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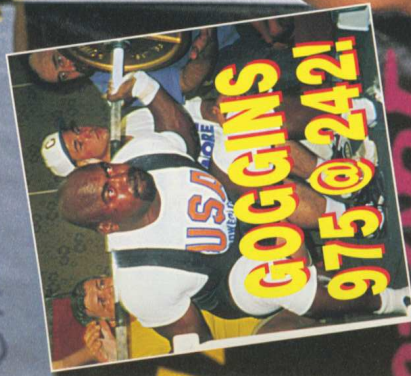
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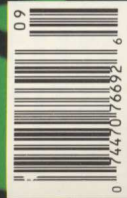
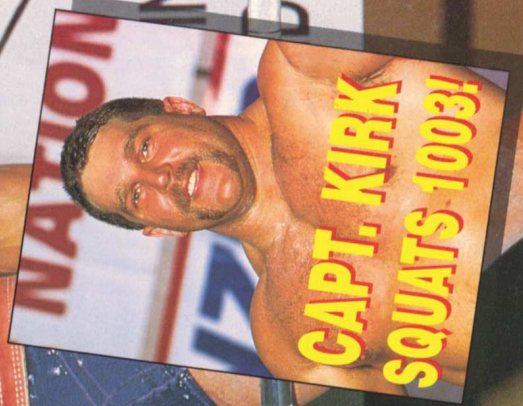
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Glutamine Retention Formula

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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Second-class postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.\$31.95
USA addresses, 2 yr.\$58.95
First Class Mail, USA, 1 yr.\$54.00
Outside USA, surface mail ..\$36.00
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MUSCLE MENU

- Volume 19, Number 2 - September 1995 -

ADFPA MEN'S NATIONALS.....	6
APF SENIOR NATIONALS.....	8
USPF SENIOR NATIONALS.....	10
WORKOUT OF THE MONTH.....	14
CREATINE USE.....	17
MENTAL TRAINING.....	18
USPF SENIORS THOUGHTS.....	20
POWER SCENE.....	24
MORE FROM KEN LEISTNER.....	26
WESTSIDE SUCCESS STORY.....	27
PEC TEAR NIGHTMARE, PT. 3.....	33
ASK THE DOCTOR.....	34
BENCH PRESS PYRAMID.....	36
QUINCY GUZMAN INTERVIEW.....	37
WOMEN AND SUCCESS.....	38
SAFE BACK TRAINING.....	44
ALL TIME WOMEN 97/105.....	46
FOR REVIEW.....	47
CHRIS CONFESSOR INTERVIEW.....	48
COMING EVENTS.....	57
USPF PRESIDENT'S MESSAGE.....	80
BULLETIN BOARD.....	81
TOP 100 FEATHERWEIGHTS.....	93

ON THE COVER.... top left, *Steve Goggins at the APF Seniors (Glossbrenner)*, bottom right *Kirk Kanowski at the USPF Seniors*, and middle, *Ray Benemerito at the ADFPA Men's*.

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L-VALINE	1610 MG.	L-VALINE	853 MG.	L-GLYCINE	8028 MG.	L-GLYCINE	857 MG.
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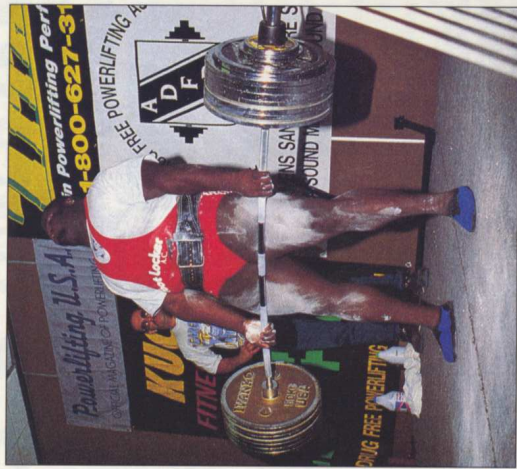
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A.D.F.P.A. Men's Nationals as seen by POWERLIFTING USA Editor Mike Lambert



903 Deadlift by Mark Henry... the all time best pull in the ADFPA.

Bob and Curt Caynor and their very capable crew of supporters know just what to do in order to produce great meets. They've been doing it for years, and this year's ADFPA Men's Nationals was no different, except the lifting itself distinguished itself into greatness as one of the best ADFPA Men's contests ever, not just for the competitors, but for some of the incredibly BIG winning lifts and totals.

There was an innovation at this meet—the Caynors brought in a disc jockey with a library of several hundred CDs, as well as a powerful sound system. Some of the lifters brought their own favorite CDs, and the result was music of lifters' choice queued up and playing almost constantly throughout the contest, except for competitors who wished to have it quiet. Many lifters probably did better because of the music, because that's part of the environment they train in. It became hilarious at times. Somehow, the "theme" music for the "head onker" of the Missing Link Team, Pete Giandoni Jr., became "YMCA" by the Village People, and he responded with mock callisthenics, in concert with the beat of his tune, after each lift, to the delight of the crowd. Lifters, if given the choice, may well want to see this at more competitions in the future. Fred Glass (ubiquitously helping out in every conceivable capacity at this meet), wag that he is, said "Yeah, at the National Masters they're going to have the same deal except they're going to play Elvis and the like." We'll see how that works out.

In the 114 lb. division with "Doan Gone" (as in defending champion Doan Nguyen), some new faces in the persons of William Jackson and Tony Carver tussled for the win,



William Jackson, 114 lb., with one of the humongous trophies.

Gibson for the win on bodyweight. Quincy Guzman, out of Hawaii, only got four attempts in, and that hurt him, but he was able to rip the local favorite Joe Mascher for the third spot. Bill Scully motored right into fifth over Larry Miller. Larry didn't get the big bench press that he was hoping for, but he just had enough to exceed the lifting of likable Sid Bhowani and the likewise popular Lemmy Stires finished up the class.

The next division saw a performance that proved to be THE highlight of a contest that was full of magnificent individual achievements. Curt Caynor related that when Ray Benvenuto sent in his entry form for the contest, the check number for his entry fee was 1900, and Ray had put a little plus sign next to the number, understandingly predicting his remarkable performance at this contest. Ray's buddy Dave Abramson gleefully "leaked" training lifts to POWERHOTLINE as the competition approached, hinting at a lifting performance that was just as successful as it was inevitable for Ray in this new, higher bodyweight category. He should have moved up long ago, as his attempts in every category truly seemed to get stronger and even more explosive as the poundages were progressively increased. Even so, he clearly had more left in the squat and deadlift, which were already huge competitive personal records for Ray. After opening in deadlift he opened strongly with 705. Then he went to 744 which would have given him an American record in the deadlift and the total for the ADFPA, breaking the records of a certain Mr. Mike Bridges. For some reason that lift wasn't passed. He came back and repeated it, and that gave him a 1906 total, one of the most spectacular ADFPA lifting performances I think anyone has ever seen. He was red hot that day.

In second place was Greg Jones,

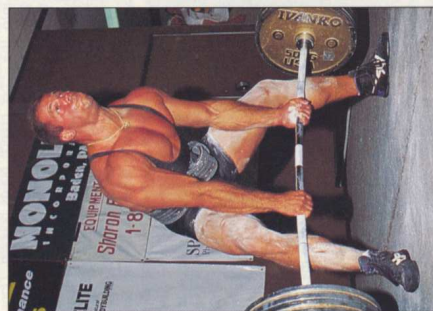


Rev. Brad Olson smashed the 300 barrier in the bench press at 132.

who got a nice big squat of his own at 694, and he actually called for a 738 deadlift, apparently to keep himself in the mix, but that attempt was timed out, and he did not appear for a third. A new lifter to the ADFPA Men's Nationals, Anthony Okuwabusa made an impressive debut - not just for the numbers he put up, but for the Olympian physique he possesses. A mere three lifters closed out the 181 lb. class, possibly the most heavily populated weight class in men's powerlifting, as well as the first day's lifting. Best Lifter for the initial day of competition was - who else could it be - Ray Benvenuto!

Another lifter from New Jersey, like Ray, with a premonition about how well he was going to do was Joe McAuliffe, who had his eyes well focused on the squat and bench press records for the 198 lb. class. In the squat he had tremendous success, making all three attempts solidly, ending with a very notable 755 lb. lift. Earlier in his training cycle, Joe had hopes of OPENING at this contest with an American record in the bench press at 507. Unfortunately, when Joe goes heavy in training in the squat, it puts a bit of uncomfortable pressure on his elbows. They were "killing" him at the meet, so he opened with a mere 485 lbs., which he made easily. Of course, he did go on to get the record 507, but he missed 518, a disappointment for him because he had anticipated making as much as 529. In the deadlift he nailed his opener to make sure he got a total in, then he moved up a little bit more, and finally he went for 661 which would have given him a new national record total. That was a miss, but he did get an 1895 second was quite intense with the fast-rising Bubba Stokes putting on a great show for the crowd, producing a very impressive 9 for 9 day on the likewise impressive Anthony Harris on bodyweight. Anthony, unfortunately, had only 3 for 9 day. Otherwise, he would have been in the range of McAuliffe. Anthony appeared very relaxed at this contest, and he spent a lot of time and effort helping out some of the lifters, particularly those from Hawaii - where he's living - to prepare and warm up.

James Morton was on a mission in the 220s,



Morton pulled himself into the 2000 Club.



Joe McAuliffe had a magical squatting day

and a miss at 738 in the squat on his second attempt, and a ripped bench shirt on his 485 bench press attempt were not enough to deter him. A 1223 lb. subtotal set the stage for one of the finest deadlifting technicians in the world to pull a strong 777, producing the magic 2000 number in total. In second was one of the country's finest drug-free competitors, Kent Johnson of Fort Lee, VA, who missed a 44 lb. jump in the squat, but he did get a very impressive 766 deadlift, and tried 793! One of the greats in ADFPA lifting Shawn Cain, who like Lloyd Weinstein who has been in all but one of these ADFPA Men's Nationals, had trouble in the squat, but he got it going and picked up a third place spot with the deadlift. Too Tall Antonio Simmons took too much of a jump in the deadlift, where he was wearing warpaint on his face, and ended up in fourth. Another impressive lifter was Illinois diesel mechanic Bob Rigert. After a very awkward miss with a 661 squat, he made that and more, and finished up 6 for 9 in fifth place. Chad Holmes took a monster leap in the deadlift, but wasn't close. Richie Wenner, now of Arizona but originally of Pennsylvania, had some great battles with Bill Schmidt in the 181 class in earlier editions of this meet. He looked solid, but misses in the squat cost him.

In the 242s, Raoul Donati, who's been chasing Bull Stewart for years, popped a suit on his first squat, but he kept upping the weight as his attempts went by and never did get one in. Another lifter who's been looking for a piece of the Bull, Chris Spananides, exploded with his 749 and 837 lb. squat attempts, but stumbled, as he came up so very fast. Numberwise, Eric Arnold, who finished second, was in a close battle with the Greek, but Chris had plenty left in the deadlift and was ready for whatever it took to secure the win. When Eric missed at 699, Chris changed his attempt up into the Bull Zone and gave it a good effort. In third was Ken Laistner favorite Ron Walsh, who got a new American record 536 on his second attempt bench press, but even his fierce intensity couldn't manage 545 on the third. In fourth was ten time New Jersey

(ADFP Men's article continued on page 99)

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A.P.F. Senior Nationals as told to POWERLIFTING USA by Herb Glossbrenner

I, for a very long time, have had a high admiration for Ernie Frantz. Here is one sincere person whose genuine love for the sport has been perpetuated through the last three decades. As long as Ernie and others carry forth with unselfish enthusiasm and steadfastness you can be sure the power sport will thrive and survive. Those who support this cause are indeed a special group. It was like big, happy family. The camaraderie was there. You saw no sign of trash talking, backbiting or dirty looks. No lanterns, just focus and determination. The participants were the cream of the crop. These were the big boys who lifted big weights. The limelight, focused in and they took center stage. It was the mightiest and most courageous gladiators pitted in mortal combat. The implement awaited, stark, cold, unchanging as ponderous iron pancakes in rainbow colors were loaded from end to end. It was a tool to be wielded by the skill of only the finest craftsmen of strength. Unyielding and uncompromising - only the strength of human muscle can conquer the force of nature that has ruled since the beginning of time - gravity! Let the show begin.

It was like a 25 year high school reunion to me. I was caught up in nostalgia. How long ago it seemed that I traveled to Dallas, 24 years to be exact when I was a participant in the 1971 AAU Seniors. It was so long ago, yet seemed like yesterday. The conquest of our Central Indiana Club, copping the coveted team championship is a fond memory. They forbade Bill Starr from competing because he was working as a strength coach for a successful pro football team. All the strict nonsense of those days has been abolished. Jim Witt, a hometown enthusiast, who spearheaded the powerlifting movement, was meet director. He passed on recently as did another early leader of our sport - Charles Goehrand. Two champions of that year, Milt McKinney and Jack Barnes, are also gone but not forgotten. I hoped the 123 champ might just pop in to observe. In fact, not one single USA powerlifting pioneer came, not even the legendary Ronnie Ray. I was the only one here left from that day. Somehow that made me feel like a relic.

James "Radar" Capelhart, a master lifter from nearby Irving, ran the show. He went out of his way to make it a memorable event. The trophies were as long as your arm. The sterling silver trays and loving cups were dazzling. The Holiday Inn - Brook Hollow was a good location. They followed Capelhart with some



The All Time Best 198 lb. class Squat (876 pounds) is now held in the name of Jesse Kellum. (Photograph by Jim's Photo Lab, El Paso, Texas)

unexpected last minute renovating which made him pop his cork. James provided complimentary hotel rooms for the officials and many others with out-of-pocket money - a most generous gesture. He went out on a limb to provide extras like the Pasmalla bar and the Monoliths. Beverages and fruit were also available in the warm-up room. The hotel rooms were adequate and reasonably priced.

Radar, no doubt, is relieved the show is now behind him. He has not yet reached the operational capacities of, let's say, Rich, Peters or Gary Benford, but his efforts were admirable. He gets my thumbs up. He's tested the water and has gotten his feet wet. It's sink or swim, as Jim found out. He breast-stroked his way to the shore and was able to walk away without having to be revived.

Before we get into the competition itself, I'd like to express my opinion on the officiating. I'd told Ernie in the past that to give his organization credibility he needed to clean up the officiating. Ernie did, indeed, take command. Referee coordinator was Tom Bauers, as tough as nails. The officials, one and all, did an exemplary job. It was a complete about-face from what I'd seen previously. I gave Ernie the compliment he deserved.

The bench press event was held between sessions. Ken Patterson, the top dog of Louie's Westside Barbell bench press phenoms kept the audience from the doldrums. Big Ken blasted up 639 then 672 at 275. It was upstaged even the bench press boys of behemoths in the open competition. Kenny, seeking entrance to the exclusive 700 club, gave 705 a ride before it stalled.

I saw one suspiciously familiar big boy kissing his reflection in the mirror backstage. His mane of grey

hair was so wily and thick, I knew in a moment it just had to be Rick... (Erickson that is). Yep, I was right. My old hometown Hoosier buddy was there. He is now a successful businessman living and working out of Carmel, Indiana. He'd bulked up to 290 and set an APF 45-49 world record with 507. Ho-hum, just another world record. Excitement to Rick is doing a skin search and discovering a beauty mark he never noticed before. He's pretty damn good in the other lifts, but didn't participate in the full competition because he'd noticed a hangnail. Whoops, correction, I mean a hamstring pull. Good job, Rick.

In the women's competition, Stephanie Van De Weghe was the top performer in my book with the picture perfect 501 squat personal record at 165. She sought entrance in the 300 bench press club but didn't make it this time. Husband Jay shared her exuberance of a personal best total of 1240. Krista Ford, obviously injured, took token lifts in all but the bench, where she went flat out. She surprisingly finished second to Stephanie after Ms. Gordon zeroed.

Marah Lagggett (another graduate of the Louie school) dodged a bullet. She nailed her final squat to stay alive. Her win was a cakewalk. If anyone will break Ruthie Stafer's 1280 total here is the gal who could do it. Marah's best lifts at 148 put her just 5 kg. short of the magic 1300 barrier. Nancy Dangerfield was a distant second, not at her best either. Terry kept her focused and I didn't see him belt her once.

A new Stimmons' protégé, Mary Kay Batel, made eight good lifts and won the 104 division. She strode to her French braids bobbing. Doris Stimmons' calm demeanor was shelved each time she attacked the barbell. She won the 114s uncontested. She honed in and notched a great 352 squat. At 132 Tonya Myers capitalized on Vanessa Schwenker's jump to 424 on her final squat, and took the lead into the bench press. It quickly evaporated as Vanessa had a 16 lb. advantage after a nifty 231. Myers came up five pounds short at the finish line. Amy Weisberger would have joined the 1000 club for the first time, but lost two crucial squats with 380.

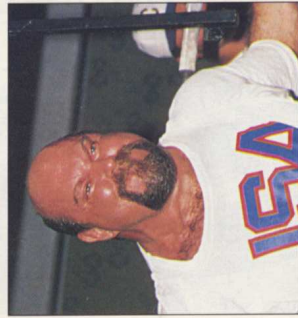
The men's competition saw a surprisingly light turnout in the first few classes. Scott Hopkins, a teen who looked more like an altar boy than a powerlifter, lifted just shy of an 800 total, missing two squats with 303, but got some good experience under his belt.

It was the first time I've seen David Butlerbaugh. He dominated the 123s uncontested, with the highest subtotal

ever recorded by a US lifter. The 1971 AAU Seniors winner in this same city quite coincidentally recorded an identical 1201 total that year (Allen Clark). What a matchup they would have made! No one showed up at 132, so we had a vacant category. Eddie Vaughn had no one close. In winning the 148s, he missed only twice in nine lifts and recorded a nice 1410.

The 165s looked to be a three way battle with up and coming Angelo Berardinelli, Jay Roscignione and, the legend himself, Ricky Dale Crain. Jay tore a pec a week or so before the competition and watched the other two battle from the sidelines. Hopefully he will be healed sufficiently to participate in the Worlds to add even more excitement to that confrontation. Berardinelli had the day of his life. His total of 1769 catapulted him to near the top of the best Americans ever in this category. In less than a year he's upped his total over a hundred pounds. He now shares 10th All Time with Jose Perez and his 716 third attempt squat actually topped the old master Crain himself at this meet. He is now 6th All Time in this lift making 10 USA lifters who have surpassed the 700 lb. barrier. It eclipsed the best of powerlifting, Texas legend Gaugler by 5 lbs. I asked meet director Capelhart what he thought of that. He inquired rather bewilderedly, "Who's Rick Gaugler? I never heard of him." Back to summer school for a powerlifting history course, Jim. For shame!

Crain lifted well considering all his distractions. It all started when just after they'd arrived, unloaded their paraphernalia, got the booth set up, and went for a bite to eat. A gravel truck recklessly crossed the divider and rammed their vehicle. No one was injured thankfully, but it didn't put him in the concentrated state that is his trademark. Berardinelli was magnificent and waltzed through his attempts with no misses. Crain hit just parallel with his 683 opener for reps but on his second attempt then made a nice 711, but Angelo came right up with a leading 716. Both opened the bench press at 380, and things looked pretty even at this point. Crain tamed 402, but Berardinelli made Bob Beamon like jumps first to 424 then 440. The difference between them was now exactly the weight of an empty bar - 44 lb. Angelo continued his string of successes and finished up with 611 for 1769. Ricky was lighter and tested himself with a 650 second attempt that just flew up. He moved up to 655 for the win. I don't think anybody in the whole place thought he would miss, but miss he did. The bar unexpectedly popped loose on its upward trajectory. Berardinelli was ecstatic and on cloud nine for two days. "Damn baby power", Ricky grumbled. But that



Scott Warman took the 275s (Jim's Photo Lab)



Hopkins gets instructions (H. Glossbrenner)

was the least of his troubles. Next he was to find out that his 14 foot trailer had been stolen from the parking lot. It was necessary to rent a U-Haul trailer to get all his equipment back home. I was amazed how well Rick took all his misfortunes. A great sportsman, he was glad that he had made Angelo's day. We will be watching the Worlds for the next classic match-up. We applaud Angelo for the performance of a lifetime and leave him with a few words of wisdom: Congratulations, pero besigue recordare una batagalla non ha vinto la guerra. (Congratulations, but remember one battle does not win the war.)

Anthony Succarotte dominated the quintet of quinquessance at 181. His best squat of 600 left him in the bottom of the totem pole in the beginning. He climbed to the top with his 462 bench which vaulted him into a lead he never relinquished - 1658. Fabian Wambags, the veteran of the group, could have shuffled the placements dramatically as he went for runner-up first 666 and then a 672 which would not yield. Mr. Becker won a dramatic see-saw battle and claimed the runner-up spot with his 661 attempt deadline. Pat Harvey struggled to a tie with Marty Sechrist and tried for second. It was a real nip and tuck battle, with all men bunched closely.

The heavier categories the second day were loaded with 51 lifters. Louie Stimmons almost has me convinced that I should not do feature stories on anyone while they are still alive and active competing. I believed the Matt Dmel story was coincidental, but then I did a piece on Ricky Crain and a whole series of misfortune occurred to him at the meet. Now I'm not a superstitious guy, so why was I guilt gnawing away inside me? Well, I can at least make new friends, right Louie? Surely it doesn't hurt to get acquainted with up and coming stars? Or so I thought. I got to know David Bornstein pretty well during the two days I was there. He's rapidly climbing the ladder of the 198 ranks. His 1856 total, which gave him runner-up spot at this meet last year, ranks him 5th on the most recent PL USA TOP 100. His 749 squat is third best among all US lifters. He hails from Danvers, Massachusetts, and brought

(APF Seniors article continued on page 96)

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U.S.P.F. Senior Nationals

as seen by POWERLIFTING USA Editor Mike Lambert



Phil Hile had a great time winning the flyweights

Paul Fletcher and his wife Joel proved to be excellent, caring new hosts for the USPF Senior National Championships down in

Baton Rouge, Louisiana, a great place to live let alone have a fine powerlifting championship. The weather was, as expected, hot and humid, and the hotel unfortunately experienced several periods of air conditioning failure in the meet venue itself, which meant that everyone ended up sweating as hard as they were working. In addition, just prior to the championships there was a major girl's softball tournament in town, and rooms were at a premium. Some of the top lifters in the nation were actually turned away from the hotel despite having a reservation confirmation number. But, little things like that can not stop a major meet like this.

Beginning with the women's 97 lb. class, a lady who has won six national titles already, Ann Leverett, came back to nail down another one. Although she had a bit of difficulty in the squat she was very strong in the deadlift and pulled a masters world record which turned out to be 333 lbs. on her final attempt, and then topped that with a fourth attempt at 336. Grisselle Ulret of Luz, Florida, was in second place, and Kristine Emry of Long Beach, California, a new young lifter, put in her effort to finish up in third.

In the 105 lb. class, veteran lifter Beth Street was facing the challenge of Kik Karwoski's new girlfriend Susie Hartwig, and Beth put together a strong display of power, missing only a couple of benches, to hold off Susie, whose key miss in the squat kept her from pressing directly for the title. It was too much of a deadlift required of her to go for the win. Lorie Ferrero of Winchester, Virginia, had a nice 7' for 9' day to finish third over Corpus Christi's Glenda Hartmann. A tough junior level lifter Rachel Moyer of Columbia, Maryland, pulled a junior world record 266 on her last deadlift attempt, and then missed a further record of 270.

In the 114s it was a very familiar face, six time world champion Mary Jeffrey, on her first time back to the national platform since giving birth to a beautiful baby not too long ago. Her winning margin was substantial and although she missed all her third attempts, she is well on the way back, should she want to come

time aggregate whether you're a master lifter at 45 years of age or not. Sarah Robertson tried her best, but she couldn't keep up with the pace that Vicky set. Marsha Serre, another master lifter from the East Coast, finished up in third over Wendy Hendrick.

In the 181s is another one of our veteran lifters, four time national champion and one time world champion, Shelby Corson had little difficulty putting together a nice total to win her class over Paula Frost of Perry, Maine.

In the 198s the solitary entry was Holly Foster out of Ramstein AFB in Germany. This European military champion put together six good attempts and won her title.

The crowd also welcomed a guest lifter from the Bahamas, Natasha Newbold, a fine lifter who came out with a lot of intensity to make her third squat after missing her first two and then facing the same challenge in the bench press. Although she only had three attempts on the board in the 181 lb. class she still revealed herself to be a very strong contender at future international level competition. Carrie Boudreau was Best Lifter on the first day of women's lifting, and also won the Champion of Champions award for the entire women's competition. Vicky Steenrod was the best lifter on the second day of lifting. The team competition included Team Bkt from Maryland in third with 70 points, and next up was the BioMuscle team with 78, and Gilly's Gym from Maine won the team title with 97 points.

In the Men's 114 lb. division the turnout was light for the lightest class, and Phil Hile was even lighter than normal, weighing in at 48.6 kg. He still went 8 for 8 and posted a solid total for the win.

In the 123 lb. class it was Greg Young versus John Arenberg in one of the closer matches of the



Arenberg won his first Seniors

lighter divisions. John used his overall balance and strong deadlifting to pull off the win after missing only one lift in the squat.

Four time national champion Tim Taylor looked like a new man in this heavier weight class. He was handling the weights very impressively by breaking the 500 lb. barrier in the squat and benching well into the 300s, and then he cracked the 1400 lb. barrier in the total. He has really arrived as an international contender, and is well on his way to world title if all goes well.

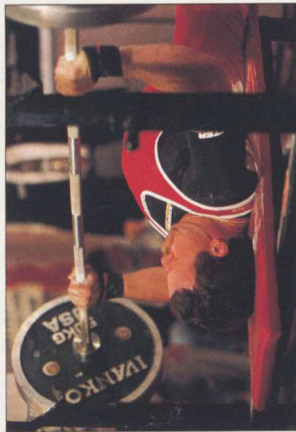
Wim Elyn of Belgium will have something to say about that, of course, off his recent 1399 total in this class at the European Championships.

Cajun Power followed up Timmy's lifting with Robert Wood of Baton Rouge putting together a nice effort in each lift. He was followed by Billy Coston, just back from his honeymoon in Cancun. Obviously, he didn't have the time to prepare like he wanted to. Also impressive was Kevin Stracore, who will be a senior in high school in Louisiana this fall.

In the 149 lb. class there were some notable bombs. Mr. Blount and Mr. Jackson did not get squats passed, possibly on depth, since they did come up with the weight. Tony Conyers got one squat in before collapsing on the floor after his first bench press. Someone asked him where it hurt, and he uttered "everywhere." He did not return for any other bench presses, after apparently sustaining a major cramp, having had to lose quite a bit of weight in the sauna prior to his lifting. Wade Hooper got a couple of big squats in and that carried him to the title, although Scott Siegel out of North Carolina was fairly close and ended up with a nice 600 deadlift to finish off his day. In third was the always cheerful Andy Hamel. Another local lifter out of Baton Rouge, Aval Bridges, was fourth and the final finisher in



Scott Smith was not catchable in the 242s.



Mike Dansforth of Maine took the light/heavyweight titles strongly

this class.

In the middleweights Troy Culberson, who was impressive last year for his deadlifting prowess, turned up the power in the other two lifts as well to win his first Senior National championship, despite not making the kind of deadlift he is certainly capable of. David Arterbery of Alexandria, Louisiana, was one of four Louisiana lifters in this class, and he looked pretty good at suboptimal time, but was overtaken in the deadlift. Calvin Dial, back from knee reconstruction, was just off the pace that Arterbery set. Mark Grouchy and Darren Gremillion, both of Baton Rouge, finished up that class, but also lifting in the division, was another guest from the Bahamas, Arlington Clark, who showed bigtime power, especially in the squat.

In the 181 lb. division Greg Jones, who lifted the week earlier at the ADPPA, Men's Nationals, did not get the knock of bench pressing under IPF rules (you get a start signal but no "press command") and could not continue after his third missed bench press attempt. This left the class open for Mike Dansforth out of Maine, who had a perfect 9 for 9 day, but another somewhat local lifter Naibhan Andrus (stationed in New Orleans) had his shot at glory with a 677 deadlift that just wasn't quite there. A very local lifter, Adrian Seno, only had three attempts to the good, but that was enough for the third place award over the four good attempts of Dan Lass. Steve Lemerie was just able to edge Marlon Harrison for the fifth place in this class.

In the 198 lb. division, genuine Gene Ball made his annual pilgrimage from overseas assignment in the military to post a strong winning total. He showed a little bit of strain on his final deadlift, but otherwise was not pushing himself to the limit. Gene is a very well educated and qualified individual who will go on to a fine career after years from his military commitments in a Rhode Island, who put together some strong attempts. Unfortunately, Vincent Jones, who made the trip down from Michigan with a fine looking group of his children, was unable to get a squat in.

The 220 lb. class is always one of the great highlights of recent USPF Senior Nationals, and this year hopes were high that Coan would be able to come close to some of his best lifts, but Ed was hurt. His 848 squat was slow, stiff and difficult. He was actually bleeding somewhat from old bar wounds on his shoulders, and it was going through his bandages. The USPF takes great pains to clean the bar of any blood, and this (USPF Seniors article continued on page 42)

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TONY LEIATO'S BENCHPRESS ROUTINE

This is a 10 week bench press cycle for the intermediate lifter. This is for a lifter with a 500 lbs max. A 20 to 30 lbs increase is possible on this routine. This routine requires strict attention to form and basic repping. This routine is not for those benchers who only bench halfway without full lockout during their training. Remember!!! How you train in the gym is going to set the tone for your meet. In order to become a good benchner you must hit the two basic muscles that require the work, this rep system will do that. I am not a tricep benchner nor a pectoral benchner, I work both the pectorals (initial push off power) and the triceps (lockout and drive power) equally hard for that explosive bench. Squeezing the bar really hard during the bench will drive the bar easier towards lockout. For this cycle you will do incline benching on the first week and then switch to decline on the second week and alternate every other week. This will help develop full pectoral power. On your second upper body day which comes three days later, (if you bench Monday, next upper body day will be Thursday) you won't be doing any actual benching but you will be doing exercises that will assist in your benching.

WEEK 1 - 7: Bench (135x15, 225x10, 315x6, Top set: 330x10x3); Hammer Curls (60x15, 70x10, 80x8x2); Incline Bench (225x10, 275x8, Top set: 315x6x2); Dumbbell Flyes (60x10, 60x10, 70x10).

Next Workout: Military (behind the neck) Presses (135x15, 185x10, 225x8, 275x3); Close Grip



Tony Leiato got a 600 bench at the '95 ADFPA Men's Nationals

From Week One to Week Six you will be adding 10 lbs. every week to your top set on the bench and dropping a rep (nine reps on Week Two, eight reps on Week Three). All top sets are done for three sets until after Week 7 where you will start doing two sets only. At Week Seven your top set will be 405 lbs., Week Eight 420 lbs., and Week Nine 450 lbs. and Week Ten 470 lbs. xbl. Meet day you will warm up to a 475 lb. opener, 500 lb. second attempt and, depending on how you feel, a 520-525 lb. last attempt. Concentration is extremely important on all three presses. I believe that a quiet intense approach to the bar is far more effective than your traditional yelling and screaming psyche routine because it saves more energy for your lifts. For the assistance exercises, you stick with the above numbers until the seventh week where you discontinue them from your cycle. This cycle built the foundation of my present bench of 580-600 lbs. I have set two ADFPA Lifetime Drug Free National Bench press records for two consecutive years. A positive mental attitude throughout this cycle is the key factor to attaining your personal best. **TONY LEIATO**



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1995 WORLD POWERLIFTING CHAMPIONSHIPS

October 26, 27, 28, 29

Meet Site:
Columbus Radisson Hotel
4900 Sinclair Rd.
Columbus, OH, USA
614-846-0300

Oct. 26 - WPC World Teenage Championship, 9:00 a.m.
WPC World Junior Championship, 3:00 p.m.

Oct. 27 - WPC World Masters Championship
114lbs. - 181lbs.,
198lbs. - SHW.,
9:00 a.m.
3:00 p.m.

Oct. 28 - WPC World Women's Powerlifting Championship, 9:00 a.m.
WPC World Men's Powerlifting Championship 114lbs. - 165lbs., 3:00 p.m.

Oct. 29 - WPC World Men's Powerlifting Championship
181lbs. - 220lbs.,
242lbs. - SHW.,
9:00 a.m.
3:00 p.m.

WIN

The winner will be chosen
on December 8, 1995
SO ENTER TODAY

But to have a chance to win
YOU'VE GOT TO ENTER!

Just fill out and mail in the attached
form, or give us a call today. That's all!

And remember, you've got nothing
to lose by entering. So, go ahead.
You could be our lucky winner!



The SPORT MASTERY Complex is the choice of elite athletes worldwide. Nothing compares. Now it's available direct to you. If you've trained for at least a year consistently, you're ready for SPORT MASTERY. At a special price of only \$189, your supplements, personal training plan and diet are shipped to you in just 2 days. CALL TODAY to enter the contest and we'll tell you more plus send you some valuable information free. What are you waiting for?

OFFICIAL SWEEPSTAKES RULES NO PURCHASE NECESSARY

- To enter, simply fill out an official entry form and accompany it to the address below. Entries must be received by the deadline of 11:59 PM on Friday, December 8, 1995. You can also call the toll-free number 1-800-881-2602 and you'll get your name entered twice (two chances to win).
- ENTER TODAY! The "Sweepstakes Gym" sweepstakes begins September 1, 1995. To be eligible, all entries must be received by 8:00 PM on Friday, December 8, 1995. No responsibility is assumed for lost, late, damaged, illegible, or postage-due mail.
- The Grand Prize winner will be chosen at random in a drawing on December 12, 1995 from all eligible entries. Odds of winning are determined by the number of entries received. Entries become the property of Atletika Sport International and will not be returned. Grand Prize winner must be 18 years of age and a resident of the United States or Canada. Winner must provide a return address to the sponsor.
- The Grand Prize consists of one Johnny Gibson Power Rack #276, an InVivo Elite Training System, a 6-month supply of Sport Mastery Training On-One training, retail value \$3,719 (U.S. currency). Any taxes and duties are the sole responsibility of the winner.
- Other good in the U.S. and Canada except those states and provinces prohibited by law.
- For the name of the winner (available by January 10, 1996) send a self-addressed stamped envelope to: Atletika Sport International, 10 Evergreen Drive, Bozeman, MT 59715.

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Your chance to
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DOUBLE YOUR CHANCES OF WINNING !!
CALL 1-800-621-2602
Call and speak to a trainer and
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Enter me in the 1995 SPORT MASTERY Sweepstakes

Name _____

Address _____

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Sport you train for _____ Age _____

Sweepstakes winners will be notified by mail. Sweepstakes valid in US and
Canada except Quebec. Official Entry Form. NO PURCHASE NECESSARY.

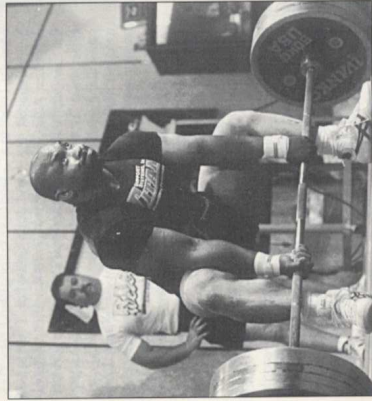
MAIL TO: Atletika Sweepstakes, 10 Evergreen Drive,
Bozeman, MT 59715 -- OR CALL 1-800-621-2602

It has been almost two years
now since creatine monohydrate
(C:H:2O) supplements burst on the
sport nutrition scene as the newest
"magic answer" to enhance gains in
muscle mass, strength and power.

The questions one must ask are: 1)
Is creatine all it's cracked up to be;
or 2) are the claims just hype
dreamed up by supplement compa-
nies out to make a fast buck? The
answer to this question is yes on
both counts. Creatine is both a
useful supplement which can in-
crease muscle protein synthesis, and
a ready-made vehicle for hype and
pseudo-science by uneducated
supplement makers who don't un-
derstand it's proper use. Most
supplement companies conduct no
research of their own. This results
in guesswork as to the proper use
(dosage, timing, cycle length) of

functions as a recharger of energy
by picking up one phosphate mol-
ecule for each creatine molecule to
form creatine phosphate (phospho-
creatine, PCr). These extra phos-
phate molecules come in handy
when energy is needed and they are
given up to ADP (adenosine diphos-
phate) to form ATP which can then
be used to stimulate muscle protein
synthesis.

Since 1989, Atletika Sport In-
ternational has actively pursued the
possibility of making the effects of
creatine and phosphocreatine is



Elite Athletes like 95 USPF Senior National Champs Gene Bell (left) and Wade Hooper (right) often find
themselves considering the pros and cons of new performance supplements, like creatine monohydrate

creatine much stronger, not only by
trapping energy within muscle cells
which will increase power output
and cell recovery, but also by stimu-
lating greater anabolic activity within
those cells. These investigations
were conducted at the Research
Institute of Physical Culture and the
N. N. Petrov Research Institute in
St. Petersburg, Russia.

It is well recognized among sport
scientists that successive muscle
work requires coordination in the
sources of ATP production by various
sources including creatine, and ATP
consumption by myofibrils in
muscle. As reviewed by P. Colnick
(1986) and S. Bessman (1991), the
following sequence of the ATP re-
action occurs in working muscle:

ADP produced from ATP in con-
centration is immediately re-phos-
phorylated in the creatine phos-
phokinase (CPK) reaction at the
expense of creatine phosphate.
Enhanced muscle protein synthesis

Creatine Use in Elite Powerlifting

as told to PL USA by Rick Brunner, Atletika

is due either to the gain of bound
creatine in intracellular protein, the
cofactor effect of creatine on myo-
sin synthesis, and/or an enhance-
ment of the phosphocreatine en-
ergy shuttle to provide sufficient
energy for protein synthesis. Creat-
ine also stimulates the uptake of
amino acids in the contractile pro-
tein and thus an increase in creat-
ine may stimulate additional muscle
hypertrophy.

Such as the rate of turnover of
creatine and phosphocreatine is

do not raise plasma creatine levels
very much, while doses of 5 grams
raise peak concentrations to the
range of 690-1000 umol/l. The
recommended single dosage for an
athlete is between 5-8 grams.

To select the optimal dosage of
creatine monohydrate several fac-
tors should be taken into consid-
eration: 1) Creatine entry into muscles
depends on saturation kinetics. The
muscle will absorb only so much
creatine at a time. Creatine mono-
hydrate supplements have been
shown to increase phosphocreat-
ine in exercised muscle by 20-50%;
2) Creatine has a short half-life and
remains in plasma (blood) for only
about 1-1.5 hours. The concentra-
tion soon falls below the 500 umol/
l level after a single dose; 3) Re-
peated use over several days results
in renal clearance of creatine over
days 1, 2, and 3 at 40%, 61% and
68%, respectively; 4) The effect
from supplementation is greatest in
those athletes with the lowest initial
total creatine content; 5) While no
side effects of high dose creatine
consumption, either short or long
term, have been noted, no studies
have been conducted to elucidate
the postponed effect of high dose
creatine supplementation on the
creatine de-novo synthesis in liver;

6) The rate limiting reaction in the
pathway of creatine biosynthesis is
methylation of guanidinoacetic acid
to creatine. The key role in this
reaction belongs to the methyl group
donor, S-adenosyl-L-methionine
(SAM). By increasing the concen-
tration of SAM, the reaction of
creatine biosynthesis will be acti-
vated in the direction of producing
creatine. This approach may be
effective in protecting the liver
against shutting off the creatine de-
novo biosynthesis when high doses
of creatine monohydrate are con-

(article continued on page 88)

Mental Training

as told to PL USA by Tamara Rainwater-Grimwood

The mental aspect of my lifting begins outside of the gym with my husband and trainer, Terry. Together we plot my upcoming training program based on my most recent competition. The program itself is about 14 weeks in duration and outlines each workout in detail, while still allowing room for change. It is here where my confidence is built. I truly believe that Terry and I are designing a successful program that will lead me to reach my goals each time. It is safe, realistic, constantly changing to offer challenge and battle boredom, and even my program has always been progressive. I believe in the program and its direction. Thus, I always enter a competition with the knowledge that I am fully prepared for each lift and each attempt is within my capability because I have been properly trained.



Tamara Rainwater-Grimwood at the '92 APF Seniors.

There was a period in my training where I encountered a mental and physical barrier in the bench press in 1992. In 1991 I improved my bench press by over 100 pounds. For the first nine months in 1992 my bench was showing no improvement and lingering just below the 300 pound barrier. After trying many weight training exercises unsuccessfully, I went to a hypnotic therapist for assistance. Although the therapist lacked experience in the powerlifting area, I used her method of positive suggestions and visualizations over and over daily. I practiced each lift, including the warm-ups from start to finish successfully to perfection. It came to a thought that distracted me or began to see myself failing. I would begin again from the start until I was once again confident. By the end of that year, I achieved a world record bench press of 322.5 pounds and had personal best lifts in the squat and total at the world championships.

Before lifting at a competition, I always try to become familiar with the warm-up area and the lifting platform to minimize stress. I will walk out onto the platform on the day prior to the meet, sit on the bench, do a couple of sets to get acquainted with the surroundings. I am also usually the first one in the warm-up room on the day of the meet. I find my spot, arrange my gear, and I am not hassled by being rushed. All of this allows me to concentrate on one thing... lifting.

While lifting in a meet, I use my mental faculties for only for lifting. My husband submits my attempts, scouts my competition, knows if I am thirsty, tired, focused or distracted. He is my monitor and I believe in him. When I walk onto that platform, I take him with me. I am never alone. Together, we have gone over each attempt and scene prior to the meet, and it is in his hands to make the decisions. My job is to tune in to what he says and perform. Approximately two minutes before each lift, I enact it men-

the upcoming workout, clearing my mind of everything else and focusing all of my concentration on lifting. From the moment I began lifting, I became completely oblivious to the time and the day I began lifting in 1987. Preparing myself for simply with the preparation, pro-

PRESS RELEASE... "World's Strongest Woman, Tamara Rainwater-Grimwood, was a guest on the Regis and Kathie Lee Live show on July 21, 1995. With only three days notice, Tamara was asked to attempt an International Powerlifting Association World Deadlift record of 525 lbs. on the live show. Tamara's warm-up sets were shown live in between other guests and her World Record Deadlift attempt was the highlight segment of the show. After easily pulling the 525 lbs. lift to the approval of three I.P.A. International Referees, Kathie Lee overhead Tamara's comment that 550 lbs. was within reach that day. Kathie Lee immediately put Tamara under the gun and asked the spotter/loader crew from Iron Island Gym in Long Island, NY to load the bar to 550 lbs. while the producer of the show informed Tamara and coach/husband Terry Grimwood that she had two minutes and 47 seconds to complete the lift. Frank DeMarco, Joe Almadovar, Tommy O'Riordan, Chris Riedy, Bob and Terry Grimwood instantly surrounded Tamara, feverishly adjusting straps, wraps, belt and Terry provided the motivational face slap, much to the audience's awe. Their efforts, coupled with the enthusiasm of the audience were enough to inspire Tamara to rise up to the occasion and smoke the 550 lb. deadlift at a bodyweight of 179 lbs. on live National television in less than one minute! The newly released Grimwood Strength System Course was introduced by Regis and is available by calling 1 (800) GRIMWOOD. Tamara, Terry, and the I.P.A. crew were accommodated by the Regis and Kathie Lee Show in Manhattan, NY at the prestigious Michaelangelo Hotel just off Broadway and transportation was provided via stretch limousine. Many thanks to Dr. Ken Leistner for providing his own precision calibrated meet weights and deadlift bar. Thank you also to John Schaeffer for sanctioning this special event and to everyone who made the special trip to referee, spot, load and assist in many ways." Terry Wm. Grimwood Jr., I.P.A. Executive Board Member

tally always imagining it to be success and unbelievably light! At one minute before I step onto the platform I look into myself for that surge of immortality and strength. When I am tuned in (focused) I feel as if I have left my body and my subconscious takes over. On a great lift, I only remember the start and the yell of the crowd at the end. There is nothing in between. When I bench pressed 402 pounds (both times) I do not remember the weight being lifted off to me or the referees ever giving the commands.

Finally, the meet venue and director are always taken into consideration when choosing a meet in which to compete. To know that the equipment is safe and of top quality, the spotter/loaders are competent and enthusiastic, and that the meet director runs an organized meet is a must. Dr. Ken Leistner of Iron Island Gym in Long Island, New York, and John Schaeffer, President of the new professional and amateur International Powerlifting Association not only have the best platform but also have the best equipment crews I have ever seen. Combined with their unparalleled meet direction, their meets are conducive to a positive lifting atmosphere.

Finding a meet that has a good reputation and credible personnel are critical to a good performance. I believe that I have become the strongest woman in the world, breaking numerous world records, because I have practiced each lift in the gym and in my mind thousands of times. I have a mental support system that can only lend itself to success.

PRESS RELEASE... "World's Strongest Woman, Tamara Rainwater-Grimwood along with 6 time VA Powerlifting Champion, Ken Ryder surpassed another long standing all-time World Record on July 15th at Barry Walker's Deadlift Classic, Ft. Lee, VA. The due succeeded at deadlifting 1,111 lbs. in the two person, man/woman deadlift on their opening attempt without the aid of wrist straps! Their second attempt at 1,206 lbs. was just out of reach. However, Tamara and Ken have committed to another assault on 1,200 lbs. This National Championships in Maryland. Many thanks to Larry Pacifico for the use of his specially designed double deadlift bar! Terry Wm. Grimwood Jr., I.P.A. Executive Board Member

Give Me 90 Days and You Will Achieve Your Best Lifts Ever-Guaranteed!

The Grimwood Strength System™ created the world's strongest and greatest powerlifters and will teach you the secrets to becoming a world class lifter.

- Yes, the above is true. The Grimwood Strength System™ is directly responsible for creating the world's strongest male and strongest female powerlifters. On May 29, 1994, my wife Tamara became the first female to bench press over 400 lbs. The reason? The Grimwood Strength System™. On March 25, 1995, Jamie Harris became the first human being to bench press 740 lbs! In competition. The reason? You guessed it, The Grimwood Strength System™.
- My name is Terry Grimwood and I am the developer of The Grimwood Strength System™. The Grimwood Strength System™ is a revolutionary method that has taken years to create. This method, if followed correctly, guarantees to turn any powerlifter into a superhuman powerlifter.

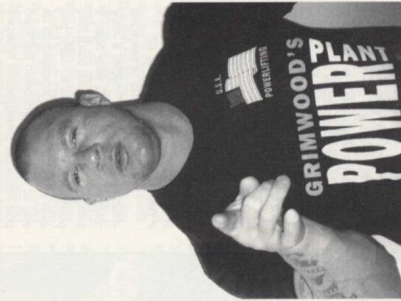
World Champion Results
Let me tell you about the results, achieved by a few of the powerlifters who have used my system:

- National Powerlifting Super-Heavyweight Champion Grant Pitts increased his squat from 820 lbs to 1000 lbs in 10 months, increased his deadlift from 750 lbs to 825 lbs in 6 months, and increased his bench from 625 lbs to 700 lbs in 90 days!
- World Champion Tamara Grimwood added over 275 lbs to her bench in a few short years to become the first and only woman to ever bench press over 400 lbs!
- National champion Tonya Meyers increased her bench press 55 lbs in less than 90 days!
- Powerlifter Scott Lewis increased his bench

Creating the Superhuman Powerlifter of the 21st Century
I believe that within five years, most if not all, champion powerlifters will be trained on the Grimwood Strength System™. If your goal is to become a world champion, if your goal is to become a national champion, or if your goal is just to win a local meet, The Grimwood Strength System™ will help you achieve it. I have been approached by thousands of powerlifters who have asked me to train them. I receive calls daily from coaches asking for my advice. Now for the first time, because of the demand, I am making my program available to the public.

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How can I be so positive of your success? Because I have never had a powerlifter not become

PS.: Order your copy today and for a limited time only I will include free, my confidential new report *The Grimwood Bench-Braker: Adding 25 lbs to your Bench in Minimal Time*. Keep this bonus report even if you decide to return the course.



massively stronger using my methods. I am so positive you will achieve incredible results in 90 days that I will give you a **lifetime 100% money-back guarantee** if you do not achieve your best lift ever. So here is what you need to do now. Call my office at 1-800-Grimwood (1-800-474-6966) and tell them you would like a copy of The Grimwood Strength System™. Your copy will be mailed immediately. I look forward to hearing about your success in the near future!

Sincerely,
Terry Grimwood
Terry Grimwood

Please rush me Terry Grimwood's "The Grimwood Strength System," plus my FREE report. I have enclosed \$39.95 as payment in full. Please include \$3 for postage and handling. CA residents add \$3.30 tax. For faster service, call 1-800-GRIMWOOD.

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Here's what just a few of the athletes I've trained have to say about The Grimwood Strength System™

"Terry Grimwood's strength system principles were instrumental in helping me bench more than any other human being!"
Jamie Harris (World Bench Press Record Holder: 740 lbs)

"As a result of the Grimwood Strength System I have improved my squat to 1000 lbs, my bench to more than 700 lbs, and my deadlift to 825 lbs!"
Grant Pitts (National Super Heavyweight Powerlifting Champion)

"Terry and Tamara Grimwood provided me with a program that added 55 lbs to my bench in less than 3 months...I can now bench press nearly double my body weight!"
Tonya Meyers (National Power Lifter Champion)

"Terry Grimwood's strength program is the very best that I have seen in over twenty five years of competition!"
Charlie Evans (Olympic Weightlifter-1980 U.S.A. Olympic Team Member)

Thoughts on the USPF Seniors as told to POWERLIFTING USA by Marty Gallagher

MARY JEFFREY: For close to a decade Mary Ryan Jeffrey was the premier female powerlifter in the world. During her unassailable reign, she ruled with an elegant combination of grace, charisma, strength and physical beauty. With her cover girl looks, rock-hard, perfectly proportioned physique and outgoing personality, she was as fine an ambassador as this sport has ever had. Mary Jeffrey has been the best and beat them handily. She retired to have a baby and gain some perspective. After a fashion, she decided a comeback was in order.

At the nationals Mary posted a super 352 pound squat, backing that up with a 209 pound bench press and finished with a crisp 347 pound deadlift. Her 909 total at 114 was a scant 11 pounds less than the winning 920 pound total posted by Mir of Kazakhstan at the World Championships. As one knowledgeable wag pointed out, she is a mere 88 pounds behind her all-time best. It all just goes to show that Mary will be a force to be reckoned with for as long as she chooses. One easily envisions her comfortably dominating for another decade - if the internal fire still burns. Powerlifting souks class and charisma when Mary Jeffrey graces us with her presence. Welcome back.



Mary Jeffrey is back! Welcome!

VICKI STENROD: Anytime a 45 year old woman places second in an open world championships and follows it up with a competition crushing performance at the national championships, that is power news. Even more impressive was how close she came to setting a world record bench press. Vicki didn't get credit for her 319 pound world record when two referees detected her foot was not flat on the floor. Coach Tony Fitton felt that the circumstances surrounding the lift were controversial. "By all rights, she should not have been given the 'start' signal; had she not received the



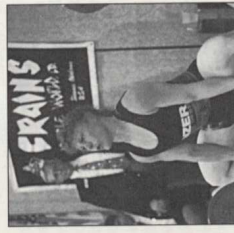
Vicki Steenrod squatting, benching, and deadlifting bigger than ever.

start signal, she still had plenty of time to ask what the problem was, re-set and do the lift." Regardless, she made the lift strongly, though called on a technicality and will undoubtedly make this and much more in the near future. Which is pretty damned phenomenal. Vicki, the consummate veteran, squatted 451 pounds, benched 303 on a second and ended her day with a super 468 pound deadlift.

How does Vicki make progress at an age when most competitors are lifting nothing more than bear cans and dinner forks? "I love to train. I love to powerlift. I have stayed injury free." The latter is a testament to her realistic assessment of her own capacities. Lift- bang by squatting a world 422 pounds. On her third bench, the 123 pound dynamo, missed 263 but served notice that this soon will fall. At that point she will possess the world records in all three of the lifts, and, of course the total; holding all four records simultaneously. Only Coan can exert that kind of dominance. She finished up her 8-for-9 day at the nationals with a 490 pound deadlift that left her with an 1151 total, exceeding her already stratospheric world record.

Carrie is not nearly as imposing as one might imagine. Mrs. Boudreau is well proportioned and muscular, but without the outsized bulk you would expect for the greatest female powerlifter in the world. With her bone structure and height we could see her go up a weight class. Good can only imagine what she would do at a full 132 pounds. If Coan is King, Boudreau is surely Queen.

SHANE HAMMAN - Shane Hamman was not to be denied. He captured his first national title and did it in convincing style. He fulfilled the promise he showed last year when he burst onto the scene, shattering the IPF squat record and coming within a country inch of upsetting iron immortal Anthony Clark. Shane is on a two-armed quest - to win the national and world championships in 1995. Put a check mark next to phase one. The



Carrie Boudreau sets up to pull.

ing methodically and rationally allows Ms. Steenrod to blaze a trail that middle-age lifters would be well advised to follow. Fine, fine lifting by a wily vet.

CARRIE BOUDREAU - Time to start referring to Boudreau as the female Ed Coan. In May, Boudreau won the "Champion of Champions" award at the world championships, accom-

benched a junior world records: 551 on a third. In the deadlift it was the same, setting a junior world record on his final pull with 733 to hit 2,248. Lewis tried a rope-a-dope; feigning injury on a second attempt deadlift: "He's faking!" Shane was heard to say as Lewis left the platform gr-macing. Jeff got his shot. He needed 793 for the win. Not this year.

Shane had won his first national title, but Lewis served notice that he will be a force to be reckoned with. Phase one was complete for Shane. Next stop: a visit to Karl Saliger's European backyard for some territorial redistribution.

ED COAN - So the question begs to be asked: what's up with Coan? Over the past few years it seems like he is hurt a lot. Is he falling apart? Answer: No. Ed has been hamstringing with injury, however, the nature of the injuries have been coincidental and sporadic, nothing chronic or recurring. The injuries shift. Which, in a way, is good news. If it were a single muscle continually being re-injured over and over, Coan's career would be called into question as this would indicate a



USPF President Peter Thorne led the crowd in singing Happy Birthday to Ed Coan the day before his 32nd.

chronic, weak or worn link. Not the case with Ed. The prognosis is good. Ed has had a series of quirky injuries and with some rest, will be ready to face the big weights at the IPF world's in Finland. Ed had pulled an erector at the hip insertion point three weeks prior to the meet. He was in pain every time he squatted or deadlifted. He took one squat and one deadlift. Bench pressing

into his peak strength years. With a decade of record breaking lifting behind him, Coan has a decade of record breaking lifting ahead of him; assuming you handle 1000 pound squats, 600 pound bench presses and 900 pound deadlifts. One final note: 242 pound lifter alert: Coan is coming. The ultimate authority - Ed Coan's mom - indicated to me in a conversation that she felt it time Ed moved up a class. Further, the Coan mainstay related, she was in a position to do something about it. "All that is necessary is for me to keep a continual supply of Irish Turkey (corn beef and cabbage) in front of him and it's bye-bye 220s..." He has no control when I lay out his favorite foods... and I think that's just what I'll do this year!"

KIRK KARWOSKI - CHAMPION OF CHAMPIONS - Kirk Karwoski had the meet we'd known him capable of for years. He finally got his 1000 pound squat. It was on a second attempt (he had doubled 1000 in training) and as usual, he trademark buried it. It was not easy. His set-up was tough and when he settled his feet were set too close together. Despite the awkward set-up and narrow stance, he took it down slow, controlled, went a good 3-inches below parallel and powered it back up. It stalled a little at the top but he was not to be denied. You

did not bother his back. He made a superb 556 pound bench and realistically had more in him. Ireland's gift to powerlifting squatted 848 in slow motion; such the same way you or I might lift 135 pounds if we were afflicted with a pull so severe, the muscle knots up. After the exhorting squats, he followed with his great bench press. Coan wanted to repeat 573. He had to repeat his 556 second attempt after making it strongly and being turned down on a technical miscue; he lifted his head off the bench during the lift. The third was stronger, cleaner, faster than the disallowed second and 567-573 would have been a slam-dunk. His 661 opening deadlift brought tears of pain to his eyes. Still, Ed posted a 2066 total, which (excepting himself) is the highest 220 pound IPF total posted this year.

What does Ed expect in Finland at the IPF world's? Nothing less than a full recovery. Coan celebrated his 32nd birthday the week of the meet. He is

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Shane Hamman on the way up.



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was built like Howard The Duck. We knocked a few rough edges off young Karwowski and pushed him until he bled. We tried to kill him or at least make him go away. Per Nietzsche, he just got stronger. He always came back for more. No matter what crazy herculean routine, no matter how much we ridiculed him and embarrassed him, no matter what we laid in front of him, he ate it up. Kirk chewed pig iron and spit 10-penny nails. Often we worked with better genetic specimens than Karwowski. Over the years all the guys with talent and promise fell to the wayside until only Kirk remained. His most important lifting attribute was his tenacity. Never say die, never quit, never show hurt, always forward, always ahead. Now he has exceeded the accomplishments of all his training partners and mentors. He has risen to a height none of them ever imagined.

Two people really made a difference in Kirk this past year. His training partner Bob "Nacho Del Grande" Myers pushed, threatened, provoked, pleaded and put up with Kirk in training often when no one else would. Every Karwowski training session, regardless of whether or not he himself trained, Myers was there. More importantly, the 310 pound Myers took no guff or excuses from Karwowski. He pushed him hard. Kirk is so fearless and so focused that normal powerlifters cannot cope with his tirades and tantrums. Myers doesn't back off from Karwowski an inch. He will get in Kirk's face if required and is not awed, intimidated or worshipful of "Captain Kirk". On the contrary, Myers is a throwback retro-man powerlifter, the kind Karwowski appreciated under. No one helped Kirk more this past year.

The other person who made a huge difference in Kirk was love-interest Susie Hartwig. A fine lifter in her own right (2nd place in the 105 pound class at the nationals), Susie helped keep Kirk on an even emotional keel. She is flat-out good for him and he shows it. Pacifico once noted that men in love make quantum leaps in power progress. His hypothesis is confirmed. Kirk Karwowski could dominate the scene for another decade. He is apparently bullet-proof, having had only one (serio-serious) injury (a slight high tear) over the past 10 years. God only knows what he will ultimately be capable of. He feels that eventually he will end up as a 300 pound super-heavyweight. Kirk has the bone thickness and structure of a dinosaur and has weighed 290+ in the past. At a full 300, assuming he maintains his current 10% bodyfat level, it is no great stretch to imagine him reaching an 1100 pound squat and a 2500 pound total. This complex fellow is just beginning to tap his true potential. For powerlifting fans world-wide Karwowski watching makes for a fascinating pastime.



KIRK KARWOSKI, Champion of Champions, for the very first time.

He was ecstatic. High-fiving Kirk's training partners and being the first to congratulate him. I had asked Coan to say a word to Kirk prior to the 1000. Some little something to give Karwowski the manic edge. Eddie slipped to Kirk's side at the chalk box and whispered something in Kirk's ear. Karwowski, deep in his psyche, stopped and looked at Coan. His eyes got wide and his face contorted. A rage, an anger, a psychosis, pure and white hot emitted from Kirk. He wheeled and took care of his business. Later I asked Coan what he had said to Kirk. He tapped his temple with a forefinger, "Child psychology," he said.

Coan gave Karwowski his approach to modern powerlifting. Kirk picked up the ball and ran with it. He added a few twists of his own but has used the Coan approach for about six years. In the early days, a decade ago, Kirk was eager, built disproportionately (bottom heavy), abrasive and hard working. He struck us as a classic juvenile delinquent. Tough and contrary (some would say he still is), he had tons of self-confidence that continually crossed the line into conceit (some would say he still does). We made him do tons of base work. Butt-busting, no-equipment sets of ten. Lots of reps. Lots of sets. Lots of technique work. Lots of assistance work. Lots of aggressive, old-school training. Kirk was a kid training amongst men. He was the youngest of a crew of grizzled, battle-hardened power veterans who took nothing from no one, least of all some punk kid who

could almost read his mind: "No (bleeping) way am I gonna lose this lift!" He hit the afterburner and locked it out. And in doing so closed the page on his quest for 1000. He tried 1025 on a third attempt. It was anti-climactic. Some wanted him to pass the attempt. Kirk felt otherwise. He was confident that with a proper set-up and a normal width stance he could handle the weight. The drama and effort of 1000 had sapped his strength and he missed. Kirk's next goal is to post the biggest powerlift of all-time. He wants to exceed Dave Pasanella's 1030 squat. It is not a matter of if, but when.

In the bench press Kirk hit an easy 556 third attempt and had 570 in him that day. He posted 565 in training, 600 in just around the corner. Kirk is a superb technician in the bench press and owes his style to Connecticut bench master Ken Fantano. Kenny, a 640 pound, no-shirt benchner, shared with Kirk a lightly held technical approach to benching that helped move a 440 bench to 565 over a five year period.

In the deadlift Kirk pulled 744 on a second attempt and pulled 766 easily to lock-out before his old nemesis, grip, popped-up and caused him to drop the weight as he was receiving the down signal. Karwowski had pulled 785 in training, easily. So easy he contemplated doubling it. He held it just to show himself his grip was capable and ready. Why he continually loses these deadlifts at lock-out is a mystery. He pulled 766 later than you can cough. Oh well, nobody's perfect. He has an 804 in him and has pulled this weight in training.

Had he held the 766 deadlift another fraction of a second he would have shattered the IPF total record (his property already) by 100 pounds! As it was, in a single sweep he bumped the world record up 80 pounds! Normally 10-30 pound increments. Karwowski's 80 pound increase was absolutely phenomenal. In many ways more impressive than his 1003 pound squat.

Kirk is 28 and has won four straight IPF world titles. With his most recent performance he has distanced himself from the pack in a way that only a few lifters will ever experience. He will post a 2400 pound total soon, most likely 1030, 580, 790. These are realistic lifts. Can he do it in Finland at the upcoming world championships? For eigen lifting is difficult. Jet lag, poor food, pressure, strict judging and different time zones are major hindrances. Still, Kirk has demonstrated his ability to set world records on foreign soil consistently. World championships are probably the worst conditions to attempt to set records under. Karwowski has set at least one world record in each of the five world championships he has competed in. Conclusion: it is highly possible that 2400 will fall his

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Yes, it's almost time for The Greatest Bench Press in America, hosted by John Hammer in Dallas, Texas. Anthony Clark's recent 746 lb. bench looked pretty easy for him, so maybe he's got a lot more in him. Anthony's certainly been talking about breaking the 800 lb. barrier this year, and he's been aim-

upcoming issue.

Meanwhile, the women's world record holder in the bench press, Tamara Rainwater-Ottimwood has been quite busy. Tamara teamed up with Ken Ryder to hoist 1111 lbs. in a two person deadlift exhibition at Barry Walker's Deadlift Classic in Ft. Lee, Virginia, and that set a record for mixed pairs in

100 autographs. Let's hear it for more national television coverage of powerlifting. Way to go, Tamara!

Now I know that a lot of powerlifters don't like hearing about "assisted lifts, but more interest from the general public about people lifting heavy weights can't be bad for the sport of powerlifting. Muscle Beach does see a lot of powerlifting meets, and at a recent USPF meet, one of the sport's lifting families was in action. Victor Elliott has been lifting and competing since 1978, which is quite a while, but not nearly as long as he

Eric Klein at Muscle Beach, CA

they are getting coverage in the muscle mags, and now on television also. New Jersey's Eric Klein, "The Th-



Master Gunnery Sgt. Victor Elliott and son Lester.

served his country in the New York area's MSG Sports Network recently, and then traveled out here to the West Coast, where we met up with him. Eric makes no claims about being a powerlifter, and, in fact, he always very clearly points out that he's not a competitive lifter, but rather



Tamara Grimwood and Ken Ryder hoisted 1,111 lb.



Jamie Harris is taking aim at Anthony Clark's record.

Pennsylvania's Jamie Harris held the world record earlier this year, with a 740, and he'd love nothing more than to reclaim the title. A lot of other top benchers are setting their sights for Dallas, and it should be quite a show. The lifters will be there, the fans will be there, and the media will be there. And for those of you who won't be in Dallas on September 16th, POWERLIFTER Video will have lots of highlights in our

Galindo and her son, Jeremy, Darlene, in her work for the city, hosts the meets at Muscle Beach, and Jeremy is a frequent competitor. 19 year old Jeremy, a Special Olympian lifter, has been competing now for almost 4 years.



Jeremy Galindo, age 19

Also at the meet was Steve Winslow, probably the most tattooed man in powerlifting. Steve, who hails from Anaheim, the home of Disneyland, is a deadlift specialist, and has hit 523 in the 165 lb. class. Perhaps the tattoos give him extra strength.

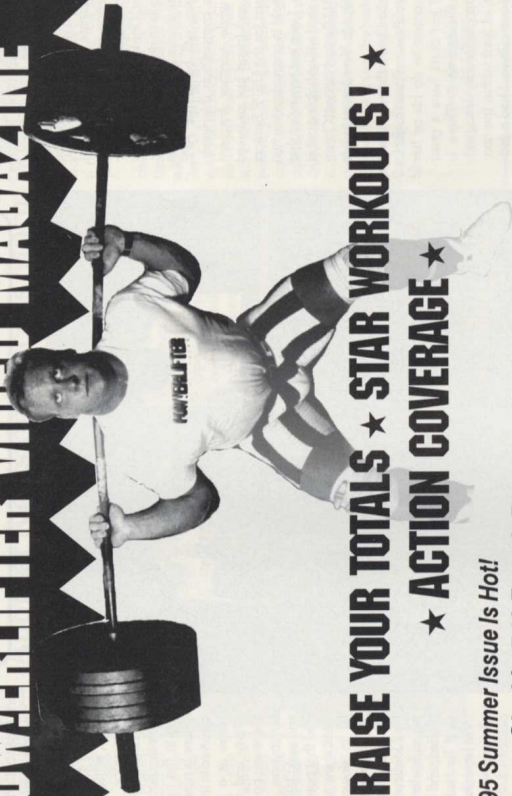


Steve Winslow's tattoos

Finally, for all of you out here who need another event in which to demonstrate your strength, as if squatting, benching, and deadlifting weren't enough, it's strict curl time. The U.S. Strict Curl Association held two meets this summer at Muscle Beach, and Sherry Houston's American Eagle Gym in Norwalk is hosting one on September 30th. Anyone aching for another test of strength can call them for information at (310) 963-1308.

Until next month, stay strong and healthy, and keep pumping. See you on video. *Need Low*

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More From Ken Leistner



Ed Coan with Mike Golden and "Brazil" - ... Can anyone challenge him?

This week, Richard Green and Ron Walsh will be completing preparations for the ADPPA Senior Nationals and then traveling to Pennsylvania for the meet. Three staff members and a number of friends will be traveling down with them to help, lend support, and enjoy the rest of the competition. Perhaps a dozen other lifters are discussing the training programs that have been written for them with the ultimate goal this year of competing in the IPA Senior National Championships in November. One long time colleague who calls to discuss training every few weeks and go over his program, will be at the ADPPA Senior competition this weekend, while another frequent caller and friend just reviewed his plans for the USPF Seniors to be held in approximately two weeks. I was just reminded that Ralph and I will be helping out at the AAU Senior National Championships in New Jersey in late August.

While I know that every one of these lifters can't wait to get to their contest to do his or her best, I just don't have a great deal of excitement. There is something inherently wrong with elitism, at least within the context of our culture. I had a professor from India at one time, who was furious that another staff member had been promoted. I recall that his anger stemmed from the fact that his professional colleague and fellow countryman, while certainly competent and deserving of the promotion, "made him look bad" because the recently promoted fellow was from a lower caste than he was. I couldn't help but laugh at what I saw as unadmitted cultural b.s. "You mean this professor is really good and should have been promoted, but because he's from a lower social class, he shouldn't be?" "Exactly!" I was told. The very best lifters, at least through the 1960s, 1970s, and into the early 1980s were the elite of our sport. Every year, the Seniors, and to only a slightly lesser extent, the Junior Nationals also, were met with incredible excitement by every powerlifting enthusiast. Mike Lambert and I would spend a month putting together our prognostications, trying to evaluate past performances with information about recent training sessions, major life changes related to divorce/marriage, new jobs, the activities of children, experimental supplement and drug programs, and who recalls what else. Mike would then go back through his lists and publish his pre-Seniors

predictions. These were treated the same way the NFL Draft speculation is treated these days. Great interest was aroused and discussing the meet on for weeks preceding the go on for each favorite having supporters and detractors. It made for great interest and fun. Because of strict qualifying totals, the Seniors really were great meets. Perhaps twenty men in each class would meet the qualifying totals and although this limited the number of lifters allowed to compete, making this an "elitist" meet, it was after all, the national championships, a contest reserved only for the very best. The tension level was always very high because one would be sitting next to someone that they had only read about in *PL USA*. Many lifters would state afterwards how thrilled they were to be a part of the meet because they had been in awe of others in their class and like it that way, thus remaining with one organization. Some gravitate to a group because of the underlying philosophy of that group. The bottom line, however, is that it has been years since the very best in any weight class have gone head to head with each other. It is a given

that some men will walk away with their class each year. In the case of Ed Coan as the most obvious example, no one in any organization is going to challenge him, but in most cases, there would be tremendous excitement at the prospect of the top men again competing on the same stage. The strengths of one organization are often the weaknesses of another. To again see the very best together would provide a needed shot in the arm for a sport that has in many ways, settled into a comfortable quiescence.

Like all other factors related to unification, I don't see it coming in the near future, if at all. There is now too much money involved in the sport, which may come as a surprise to many. Thirty and twenty years ago there was no money to be made by anyone, in the late 1970s and early 1980s, television realized that powerlifting could be a freak show attraction that could fill in slower time slots or a Sunday afternoon sports variety program. The disintegration of Paul Jordan made for super-viewing as his lower extremities exploded, and he hit the platform motion has shown dozens of slow motion reruns of that, to the delight of the producers who knew that the public just loved the Romanesque spectacle. The back-biting over television money led to the first breakup of the USPF and NPC in 1981. With the advent of the ADPPA, the formation of the APF, and the introduction of so many other organizations since, some commercial interests have found that it serves their benefit to insure the existence of a particular organization. If it serves a financial purpose for some, an organization will remain. Principle is not going to win out over money!

So, we're stuck with the situation as it is. My prediction in *PL USA* two or three years ago foretold the formation of at least one or two more organizations, not fewer. Unfortunately, that prediction has come to pass with the reformation of the AAUPL and the IPA. No one dropped by the wayside. While it is support the various organizations, the result of the factionization of powerlifting is a lack of real financial strength in any of the organizations, some being run for the profit of those top administrators only, many members who are one meet competitors only, and in some cases, runaway Seniors winners in many classes year after year. Things could be a lot better.

Dr. Ken Leistner

Tom Waddell trained at numerous gyms in Columbus for six years before coming to Westside. He had failed to make any progress in meets, although in the gym he constantly set new records in every lift. His best meet records were a 755 squat, a 410 bench, and a 710 deadlift at 242. His total was 1865.

In the gym, he was capable of squatting 785 for 2 reps, yet he made only 717 at the Mountaineer Open in Parkersburg, West Virginia. He had similar problems with his bench press. His gym max was 465, yet he made only 410 at the meet. In the deadlift, he was able to do reps with as much as 750 in the gym, but he could do only 710 at the meet.

Many times Tom would get so upset after a bad meet that he would get kicked out of the gym and he was training at for interesting trouble. He was just about out of gyms after six years of frustration. I had to him on several occasions to join us at a real gym, Westside Barbell, but he was training at a local World Gym. When things got out of hand and Tom and a Columbus police officer got into it, he had no choice but to join the dogs and get away from the monkeys. That was the old Tom.

Not many people had read about Tom, nor would they want to, two and a half years ago. After all, he had never totaled Elite or qualified for a national meet. Tom joined Westside in January 1993. His first meet was to be in May. We told Tom to gain weight and move up to the 275s. At his first meet, Tom hit a 782 squat and a 1951 Elite total. In July 1993 at the APF Senior Nationals, Tom placed second to Scott Warman, with a 2060 total and an 821 squat. He had arrived. Tom had promised Matt Dinnel that he would squat 900 pounds. By October, at the Ohio State Championships, Tom made an 860 pound, still at 275.

In 1994, Tom moved up to the 308 class. A third place finish at the APF Juniors was a disappointment, except Tom joined the 500 bench club with a 90 pound jump in his bench press in a year and a half. At the Senior Nationals he won with a 2121 total (843 squat, 507 bench, 771 deadlift). After suffering a groin pull at the WPC Worlds in Columbus in November 1994, Tom still managed a second place finish, trailing places with Kerry Malchow, the man he beat at the Senior Nationals in Chicago. Even injured, Tom made a 551 bench, after being stalled at 410 for six long years; this represented a 140 pound jump in two and a half

TRAINING

Another Westside Success Story as told to POWERLIFTING USA by Louie Simmons



Tom Waddell is coming up the ranks very FAST

On his assistance bench day, Tom will go from rack lock-outs with a medium grip to steep inclines with a barbell. If the top of his bench needs work, he will do the board press, but if his start is slow, he will do floor press for a minicyle.

Tom uses a wide variety of exercises, but like all of us, he rotates them every 3 or 4 weeks. Tom is still a light 308, so the sky's the limit. With Jerry O., his training partner, bearing down on his neck, Tom is constantly reminded that he can't rest until a world title is his. Sometimes I can't believe Tom is the same guy who came to Westside two and a half years ago. I think his training partners are just as important to Tom as he is to them. This is a true team, always pushing each other to do their best. And we haven't seen the best of Tom yet, which is bad news for the rest of the 308s. So as Tom would say, don't blink!

Tom achieved his best bench press (551) by doing 8 sets of 3 reps with 335. All sets

are done with a close to moderately close grip. Tom explodes the bar off his chest and blasts it to the top. After bench pressing, Tom does straight bar triceps extensions. He starts with 135 and works up to 225 for 5-6 reps. After a few plate raises and lat and upper back work, bench day is done.

Tom's deadlift training, about 95% of the time, is some form of good morning or special squat. Bent-over good mornings are his favorite. As far as squats go, belt squats are especially effective as a special exercise. We do belt squats on a cable device designed for this purpose. Tom also does a wide variety of lat work, from rows to pull-downs. If Tom does any pulls, they will be rack pulls, usually with the plates 6 inches off the floor. Close to a meet, he will pull about 525 for 8-10 singles with 30 seconds rest between lifts. Heavy abs and reverse hyper are always included.

Tom achieved his best bench press (551) by doing 8 sets of 3 reps with 335. All sets

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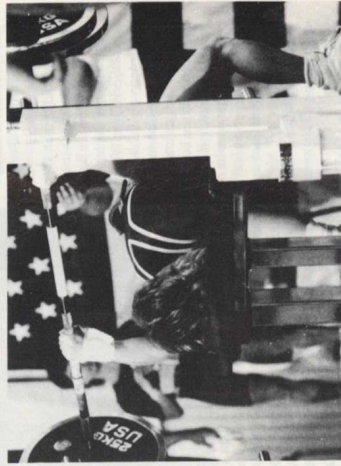


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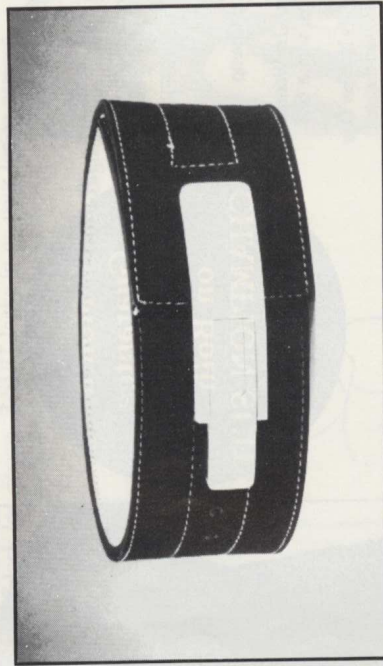
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I scanned the meet calendar of POWERLIFTING USA Magazine, looking for the right place to make my comeback attempt. While I pondered to myself where to begin, my brother Chris informed me of a bench contest in the second week of August. It was called The Biggest Bench On The Beach. It was perfectly located in beautiful Maryland.

I had never lifted there before, so I felt like it was the right place to make my comeback attempt. In Maryland I would have no reputation or expectations to live up to. Another plus would be that the meet would also have team competition, which meant I could attempt my comeback with my powerlifting family around me. The meet was also ten weeks away which gave me just the right amount of time to get ready.

As I circled the date on my calendar I felt like Wellington pointing to his map and picking Waterloo as his perfect place to end Napoleon's empire. That beach in Maryland would be the right place for me to enter the fray again. It seemed like the perfect place to do battle.

That Monday I donned my bench shirt and began training for my date with destiny. I felt ecstatic with the powerlifting armor tightly against my skin again.

After a few weeks of training I decided to drop down a weight class and lift at 220. I felt at this weight I would have a shot at beating my personal best bench, which was 455. I had done that weight seven years ago in the 220 pound class at the Metrofit Bench Press Championships in 1985. Mentally I felt heavier lifts before me to try for ready. I didn't want to get crazy again and be back where I started. I remembered this old quote "Even the greatest journey begins with one small step." I knew I would have to walk before I could run.

I started training and after six weeks I broke the four hundred pound barrier, doing 405 for three solid reps. After doing this set my confidence started to soar because I now realized that my personal quest was now in sight. I could see my promised land, and I just hoped that fate would be kind to me the next four weeks.

My last workout I benched 425

Pec Tear Nightmare

Part III, "The Comeback" by Neil Confessore

for two reps. With this new grip I wasn't sure what my max would be? But this last set made me feel like my goal was in the ball park. The day before the meet our team drove down to Maryland in three cars. I sat in the back seat of one of the cars, racked the weight my pec began to



Neil Confessore benching 440 at the Biggest Bench on the Beach, using a close grip.

only focused on attacking and overwhelming that weight. In this emotional state the weight never had a chance. I heard the judge clap and the weight rocketed off my chest to lock out. Victorious I jumped off the bench and screamed loud enough to wake the dead. But unlike the screams of last December, these were screams of joy. My next attempt was 455 and it too fell with little resistance. To my amazement after two attempts, I was in second place, five pounds ahead of my Friedrichsburg opponent.

Not only was I back, I was also in a donnybrook for second place. Steve Dunkle took 460 for a third attempt and battled it to lock out. Being the heavier lifter I now needed 465 to defeat him. I stormed the platform, screaming my lungs out. Taking the 465 out of the racks, I lowered the weight to my chest. I heard the clap and drove the weight up, but three inches from lock out my attack stalled.

This battle I lost, but I had won my own personal war. Leaving the platform I walked toward Steve and shook his hand. It was a great scrap and on this day he was the better man. At the awards presentation I received my trophy for third place and never felt prouder in my life. I had won many awards in my powerlifting endeavors, but this one would always be the most cherished.

I had faced up to and dealt with my own personal albatross. It knocked me down, but it could not destroy me. I had won that small private battle that every powerlifter fights when faced with similar tragic circumstances. My struggle was a great victory even if I was the only one who knew it. My lifting was not what it used to be, but mentally I was now stronger than I ever was. This new toughness would help carry me through the struggles that I knew would still be in front of me.

My odyssey could be best summed up in the words of Byron DeCoubertin, speaking of the Olympic creed. "The important thing in the Olympic Games is not winning but taking part. The essential thing in life is not conquering, but fighting well." That night after my comeback I slept peacefully for the first time in many months. I slept knowing that I had fought well.

-Neil Confessore

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 have a query regarding your high protein/high fat diet-how do I find out more about it?

From past experience I believe that your diet may be the answer for me. I ate protein for four days and a mixed diet for three days dropping from 15% bodyfat to 9% in two months while gaining 3 kg. of bodyweight. This was done on the Bulgarian Burst training system combined with everyday rugby training as we were preparing for World Cup competition (a crazy schedule, I agree). However, the rugby authorities brought in a dietitian who advocated a semi-vegetarian regime high in carbohydrates - a popular concept, but my bodyweight immediately started to come down and my fat levels started to climb, not a happy state of affairs at all and this led me to conclude that carbohydrates don't agree with me for muscle building and definition.

Since then I have tried various dietary regimes like altering caloric intakes, food combining, etc., and I have no trouble controlling my bodyweight, but I still haven't seen my stomach muscles since the high protein days. I am on the regime again with a much reduced training routine. I am keenly interested in your diet and am hoping that a booklet or some other information is available. Please, may I inconvenience you for a personal reply as PL USA is only found infrequently over here. Thank you in advance. Yours faithfully, **Brett D.**

DEAR BRETT: Sorry to be so long in answering your letter, but I didn't want to write until the high fat, low carbohydrate book was a reality.

In fact I have just finished two books: one is a comprehensive supplement guide (covering all the nutritional supplements - rating them for their effects on muscle mass and strength) and the other is on a new anabolic diet based on my high fat, high protein, low carbohydrate diet. Both books will be handled by Leo Costa's company Optimum Training Systems. Their order desk number is 1-800-582-2083. If you subscribe to DRUGS IN SPORTS the supplement book will be sent in lieu of part of the subscription. If you have time, keep a record of the results of my diet and send me a copy. All the best in your training. **Mauro Di Pasquale M.D.**

Three New Publications for 1995

by Mauro G. Di Pasquale, B.Sc., M.D., MRC, MFS

THE ANABOLIC DIET - The best diet to follow to pack on muscle while keeping bodyfat at a minimum. The Anabolic Diet maximizes the production and utilization of the Big 3 growth producers testosterone, growth hormone and Insulin - and does it naturally. To order the book and video call 1-800-582-2083.

THE NUTRITIONAL SUPPLEMENT GUIDE - This comprehensive review was written to give you an objective and unbiased analysis of nutritional supplements. Discover what works, what doesn't and what supplements or substances look promising for the future. To order the book and video call 1-800-582-2083.

THE ANABOLIC RESEARCH REVIEW - An Insider's View of Supplements, Drugs and Exercise - The Anabolic Research Review will not carry any advertisements so we don't have to be careful about stepping on someone's toes. Nor do we have any axe to grind. The newsletter's only goal will be to bring you cutting edge unbiased information on all aspects of nutrition, supplements, drugs and exercise. This newsletter is completely independent, informed choices without having to vote through the noise of hype and self-interest. To subscribe or get more information call 1-800-447-0088.

The books, etc. below are available from MGD Press, 23 Main Street, Warkworth, Ontario, Canada, K0K 3K0

BEYOND ANABOLIC STEROIDS - Price \$15.00 (U.S. funds) or \$20.00 Can plus \$1.00 P&H. An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic-steroid substitutes by both competitive - since most cannot be detected - and non-competitive athletes) or to enhance the effects of anabolic steroids.

ANABOLIC STEROID SIDE EFFECTS - FACT, FICTION AND TREATMENT - Price \$15.00 (U.S. funds) or \$20.00 Can plus \$1.00 P&H. This book spells out the facts, dispels the myths, and gives advice to both men and women on how to best deal with the side effects associated with the use of anabolic steroids. Included are discussions on serum cholesterol, liver problems, cancer, gynecomasia, acne, hirsutism, baldness, aggression, fluid retention, decreased sperm count, voice changes, changes in sex drive, and many other topics.

Drug Use And Detection In Amateur Sports Plus All Five Updates, plus 9 Issues of DRUGS IN SPORTS - Price \$19.95. My book updates and (especially anabolic, steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection. The cost of the book plus all five updates is \$40.00 U.S. Funds or \$52.50 Can, plus \$3.50 P&H. The Book, Drug Use and Detection in Amateur Sports, is \$15.00 U.S. Funds or 20.00 Can, plus \$2.00 P&H. Each issue of DRUGS IN SPORTS is \$10.00 US plus \$1.00 P&H.

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DEAR MAURO: I am enclosing a letter that appeared in the October 1994 POWERLIFTING USA. This letter is almost identical to one I was planning to write.

Other than a good vitamin supplement, what is important to build muscle mass and strength? More important, with all the products available, which ones have been shown to work and which manufacturers make quality products?

In your response to the enclosed letter, you indicated you had compiled a comprehensive supplement guide. All info on products and reliable companies would be greatly appreciated. Thank You, **Jim F.**

DEAR JIM: As mentioned in the letter published in PL USA, there are just a handful of supplements that do seem to increase lean body mass and strength. I've just completed a book called "The Anabolic Diet" that details a new diet plan and several nutritional supplements targeted to work with this diet. As well my new supplement guide is also now available. Both books are backed up by scientific and medical research as well as my own personal work.

The books and supplements will be handled by Leo Costa's company Optimum Training Systems. Their order desk and information number is 1-800-582-2083. Let me know if you have any more questions or need more information. **Mauro Di Pasquale M.D.**

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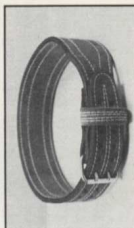
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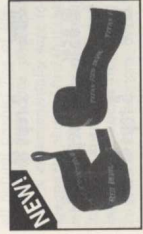
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TRAINING

BENCH PRESS PYRAMID Training Alternatives Revisited as told to PL USA by Greg Reshel, Power Excel

There are three major components to the success of any strength training cycle. First, you must work hard by gradually increasing volume of work and decreasing the time needed to accomplish that work. This strength training allows you to successfully accomplish a cycle of steadily increasing loads (peaking cycle). Secondly, you must rest. You need physical, emotional, and mental rest to sufficiently recover from hard training. The hard training tears down the muscles while the rest process rebuilds them stronger than before. Thirdly, you must eat. You need adequate nutritional balance as well as sufficient calories to recover from training and to increase your metabolic functions to improve healing and growth functions of your body. Every athlete must pay close attention to each of these three factors if you will make steady progress toward your goals.

The questions that most athletes will ask, especially after reaching their first plateau, is "How do I maintain my level of progress? I need to achieve my goals." We at Power Excel believe the key lies in variety.

Our bodies will eventually adapt to any program at some point. Once you adapt you will no longer make appreciable or satisfactory progress on that routine. You need to vary the routine to maintain the rate of progress. After a year or more of hard work you will be able to return to the program that had plateaued and again make progress on that routine. It is not necessary for every individual program to produce gains in absolute performance. Many programs will establish deeper foundation in muscular balance and enhancement of the recovery process so that subsequent programs or a previously successful program will be much more successful.

This month we will look at a pyramid training routine for the bench press. You will work for 10 weeks to peak your bench press. This cycle is especially good for an off-season peak in that there is a lot of work involved. I recommend that you bench press twice per week. On the light day you must concent-

conditioning and prepare you for a peak performance cycle. You may not establish a personal best on this cycle, but we guarantee that you will be stronger and in better condition. I am not including related accessory work, because accessory work is specific to the individual athlete and this program will focus on the bench press exercise itself.

Week #	Set #1 % 1RM	Set #2 1RM	Set #3 % 1RM	Set #4 % 1RM
Week 1	10 reps @ 60%	7 reps @ 66%	5 reps @ 72%	3 reps @ 80%
Week 2	10 reps @ 50%	5 reps @ 65%	3 reps @ 78%	1 rep @ 85%
Week 3	3x8 reps @ 55%	6 reps @ 70%	4 reps @ 76%	2 reps @ 85%
Week 4	3x5 reps @ 55%	3x3 reps @ 75%	3x2 reps @ 82%	3x1 rep @ 90%
Week 5	10 reps @ 62%	7 reps @ 68%	5 reps @ 75%	3 reps @ 85%
Week 6	10 reps @ 53%	5 reps @ 68%	3 reps @ 81%	1 rep @ 88%
Week 7	3x8 reps @ 58%	6 reps @ 73%	4 reps @ 80%	2 reps @ 88%
Week 8	3x5 reps @ 60%	3x3 reps @ 78%	3x2 reps @ 85%	3x1 rep @ 93%
Week 9	Warm up to 85%	1 rep @ 90%	3 reps @ 85%	5 reps @ 80%
Week 10	Warm up to 85%	1 rep @ 94%	1 rep @ 101%	1 rep @ 108%

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INTERVIEW

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

QUINCY GUZMAN

as interviewed for Powerlifting USA by Bob Gaynor



Quincy Guzman battling for a place at the ADFPA Men's Nationals

BG: Give us some personal information about yourself.
QG: My real name is Quintin Jon Guzman. I'm 30 years old and was born and raised in the beautiful state of Hawaii. As for my career, I am a marketing director with Equinox International independent distributor.

BG: How did you get started in powerlifting?
QG: I started lifting weights for high school football and got hooked on the challenge to lift more than anyone else.

BG: How long have you been lifting and competing?

QG: I've been lifting for over 12 years and competing for six years.
BG: How did you get involved with the ADFPA?

QG: The only organization I've ever wanted to be in was the ADFPA because of my views on being drug-free.

BG: What are your views on drug usage and drug testing?

QG: I'm totally against drug usage. I never ever thought of myself taking something that would go against being healthy or unnatural to the body. I've been able to do pretty good without any kind of help from drug usage anyway. As for testing, test them all randomly off season that way you can catch them when they least expect it. I believe that the ADFPA should test all the elite lifters all year round if it could be done, considering the cost, of course.

BG: Do you use any special supplement program or follow any special diet?

QG: I watch what I eat all year long. Breathing clean air, drinking and bathing with fresh clean purified water filtered by Equinox for supplements, I use all Equinox products. Knowing that the body can heal itself naturally, Equinox International has a phenomenal all natural product line of life-enhancing innovative products that is environmentally safe to life and the planet. I find that the mineral line helps me a lot with increased energy, strength, and less aching muscles from those intense training sessions. These supplements are all natural. It provides the nutrients I lack from proper nutrition.

BG: What are your future goals in powerlifting?

QG: To win the ADFPA open and to world championships and to always be known without a doubt as being purely drug-free forever!

BG: What are your best lifts in competition and training?
QG: Some of my best lifts are squat 685 lb., bench 385, and deadlift 600. My training needs to be more consistent. Hopefully, records will be broken. We'll see!

BG: Give us a breakdown of your training program both in and out of season.
QG: As for training, I stay heavy in and out of season, working speed at all times and varying my rest periods according to where I'm at from my contest. I like to use the Workouts of the Month from POWERLIFTING USA magazine and structure them around my own style.

BG: What do you see as the future of powerlifting?

QG: In the Olympics would be cool I'd train my butt off for it! Unification of all the drug free organizations would be nice, so no more talk.

BG: What advice would you have for beginners?

QG: For all you beginners, be consistent in your training and be patient! The weights and poundage will come! Just don't forget to do all the exercises that it takes to build power! Believe in yourself!

BG: What are some of the titles you have won and records you hold?
QG: Hawaii state 165 lb. champ 1990-1995, Lifetime Drug Free Nationals 165 lb. champion.

BG: Are there any other comments you would like to make?

QG: I'd like to thank God for he is Lord and above all, I'd like to give a great big thanks to Keith Jones of Champions Fitness Center in Honolulu for all the support. Also, Odd Haugen of Gold's Gym Honolulu for believing in drug free organizations. To my mom and dad, Mr. and Mrs. Peter Roy Guzman for making me go for my dreams, for if it can be dreamed, it can be achieved! A great big mahalo to Mike Lambert and Bob Gaynor for this interview. Hey, Mike, when are you coming back so we can throw you a luau! For more information regarding supplements, call (808)423-6466.

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WOMEN AND THE SUCCESS SYNDROME

by Judd Biasiotto Ph.D., World Class Enterprises



Carrie Boudreau squatted a new IPF World Record 421 lbs. in the 123 lb. class at the USPF Seniors, and came within 12.5 kilos of the winning total in the men's 123 lb. class. Do you think she suffers from 'SUCCESS SYNDROME'?

I love women. Not it's not because most of them are finer than a brand new pick-up with chrome bumpers and spoked wheels, and it has nothing to do with their bodies. It's not the sugar and spice and everything nice either. Although you can't help but love women for all those basic qualities. Especially the booty part. The reason I really love women is that they will let men win in everything except divorce court. The first time I noticed this seemingly innate trait in women that causes them to lose to men was when I was four years old. At the time I was riding a 763 game-winning streak in "Old Maid." Of course, the only people I ever played against were my mother and my grandmother. One afternoon, after I had trounced both of them in about two straight games, I started feeling sorry for them. I mean neither of them had won a game of "Old Maid" since I had crawled out of my mother's womb. So I decided to give them a break and let them almost win a game. Well, I want to tell you that no matter how poorly I played, they played even worse. I couldn't get the "Old Maid" to save my life. If I didn't know better, I would have thought that they were actually trying to let me win.

The next time I noticed that women had a type of built-in trait for losing to men was when I was ten years old. At that time my sister Judy was the fastest kid in the neighborhood - bar none. I know because I was by far the second fastest kid, and she could beat me like chopped meat. Believe me, Judy could run - like Carl Lewis with hub caps under his arm. Judy was going to race this kid named Bobby Fishor. Now in all candor, Fishor didn't have a snowball's chance in hell of beating Judy. I'm not exaggerating when I say that he was the slowest thing that God ever put on two legs. I once grew a beard waiting for the guy to run down to the end of the block, and it was only six years old! Hell, you could clock the guy with a sundial in a 40 yard dash. Consequently, I figured Judy would kick his butt but good. Well, not even Ripley would believe what happened in that race. Fishor was about as fast as molasses in January, and Judy... well... she was about as fast as my grandfather who had been dead since I was three. Watching that race was about as painful as trying bacon in the nude.

It wasn't until years later that I realized that the race was fixed, and so were all of those Old Maid games. And most likely, so were a lot of tennis matches, scabble games, business ventures, and God only knows what else. In fact, it's probably safe to say that women have "thrown" more events than Jim McMahon and the World Wrestling Federation. I know it sounds crazy, but it's true - some women lose to men on purpose. In technical terms, it's called the "success syndrome" or success phobia. That's right, it's actual fear of winning. Apparently, some women have a greater fear of succeeding than they have of failing. It's conceivable that the female success phobia is genetic, but it is far more likely that from infancy onward, women are rewarded and encouraged every time they express an interest in such "feminine" things as cooking, sewing, and shopping, and are criticized and discouraged when they express an interest in "male" things like football, chemistry, and politics. It's also reasonable to assume that a woman's self-image is to a great extent shared by the mass media, which tends to depict women in non-competitive roles that the culture encourages

studies about sex roles, consider physical strength and skill an essential aspect of masculinity, and when they resent or even fear the intrusion of women into this domain. When a woman does cross the line and chooses to compete against a man on his own turf, social traditions and convictions are challenged. Although it takes a strong and independent woman to challenge such traditions, her detestation from convention is often viewed by males and females alike as a sign of abnormality. She may be seen as characterized as a "bombor" or a "freak."

There is an exception to this reputation with males is not so objectionable if she performs like a debonair land squid and is not a real threat to fun. A female who participates for fun, does not pursue victory, and who does not show a potential for defeating her male counterpart, is considered to be in compliance with traditional expectations. However, the moment a female becomes truly competitive, she is typecast and is often suspected to have lesbian tendencies much in the same manner that males who enter into traditionally feminine activities are accused of being homosexual. This is where the success phobia comes into play. In order to gain social approval or respectability, many women will deliberately lower their aspirations or give less than their best when competing against men. Interestingly, this phenomenon applies to intellectual as well as physical pursuits. For instance, many men feel threatened if their women are smarter than they are, and most women are smart enough to realize this and consequently play dumb (which is dumb) in order to keep their relationship going. Rather than their man, most women would probably be better off finding themselves another man... not necessarily a smarter one, but one who is man enough to handle a woman's successes. You know, a real man, someone like me.

When it comes to sports, the male ego seems to be just as fragile. In fact, a successful female athlete can deflate a male's ego faster than Madonna can change underwear. Speaking of Madonna, did you know I'm one of only four men in the world who has ever seen her fully clothed? Anyway, being defeated by a female can result in ridicule, teasing, social rejection, and disgrace for most males. Not a pretty sight, and if the woman really kicks his "masculine" behind he could be headed for some bad territory - loss of confidence, self-esteem, and male restroom privileges.

In all candor, from a purely competitive standpoint, the male is in a no-win situation, when he competes against a female. If he wins, he has accomplished nothing in the eyes of his peers, because most men have been taught to believe that women are no match for men in rugged sports or anything else for that matter. However, if he loses, he is perceived as disgracing himself as well as his male and female friends. Thus, men who compete against women are more concerned about avoiding the loss than in achieving a victory. Winning against a woman is not only satisfying (at best, one gets a sense of relief) but a loss can be psychologically devastating. Actually, there is a prolific amount of research which indicates that women who are successful in the field of sports, politics, and business get fewer dates, marry less, and divorce more than women who are less successful in the above mentioned areas. Interestingly, during the last four months, I informally surveyed a number of males to find out how they felt about dating women who are successful in sports, and businesswomen like Laura Combs, etc. Although this was not a scientific survey or a representative sample of male opinion, the responses I got were rather revealing. The following comments

seemed to summarize how most of the males I interviewed felt: (1) "I don't like dealing with intelligent women. They have an attitude. They think they know everything and they want to tell everyone what to do. They are generally bitches." (2) "I don't want to date any girl who has bigger muscles than I do." (3) "The only way I'd date a girl like that is if she made me." (4) "I think all those female weightlifters should quit lifting weights, find themselves a nice girl, and settle down." (5) "Perhaps it's just my idea of what a female should look like, but most professional women are just not attractive."

Such stereotypes are certainly unfair, but then who said anything about being fair. By now it should be clear that women have in part been psychologically manipulated into letting men win at "men things." Well, I have news for you, "THINGS" they are a changing. Not it's not men. Most males are still chauvinistic pigs with fragile egos. It's women. They're getting to the point where they don't care about social approval or the male ego anymore. In fact, a lot of women are starting to kick butt and take names themselves. And do you know what that means? My 2,474 game win streak in Old Maid is in serious jeopardy.

Judd Biasiotto Ph.D.

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Powerlifters are always looking for ways to lift heavier weights. Nevertheless, they seldom attempt different lifting techniques, having experienced some success in what they have been doing, despite the fact that they may improve more through change. Even more infrequent is the interest shown by the majority of powerlifters in reducing the risk of injury - not only immediate injury, but injuries that may surface in later years. With the lifts like the deadlift, injury to the lower back is very possible.

If you have ever had the opportunity to view an X-ray video (not an X-rayed video) during an incorrect deadlift movement, you might expect to find a biomechanical expert to help you out. The stresses placed on the vertebrae and the disks could scare you to death. Research has indicated that spinal shrinkage, which means compression of one or more vertebral disks, can occur during such exercises as the deadlift and the squat. Height has been shown to reduce as much as 3.59 mm during squatting alone.

Conventional deadlifting, with knees positioned inside your arms places greater stress on the muscles and spine of your lower back than sumo-style deadlifting. And when you do not maintain good form (i.e. but-tocks low) chances are that your lower back is going to perform the greatest amount of work to raise the bar. This is precisely when you place your lower back at risk for injury.

The way you deadlift actually influences the stresses placed on the lumbar spine of the lower back. When a group of Canadian powerlifting champions were analyzed during a national competition, researchers found the sumo-style of deadlifting (feet spread wide with arms hanging down between them) places less stress on the lumbar spine by reducing the range of lower back motion and the subsequent loads inflicted to the lumbar (i.e. L4/L5) area.

Not only does sumo deadlifting require less of a range of movement to completely raise the bar, it also allows for you to begin the movement in a more favorable manner - from a low buttocks position. This position usually initiates lifting with your legs while facilitating less lower back stress.

A problem occurs in many powerlifters when attempting a sumo-style deadlift. It's the flexibility in the muscles about the hips. When the muscles around your hips and on the inside of your thighs are

STARTIN' OUT

A special section dedicated to the beginning lifter

Safe Back Training

as told to Powerlifting USA by John Comereski

twitch muscle fibers located in the lower back, are those most often susceptible to low-back injury and/or pain. Unfortunately for some, these fibers are determined by heredity - you cannot change your fiber type arrangement. Fast-twitch fibers are more likely to fatigue quickly, cramp and produce spasms as compared to slow-twitch fibers. For this reason alone, you should train your deadlift once every 6-8 days while performing a limited number of repetition and sets. The more you do, the more fatigued the lower back muscles become and, consequently, less protection around the spine is available.

Weightlifting belts do not protect your back! However, they do protect your spine. And they do this by increasing your intra-abdominal pressure which in turn reduces possible dangerous forces that can facilitate to your spinal disks.

This inside pressure allows your spinal column to resist flexion by becoming more rigid. Interestingly though, is the finding that your muscles responsible for intra-abdominal pressure are not strengthened as much as when you use a belt. You might therefore consider performing selected warm-up sets without a belt just like Fred Hatfield (aka Dr. Squat) and Ed Coan have been observed doing.

Proper use of a weightlifting belt can reduce the compression of intervertebral disks. When eight males performed a circuit of weight training, one with a belt and one without a belt (on separate days), measurements of height taken before and after the exercise sessions were compared. Decrease in height were found in both groups and attributed to spinal shrinkage. However, when a belt was not worn, a greater decrease in height was experienced. (3.59mm vs. 2.87mm).

When subjects wore belts, they also



Troy Culberson, USPF 165 lb. champ knows how to take care of his back.

tight, the ability to begin a sumo deadlift, in a comfortable position, is highly doubtful. And as you already know, if you cannot get down into a comfortable position before your "pull," chances are you are going to use your lower back to a much greater degree than desired.

Why is your lower back so at risk for injury? First, it is the deadlift which places directional stress on your spinal column, almost forcing the disks of your lumbar back to herniate posteriorly. Since most of us can deadlift weights that are in excess of 2.3 times our own bodyweight, it is this lift that also places a large amount of compression on your spinal structure.

experienced significantly less discomfort during the exercises. And the level of exercise discomfort was highly correlated with the degree of spinal shrinkage.

Contrary to frequent practice, weight belts are beneficial to those performing multiple repetitions as well as 1-rep maximum lifts. A study performed on five skilled male lifters showed the effectiveness of a weightlifting belt in providing intra-abdominal pressure necessary for reducing spinal compression and shear forces even at submaximal workloads (8-reps). When scientists monitored lifters performing the squat (similar to movements of the back during the deadlift) it was found that the hamstring and vastus lateralis muscles are used to a greater degree during the later repetitions of a set when a belt is worn as compared to a no-belt set. In addition, when wearing a belt while squatting, the up-phase tends to be performed more quickly.

A strong back is the answer for many activities, especially powerlifting, but seldom is the approach to such strength performed with adequate intensity, especially when injury to the lower back has been experienced. Many powerlifters do not perform sufficient back exercises to maximize their performance in the squat and deadlift, while others question the value of much intense back exercise due to their fears of injuring themselves.

Regardless, it is intense lower back exercise that can be beneficial to those suffering lower back pain as well as preventing such injury. Researchers monitored lower back pain patients who undertook exercise programs of low-intensity isometrics, low-intensity back hyper-extensions or high-intensity back hyper-extensions. Those in the high-intensity exercise group showed the most improvement in back pain reduction. Although improvement is evident after regular exercise rehabilitation, some discomfort is likely during the beginning 3-4 weeks of intensive training.

The choice is yours, but do it right; this information is not intended to stop you from deadlifting. It is however, intended to point out the need for proper lifting techniques along with the suggestion of at least trying sumo-style deadlifting at least from a safety point of view.

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2. Medicine and Science in Sports and Exercise, October, 1991
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FOR REVIEW ... THE BENCH PRESS TAPE BY LOUIE SIMONS

Ordering information is on Louie's advertisement on page 27 of this edition of the magazine. ... Next up is a long-awaited book from Dr. Mauro Di Pasquale - Bodybuilding Supplement Review. This approach has been taken before, but it's never been as effective through his own incredible career, but adapted to each individual lifter. Walter has 25 years of lifting experience, and he reveals the keys to his strength gains, starting with a routine that he used for the 1975 World Championships in Birmingham, England. With actual poundages specified, and a neat color coding system, the 18 week cycle is spelled out clearly. You're hardly going to find a greater set of credentials for a powerlifter than that of Walter Thomas. He's won it all - from National Collegiate championships to Junior National to Senior National to World Championships to Masters Championships in several organizations. The man is 48 years old, and he's just off an IPF OPEN world title. You figure it out. Walter's ad can be found on this page, and we recommend it. Walter, now that he is retired from civil service and military duties, is going to be very heavily involved in training people and producing some great champions for the future. We just got a copy of Guy Adams 3 video series (1 per lifting day) enclosed for those who want to go hard and always getting stronger.

ALL TIME COMMENTARY ... Categorizing the top 50 USA Women of All Time has been truly a monumental task.

With the ladies results are hidden in the text and sometimes the bodyweights are not identified. You will find many corrections, and I welcome them. Women's powerlifting has been in existence about 15 years or about half the duration of the men's competition. For those of you who out there who thought I was a male chauvinist statistician and was ignoring the gals, I'm sorry. This is the age of equal opportunity and the women's movement has been astounding in this sport. So great have been the strides in recent years that the depth has finally warranted the necessity of these compilations. I hope the ladies out there appreciate my efforts. I wore out two pairs of glasses and almost went blind searching every nook and cranny of PL USA - the Bible of our sport. 97 lb. class - The smallest category, does not diminish the excellent quality of lifting. Just look! All the top 50 scored 611. Nine others surpassed the 600 barrier. An even dozen 700 and the top two gave the 800 barrier a scare. Susie Bentford, wife of the great meat promoter Gary, tops the list with 795. Ann Leverett is as close behind her as you could possibly get. Among the totals recorded earliest still surviving are those from the early Eighties - a real blast from the past. Barb Wedding and Ginger Lord, still among the top 20. Lauri Okami and Joann Fruth both scored 656. Note Donna Malone-Wicker who won the Nationals and Worlds rates just above Diane Rowell at 633. Rowell, that sound familiar? As she advanced through the classes her lifts soared to the outermost limits 105 lb. class - If Louie Simmons is indeed "King Louie" then make no mistake about it, wife Doris is Queen. She leads the all time best at 104 with a terrific total of 887. Malik Jones is closest to her with an utterly incredible 402 deadlift! Rowell vaults from 33rd in the previous class to 5th here with 810. She is one notch above Elisabeth Street who in May was fifth in the 14th IPF Women's World Championships. The USA once battled the Aussie women for top team honors. At this year's Worlds in Japan, the US women finished in third behind Russia and Chinese Taipei. The rest of the world has caught up. Second longest enduring among the rankings is Kathy Tuttle's 711, 38th place ranking on



Ann Leverett - this year's USPF 97 lb. champ February 7, 1981. She gave up her lifting belt for a lifetime with Ken Leister - for better or worse, etc. One notch above her is the most ancient mark - powerlifting's keystone doll - Pam Meister - would you believe May 19, 1979? Nearly everyone on in the top 50 scored 700 - 44 over 705.4 and four deadlocked the remainder at 699.94 - darn close, Melissa Canabog almost made the list. Her 694 was 51st. What will the remainder of 1995 bring? Will someone in this class break the 900 barrier? Next month - the 114 and 123s. Mary Ryan Jeffrey put West Virginia tops on the 114 map, but Carrie Boudreau ruled at 123. Herb Glosbrenner

USA All Time TOP50 Women: 97 & 105 compiled by HERB GLOSSBRENNER

Table with columns for rank, name, weight class, and lift totals. Lists top 50 women for 97 lb and 105 lb classes.



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INTERVIEW

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

CHRIS CONFESSORE

as interviewed for Powerlifting USA by Doug Daniels

On June 17, 1995, in Phoenix, Arizona, Chris benched an amazing world record 741 pounds. There have been several 700 pound-plus benches lately, but what makes this so spectacular is that he is not a 300 pound-plus superheavyweight, but a mere 236 pounds. Confessore is no flash in the pan or gym lifter. Chris has been setting world records in the bench since 1988. His resume includes about 16 world records and the most triple body-weight benches in history with a dozen. Not just a benchner, Chris has also distinguished himself as a top 3-lift competitor with YMCA and Junior National titles, registering an 804 squat and 2044 total in the 220 class, 1962 at 198 and 1878 at 181. His first meet showed there was some potential there with a 305 bench at 148 pounds in the mid-1980s. Chris managed to leave his mark on each weight class from 148 to 242 with a best of 350 at 148, 460 at 165, 562 at 181, 589 at 198, 662 at 220 and of course, the 741 at 242. The 741 is the highest-rated bench by the Schwartz formula, the first to surpass 400 points. This dominance and longevity in the sport makes Chris the greatest bench presser of all time and he's not done yet.

DOUG: I've known you for about 10 years and have always been amazed by your power, but the last year has seen your bench go out of sight. To what do you attribute this?
CHRIS: I think my body is just now getting to where it wants to be. This is my optimum weight class. I'm relatively injury-free, and the heavy weights don't bother me much at this weight. Also, my mentors at Iron Curtain Labs developed an incredible bench cycle routine to maximize my explosive power. I don't want to reveal how it works at the present because I intend to use this system to shatter the 800 pound barrier by next spring.
DOUG: Is your training any different than it was in the past?
CHRIS: Not really. I'm just lifting heavier weights now more often at this weight. After getting the 662 in 1993, it seemed to wake my body up. I've made steady progress since then and I realized that 700 was a real possibility. When I started, 600 was not in my mind, let alone 700.
DOUG: I've always wondered how

bench, but what type of weight do you use in other exercises?

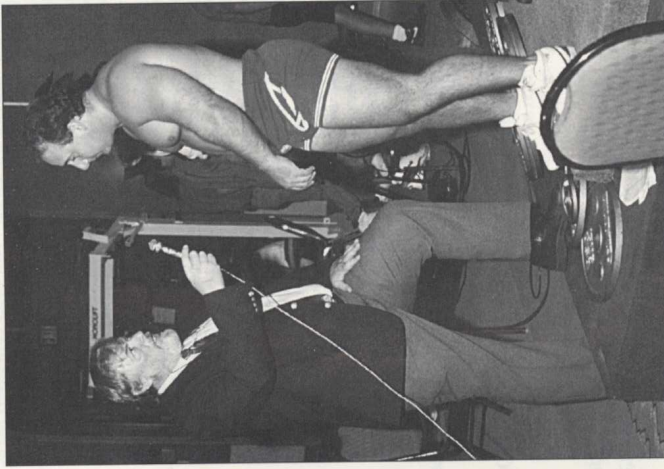
CHRIS: I can overhead dumbbell press a pair of 525s for 15 reps, close grip bench 525x6. I've just started working my biceps hard lately. My brother, Neil said my arms have gotten bigger since I've been doing them. The increased bicep strength has helped me stabilize the bar during the bench.
DOUG: PLUSA can't have an interview with a big benchner without getting some hints for us mere mortals.

CHRIS: I've found that the average benchner trains too much. I suggest benching once a week with a heavy close grip bench workout on the second day once every other week. Tricep work like pushdowns are also good for assistance. A reader from Muscle Mag wrote me for advice, and I basically suggested a routine similar to this. He wrote back a while later and made fantastic progress. Train hard with high intensity but do not lie in the gym.

DOUG: Do you see yourself getting back into 3-lift meets again?
CHRIS: That's possible, but right now it's not a priority. I'm having fun upping the bench record and pushing the big guys.

DOUG: What are your near term goals?
CHRIS: I feel I can bench 800 by next spring. I've just moved up to the 242 class and my body has not fully grown into it yet. My strength will follow my weight over time. I may move up to the 275 class, say at about 243 or so, to set the record there too. The supers are out of the question.
DOUG: Thanks for the interview and good luck.

CHRIS: You're welcome and I'd like to thank Mike Lambert and PLUSA for the opportunity. And of course, all of my records would not be possible without all the great people behind me, my wife Diane, Neil, my whole family and all my great training partners throughout the years. A special thanks goes to all the great people at Iron Curtain Labs for all their help and supervision throughout my career. Without all of these great people helping me, I can honestly say I would not have come this far. So who says powerlifting is not a team sport? And, of course, thank you Doug.



Chris Confessore interviewed by Peter Thorne at the 92 APF Seniors

weight. Just before the meet I doubled 705 and followed that with an easy 730, so I was ready for a big lift.
DOUG: You've got a lot going on right, how about the scoop?
CHRIS: I'm writing a monthly column for Muscle Mag called the "Power Page." It gives powerlifting some good exposure. I answer questions from readers. My bench press book has been selling well and I'm working on a bench press video. I'm also the spokesman for Iron Curtain Labs, a supplement distributor. I've gotten good results from all of their products, especially GH-1000. I highly recommend this special product.
DOUG: We know what you can

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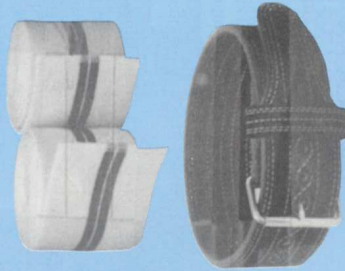


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Greg Gordon locks out 520 and Buffy Gordon pulls 430 at the Cross County DL/BP Classic (Latch photo)



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2	L. Middleton	430	Women
3	E. Peterson	300	Men
4	C. Taylor	300	Men
5	J. Latch	300	Men
6	S. Spurgeon	300	Men
7	R. Spurgeon	300	Men
8	C. Taylor	300	Men
9	J. Latch	300	Men
10	S. Spurgeon	300	Men
11	R. Spurgeon	300	Men
12	C. Taylor	300	Men
13	J. Latch	300	Men
14	S. Spurgeon	300	Men
15	R. Spurgeon	300	Men
16	C. Taylor	300	Men
17	J. Latch	300	Men
18	S. Spurgeon	300	Men
19	R. Spurgeon	300	Men
20	C. Taylor	300	Men
21	J. Latch	300	Men
22	S. Spurgeon	300	Men
23	R. Spurgeon	300	Men
24	C. Taylor	300	Men
25	J. Latch	300	Men
26	S. Spurgeon	300	Men
27	R. Spurgeon	300	Men
28	C. Taylor	300	Men
29	J. Latch	300	Men
30	S. Spurgeon	300	Men
31	R. Spurgeon	300	Men
32	C. Taylor	300	Men
33	J. Latch	300	Men
34	S. Spurgeon	300	Men
35	R. Spurgeon	300	Men
36	C. Taylor	300	Men
37	J. Latch	300	Men
38	S. Spurgeon	300	Men
39	R. Spurgeon	300	Men
40	C. Taylor	300	Men
41	J. Latch	300	Men
42	S. Spurgeon	300	Men
43	R. Spurgeon	300	Men
44	C. Taylor	300	Men
45	J. Latch	300	Men
46	S. Spurgeon	300	Men
47	R. Spurgeon	300	Men
48	C. Taylor	300	Men
49	J. Latch	300	Men
50	S. Spurgeon	300	Men
51	R. Spurgeon	300	Men
52	C. Taylor	300	Men
53	J. Latch	300	Men
54	S. Spurgeon	300	Men
55	R. Spurgeon	300	Men
56	C. Taylor	300	Men
57	J. Latch	300	Men
58	S. Spurgeon	300	Men
59	R. Spurgeon	300	Men
60	C. Taylor	300	Men
61	J. Latch	300	Men
62	S. Spurgeon	300	Men
63	R. Spurgeon	300	Men
64	C. Taylor	300	Men
65	J. Latch	300	Men
66	S. Spurgeon	300	Men
67	R. Spurgeon	300	Men
68	C. Taylor	300	Men
69	J. Latch	300	Men
70	S. Spurgeon	300	Men
71	R. Spurgeon	300	Men
72	C. Taylor	300	Men
73	J. Latch	300	Men
74	S. Spurgeon	300	Men
75	R. Spurgeon	300	Men
76	C. Taylor	300	Men
77	J. Latch	300	Men
78	S. Spurgeon	300	Men
79	R. Spurgeon	300	Men
80	C. Taylor	300	Men
81	J. Latch	300	Men
82	S. Spurgeon	300	Men
83	R. Spurgeon	300	Men
84	C. Taylor	300	Men
85	J. Latch	300	Men
86	S. Spurgeon	300	Men
87	R. Spurgeon	300	Men
88	C. Taylor	300	Men
89	J. Latch	300	Men
90	S. Spurgeon	300	Men
91	R. Spurgeon	300	Men
92	C. Taylor	300	Men
93	J. Latch	300	Men
94	S. Spurgeon	300	Men
95	R. Spurgeon	300	Men
96	C. Taylor	300	Men
97	J. Latch	300	Men
98	S. Spurgeon	300	Men
99	R. Spurgeon	300	Men
100	C. Taylor	300	Men

GCHS Invitational 21 Apr 95 - Oshkosh, WI

Rank	Name	Weight	Class
1	B. Gordon	430	Women
2	L. Middleton	430	Women
3	E. Peterson	300	Men
4	C. Taylor	300	Men
5	J. Latch	300	Men
6	S. Spurgeon	300	Men
7	R. Spurgeon	300	Men
8	C. Taylor	300	Men
9	J. Latch	300	Men
10	S. Spurgeon	300	Men
11	R. Spurgeon	300	Men
12	C. Taylor	300	Men
13	J. Latch	300	Men
14	S. Spurgeon	300	Men
15	R. Spurgeon	300	Men
16	C. Taylor	300	Men
17	J. Latch	300	Men
18	S. Spurgeon	300	Men
19	R. Spurgeon	300	Men
20	C. Taylor	300	Men
21	J. Latch	300	Men
22	S. Spurgeon	300	Men
23	R. Spurgeon	300	Men
24	C. Taylor	300	Men
25	J. Latch	300	Men
26	S. Spurgeon	300	Men
27	R. Spurgeon	300	Men
28	C. Taylor	300	Men
29	J. Latch	300	Men
30	S. Spurgeon	300	Men
31	R. Spurgeon	300	Men
32	C. Taylor	300	Men
33	J. Latch	300	Men
34	S. Spurgeon	300	Men
35	R. Spurgeon	300	Men
36	C. Taylor	300	Men
37	J. Latch	300	Men
38	S. Spurgeon	300	Men
39	R. Spurgeon	300	Men
40	C. Taylor	300	Men
41	J. Latch	300	Men
42	S. Spurgeon	300	Men
43	R. Spurgeon	300	Men
44	C. Taylor	300	Men
45	J. Latch	300	Men
46	S. Spurgeon	300	Men
47	R. Spurgeon	300	Men
48	C. Taylor	300	Men
49	J. Latch	300	Men
50	S. Spurgeon	300	Men
51	R. Spurgeon	300	Men
52	C. Taylor	300	Men
53	J. Latch	300	Men
54	S. Spurgeon	300	Men
55	R. Spurgeon	300	Men
56	C. Taylor	300	Men
57	J. Latch	300	Men
58	S. Spurgeon	300	Men
59	R. Spurgeon	300	Men
60	C. Taylor	300	Men

USPF California Submaster/Masters 4 Mar 95 - Fresno, CA (kg)

Rank	Name	Weight	Class
1	B. Gordon	430	Women
2	L. Middleton	430	Women
3	E. Peterson	300	Men
4	C. Taylor	300	Men
5	J. Latch	300	Men
6	S. Spurgeon	300	Men
7	R. Spurgeon	300	Men
8	C. Taylor	300	Men
9	J. Latch	300	Men
10	S. Spurgeon	300	Men
11	R. Spurgeon	300	Men
12	C. Taylor	300	Men
13	J. Latch	300	Men
14	S. Spurgeon	300	Men
15	R. Spurgeon	300	Men
16	C. Taylor	300	Men
17	J. Latch	300	Men
18	S. Spurgeon	300	Men
19	R. Spurgeon	300	Men
20	C. Taylor	300	Men
21	J. Latch	300	Men
22	S. Spurgeon	300	Men
23	R. Spurgeon	300	Men
24	C. Taylor	300	Men
25	J. Latch	300	Men
26	S. Spurgeon	300	Men
27	R. Spurgeon	300	Men
28	C. Taylor	300	Men
29	J. Latch	300	Men
30	S. Spurgeon	300	Men
31	R. Spurgeon	300	Men
32	C. Taylor	300	Men
33	J. Latch	300	Men
34	S. Spurgeon	300	Men
35	R. Spurgeon	300	Men
36	C. Taylor	300	Men
37	J. Latch	300	Men
38	S. Spurgeon	300	Men
39	R. Spurgeon	300	Men
40	C. Taylor	300	Men
41	J. Latch	300	Men
42	S. Spurgeon	300	Men
43	R. Spurgeon	300	Men
44	C. Taylor	300	Men
45	J. Latch	300	Men
46	S. Spurgeon	300	Men
47	R. Spurgeon	300	Men
48	C. Taylor	300	Men
49	J. Latch	300	Men
50	S. Spurgeon	300	Men
51	R. Spurgeon	300	Men
52	C. Taylor	300	Men
53	J. Latch	300	Men
54	S. Spurgeon	300	Men
55	R. Spurgeon	300	Men
56	C. Taylor	300	Men
57	J. Latch	300	Men
58	S. Spurgeon	300	Men
59	R. Spurgeon	300	Men
60	C. Taylor	300	Men

USPF California Submaster/Masters 4 Mar 95 - Fresno, CA (kg)

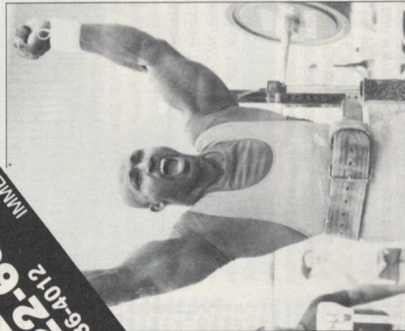
Rank	Name	Weight	Class
1	B. Gordon	430	Women
2	L. Middleton	430	Women
3	E. Peterson	300	Men
4	C. Taylor	300	Men
5	J. Latch	300	Men
6	S. Spurgeon	300	Men
7	R. Spurgeon	300	Men
8	C. Taylor	300	Men
9	J. Latch	300	Men
10	S. Spurgeon	300	Men
11	R. Spurgeon	300	Men
12	C. Taylor	300	Men
13	J. Latch	300	Men
14	S. Spurgeon	300	Men
15	R. Spurgeon	300	Men
16	C. Taylor	300	Men
17	J. Latch	300	Men
18	S. Spurgeon	300	Men
19	R. Spurgeon	300	Men
20	C. Taylor	300	Men
21	J. Latch	300	Men
22	S. Spurgeon	300	Men
23	R. Spurgeon	300	Men
24	C. Taylor	300	Men
25	J. Latch	300	Men
26	S. Spurgeon	300	Men
27	R. Spurgeon	300	Men
28	C. Taylor	300	Men
29	J. Latch	300	Men
30	S. Spurgeon	300	Men
31	R. Spurgeon	300	Men
32	C. Taylor	300	Men
33	J. Latch	300	Men
34	S. Spurgeon	300	Men
35	R. Spurgeon	300	Men
36	C. Taylor	300	Men
37	J. Latch	300	Men
38	S. Spurgeon	300	Men
39	R. Spurgeon	300	Men
40	C. Taylor	300	Men
41	J. Latch	300	Men
42	S. Spurgeon	300	Men
43	R. Spurgeon	300	Men
44	C. Taylor	300	Men
45	J. Latch	300	Men
46	S. Spurgeon	300	Men
47	R. Spurgeon	300	Men
48	C. Taylor	300	Men
49	J. Latch	300	Men
50	S. Spurgeon	300	Men
51	R. Spurgeon	300	Men
52	C. Taylor	300	Men
53	J. Latch	300	Men
54	S. Spurgeon	300	Men

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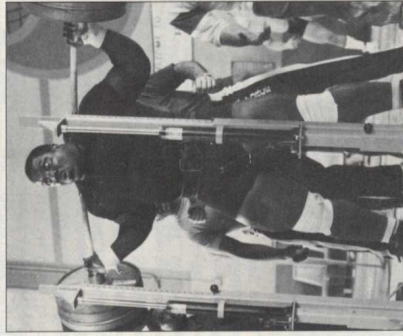


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*In Memory of O.D. Wilson
 9/12/54 - 10/29/91*

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- Tank Tops** — 2 color logo \$8.00
- Wrestling Singlets** — Black, Navy Blue, Royal Blue, Red
 S, M, L, XL, XXL \$19.00
- Wrestling Singlets** with full 2 color Inzer Advance Designs logo \$29.00
- Wrist Wraps** — full length with velcro and thumb loop \$9.95
- Wrist Wraps** — heavy duty, full length with velcro and thumb loop \$11.95

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Lever Belts

Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

- 10 cm x 13 mm • 6 rows of stitching ~~\$74.00~~ \$64.00
- 10 cm x approximately 10 mm • 4 rows of stitching ~~\$90.00~~ \$58.00

Buckle Belts

- 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller • single or double prong • any color • made in USA • lifetime guarantee \$64.00
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- suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality.... \$29.00

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- Inzer Intensity** - multi-color deadlift design \$10.00
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All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00



Dave Doan at the WI BP (Briggs)

Wisconsin Bench Press

23 Apr 95 - Madison, WI

Women	
100	D. Craft
110	S. Frahn
120	T. Woback
130	J. Hester
140	H. Strasser
150	D. Winkler
160	D. Lohr
170	J. McCubbin
180	D. Stigler
190	C. Phillips
200	C. Chems
210	C. Hill
220	E. Heston
230	R. Frank
240	J. Martin
250	J. M. C. C. C.
260	D. Lohr
270	D. Lohr
280	D. Lohr
290	D. Lohr
300	D. Lohr
310	D. Lohr
320	D. Lohr
330	D. Lohr
340	D. Lohr
350	D. Lohr

Shelton Invitational

8 Apr 95 - Bellevue, WA

Men	
110	D. C. C.
120	P. Determan
130	D. C. C.
140	D. C. C.
150	D. C. C.
160	D. C. C.
170	D. C. C.
180	D. C. C.
190	D. C. C.
200	D. C. C.
210	D. C. C.
220	D. C. C.
230	D. C. C.
240	D. C. C.
250	D. C. C.
260	D. C. C.
270	D. C. C.
280	D. C. C.
290	D. C. C.
300	D. C. C.

Gold's Gym Bench Classic

12 Mar 95 - Stamford, CT

Men	
110	T. Johnson
120	S. Fleming
130	M. K. Rose
140	M. K. Rose
150	M. K. Rose
160	M. K. Rose
170	M. K. Rose
180	M. K. Rose
190	M. K. Rose
200	M. K. Rose
210	M. K. Rose
220	M. K. Rose
230	M. K. Rose
240	M. K. Rose
250	M. K. Rose
260	M. K. Rose
270	M. K. Rose
280	M. K. Rose
290	M. K. Rose
300	M. K. Rose

USPF California State Bench Press

19 Mar 95 - Fresno, CA

Men	
110	B. P. Wilson
120	D. L. L. L.
130	D. L. L. L.
140	D. L. L. L.
150	D. L. L. L.
160	D. L. L. L.
170	D. L. L. L.
180	D. L. L. L.
190	D. L. L. L.
200	D. L. L. L.
210	D. L. L. L.
220	D. L. L. L.
230	D. L. L. L.
240	D. L. L. L.
250	D. L. L. L.
260	D. L. L. L.
270	D. L. L. L.
280	D. L. L. L.
290	D. L. L. L.
300	D. L. L. L.

NASA Missouri Regional

13 May 95 - Lake Ozark, MO

Men	
110	S. Submaster
120	C. C. C.
130	C. C. C.
140	C. C. C.
150	C. C. C.
160	C. C. C.
170	C. C. C.
180	C. C. C.
190	C. C. C.
200	C. C. C.
210	C. C. C.
220	C. C. C.
230	C. C. C.
240	C. C. C.
250	C. C. C.
260	C. C. C.
270	C. C. C.
280	C. C. C.
290	C. C. C.
300	C. C. C.

Tyrone Area YMCA Bench

22 Apr 95 - Tyrone, PA

Men	
110	T. Moore
120	C. K. K.
130	C. K. K.
140	C. K. K.
150	C. K. K.
160	C. K. K.
170	C. K. K.
180	C. K. K.
190	C. K. K.
200	C. K. K.
210	C. K. K.
220	C. K. K.
230	C. K. K.
240	C. K. K.
250	C. K. K.
260	C. K. K.
270	C. K. K.
280	C. K. K.
290	C. K. K.
300	C. K. K.

PCI Bench Blast

13 May 95 - Lakeland, FL

Men	
110	A. Downes
120	L. C. C.
130	L. C. C.
140	L. C. C.
150	L. C. C.
160	L. C. C.
170	L. C. C.
180	L. C. C.
190	L. C. C.
200	L. C. C.
210	L. C. C.
220	L. C. C.
230	L. C. C.
240	L. C. C.
250	L. C. C.
260	L. C. C.
270	L. C. C.
280	L. C. C.
290	L. C. C.
300	L. C. C.

Dutch Women's Nationals

26 Mar 95 (kg)

Women	
110	E. V. V.
120	E. V. V.
130	E. V. V.
140	E. V. V.
150	E. V. V.
160	E. V. V.
170	E. V. V.
180	E. V. V.
190	E. V. V.
200	E. V. V.
210	E. V. V.
220	E. V. V.
230	E. V. V.
240	E. V. V.
250	E. V. V.
260	E. V. V.
270	E. V. V.
280	E. V. V.
290	E. V. V.
300	E. V. V.

APA Southeastern Cup Bench Press

22 Apr 95 - Brunswick, GA

Men	
110	R. F. F.
120	R. F. F.
130	R. F. F.
140	R. F. F.
150	R. F. F.
160	R. F. F.
170	R. F. F.
180	R. F. F.
190	R. F. F.
200	R. F. F.
210	R. F. F.
220	R. F. F.
230	R. F. F.
240	R. F. F.
250	R. F. F.
260	R. F. F.
270	R. F. F.
280	R. F. F.
290	R. F. F.
300	R. F. F.

ADPPA DU Club Sports Bench

26 Mar 95 - Denver, CO

Men	
110	E. L. L.
120	E. L. L.
130	E. L. L.
140	E. L. L.
150	E. L. L.
160	E. L. L.
170	E. L. L.
180	E. L. L.
190	E. L. L.
200	E. L. L.
210	E. L. L.
220	E. L. L.
230	E. L. L.
240	E. L. L.
250	E. L. L.
260	E. L. L.
270	E. L. L.
280	E. L. L.
290	E. L. L.
300	E. L. L.

ADPPA "No Drugs Allowed" Bench Press

8 Apr 95 - Pittsburgh, PA

Men	
110	J. J. J.
120	J. J. J.
130	J. J. J.
140	J. J. J.
150	J. J. J.
160	J. J. J.
170	J. J. J.
180	J. J. J.
190	J. J. J.
200	J. J. J.
210	J. J. J.
220	J. J. J.
230	J. J. J.
240	J. J. J.
250	J. J. J.
260	J. J. J.
270	J. J. J.
280	J. J. J.
290	J. J. J.
300	J. J. J.

ADPPA "No Drugs Allowed" Bench Press

8 Apr 95 - Pittsburgh, PA

Men	
110	J. J. J.
120	J. J. J.
130	J. J. J.
140	J. J. J.
150	J. J. J.
160	J. J. J.
170	J. J. J.
180	J. J. J.
190	J. J. J.
200	J. J. J.
210	J. J. J.
220	J. J. J.
230	J. J. J.
240	J. J. J.
250	J. J. J.
260	J. J. J.
270	J. J. J.
280	J. J. J.
290	J. J. J.
300	J. J. J.

ADPPA "No Drugs Allowed" Bench Press

8 Apr 95 - Pittsburgh, PA

Men	
110	J. J. J.
120	J. J. J.
130	J. J. J.
140	J. J. J.
150	J. J. J.
160	J. J. J.
170	J. J. J.
180	J. J. J.
190	J. J. J.
200	J. J. J.
210	J. J. J.
220	J. J. J.
230	J. J. J.
240	J. J. J.
250	J. J. J.
260	J. J. J.
270	J. J. J.
280	J. J. J.
290	J. J. J.
300	J. J. J.

ADPPA "No Drugs Allowed" Bench Press

8 Apr 95 - Pittsburgh, PA

Men	
110	J. J. J.
120	J. J. J.
130	J. J. J.
140	J. J. J.
150	J. J. J.
160	J. J. J.
170	J. J. J.
180	J. J. J.
190	J. J. J.
200	J. J. J.
210	J. J. J.
220	J. J. J.
230	J. J. J.
240	J. J. J.
250	J. J. J.
260	J. J. J.
270	J. J. J.
280	J. J. J.
290	J. J. J.
300	J. J. J.

ADPPA "No Drugs Allowed" Bench Press

8 Apr 95 - Pittsburgh, PA

Men	
110	J. J. J.
120	J. J. J.
130	J. J. J.
140	J. J. J.
150	J. J. J.
160	J. J. J.
170	J. J. J.
180	J. J. J.
190	J. J. J.
200	J. J. J.
210	J. J. J.
220	J. J. J.
230	J. J. J.
240	J. J. J.
250	J. J. J.
260	J. J. J.
270	J. J. J.
280	J. J. J.
290	J. J. J.
300	J. J. J.

ADPPA "No Drugs Allowed" Bench Press

8 Apr 95 - Pittsburgh, PA

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150	J. J. J.
160	J. J. J.
170	J. J. J.
180	J. J. J.
190	J. J. J.
200	J. J. J.
210	J. J. J.
220	J. J. J.
230	J. J. J.
240	J. J. J.
250	J. J. J.
260	J. J. J.
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300	J. J. J.

ADPPA "No Drugs Allowed" Bench Press

8 Apr 95 - Pittsburgh, PA

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140	J. J. J.
150	J. J. J.
160	J. J. J.
170	J. J. J.
180	J. J. J.
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300	J. J. J.

ADPPA "No Drugs Allowed" Bench Press

8 Apr 95 - Pittsburgh, PA

Men	
110	J. J. J.
120	J. J. J.
130	J. J. J.
140	J. J. J.
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A.D.F.P.A. Corner

The ADFFA Corner brings you up-to-date news, important information and articles of interest every month. Our goal is to keep lifters and coaches informed, involved and excited about drug free powerlifting competition. If you have suggestions for future articles or would like to send information, contact Stephanie Whiting, 4768 Barbara's Ln., Stevens Point, WI 54481.

ADFFA South Dakota Lifting News by Larry Robinson, South Dakota State Chair. I've been competing since 1967 and sort of semi-retired in 1987. At that time I was in the 198 lb. class with lifts of 578-369-705-1652. I coached my eldest; after that he wanted me to start again, so I did in 1989. Garry died in June 1990 in a swimming accident; he was 14. He still holds several teenage records. I have continued training my next son Chad who is 15.

In 1967 I started Olympic lifting which I still compete in. I am also the state chair for that sport. From 1975 to 1980 I trained in bodybuilding and held the Mr. South Dakota contest in Pierre. In 1980 I was runner-up Mr. South Dakota. My best Olympic lifts at 198 were 248 snatch and 341 clean and jerk (1987).

As you can see I've been around the lifting scene for a long time, and it has been good to me. There really is no other sport like it that can give you the self-gratification. It kept me off the streets when I was young and has given me some recognition. I also own Larry's Gym in Pierre and am a full time corrections officer for Hughes County.

As for future meets, there will be an ADFFA meet in Pierre in December and the ADFFA state meet in Pierre in April.

Masters Powerlifting by Dennis Green, ADFFA National Masters Committee. I've always wanted to write an article on this subject because powerlifting over 40 can provide tremendous opportunities for the mature lifter. Whether you've just turned "of

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

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
Collegiate's	655	760	885	1025	1075	1145	1250	1275	1290	1305	1325
ADFFA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFFA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFFA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFFA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
ADFFA Master's	A Total in a Sanctioned Meet										
ADFFA High School	A Total in a Sanctioned Meet										
ADFFA Women's	97	104	111	116	122	129	139	154	176	176+	
Nationals-open & life	496	535	562	617	639	694	739	766	777	876	
Collegiate's	365	385	410	420	435	455	485	520	575	640	
Masters 35-44	347	369	391	402	419	441	468	507	562	628	
Master 45 or over	A Total in a Sanctioned Meet										
Teen (14-19)	335	355	380	390	405	425	455	490	545	610	
High School	A Total in a Sanctioned Meet										

age" or are a seasoned competitor fishing to come out of retirement, this may be the real deal for you. The masters age group begins at age 40 and is broken into five year incremental age groups to infinity. The women's master division used to be changed age 35 years old but was changed two years ago to 40 years, the same as the men. However, those that were 35 years old in 1993 were "grandfathered" in. Last year the age limit for master women was 36 years; this year it is 37 years and so on until both men and women begin at 40 years of age.

I've been fortunate to have competed in the masters division for the last six years and have never enjoyed powerlifting more. There are not many ego problems and masters tend to support each other more than any other group I've witnessed. Some states even hold their own State Masters Championships, as is the case here in Minnesota where 36% of registered lifters are of masters age. Master lifters also can compete in their own National Masters Championships which is the qualifier for the WDPFF World Masters Championships. This year's National Masters Championships

is scheduled for November 11 and 12th in Denver, Colorado. So, the next time you find someone of your old power suits and knee wraps stuck away on the closet shelves, don't throw them out or put them up on your next garage sale (people won't know what they are anyway). Look for a power meet with a masters division and get back out on that platform. You will once again discover the joys and agonies of competitive powerlifting. If your local meet director doesn't offer a masters division, demand it. Thank you for your indulgence and see you in Denver.

WDPFF News by Judy Gedney. A reminder—WDPFF world records have been updated from both the European Championships and the World Championships, including records for teens, juniors, and masters. For a complete package, send \$1.50 worth of stamps to Judy Gedney, Brophy Hall, Macomb, IL 61455.

Support Spells Success by Paula Kovalchik, ADFFA 1995 National women's champion. Even after attending many powerlifting meets, it always amazes me how friendly and helpful we

A.D.F.P.A. Corner

way to enhance variety in our diet, not to mention adding nutrients. Some of us enjoy pasta in it's many shapes and sizes. Others enjoy vegetable salads that combine broccoli, cauliflower, carrots, you name it. Still others add grains such as brown rice, cracked wheat or millet to their salads. To keep the fat content low, go lightly when adding cheeses and nuts. The biggest contributor of fat and sodium, however, is salad dressing. The following is a quick, low fat and inexpensive garlic French dressing:

- 1 cup plain non-fat yogurt
 - 1/4 cup catsup
 - 4 teaspoons honey
 - 2 teaspoon Dijon mustard
 - 2 cloves garlic, minced
 - black pepper to taste
- Blend all in food processor or blender until smooth. Chill for 20 minutes before serving eight servings, three tablespoons each. (33 calories, 1 gram fat, 84 mg sodium per serving.)

ADFFA GYM AND COACHES DIRECTORY

All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813)687-6268, Owner: Lou Baliz

American Eagle Gym, 12128 Firestone Blvd., Norwalk, CA 90650, 310-863-1308, Coach: Sherry Houston

Athlete's for Christ Power Team, Western Illinois University, Powerlifting Club, Macomb, IL 61455, (309)837-4824, (MF 3-5pm, Sat 10-12pm)

Bosco's Gym, 12 Broadlawn, Ardmore, OK 73401, (405)226-5438, Owner: Stacy Green

Brown's Gym, 611 S. State St., Clarks Summit, PA 18411, (717)586-3481, Owner-James D. Brown

Bulldog Power & Fitness Club, 1350 Home Ave., Suite L, Akron, OH 44310, (216)630-2766, FAX (216)630-3651, Owner: Bruce Dowling

Charleston Barbell Club, Powerlifting Team, 3735

Dorchester Road, Charleston Heights SC 29405, (803)863-6143, 744-6216, Coach: Emie Surell

Coastal Fitness, 5140 Sellers Rd., Shallotte, NC 28459, (910) 754-2772, Owner/ Manager: William Mark Jones

Cyborg Power Shop, 04281A Country Road 15 D Bryan, Oh 43506, (419)636-4585, Owner: Ernest Fleischer

Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518, (203)287-1973, Gerry Raccio, Owner, CT State Chair.

Galt Fitness, 1067 C Street, Suite 117, Salt, CA 95632, (209) 745-0695, Coach - Fred Kendall

Joe's Gym, 4468 W. 26th St. Erie, PA 16506, (814)833-3727

Jungle Gym & Fitness Center-Kent, 122 Railroad Ave. S., Kent, WA 98032, (206)852-2442 FAX (206) 413-1252,

Tyler Malejko LMT / Meet Promoter.

Mathieu's Fitness Center, 4260 Fairfield, P.O. Box 325, Oakland, ME 04963 (207)465-7102, Coach: John Mathieu

Muscles and Fitness, 2509 E. Washington Ave., Madison, WI 53704, (608)249-4227, Owner: Brian Briggs

Nomad Powerlifting Team, 47 South Gobi Circle, Sparks, NV 89436, (702) 42409544, Coach - Thomas Louder.

Payne's Gym, 520 S. Main St.,

Henderson, KY 42420, (502) 826-8354, Coaches: Pat Payne and Steve Conum

Powerbuilders Gym, 1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas

Power Pit Gym, 1763 Arnov Ave. Bronx, NY 10469 - 3326 (718) 379-9823 Coach: Felicia Frestan & Eli Stern

Serious Members Gym, Inc., Exit 118 Rte. 17, Fair Oaks, NY 10940, (914)343-0412, Coach: Frank Dias

Sheridan Recreation Center, 3325 W. Oxford Ave. Denver, CO 80236, Coach: Eddie Canzoa, (303) 761-2241

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The Power Gym, Inc. 405 Main St., Taylor, PA 18517, Coaches - Joe Moczyunas, Bob Granko Sr., Bobby Jr. and Jamie, (717) 562-PUMP

Thorbecke's West Gym Inc. 100 East Western Avenue, Goodyear, AZ 85338, (602)932-2773 Coach: Mike N. Wonye

Warrior Weight Room, Coyle Cassidy High School, Adams and Hamilton St., Taunton, MA 02780, (508)-823-6164, EX 580, Coach: Howard Waldron.

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ADFFA Corner

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AREA U.S. OR CAN. YES NO

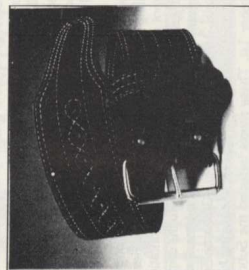
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Deputy Sheriff Wilford Mouton, Best Lifter from the 165 class at the AAU Virginia State Powerlifting Championships (photo by Nomad)

AAU Virginia State Champs

29 Apr 95 - Hampton, VA	Total	DL	BP	
J. Norman 2051	2201	5401	5401	
N. Powell 175	215	2201	5401	
T. O'Walkey 175	155	215	565	
K. Waters 245	150	300	695	
181 Class II	315	265	445	1025
T. Nuckole	435	250	510	1195
N. Nettles	415	270	445	1130
W. Smith	335	170	265	670
N. Nettles	400	225	475	1100
181 Malters 40-44	460	310	460	1230
A. O'Brien	2251	2101	3301	7651
165 Open	315	495	1295	
181 Open	475	300	480	1255
D. Wagner	430	305	485	1220
K. Carrett	3701	480	1325	
Zwickelbacher	430	320	460	1210
I. Sears	435	250	510	1195
N. Nettles	625*	400	575	1600*
I. American record. After a long absence, AAU	3801	330	5851	14951

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Is this membership renewal? YES NO

If yes, please write in your former membership number.

Check One: Athlete Youth Program Coach Adult Program Volunteer

DATE OF BIRTH AGE SEX

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CLUB # CLUB NAME

SPORT CODE

FIRST NAME MIDDLE INITIAL LAST NAME

ADDRESS

CITY STATE ZIP

M. Verbin 215	155	255	625		
132 Teen (14-15)	380*	160*	320*	760*	
D. Schripino-22	501	351	651	1501	
V. Spillane	275	250	410	935	
242	165*	325*	785*		
D. Vargo	560	345	550	1455	
D. Verrilla	485	340	450	1275	
J. Long	485	340	450	1275	
R. Rusiewicz	135	435*	455	1025	
4th attempt	130	4551			
R. Thoro-21	275	275	3801	150	680
B. Church-53	150	4351	150	725	
J. Spillane-55	6001	215	5051	17601	
165	3301	440	905		
Erie County Open Pl. Champs	450	245	460	1145	
C. Foy	385	275	455	1115	
D. Javorak	55	55	135	245	
H. Field OL	505	315	535	1355	
E. Flecker	1451	1451	4651	7551	
P. Kaufman	500	325	470	1295	
R. Carad-17 OL	400	300	390	1095	
K. Beyer-OL	580	330	585	1495	
T. Schroy	550	320	520	1390	
V. Spillane	275	250	410	935	
165	485	340	450	1275	
J. Spillane	135	330	440	905	
I. American record. *State record. (from Joe's Gym)					



Brad Schell, the outstanding/light lifter of the AAU PA State Men's.

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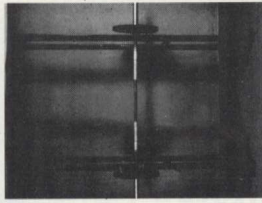
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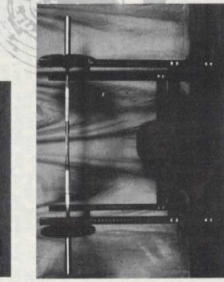
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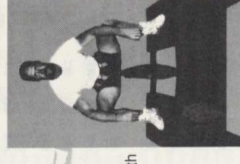
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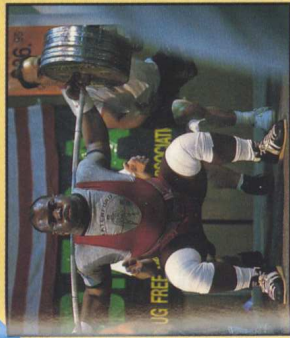
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The most effective use scheme is 3-8 grams following each workout depending on the number of workouts daily, the intensity of the workout, and the size of the athlete.

For additional information about the proper use of creatine monohydrate and other biologically active compounds in powerlifting programs call Atletika at 1-800-621-2602 and speak with a trainer.

Additional Readings

1. Bessman S. P. and Carpenter C. L. The creatine-creatine phosphate energy shuttle. *Annu. Rev. Biochem.* 1985; 54: 831-862.
2. Bessman S. P. and Savai F. The role of the phosphocreatine energy shuttle in exercise and muscle hypertrophy. In: Taylor A. W., et al. *Biochemistry of Exercise*, V1 J. International Series on Sport Sciences, Champaign, IL: Human Kinetics Publishers, 1990: vol 21; 167-178.
3. Greenhaif L., Casey A., Short A. H., Harris R., Soderlund K., and Hultman E. Influence of oral creatine supplementation on muscle torque during repeated bouts of maximal voluntary exercise in man. *Clinical Science*. 1993; 84: 565-571.
4. Walker J. B. Creatine Biosynthesis, Regulation and Function. *Adv. Enzymol.* 1979; 50: 117-242.

stimulators of insulin release. **Final Thoughts**

Experienced drug-free powerlifters can improve recovery and stimulate additional muscle protein synthesis during the first few hours (1-2 hours) after intense training by introducing creatine monohydrate via water or a sugar/glucose drink following each workout. Other supplements containing low molecular weight compounds such as amino acid micropeptides and bidders (Amino 3D, Ribosyn), phytoestrogens (Herbol, Eklidien), and methyl donors (Ribo-Syn, Metacil) will also prove useful at increasing muscle protein biosynthesis during the recovery phase which is the first two hours after a workout. In training, creatine monohydrate should be used mainly right after each workout at a dosage of 5-8 grams. During competitions or strength testing, creatine monohydrate at a dosage of 5-8 grams can be consumed about 45 minutes before a maximal effort. If creatine monohydrate is used in larger daily dosages (i.e. 30-50 grams/day) to improve recovery from hard training cycles, such use should only be for short terms (1-3 days). Using doses for longer periods reduces the beneficial actions and is therefore contraindicated for strength training cycles.

grams (a heaping teaspoon full). In the case of the elite athletes who often train with multiple workouts (2-5) daily, each post-workout dosage should be reduced to 3-5 grams.

Supplement manufacturers are now introducing creatine based supplements in complex with insulin potentiators upon the theory that these extra additives will stimulate additional insulin activity and enhance the uptake of creatine, thus creating a dual anabolic effect. While this may be a solid assumption, many sport researchers recommend athletes use only a 90% pure creatine monohydrate powder supplement with nothing added. By keeping it pure, supplement makers don't have an opportunity to load who knows what into the formula, cheapening the supplement and keeping the cost high in the process. If what you're after is an insulin spike during recovery from training to help force amino acids, glucose and creatine into muscle cells, all you need to do is consume a creatine (5 grams) enriched drink containing either table sugar (such as in original Kool-Aid) or an inexpensive sport drink containing glucose polymers (maltodextrins). Fructose based drinks and fruit juice aren't the best option because fruit sugars have a low glycemic index and are poor

stimulators of insulin release. **Final Thoughts**

Experienced drug-free powerlifters can improve recovery and stimulate additional muscle protein synthesis during the first few hours (1-2 hours) after intense training by introducing creatine monohydrate via water or a sugar/glucose drink following each workout. Other supplements containing low molecular weight compounds such as amino acid micropeptides and bidders (Amino 3D, Ribosyn), phytoestrogens (Herbol, Eklidien), and methyl donors (Ribo-Syn, Metacil) will also prove useful at increasing muscle protein biosynthesis during the recovery phase which is the first two hours after a workout. In training, creatine monohydrate should be used mainly right after each workout at a dosage of 5-8 grams. During competitions or strength testing, creatine monohydrate at a dosage of 5-8 grams can be consumed about 45 minutes before a maximal effort. If creatine monohydrate is used in larger daily dosages (i.e. 30-50 grams/day) to improve recovery from hard training cycles, such use should only be for short terms (1-3 days). Using doses for longer periods reduces the beneficial actions and is therefore contraindicated for strength training cycles.

Who Benefits

By supplementing with creatine monohydrate, some strength athletes will improve their performance more than others. The higher the intensity, velocity and tonnage of training, the greater creatine will play a role in improving recovery and stimulating muscle protein synthesis. Creatine monohydrate is not recommended for a beginner or casual lifter. In observations of many advanced and elite strength athletes over the past few years, researchers and coaches have come to the conclusion that the best time to take a creatine supplement is right after each workout, when protein biosynthesis has the potential to occur most rapidly, at a dosage of 5-8

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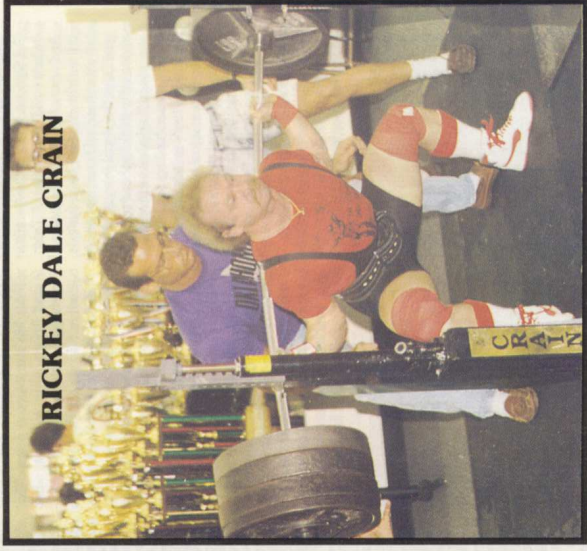
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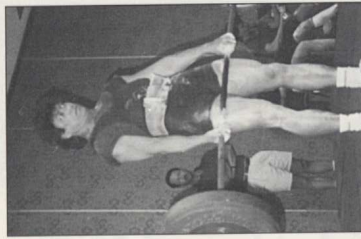
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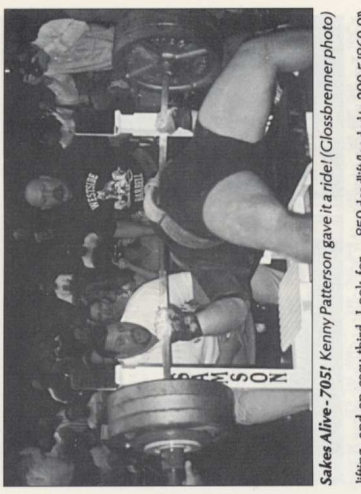
Doris Simmons (left) with 325, and Maria Liggett with 413 (Herb C.)

I believe was a personal competition... Doris was a personal competition... Maria Liggett was a personal competition...



again, but had expended all his energy... into that one supreme effort... record as well. His deadlift is the only...

wonder what he'd have done had he... flow in early and rested a few days... Despite personal problems...



859 deadlift (loaded to 390.5 [860.9])... for record purposes, which would... have given him 2331.3 and his try...

APF Senior Nationals - 15, 16 Jul 95 - Dallas, TX

Table with 3 columns: Name, Weight, and Lift. Lists athletes like Women 105, 114, 123, 128, 132, 136, 140, 144, 148, 152, 156, 160, 164, 168, 172, 176, 180, 184, 188, 192, 196, 200, 204, 208, 212, 216, 220, 224, 228, 232, 236, 240, 244, 248, 252, 256, 260, 264, 268, 272, 276, 280, 284, 288, 292, 296, 300, 304, 308, 312, 316, 320, 324, 328, 332, 336, 340, 344, 348, 352, 356, 360, 364, 368, 372, 376, 380, 384, 388, 392, 396, 400, 404, 408, 412, 416, 420, 424, 428, 432, 436, 440, 444, 448, 452, 456, 460, 464, 468, 472, 476, 480, 484, 488, 492, 496, 500, 504, 508, 512, 516, 520, 524, 528, 532, 536, 540, 544, 548, 552, 556, 560, 564, 568, 572, 576, 580, 584, 588, 592, 596, 600, 604, 608, 612, 616, 620, 624, 628, 632, 636, 640, 644, 648, 652, 656, 660, 664, 668, 672, 676, 680, 684, 688, 692, 696, 700, 704, 708, 712, 716, 720, 724, 728, 732, 736, 740, 744, 748, 752, 756, 760, 764, 768, 772, 776, 780, 784, 788, 792, 796, 800, 804, 808, 812, 816, 820, 824, 828, 832, 836, 840, 844, 848, 852, 856, 860, 864, 868, 872, 876, 880, 884, 888, 892, 896, 900, 904, 908, 912, 916, 920, 924, 928, 932, 936, 940, 944, 948, 952, 956, 960, 964, 968, 972, 976, 980, 984, 988, 992, 996, 1000.

Table with 3 columns: Name, Weight, and Lift. Lists athletes like M. Weisbe, N. Lavicola, T. Trevizo, B. Wagner, M. Weisbe, M. Stenger, M. Wegman, J. Gove, C. Clark, C. Halbert, D. Gordon, M. Borkman, T. Weisbe, J. Oberdorfer, D. Tale, B. Meek, M. Weisbe, M. Weisbe, H. Hill, S. Brumby, C. Sandoz, B. Masters, W. Lutz, C. Frank.

Champs Run in the Family... Stephanie and Jan Van De Weghe (Herb)



Champs Run in the Family... Stephanie and Jan Van De Weghe (Herb)

Table with 3 columns: Name, Weight, and Lift. Lists athletes like L. Creel, R. Sargent, M. Weisbe, M. Duocet, K. Patterson, J. Jones, M. Weisbe, M. Weisbe, C. Frank.

Scott Warman owned the 275 class... After the squat everybody was eating... with a 518 bench press that didn't go...

George Halbert, one of Louise's... 1988. His missed lifts of 821 and... the win. His missed lifts of 821 and...



Bob Bridges pulls into first place.

the meet. Bob Gaynor was pleasantly surprised to inform me that he had received an entry from Olympic lifting great Marc Henry to these Nationals. Marc had posted a 2100 total to qualify not too many months prior in Texas, and has apparently deviated from his preparation for the '96 Olympic Games just enough to make the statement that he can be a national title holder in both sports simultaneously. (Does the name Ernie Pickett ring a bell?) Marc, who lists his occupation as "lifter", may have some post-Atlanta Olympic plans in yet a different arena. He wore a shirt in this competition that prominently bore the letters "WV". We wish him all the best in professional wrestling, if that is where he ends up. It is ironic to consider that while Marc has made steady progress in the overhead lifts, it still seems that the thing he's best at is powerlifting. The lifts he made at this contest will tell you why.

Earlier, Marc had made an unusually rapid trip from Austin, TX, down to Corpus Christi where Pete Alantz has his Titan Support Systems shop for a squat suit fitting. Pete managed to configure one big enough, but not having used a squat suit before, the massive 405.8 lb. Marc found that it pushed him out of his normal groove, so he decided NOT to use a supportive lifting suit at the competition, and he did, indeed, lift in only a wrestling singlet. Nevertheless, he squatted one of the biggest squats of all ADFPA time. 881 was no problem, but for some unobvious reason, he did not get a new 947 lb. national record passed on his second effort. He came back to do it very strongly on his third, dipping very deeply, and in a very upright position. He lifted the weight so fast that it seems as though 1000 lbs., and perhaps well over, is readily within his capabilities should he dedicate himself to powerlifting as he has with Olympic

lifting.

In the bench press, Marc got 462, and looked close with 485. Of course, he was a 500+ bench presser in his earlier powerlifting days, but has neglected the lift since he got into the overhead lifts. He opened effortlessly with 777 in the deadlift, then he went for a new American record with his second attempt of 854, and that was a very strong, convincing lift. His third attempt was initially going to be a barbell deadlift of all time in the SFHW class, but one guy in the crowd raised up the chant of "We want 900", and the crowd went 900, we want 900", and the crowd got into it. Suddenly, there was some head-turning confusion among the officials at the scoretable. Marc's attempt was changed - to 903 pounds. This was not in the script. This was the real Marc - showing everybody what he was made of. He came out furiously, grabbed the bar, and this time it was a maximal effort. He had to find and fire a lot of muscle fibers, and it was hard, but there was no sticking point to deny him. He locked out an incredible 903 lbs.

Afterwards he saluted the crowd and himself by stating "You called for it, and you got it." He further related his philosophy of lifting after his awards were presented when he stated proudly that "Adrenaline and will is better than steroids any day." Worthy competitors Vae Masuli and John Binkowski fall by the wayside in the squat, and that made it possible for a friendly guy named Sean Culnan to finish in second place without much difficulty. He ignored the advice of Sid Bhojwani after last year's meet and gained 20 lb. instead of losing 20, and it paid off with a well over 2000 total. In third was Pete Gisondi Jr., who makes every meet entertaining. I



The GREEK... Chris Siapanides.



Beau Moore, at 304.4 lbs., just about filled out one of the oversized Pro Fitness-Titan team shirt.

heard that Pete has no spleen, due to an accident, and this often complicates his efforts to prepare for a big contest like this. Pete had his eyes on the prize of a 2000 lb. total all along, and his extremely conservative start in the deadlift of 606 was no indicator of his ultimate strength. He really wasn't that far off the 738 pull he needed for a Two Grand. Next time, he'll probably get it.

After an historic finish to the competition with the 903 lb. deadlift, most people likely assumed that Marc Henry was going to win the Best Lifter award for the second day's competition, but that honor was presented to an extremely surprised and appreciative Joe McAuliffe. If you know that Joe won the 1988's with an 1895 total,

then it logically follows that the overall Champion of Champions for this meet was Ray Benemerito, off his 1906 at 181.

The team competition was comprised of three entrants. A military team ("Men-O-War") from Fort Hood, TX, and coached by Johnny Graham, came in third. The team that has been winning this championship in recent years, The Missing Link, ended up in second, and that's because a new team, the Pro Fitness-Titan group, had EIGHT first place winners. A gang of guys this strong could conceivably win the team title at any national or international competition, put on by any of the various federations! The performers that were displayed by competitors at this contest show the world that drug free lifting is no second class category. These people are some of the best lifters in the world, regardless of whether it is a tested or untested meet you're talking about.

This was election year for the ADFPA, and at the National Committee meeting held prior to the lifting, there were quite a few changes at the executive level. The new president of the ADFPA is Mike Overdeer of Indiana. A new face for us to see at this championship was that of Don Haley, who helped in the critical role of head referee in charge to keep affairs running smoothly, a task which he has been capably doing for many years. Also present was Rob Keller, USPF Jr. National promoter and IPF Jr. World Team Coach, there to discuss a possibility of a USPF-ADFFA get-together competition in the future. So, there are lots of positive possibilities afoot in the ADFPA now, but best news is how great these guys are lifting!

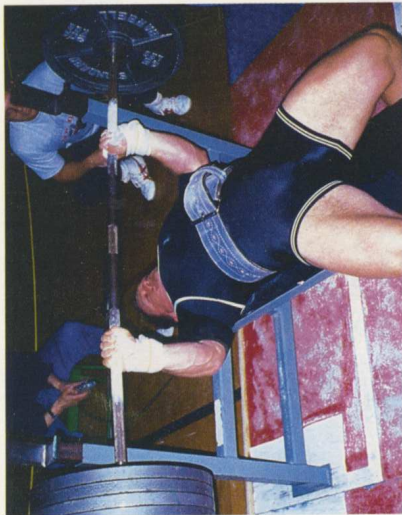
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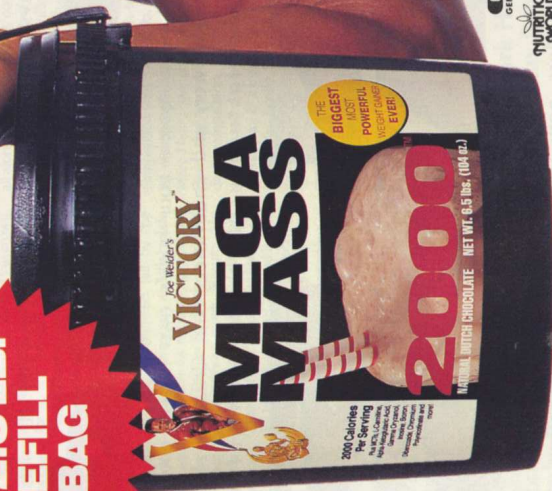
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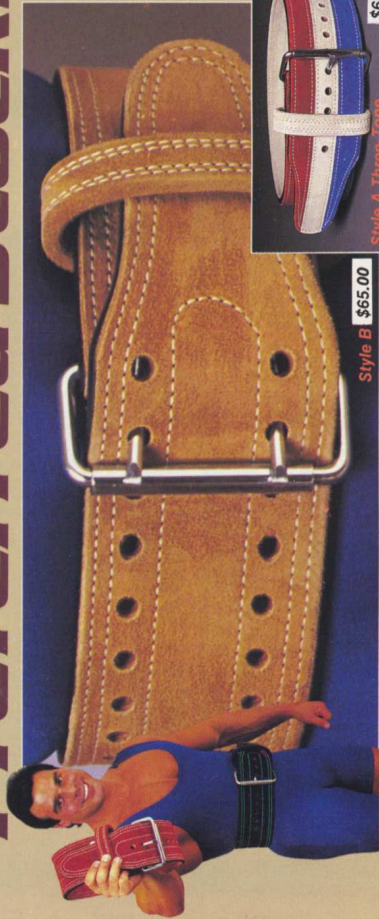
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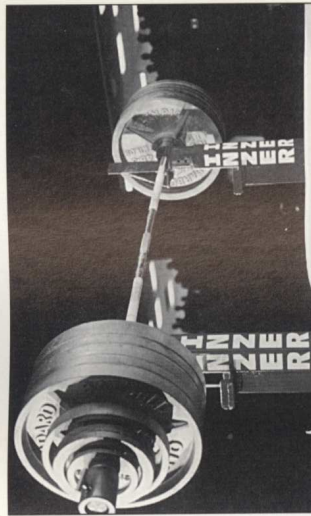


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