to "ERRORS," Box 467, Camarillo, California 93011.

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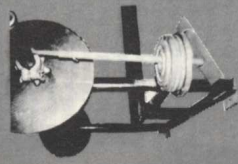
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Diagram 1

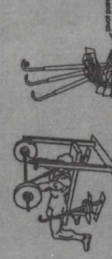


Diagram 2

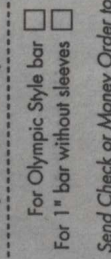


Diagram 3

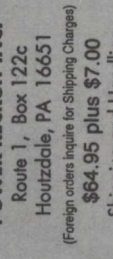


Diagram 4

For Olympic Style bar For 1" bar without sleeves

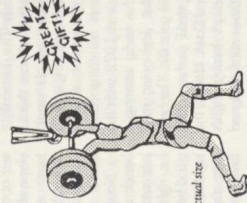
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(article continued from page 12)

Marathon, Titan and Inzer as the front-runners of the supportive suit industry. They improved in design and stitching over the years. Today's models bear little resemblance to the earlier models. They are so light and restrictive that without them I fear today's power people would have a difficult time keeping up with some of our pioneers. Is anyone today capable of matching Kuc's 1005 squat back in 1972 with the bar high on the neck, wearing a wrestling singlet, and going rock bottom? Not on your life. The only possible exceptions perhaps may be Kawowski and Coan. How in the world today's heavyweights squeeze into those suits designed for flyweights is beyond my comprehension.

This activity today has become widespread, organized and for the most part legalized. This is not enough for some who will find many other ways to get that extra edge. How about the groovy underwear or those super dupe belts that almost cost you a whole paycheck? There is a big profit to be made manufacturing all this supportive stuff and it has become the livelihood for many.

Is there any wonder that you no longer see any big time powerlifting meets on TV? Barbara Walters would have a field day trying to explain on 20-20 why it took four or five guys to get a man into his sausage stuffer suit. What would the American public really say if the watched a guy wrap his knees so tight his calves turn purple and then see him get helped to a standing position, cause he can't stand by himself. At last our mighty athlete wedges himself under a monster squat. Never mind that the weights halfway down his back, which is why he can't stand up straight. Out he comes and dumps it into the squat stands. This momentum sends the stands careening into the helpless referee who tries to get out of the way. The bewildered but alert spotters rush to help the aged official who has barked his shin slightly and is writhing in agony. Meanwhile our helpless participant is crushed to a bloody pulp beneath the half ton mass of iron. Hypothetical? Yes. Possible? Yes. Funny? Not hardly. Then why is Bob Costas cracking up? You know that wiseguy sports broadcaster who made up the funny video of the throwers and weightlifters in Barcelona. Yeah, with them making all those bellowing noises as they threw or lifted. Not to mention all those guys dropping the weights, stumbling or falling on their butts.

Powerlifting back on TV? Oh yeah, the sports-casters would have a field day. Every channel from

but fair and consistent officiating at a few years ago. It's estimated that no foreign countries entered because of what might have been IPF reprisals. There were some burly boys, however, and I came away believing that the poligraph testing there was credible and far better than I expected. I know the ADPPA and USPF try really hard to conform to the rules, drug testing and all.

What is the chance of powerlifting becoming an olympic sport? If the IPF aligns itself with the IWF in hopes of it becoming a reality, you are banking up the wrong tree. The international body of OL is all screwed up. They couldn't cope so they threw out all the weight categories, created new ones and threw a history of world records into a stinky Hungarian toilet. Then they flushed it twice.

So could powerlifting become a recognized olympic sport? There is not a snowball chance in hell of this happening. Not now - not ever. PL has completely lost its credibility. A bunch of muscleheads parading around in protective suits is an embodiment of false strength. Powerlifting today as a real strength sport is a complete farce.

It is time for the organizations to merge. United we stand - divided we fall. The USPF, ADPPA, and NASA should iron out their petty differences and come together. Get a federal mediator if necessary, but get the merger. It would be great if the APF would merge as well. Drug testing is the IPF policy and maybe it is time for everyone to let pharmaceutical companies go bankrupt. If everyone would abstain and lift on an even basis, then maybe we could at least see who the strongest really is.

Let's have more camaraderie like we did in the good old days and put aside our suspicions, egos, idiosyncrasies and come together. Politics be damned. Let us return to our roots.

Abolish all these categories. There are more national and world champs in all the various organizations than you can shake a stick at. Gigantic trophies for nobodies with nothing lifts in novice or subnovice meets is absurd. Get rid of the outrageous entry fees. Do away with the rounds system. I never did like it. It makes it impossible for powerlifting to be a spectator sport. Want to save time? Limit the number of competitors in a contest. Up the qualifying totals in the major meets. Get rid of the deadwood, separate the hard core serious powerlifting participants from those who do it as a recreational activity. If you want recreation take up billiards or bowling. Run the meets the way

they once were - by weight progression. The rounds system has killed any tactics or strategy for winning. Now it is only guesswork as to what your competitor may be taking. It is ridiculous. The sport is supposed to be for the athlete not anyone else. Scrutinize those applying for meet sanctions more closely. Have stringent qualifications. No more hometown meets geared to glorify relations who do their own public relations and write their own ego inflating press releases.

Knocking legends is a real sore spot with me. Who is the latest better wake up and take notice. If a recipient of bad mouthing? Why only the greatest powerlifter that there is - Ed Coan. So Ed loses a couple hundred pounds of his total weight in an IPF meet clean, so what? You Ed Coan wannabes out there would lose maybe 500. The bottom line is that Ed could put on a wrestling singlet in any major USPF or IPF meet and still blow anybody off the platform. Do you pretend of power have such low self esteem that you question the strength/credibility of a true legend. Big lifts in cheat meets do not make you a legend in your own mind but rather a legend in your own time. Do your big lifts in a strictly official sized USPF or IPF event and there will be no question regarding credibility. Ed is simply put, the best

was, the best there ever will be. I have made my point crystal clear. I have never heard anyone question the credibility or execution of any of Ed's lifts. Impeccable. If you are suffering from self denial then you need therapy/brother. If you want to beat the man, let your lifting do the talking and not your mouth.

When you have a legitimate powerhouse like Ken Lain contemplating retirement do not presumed widespread cheating and alleged misdeeds of mischief - you better wake up and take notice. If a competition has a reputation of being controversial and may tarnish your image then stay away from it. Maybe sanctions should not be issued to those who do not conform to the rules. Some extremists may even go so far as to say, if you can't do all three lifts you should try a new sporting activity. There are many bare limbs and you will get stronger than you ever dreamed in your wildest imagination. Just think what great personal satisfaction will be gained in developing real power. How about some of you radical meet promoters out there running for the FDA overstepped their boundaries. There are a lot of them that I've tried. Marathon's Dibencozide and I thought it was terrific. I can tell you that the cocaine is great stuff. I've been using it since snowball would start rolling. The

lifts would decrease dramatically, but then they would start inching higher again. The spark would ignite like wildfire. If not enough would be the answer. Return to the wheelless year. Powerlifting's prohibition. Yeah, I like it. Even super belts should go. If Reinhardt could squat 900 plus without suit, belt and wraps then why can't we develop some supers today who can do it?

Who out there has the audacity to start a new non-equipment organization? I'll bet I'm not the only one who has thought about it. We don't need fireworks, sparklers, theme music from 2001 A space odyssey. Forget the wild animals and costumes. This is powerlifting, not the world wrestling federation.

Even the uninformed spectator laughs at the present circus like atmosphere of PL. Time to chop down the weeds, toss out the deadwood and clean the latrine.

Let's go back to the weight progression way of running a meet. Generate strategy and competitiveness once more. Make PL a spectator sport. Powerlifting as it is today is a farce. Bring back the credibility. Bring it back together. Clean it up or watch it die. The ultimate destiny of powerlifting is in your hands.

Herb Glossoberner

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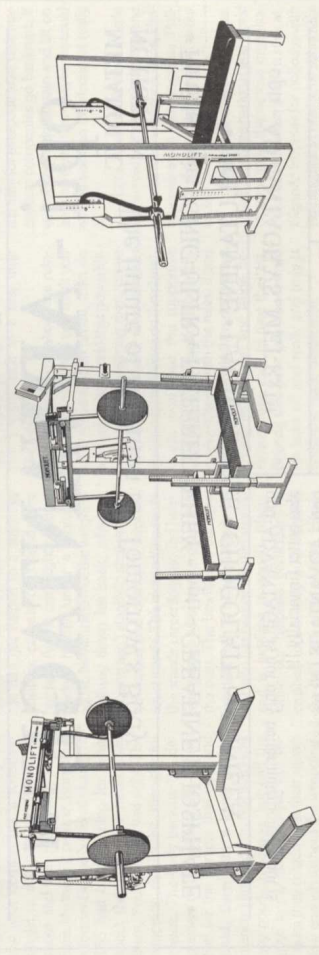
FOR REVIEW ... the 1994 edition of **Speed & Strength** Ratings by Dale Harder is now available. This is actually the 3rd edition, and there's lots more information on track & field, weightlifting, and powerlifting. There is also the addition of material on cber tresting, Basque lifting, martial arts, fire walking, curls, bull vaulting, coin breaking, situps, etc. There's lots of interesting tidbits about powerlifting itself as well as related strength feats in other sports, as well as a comprehensive ranking lists for track & field, weightlifting, etc. There's a great photo of Bruce Wilhelm on the cover. This 175 page book (it seems bigger than that!) has cartoons and photos to help tell the story. There's neat introductory material for each category and lots of age group information for you masters competitors out there. For the true human performance enthusiast, competitor or fan, this book will provide many hours of intensely interesting reading. The price is \$14.96 plus \$2.00 shipping. In CA, add \$1.20 sales tax, and send to Education Plus, 18584 Carlway Dr., Castro Valley, CA 94546, Dept. P.

In Response... to Dr. Ken Leisner's article in the Oct./94 PL USA: "Ken Leisner can attack the lightbulb-shaped physique lifter who does not incorporate leg training. Yet, the cream of the crop bench presser must demand extreme respect and recognition! Low level local contests and trophies are for the mainstream lifting population. This hardly compares to the specialist's experiences of experimenting with the science of where to land the bar, foot placement, descent of the bar... A specialist uses the whole body and body placement in bench press execution. Abstinence from squats would limit bodyweight, globular body strength and breathing. Those who refute this idea of leg drive can learn quickly the large part legs play by experimenting with the mistake of bench pressing on their toes. Every six hundred plus bench presser has overall body thickness. Does a high total define a powerlifter? A real powerlifter can isolate the bench, squat and deadlift, remaining highly competitive measured against elite lifts. Dr. Ken did not address the leg specialists who can squat and deadlift but have pathetic, high school level bench presses. Instead, Dr. Ken spoke of the elite powerlifters. I am sure if a bench press specialist holds a record lift, capable powerlifters will drop the three way meet to go after the existing record. In short, why not attack false weigh-ins, trophy hunters and gym lifters speaking of unseen achievements instead of the dedicated bench specialist?" Shaun McDonald, Massachusetts, 502 BP 242 wt. class

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Men's Featherweights: Russian presenter, Lance Mays USA, Sutrins INDO, and Richard Batchelor of Great Britain (left-right, Keller photo)

with eyes to targets for these white lights. He also knows his first junior world, and he came through to be the judge of it next year! Look for him to be in the thick of it next year! By the way, this year's competition also had a hand in the world's most famous amplifier. The lifting area was surrounded by a meat and covered by a wooden canopy with a hand carved stone, Indonesian Buddhist cent and beautiful veneer for lifting and one of the finest I've ever seen.

In the 90kg/198 lb. class, Jukka Kentala of Finland took the gold medal. The medalist in the world junior record, but was unable to break the floor with it. USA entry Donovan Oliver from the Nationals and placed seventh. He had a lower back injury which hindered him from even attempting what he was capable of doing. Look for Donovan to be a much improved lifter at this year's National Junior Championships. Zhabarov of Kazakhstan ripped Kaller of New Jersey in the 100kg/220 lb. class. USA's Robert Eucker put it all together and had one stellar performance in taking this class decisively over last year's world junior 125kg/272 lb. class medalist. Robert went a dazzling 9 for 9 ending with a brilliant 711 lb. squat, 435 lb. bench press, and a 1000 lb. total. The USA's Bob filled with precision and control and was simply flawless. It was truly one of the finest performances of any one lifter I have seen since the world team. Both had two years remaining as a junior and I predict that he will be one of the best ever to come through the program.

USA lifter and two time junior world silver medalist, Larry Brown of Sewell, NJ had problems with his equilibrium the entire day. His 227 lb. bench press was a real struggle. He had major problems with setting up with the weight which caused him to miss his next two attempts with 755 lbs. on balance. Larry, however, was able to set up and execute a successful bench press, ending with a 440 lb. attempt. Onward into the deadlift the same problem that plagued him in the squat reappeared in the deadlift. He was unable to get the bar in and was going to be the next victim. Larry was never able to set up and consequently missed all 3 deadlift attempts with his opener of 672 lbs. He has one year remaining in the program. He has a great future to try again. Midate of Japan used his big squat of 699 lbs. and bench press of 496 lbs. to hold off Morn of Germany for the gold medal. Morn was a very strong competitor. He was everyone saw the qualifying total of 1985 lbs that Larry had posted at the USPF Junior Nationals hence the competition was going to be a close one. The USA's entry, Larry Brown, started off well with Patrick Anderson of Towson State University going 3 for 3 in the squat and 2 for 2 in the bench press. Anderson is a student, University of South Carolina Pharmacy major. Anderson is a very strong competitor. He started off well with Patrick Anderson of Towson State University going 3 for 3 in the squat and 2 for 2 in the bench press. Anderson is a student, University of South Carolina Pharmacy major. Anderson is a very strong competitor. He started off well with Patrick Anderson of Towson State University going 3 for 3 in the squat and 2 for 2 in the bench press. Anderson is a student, University of South Carolina Pharmacy major.

for the Americans with Patrick finishing with a 391 lb. second attempt after missing a controversial third attempt at 402 lbs. which had been turned down 2-1 for technical reasons. Andy Mays of the USA was the only lifter to make the final at the competition. Asst. Coach Vince Moser, Personal Coaches Dave Nettles of the Midway State State School, WV, and Coach Steve Miller of the West Virginia State School, WV, which had a hand in the world's most famous amplifier, donated a great deal of their time and each should be recognized for their contribution to the program. The USA's entry, Larry Brown, started off well with Patrick Anderson of Towson State University going 3 for 3 in the squat and 2 for 2 in the bench press. Anderson is a student, University of South Carolina Pharmacy major. Anderson is a very strong competitor. He started off well with Patrick Anderson of Towson State University going 3 for 3 in the squat and 2 for 2 in the bench press. Anderson is a student, University of South Carolina Pharmacy major.

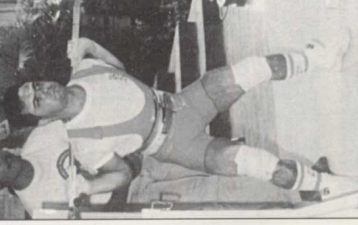


Sharoni of Indonesia loses his grip in the deadlift. He held on to win, and later pulled a 739 at the Asian Games (Stella Herrick photograph)

Swarna, USA's Rusty Green, of Man, WV had a great day going 7 for 7 in his first international lift. He was the only lifter to make the final at the competition. Asst. Coach Vince Moser, Personal Coaches Dave Nettles of the Midway State State School, WV, and Coach Steve Miller of the West Virginia State School, WV, which had a hand in the world's most famous amplifier, donated a great deal of their time and each should be recognized for their contribution to the program. The USA's entry, Larry Brown, started off well with Patrick Anderson of Towson State University going 3 for 3 in the squat and 2 for 2 in the bench press. Anderson is a student, University of South Carolina Pharmacy major. Anderson is a very strong competitor. He started off well with Patrick Anderson of Towson State University going 3 for 3 in the squat and 2 for 2 in the bench press. Anderson is a student, University of South Carolina Pharmacy major.

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women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

24 JUN, APA Tennessee Cup BP (dog tested/non-tested men, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

24 JUN, AAU No Boys Allowed - PA residents Masters/Women's State plus Open Masters/Women's (very state) Segel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

25 JUN, AAU Teenage PA State/Open (3 age groups, male/female) Segel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

26 JUN, AAU Tr-State BP (Pitagard) G&H dog tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

15,16 JUL, ADPPA Men's Nationals "Judgement Day" Gent Gaylor, 19 Sunrise Dr., Mountaintop, PA 18707, 717-823-6994 or 474-6111.

20-23 JUL, USPF Men's/Women's Nationals, Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 504-765-3214

22 JUL, APA Mississippi Cup BP (dog tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

6 AUG, APA/WPA World Cup BP (Cheraw, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

19-20 AUG, 2nd AAU "Body Meets" (4 tubs either SCJ or DL) T. M. Gaylor, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

AUG, APA/WPA CFA Can-Am Bench Press Classic (New Haven, CT) dog tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

16 SEP, APA Florida Cup BP (dog tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

21 OCT, APA Southern States BP (Columbus, SC) All South, DL T. M. Gaylor, Box 1393, Englewood, FL 34295.

4 NOV, AAU 13th Central PA Open (open, women, below class I, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

1st, 60 (litters/day) Segel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

11 NOV, 3rd ADPPA 300 LB+ Basho (open, teen, master, master) Scott Taylor, Box 1393, Englewood, FL 34295.

2 DEC, APA BP Nationals/Southeastern US BP (Port Charlotte, FL) dog tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

10 DEC, 4th AAU Coal Country Classic BP & DL (individual contests, open, women, teen, master, special olympiad) Segel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

10 DEC, APA Nationals/American Cup BP (dog tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

P.S. when writing a meet director for information/ALWAYS include S.A.S.E. (Stamped, Self-Addressed, Envelope), your name, address, phone number, and the meet director to return an entry blank or other information to you, and if you decide to telephone a meet director for information, please note if the meet indicated a specific time to call his number and DO NOT CALL THE MEET DIRECTOR COLLECT.

1224 or 814-835-3620.

22-23 APR, ADPPA Pennsylvania State (Jim Thorpe, PA) open, lifetime, class I, women, teen, master, master) Scott Taylor, Box 1393, Englewood, FL 34295.

29 APR, 20th Southern States Bench Press (open, 12th Southern States Bench Press Ellis, 150 Segethush Rd., Stockbridge, GA 30281)

29 APR, NAVA WW State P/BP (WW State Closed/Out of State Open) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-278-9999

27 MAY, ADPPA (new date) ADPPA National High School Bench Press, Joe Prime, 201-Louis Dr., Budd Lake, NJ 07828, 201-691-0824

6 MAY, 2nd ADPPA Cesar Chavez/5 de Mayo BP (open, teen, novice, J. submaster, master) Manuel Villareal, 895 N. 18th St., San Jose, CA 95112, 800-864-9879 JD, 415-951-1114

6 MAY, 11th ADPPA New Jersey State BP (DL, Joe Prime, 251 Louis Dr., Budd Lake, NJ 07828, 201-691-0824.

6 MAY, APA All South BP (Cheraw, SC) (dog tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

20 MAY, 2nd Fitness 2000 Bench (men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

RA, Rick, NJ 08723, 908-840-5393.

20-21 MAY, APA Men's/Women's All Drug Tested High School Nationals (all litters Coaches division) Sperry Talmont, 3106 Sunrise Tr., Port Charlotte, FL 34952, 813-625-0080

27 MAY, APA Kentucky Cup BP (dog tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

MAY, DASH Northwest Regional PL (Eugene, OR) Co. Reithsch, Box 5292, Bend, OR 97708, 503-389-0600

MAY, UALR Championshops, UALR Athletic Dept., 2801 S. University, Little Rock, AR 72204, Coach Van Compton 501-569-3167 or Larry Kyle 982-7668

15 APR, UALR Championshops, UALR Athletic Dept., 2801 S. University, Little Rock, AR 72204, Coach Van Compton 501-569-3167 or Larry Kyle 982-7668

15 APR, Dungeness Powerlifter Open Dog (open, women, below class I, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

15 APR, UALR Championshops, UALR Athletic Dept., 2801 S. University, Little Rock, AR 72204, Coach Van Compton 501-569-3167 or Larry Kyle 982-7668

22 APR, 16th Power Day BP/DL (AAU - high school, open men, women, masters) individual contests, open, women, teen, master, special olympiad) Segel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

22 APR, APA Southeastern Cup BP (Albany, GA) dog tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

22 APR, ADPPA Drake Relays/Lowa High School Bench Press, Lifetime Fitness, 4041 11th Pl, Des Moines, IA 50313, 515-246-

72 (1640) Martinez, Buenos Aires, Argentina, FAX 054-01-793-6888

25 MAR, William Penn Open Bench Press (open, J. submaster, master) Wayne Williams, 205 Elmwood, Oakton, VA 22124, 703-441-1111

25 MAR, "The Strong Arm of the Law" Bench Press (open II in memory of Thomas H. Laflair, open to law enforcement officials) Bob Kaufman, 215 Weatherbee Dr., Winston-Salem, NC 27104, 703-754-0194

25 MAR, ADPPA Erie County (closed) PL and "The Strong Arm of the Law" Bench Press (open II in memory of Thomas H. Laflair, open to law enforcement officials) Bob Kaufman, 215 Weatherbee Dr., Winston-Salem, NC 27104, 703-754-0194

25-26 MAR, 6th USPF Caron City Classic (dog tested, special olympics, teen, master, open - all divisions men & women, no formu- la) Dave & Debbie Kurstian, 475 W. 8th St., Caron City, NV 89073, 702-885-1888

MAR, USPF Region III, Lee Ronk (open, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

MAR, DSH World Record Breakers (Hondolu, HI) Co. Reithsch, Box 5292, Bend, OR 97708, 503-389-0600

1 APR, USPF Connecticut Open (dog tested, men, women, teen, J. submaster, master), Hardcore Promotions, Inc., 21 Hale St., Westport, CT 06880, 203-277-0335.

1 APR, APA Cup Bench Press (dog tested/non-tested men, women, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

8 APR, St. Jude Bench Press Classic (Vincent DeFrank Opera House - Memphis, TN) Gas Rettsch, Box 5292, Bend, OR 97708, 503-389-0600

17 APR, USPF North Carolina (open, class I, women, below class I, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

12 MAR, APALUS Bench Press (Margate, FL) (dog tested/non-tested men, women, teen, masters) Scott Taylor, Box 1393, Englewood, FL 34295.

17-19 MAR, ADPPA Lifetime Drug Free (open, women, below class I, teen, master) Scott Taylor, Box 1393, Englewood, FL 34295.

2002-8264 6:30-8pm

18 MAR, Miami County Championships (high school, open men & women, masters) Greg Barnett, 11 S. Pearl, Paola, KS 66071, 913-294-5720 (w), 317 (H).

18,19 MAR, APA Men's & Women's Drug Tested Submaster/Masters Inter-national (all litters tested/Myoars class I) Scott Taylor, Box 1393, Englewood, FL 34295.

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